

cover art by Susan Allen

Leigh on Sea Town Council News

issue 15



@LeighTCEvents

www.leighonseatowncouncil.gov.uk

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Welcome to the latest edition of Leigh Town Council's News Magazine.

Since I last wrote for the magazine, our community has suffered the loss of its MP, Sir David Amess, in a brutal and senseless killing. It was clear from the tributes paid to Sir David in the days and weeks following his murder that he had touched the lives of many local residents within his constituency and will always be remembered for his willingness to take time to listen to his constituents and to greet everyone with that warm smile. He is much missed and Leigh Town Council are currently discussing how we can best commemorate his life and dedication as our local MP, and friend.

A few weeks after this dreadful event it was uplifting to be a part of the Good for Leigh Awards ceremony where local residents were acknowledged and thanked for their hard work and devotion to their community. Leigh Town Council are proud to hold this annual event and to thank the very worthy recipients of the awards for their contributions and dedication to making Leigh a better place to live.

Well done and thank you to you all!

As COVID restrictions were lifted it was good to see the return of events at the Community Centre, including the Farmers Market, Youth Club and Over 60's Club, all of which give residents of all ages the opportunity to come together. We also saw a very busy Winter Fayre at the beginning of December and the return of the Festive Lighting Display within Leigh Library Gardens – please don't mention the squirrels!

As a Town Councillor I am always keen to hear from local residents to understand what it is that they want from their Town Council – and to try and explain what the Town Council can do on their behalf. Meeting and engaging with residents is key to understanding what you would like from us and we would encourage you all to reach out to us. Look out for us on Litter Picks around the town (details on page 13) or pop along to the Annual Community Meeting which will be held at the Community Centre on Friday 8 April 2022.

I hope you enjoy reading this edition of our magazine.

Cllr Doug Cracknell





Note from the Town Clerk, Helen Symmons

Well, despite challenges of squirrels during the festive season, we got through it and imminently hope to be holding our first Annual Community Meeting in three years. I feel sure it will be quite an emotional occasion seeing so many familiar community faces. This meeting is for you to learn more about Leigh Town Council, meet with some of our community partners and have your say. Sir David Amess was always an attendee at this event so we are delighted that our new MP Anna Firth will be joining us and we can all get to know each other better.

Slowly but surely all our services are up and running and we are getting busier. The Community Centre bookings are increasing and if you still haven't seen our new improved building, please do pop along. Even if you are not attending a class or function, there is always our art exhibitions to view and Lorna & Lottie's Café, within the Centre, is open most days.

We have had quite a few staff changes since I last wrote, as babies have been born and are due, so several new staff have started to provide maternity cover. Additionally, we welcomed Luke and Samee as caretakers at the Centre who applied through the Government Kickstarter programme, and both are now with us permanently.

It really has been a pleasure to give younger people opportunities to develop careers through the Kickstarter and apprenticeship schemes, and to have the opportunity to offer them permanent contracts at the end. Abbie, our first apprentice, is now the Assistant Town Clerk, so there is definitely a career path available for those interested in Local Government. Four members of staff have now been with us for over 5 years and I myself have just passed 9 years here – not bad for someone that joined as the part-time Receptionist.

It is exciting to make a difference and help our community and the improvements to the Community Centre, Strand Wharf and the Skate Park are examples of this plus the great partnerships we have with groups like the Leigh Tin Teams, Leigh Lions, Friends of Leigh Library Gardens and the Leigh Branch of the Royal British Legion. On the whole Leigh does feel like one big happy family and the exciting work we are doing on the new Strategic Plan will hopefully enhance our community further.

Hope everyone has a safe and happy Summer.

STAFF DETAILS

All staff can be reached by telephone at 01702 716288 or by post at 71-73 Elm Road, Leigh-on-Sea, SS9 1SP

• Town Clerk **Helen Symmons**
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• Assistant Town Clerk **Abbie Cotterell**
• abbie.cotterell@leighonseatowncouncil.gov.uk

• Assistant Responsible Finance Officer **Emma Stratton**
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• **Rachel Cook** bookings@leighonseatowncouncil.gov.uk

• Administration Assistant (maternity cover) **Kristine Boicuka**
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• Administration Assistant **Ingmar Lindberg-Jones**
• reception@leighonseatowncouncil.gov.uk

• Receptionist/Administration Support **Maggie Dumanska**
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• Senior Caretaker **Richard Flint**

• Caretakers: **David Skeels, Luke Russell, Samee Khan, Andy Knowles, Stephen Rymill**

Council News and Updates

By Francesca Watkins



Happy to Chat Bench

Leigh-on-Sea's first 'Happy to Chat Bench' has now been launched and is located just outside Leigh Community Centre. The bench features a small plaque inviting people to sit down if they would like to talk to someone. Passers-by are then encouraged to stop and say hello or sit down for a chat too.

The project was agreed some time ago but paused due to social distancing restrictions. Unfortunately, as a result of the pandemic, social isolation has become a prevalent issue around the world and even a small gesture such as a simple 'hello' whilst someone is sat on a bench could help people feel happier. Now that restrictions have been lifted significantly the Council encourage residents to stop and chat with their neighbours and engage that community spirit, which Leigh has in abundance.



Chairman's Charity – Phab Life

We have been pleased to support Phab Life over the last year as Chairman Doug Cracknell's chosen charity. Fundraising has taken place at Council events including the monthly poetry nights. Cllr Cracknell has also raised money by taking part in the Leigh Bric-a-brac trail and selling handmade cards at the Farmers' Market.

The charity does amazing work to support adults and children with differing abilities and allows them to gain work experience in their charity shop and café on Leigh Road.

We have so far raised £907.11 for this good cause.

Council Grants help local causes

At our last round of applications in September 2021, we had a record number of groups applying for up to £500 of funding from the Council's Grant Award Scheme. The grants were set up to help local charities or community groups to do something of benefit to our town, and can be provided in two formats of either cash funding or a bursary towards room hire at Leigh Community Centre.

Funding was provided to Southend Drama Society, Leigh Folk Arts Association, The Yantlet Community Group, Lita Freegard and the Art Ministry for various projects taking place in Leigh.

Just under £2000 was awarded to a variety of groups to put towards their room hire costs at the last round of the scheme, including Leigh SEND Families Support Group, Beat It Cancer Rehabilitation Group, PEAC(e) (Parents of Estranged Adult Children) Support Group, Active Life, The Endeavour Trust and Carers First.

The next round of applications closes on 31st March. To apply visit our website leighonseatowncouncil.gov.uk/grant-scheme to find full details of who can apply and an application form.

Youth Club

The Town Council have been working in partnership with the Southend YMCA over the last few years to provide a free youth club for children in the area.

The timings to the club were recently changed to make it more accessible. The club is now open from 4.30pm - 7.30pm on Thursdays at Leigh Community Centre. Ages 8 - 16 are welcome to attend.

Children have access to a variety of activities including board games, indoor football, badminton & hockey, air hockey, table football, pool, arts and crafts, dancing, team games and projects.

To book a space please go to www.bookwhen.com/southendymca



Community Centre Hire Rates

As of the 1st April 2022, a new pricing of room hire will be in place at Leigh Community Centre. All prices listed below are inclusive of VAT. This is the first rise since 2019. The Town Council also hold a licence to provide wedding ceremonies at the Community Centre, and our friendly team can help you with any enquiries about booking your wedding with us.

ONE-OFF HIRE - PER HOUR

Room Size	Rate 1 (before 6pm Mon- Fri)	Rate 2 (after 6pm & weekends)
Small - Rooms 3,5,6	£11.50	£17.50
Medium - Room 1	£12.00	£19.00
Large - Rooms 4 & 7	£18.00	£26.00
Lower Hall	£24.00	£36.50
Café	£23.00	£31.50
Wedding Ceremonies	£240	

REGULAR HIRE - PER HOUR (more than 6 bookings per year)

Room Size	Community Rate 1 (before 6pm Mon- Fri)	Community Rate 2 (after 6pm & weekends)
Small Rooms 3,5,6	£10.50	£16.00
Medium Room 1	£11.00	£17.00
Large Room 4 & 7	£15.00	£23.50
Lower Hall	£21.00	£33.00
Café	£19.00	£27.00

Useful Contacts

To email Leigh-on-Sea Councillors, use name and @ (**shown in bold**) followed by leighonseatowncouncil.gov.uk
For Southend-on-Sea Councillors, use name and @ (**shown in bold**) followed by southend.gov.uk

Leigh-on-Sea Town Council Councillors (by Ward)

BONCHURCH WARD
Cllr Jill Healey **cillrhealey@** 07854 959389
ELMS WARD
Chairman, Cllr Doug Cracknell **cillrcracknell@** 01702 474593
Cllr Mike Wells **cillrwells@** 07768 703584
Cllr James Preston **cillrpreston@** 07780 660401
HERSCHELL WARD
Cllr Dr. David Bowry **cillrbowry@** 01702 711613
Cllr Damian O'Boyle **cillroboyle@** 07764 842802
HIGHLANDS WARD
Cllr Katie Cohen **cillrcohen@**
Cllr Emma Smith **cillrsmith@** 07967 086558
Cllr Vinice Cowell **cillrcowell@** 07946 001819
LEIGH ROAD WARD
Cllr Anita Forde **cillrforde@** 07786 023941
Cllr Paul Gilson **cillrgilson@** 07775 693225
ST CLEMENTS WARD
Cllr Carole Mulroney **cillrmulroney@** 01702 475117
Cllr Emma Mills **cillrmills@** 07855 347386
ST JAMES WARD
Cllr Alan Hart **cillrhart@** 07903 900529
THAMES WARD
Vice-Chairman, Cllr Keith Evans **CllrEvans@** 07877 210184
Cllr Andrew Wilkins **cillrwilkins@** 07714 631249

Southend Borough Councillors for Leigh (by Ward)

BELFAIRS WARD
Cllr Alan Dear **cillralandear@** 01702 212889
Cllr Lesley Salter **cillrlesleysalter@** 01702 432364
Cllr Jack Warren **cillrjackwarren@** 07387 099364
BLENHEIM PARK WARD
Cllr Helen Boyd **cillrhelenboyd@** 01702 212363
Cllr Laurie Burton **cillrburton@** 01702 212904
Cllr Keith Evans **cillrkevans@** 01702 534260
LEIGH WARD
Cllr Carole Mulroney **cillrmulroney@** 01702 212890
Cllr Ashley Thompson **cillrashleythompson@** 01702 534171
Cllr Peter Wexham **cillrwexham@** 01702 711958
WEST LEIGH WARD
Cllr Fay Evans **cillrevans@** 01702 558657
Cllr Beth Hooper **cillrhooper@** 01702 534193
Cllr John Lamb **cillrlamb@** 01702 483908

Useful Phone Numbers for Southend Borough Council

Council Tax and Benefits 01702 215001
Housing 01702 215002
Parking, travel and roads 01702 215003
Planning and Building 01702 215004
Recycling and Waste Department 01702 215006
Adult Social Care 01702 215008
COVID Action Line 01702 212497
Southend Tourist Information www.visitsouthend.co.uk
MySouthend is an online portal that you can register to use and manage various Council services. You can report issues, manage your council tax and contact Southend Borough Council with requests or comments
southend.gov.uk/mysouthend

Community Fridge open for all By Karran Prince

In the pre-Covid days when we could freely go away on our holidays, I always cleaned my fridge out before leaving, to save returning to mouldy, out of date food. I always tried to give the food to friends and family but invariably some would always end up in the bin. Which annoyed me, a lot! So, I thought there must be somewhere it could go, somewhere where it could be used and that's when the idea of a community fridge came into my head. There was nothing like this in Leigh, so I approached the Town Council about the idea and they were very enthusiastic, but then Covid hit and the planning came to a halt. But two years on thanks to LTC and Veolia (who very kindly sponsored the fridge using their sustainability fund) the community fridge was born!

The idea is very simple, you can pop in food that you no longer need and someone can take it, to make their dinner that night. The UK produces around 9.5 million tonnes of food waste per year which is actually an improvement on previous years, but there's still masses of scope to do better, which you can do by using this facility. The fridge is located in the foyer of Leigh Community Centre and can be accessed any time the Centre is open.

About Leigh Tin Teams

Back in the first lockdown, on a Thursday night when we started clapping for our appreciation of the NHS, Vicky and her son decided they wanted to do something of a more practical nature. Their idea being that if everyone were to leave a tin at the end of the driveway, they could be collected and donated to the local foodbanks. The idea gathered pace and before long approximately 45 roads were being covered in Leigh with bags and bags of food being distributed to the surrounding areas. The concept then expanded to also cover Shoebury and Thorpe Bay and now donations can also be left at Leigh Community Centre. For further information please take a look at www.tintteams.org



If you have a burning question for local decision-makers or feel passionately about a local issue that doesn't get the attention it deserves, why not take it direct to the Annual Community Meeting?

Leigh-on-Sea Town Council are once again looking forward to welcoming their electors to the Annual Community Meeting, taking place on Friday 8th April at Leigh Community Centre.

The annual meeting gives residents in Leigh the chance to celebrate local activities in the community and also to debate current issues around the Town. It is an important part of local democracy. Anyone on the electoral roll for Leigh-on-Sea can attend,

speak and vote at the meeting and it's the ideal place to put any question you wish to the Town Council.

The doors will open at 6.30pm to a selection of community displays from local groups, who will be showcasing the good they are doing around the Town. This year we are pleased to be highlighting the work of the Community Police Specials, Friends of Leigh Library Gardens, the Leigh-on-Sea Town Council Youth Forum, Phab Life, Leigh

Tin Teams and the Royal British Legion. You will get the chance to interact with each group, ask about volunteering opportunities, and how their services can help you.

Free hot drinks and delicious cakes courtesy of our friends at the Leigh Branch of the Royal British Legion will be available from 6.30pm.

The meeting will start at 7.00pm, and will include an address from our Council Vice-Chairman, Cllr Keith Evans, the presentation of our Good for Leigh and Volunteer of the Year Awards, and our Annual Report. We will also be presenting our Chairman's Charity Phab Life with their cheque for the 2021/22 year.

Our new MP has been invited to speak, as well as our recently appointed Community Special Constable William Imbush. There will be an Open Forum with our councillors, so this is the perfect opportunity for you to raise any issues or questions you have about YOUR Town. Topics you may like to ask about include our events programme, allotments, youth provision, Leigh Community Centre or councillor engagement. If you are unable to attend or would like to submit a question in advance for a more details answer, please contact the Town Clerk ahead of the meeting at helen.symmons@leighonseatowncouncil.gov.uk



COUNCIL BUDGET 2022-2023

*Precept for
Band D property
£50.94 (36p rise
for the year)*

**£100k
management
& maintenance
of Leigh Community
Centre**

**Total
yearly
budget
£572K**

**£10.5k
to fund social
isolation projects
including Community
Transport Scheme and
Over 60's
Social Club**

**£5k
available for
grants**

**£4k to provide
Jubilee events
for the
community**

**£9k to
maintain
Skate Park**

**£33.5k to
provide
Christmas lighting
throughout the
town and in
Library
Gardens**

**£8k to
provide
Farmers'
Market**

**£15k for
strategic plan
projects**

**£5k to
provide Youth
Club**

**£15k costs
to consult on
every planning,
licensing and
highways
application**

**£17k for
Paddling Pool
Repairs**

**£10k to fund
allotment
sites**



A Tribute to Sir David Amess

By Helen Symmons



Friday 15th October 2021 will be a day never forgotten in our Town. Sir David Amess lost his life as a result of being brutally attacked. Like our residents, Leigh Town Council were shocked and deeply saddened that our MP for 24 years had lost his life so tragically. Sir David had always been a great friend to Leigh Town Council attending our events, annual community meetings and being a support when needed.

Our deepest sympathy and thoughts went out to his family and friends and we were touched by the messages of condolence that we in turn received from Town and Parish Councils around the country as well as past residents.

On the eve of Sir David's funeral, the Council held an Evening of Reflection, welcoming anyone that wished to attend to share their thoughts, memories and stories or to just listen. It was an incredibly moving evening but one with both tears and laughter. We put together a montage of photographs that we had collected over the years of Sir David and it was lovely to share these on screen. It was also announced that long-time resident Fred Feather and his wife, Heather, had generously donated a blue plaque tribute with the blessing of Sir David's family to have installed at Leigh Community Centre. The Council are honoured to be able to host this and as you read this it will have been formally unveiled according to Lady Julia's wishes on Sunday 20th March.

We are grateful to Mandy Dunnico who has kindly agreed to let us share her tribute poem that she read to us at our Evening of Reflection and is reproduced here for you all to see.



Surreal By Mandy Dunnico

Sir David Amess what can I say,
It feels so surreal you've been taken away,
I know so many have been helped by your ways,
Keeping up with your community throughout the days,

I want to thank you for how you helped me,
Your emails and support made me happy,
Your jokes and your kindness to keep us going strong,
Always there for us through the short emails or long.

I met you a number of times, in both personal and work mode,
The last time I saw you I was running shoeless up the road,
We laughed but I wanted to make sure you knew,
That I was very grateful for all you could do,

You introduced me to others and you were always there,
Whether it was about topics good or a complete nightmare,
So, thank you again for your kind way,
I will miss your card this Christmas Day,

It's all very surreal and we can't believe you're gone,
But lots of what you fought for have now been done,
So, rest now, be at peace, RIP,
I'm sending my love to your friends, colleagues and family.



The Market is held at Leigh Community Centre on the third Friday of each month from 9am - 1pm, with the remaining Seasonal Saturdays in June, October and December.

NO APRIL MARKET

Fri 20th May 2022

SUMMER MARKET Sat 4th June 2022

Fri 17th June 2022

Fri 15th July 2022

No August Market

Fri 16th Sept 2022

AUTUMN MARKET Sat 1st Oct 2022

Fri 21st Oct 2022

Fri 18th Nov 2022

WINTER MARKET Sat 17th Dec 2022



Leigh Farmers' Market

Leigh Farmers' Market continues at the Community Centre, now in its 22nd year. The market takes place on the third Friday of the month and, we have this year introduced 'Seasonal Saturday' markets that will take place 4 times a year at the start of each new season.

Whilst we trialled monthly Saturday markets last year, attendance was a little low compared to the usual Friday, so we have opted to introduce the seasonal events, and hope that this still provides an opportunity to those who may be otherwise engaged on Fridays, a chance to visit.

Our usual food stalls selling a range of produce including sausages, veg, cheese, eggs, honey, chutney, desserts and so much more will be on offer as well as a selection of craft stalls each month. The stall holders must have grown or made the goods themselves, and all traders come from within a 30-mile radius of Leigh-on-Sea.



Over 60's Social Club

In October 2018 the Council launched a monthly social club for local residents over 60 as a way to help combat social isolation and loneliness for some of our elderly residents.

The Social Club is a friendly group which is helped by several local volunteers. We always aim to make people feel welcome and we run different activities at each session, so you will get the chance to learn something new and try new things!

The Social Club takes place 12-1.30pm on the first and third Wednesday of the month in the Donald Fraser Hall at Leigh Community Centre. The building is fully accessible with ramps at the entrances and disabled toilet.

The club now includes lunch as well as an activity at a cost of £5 per person. Places must be booked in advance if you are eating lunch with us so we know how much food to prepare. Please make us aware of any dietary requirements.

To book your space please call the office on 01702 716288, or visit our reception.

Food allergies/intolerances can be catered for and vegetarian/vegan options are available, please just ask when booking. If you don't want to eat lunch with us or you want to bring your own, you can still come along at a cost of £2, with no advance booking. Hot drinks and biscuits are available to all at every session.

We regretfully are unable to offer transport to the Club or respite care. Carers are welcome to attend.

The remaining dates in 2022 can be found on our Events Calendar on pages 30-31.

Community Transport Scheme

Our Community Transport Scheme has been running for over 20 years and aims to take elderly or disabled residents in Leigh on day trips out or to the theatre, providing door to door transport and an opportunity to get out of the house.

The group met again in December for Christmas lunch and we continue to write to members offering them trips.

Trips are booked on a first come, first served basis, although we try our best to ensure that everybody gets the opportunity to come along.

If you would like to join the scheme, contact the Council on 01702 716 288. You must be a resident living within the Leigh-on-Sea Town Council boundary to be accepted.



Anita

Getting to know our Councillors

By Francesca Watkins

This is part three in our installment of helping our local residents get to know their Leigh Town Councillors.

In this issue we will be chatting with Councillors Anita Forde, Keith Evans and Emma Smith, who joined the Council in 2017, 2018 and 2019 respectively.



Anita - Passionate, Hopeful, Determined

Emma - Creative: I love coming up with new ideas and helping people bring their ideas to life. Approachable: meeting new people is something I really enjoy, whether through my work, my family, or through the council and I want people to feel comfortable speaking with me. Busy! I have my own business, a young family and lots of hobbies so keeping on top of everything is challenging.



Keith

Keith - The three words I have come up with are loyal, committed and personable.



Anita - Back in 1984 I opened up my first business in Leigh, became a founder member of The Leigh Traders Association and, in turn, helped establish The Leigh Christmas Lights Event. Since then, I have always supported and volunteered at Leigh events. I know how difficult it is to get an event off the ground but I also know how easily they can come to an end without continued support.

Emma - The Litter Pick initiative was started based on a motion I put to Council so I enjoy being involved in the picks, and have attended all but one so far. Cllr Mills and I met some brilliant locals when we got stuck in a downpour down Pall Mall and we kindly got offered shelter. I greatly enjoyed being involved in the Christmas events last year and look forward to us being able to provide more activities in the community this year. I'm also very excited about the bunting classes - I spend a lot of time at Create98 getting crafty, so anything LTC offers like this and I'll probably be there!

Keith - Attending different community activities and helping at the Over 60's Social Club as well as supporting the Councillor Litter Picks.



Emma

What is your favourite memory from your time as a Councillor so far?

Anita - This has to be when I established the Youth Forum in October 2018. To see the reaction from our youth when we, as a Council, asked to hear 'their' concerns, views and ideas to do with living 'their' lives in Leigh was great. They were amazed to be 'asked' what they thought and to be given the opportunity to have a 'voice'.

Emma - I think it was our first litter pick. It was a beautiful day in Old Leigh and so many passersby stopped us to say thank you and have a chat. We were joined by some brilliant volunteers and the whole thing just felt like a really positive action by us councillors.

Keith - There have been many memorable moments but the two that stand out for me are the Community Day held in Bonchurch Park and the carol singing event on Strand Wharf. If I were to favour one of these it would be the carols on Strand Wharf which brings out the best of the season of Christmas and goodwill.

What is your favourite thing to do in Leigh?

Anita - I love to walk along our shore and find a quiet spot to just sit and contemplate. Our coastline is unique and everyone is entitled to enjoy it but at the same time be respectful in the way we treat it.

Emma - Oh there are so many things I enjoy doing in Leigh. Going for a walk along the front during a weekday when it's quiet, with a lovely coffee. Enjoying a meal at one of the lovely restaurants or bars with friends - we recently visited Pizza Pizza and it was fantastic. On a sunny day we take the paddle boards out (although I'm very much a novice), and in the winter a nice shandy in the Smack is just ideal. We're definitely spoiled for choice!

Keith - I love to take a walk through Leigh Library Gardens and down to the Old Town with my little dog, Maisie.

What will be the biggest challenge in 2022?

Anita - None of us can predict the immediate future, so, I think, that LTC needs to continue to deal with issues, as best we can, that relate to maintaining and/or improving the quality of life for the residents of Leigh.

Emma - A challenge may be engaging with the community once COVID restrictions begin to ease further. Many of our local residents were isolated somewhat during the pandemic and there is still some anxiety about socialising and getting out. We'd love to help support those individuals in feeling confident and happy to re-engage.

Keith - Getting community engagement focused events back to pre-pandemic levels and getting back to some 'normality' following the last two years coping with COVID.

If you had £1 million to spend in Leigh - with no restraints - how would you spend it?

Anita - I have listened long and hard to residents of Leigh, since becoming a Councillor in 2017, so based on their wishes for a Town where they feel safe and secure, I would invest in more Police and open up the Police Station. I would, also, open up Youth Cafes where our older teens could socialise - similar to the pre-Covid, Leigh Road Baptist, Friday Night Youth Cafe, that was held at the, sadly missed, Oasis Cafe. It was a great venue of which we need to see more.

Emma - I'd love to introduce water refill stations, as I think these would be hugely beneficial to those who enjoy being out and about and would obviously cut down single use plastic significantly. More community gardens like those set up by Incredibly Edible in the Library Gardens would be amazing in our green spaces. They are a great way to educate children and encourage more sustainable and healthy food choices in all residents. Personally, I really enjoy our events: the Christmas schedule was great in 2021 and it would be great to have additional funds to invest in making this bigger and better - and more live events all round are great for bringing visitors to the area and new custom to our local businesses.

Keith - I would like to see this spent on support services which would be accessible to all residents, which would also include the promotion of community events and community focused engagement.

The Art Ministry – Creating Community

By Allan Webb

"The best club in Essex." - Cindy

The Art Ministry is a registered charity providing high quality, accessible art and craft activities for all.

2022 is the 30th year that we have been running clubs and classes from our dedicated art room in the heart of Hadleigh – it's our Pearl anniversary. Due to the impact of Covid-19, we weren't sure that we would make it to 30, but we have. With the help of the National Lottery Community Fund and the Southend Emergency Fund, we managed to continue to help the local community to take part in creative activities, by making up and delivering hundreds of craft activity bags, and running sessions via Zoom, as well as making instructional videos.

In Leigh-on-Sea we are best known for the community art and craft activities that we put on. We run kids' creative sessions at Leigh Community Centre during most school holidays and, with help from the Lions Club of Leigh, have provided free art and craft activities at the Leigh Regatta.

Many Leigh residents might not realise that The Art Ministry is a small local charity running weekly art and craft sessions for people with particular needs: children and adults with learning difficulties, adults with visual impairments, physical disabilities and/or mental health problems, and that's been our main focus for 30 years. We also partner with other charities such as Southend in Sight and Carers Choices.

"The Art Ministry class is a wonderful place to be and we have opportunities to do things you might not be able to do at other places." - David

"I have been amazed at what I achieved under the expert guidance of our session leader. The patience and kindness of our team of volunteers beggars belief at times." - Sue

We believe that making, sharing and learning can improve everyone's well-being – especially those less able or disadvantaged. Our clubs, classes and projects are designed to bring out people's creativity in a supportive environment that helps boost self esteem and provide social interaction.

Our sessions provide valuable social connections for many members and volunteers. We also provide a platform for those less able to share their creativity and reach a wide audience such as at our annual exhibition.

You too can join in

We run a wide variety of sessions throughout the week, including sessions for children and adults with learning difficulties, adults with visual impairments, physical disabilities and mental health problems.

For a small weekly fee, you can join as a class member or become one of our session volunteers and help people exceed their expectations.

If you can't take part or spare the time, you can help more people gain confidence through art and craft activities and become part of a caring community by donating at:

totalgiving.co.uk/charity/the-art-ministry

The Art Ministry also welcomes donations of unwanted arts and crafts materials.

Contact Us
contact@theartministry.org.uk
07582 025163
facebook.com/theartministry



Councillor Litter Picks in Leigh

By Councillor Emma Smith

Leigh-on-Sea Town Council voted to introduce councillor-run litter picks during the summer of 2021, and so far, we've successfully run 3 picks. We've been supported by Make Southend Sparkle who have been fantastic at supplying the equipment and giving us the relevant health and safety information. And we've been joined by some local residents who are hugely passionate about keeping our town clean and litter free.

Our first pick happened down in Old Leigh and attracted around 14 councillors and residents. We managed to cover the areas from Leigh Beach all the way along the New Road, down along the front and cockle sheds, right up to the station and the skate park! We covered so much ground, the sun was shining and it was a wonderful first pick.

The second pick was along the Broadway, Pall Mall and the off roads and unfortunately the weather wasn't quite as nice: it poured down and we were soaked through, but we persevered and we managed to collect 10 bags. Cllr Smith and Mills also enjoyed a complimentary coffee from the lovely team at Leigh Bistro to thank us for our efforts - thank you!

Our last pick of 2021 was during those winter months, and Cllr Mills again braved the weather in Bonchurch Park. After the near wash-out we decided to hold fire on the picks until the new year - but now they are back up and running so if you see us, please feel free to say hi! And if you'd like to come along and lend a hand, we can supply all the equipment.

2022 locations to be confirmed, contact the Council Office on 01702 716288. For dates please see the Events Calendar on pages 30-31



Leigh Paddling Pool By Helen Symmons

Since last Summer the Town Clerk has been reporting to the Council regarding the paddling pool in Leigh, and we thought this magazine edition would be an ideal opportunity to bring you up to date with the situation and provide a little bit of the history of our tidal pool at Bell Wharf Beach.

Leigh-on-Sea Town Council originally submitted a planning application in 1997 to construct a pool but this didn't progress for various reasons out of the Council's control. Then in 2007 local resident John Porter made a generous donation to enable a pool to be built in memory of his late wife Monica and in 2008 work was completed with a grand opening where Monica's family and friends were all present.

Since then, every so often the pool has been dredged and in June 2017 Southend Borough Council confirmed that they had kindly replaced the pool liner for us and the pool floor trimmed. There was a leak in 2019 but it turned out that the pool bung had been stolen.

The process of trying to get the pool repaired actually began in January 2021 but for various reasons had to be kept under the radar and low key. Momentum could begin again in May 2021 but sadly it was evident that a leak had sprung. It was at this time that it was noticed that Gypsy Bridge Pool was also leaking. Both pools are constructed entirely differently, with the Gypsy Bridge Pool under the control of Southend Borough Council. By July both leaks had worsened and there was hardly any water in the pools at low tide.

Working in partnership with Southend Borough Council, the 'stop-gap' repairs we hoped could be instigated pending a full survey being undertaken were not possible. The detailed survey kindly commissioned by the Borough Council was delayed by the sewerage issue along the foreshore. At this point it was October 2021 and any work on the pool can only be undertaken between April and September, under the instruction of Natural England and the Environment Agency. This is due to the wintering period when the Brent Geese migrate here.

With information on costs supplied by the Borough Council, following receipt of the surveys in late November 2021, the Town Clerk took the opportunity to apply for a grant from Enover Community Trust and was delighted to learn in January 2022 that the application had been successful. So, we have the funding for the required repairs and we are liaising with the Borough Council, as it is their contractors that must be used for the works. We will be keeping our fingers crossed that the repairs will commence from April so that the Town Council's pool will be restored in time for the school holidays in July.





Artist in Residence Autumn/Winter Update

By Susan Allen



Susan Allen had a busy Autumn as Artist in Residence. She continued to run the life drawing scholarship programme for high school students, which was started by the previous Artist in Residence, Kerry Doyland. Seven students (one per month since June) from various schools have benefitted from this programme which provided free tuition and the experience of drawing from a life model. Susan has also organised additional life drawing classes throughout September, October and November for three high school groups, as well as life drawing classes for adults with tuition for beginners. Over 40 high school students and 175 adults of all ages have participated in these programmes since the summer.

Susan has used the loft space to develop her painting practice. Working from the model is vital to improving drawing and painting skills. "It's been fabulous to have the space to work intensively on my life painting skills. It has been a year of learning and growth and has made a huge difference to the development of my artistic skills. For the future, I will carry these skills forward and apply them to all my paintings."

2022 – 2023 Artist in Residence
Leigh-on-Sea Town Council's Art Group has gone from strength to strength over recent years, and one of the jewels in its crown is the Artist in Residence scheme. The scheme encourages local artists to use Leigh Community Centre's attic studio as a base for taking creativity out into the local community.

Current Artist in Resident Susan Allen, and her predecessor Kerry Doyland between them started a Life Drawing Scholarship. Over the 2 years that the scholarship has been running, over 300 students of varying ages have been given private tutorial, paper and drawing tools, and an evening of life drawing with a live model, working alongside artists who offer encouragement and advice.

For A-level students looking to expand their portfolio and art lovers who have never felt brave enough to give it a go, this is a game changing opportunity. Drawing is a mindful activity and can be incredibly therapeutic, stilling the mind, slowing the heart rate and calming the nervous system; all of which are ways to switch from fight or flight into that blissful state of healing and rejuvenation. The scholarship is open to applications from schools and individuals alike.

The success of the scholarship programme and the interruptions that both artists have faced during their residencies has led the Town Council to invite Susan and Kerry to join forces and share the 2022-23 residency. It is hoped that this extended opportunity will give them the chance to build on the enthusiasm and passion that both artists share, which has been sadly disturbed by the many lockdowns and restrictions that have been in place over the last two years.

You can view a selection of Kerry and Susan's work on the Community Art Wall at Leigh Community Centre between 25 Apr-27 May.



Community Art Wall

Leigh Community Centre is a fantastic facility for the arts in Leigh and welcomes a variety of groups and artists to display their works on the Community Art Wall free of charge. The Art Wall runs up the staircase and along the first-floor corridor and is also accessible by lift. There is an exciting line up of individuals and groups showcasing their work in 2022. The displays can be viewed by the public at any time that the Community Centre is open, feel free to wander in and have a look.

The 2022 exhibitions are:

21 Mar-22 Apr '3 Kindred Spirits'
25 Apr-27 May Susan Allen & Kerry Doyland
30 May-01 Jul St Clements Arts Chaplaincy
04 Jul-19 Aug Terry Rayner
22 Aug-16 Sep Leigh Art Trail
19 Sep-14 Oct Grace Edkins
17 Oct-18 Nov Open Arts Essex

The Listening Room Poetry and Open Mic Nights

At the end of last year, Leigh Town Council ventured into an unexplored territory and launched the start of their new poetry nights in a bid to make their support of the arts in the town more varied and inclusive. The initiative is a collaboration between the Town Council's Art Group and local poet Maddi Crease, who has been hosting the evenings since they began in September, and so far, they have been a roaring success, with many local performers taking to the mic, and hundreds of pounds raised so far for our Chairman's Charity. We sat down with Maddi to find out more about her poetry and what makes The Listening Room so special...

How did you get into writing poetry?

I have always been a creative writer, from primary school through to now. Honestly, I initially had the same hang ups about poetry that many do - that it is hard to understand, and often quite flowery. Whilst this kind of poetry is beautiful, I found it inaccessible. For me, it changed at two points - 1. I read Mark Strand's 'Eating Poetry'. Whilst this poem has such a mysterious air, it was fun and intriguing, rather than daunting. And 2. I saw online that an organisation I'd published short stories with had a poetry competition running. I decided to try poetry my way and got accepted.

How long have you been writing and performing poetry?

Writing poetry would be since I was 17 - five years. Performing, since I was around 18, maybe 19, so three or four years.

What are your inspirations for your writing?

I write a lot about mental health, having suffered myself for a long time. It helps me understand myself better and communicate in a safe way. I also write about things close to my heart such as equitable treatment of marginalised communities, which I have seen the need for in many ways. And sometimes I'll just write the flowery, mysterious poetry I once hated!

What do you like best about performing?

For me, performing is my chance to be heard. Nobody will disrupt, unless it's a supportive 'hmm' or clap. It's my time to communicate what I find important, and it's one of the most empowering things I do.

What have you enjoyed most about running the Listening Room Poetry Nights?

The Listening Room has proved to me what I have seen at other nights - that there are so many beautiful types of poetry, and beautiful, unique writers behind their art. We're also open to any spoken/sung art form, and I've seen some lovely storytelling too, and singing, neither of which I've had the honour of sharing in at other nights. Overall, I love our evenings for their caring, welcoming manner, with a supportive crowd and honest performers.

OPEN MIC

Each month we spotlight a guest performer for a featured set and everybody is welcome to jump on the mic to perform: whether it be poetry, readings, stories, music or comedy.

The Listening Room is open on the second Wednesday of the month from 7.30-9.30pm at Lorna & Lottie's Cafe in Leigh Community Centre. The bar is open providing refreshments, including alcohol, soft and hot drinks. Entry is by donation, on a pay-what-you-can basis, with profits going to the Town Council's Chairman's Charity (this year is Phab Life who run The Phabulous Cafe on Leigh Road).

For more information contact the Council on 01702 716288 or email council@leighonseatowncouncil.gov.uk
See the Events Calendar on pages 30-31 for future dates. For enquiries about performing email Maddi maddicreasepoet@outlook.com



Sand by Maddi Crease

I have red hair in all my dreams.
Not quite like it used to be - I'm not
Like I used to be.
I am revived, a woman turning daytime to
Nightmare. I am not quiet.

I am God, building rage in a sandpit,
And I am a child, guzzling light from a sippy cup.
Call me childish,
Or say I love who I am.
My answer to both will be
That's how we're supposed to be.

I was not born to grow frigid and cynical at 22.
I was not born to hate every fibre of my body,
Nor a single spark of brain matter.
Nothing I carry
Is unacceptable,
Even when I almost think
It should be.
I will not hate my soft.
Not even my ugly.
Not even the sand.



FREE REFRESHMENTS

LEARN NEW SKILLS
THROUGH OUR
MONTHLY GUEST
SPEAKERS

MONTHLY MEETINGS
@ LEIGH COMMUNITY
CENTRE | 5PM - 6PM

The Youth Forum meets every month at Leigh Community Centre, and is a platform for young people in Leigh to have their say over issues affecting them. The forum encourages young people to get involved in the community and promote positive activities.

The Forum is for 11–18-year-olds and is held on the second Thursday of the month from 5pm - 6pm. Free refreshments included.

To help give the young people involved in the forum a voice, we provide them with the centrefold of this magazine to give them an opportunity to speak about their concerns.

YOUTH

FORUM

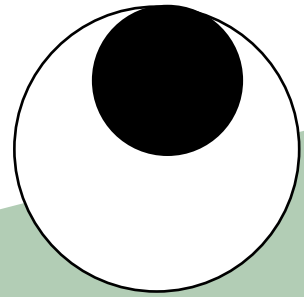
Lives Over Knives

By Alexius Baker, Year 11 student

The "Lives Over Knives" campaign was set up on the 7th December 2021, by my friend and the Mayor of the Southend Youth Council, Scott Kebbell.

The campaign was launched to educate the youth of not just Leigh-on-Sea, but the whole of Essex, about the dangers and consequences involved in carrying knives. As the threat of county lines becomes more apparent and the rate of knife crimes increasing over the past few months, it was decided that these issues must be brought to light. Over 75% of those surveyed found that knife crime was the largest threat in our local area.

Southend Youth Council works with the Essex Police Force, the Essex Violence and Vulnerability Unit, and the Southend YMCA, to hold virtual meetings in which they discuss these local issues. They work to raise awareness of the charges that could be pressed against someone for just carrying a knife for personal safety. Even without any prior involvement with gangs or county lines, one can still be at risk of theft and threats from others carrying knives, making them vulnerable or easily exploited. It is therefore crucial to contact 999 about any crimes witnessed, and to educate the youth about the importance of staying away from knife crime.

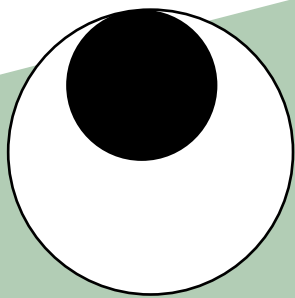


Don't Look Up – the problem with Capitalism.

By Bethany Dench, Year 12 student

The Netflix film created by SNL head writer Adam McKay Don't Look Up is a powerful new dark comedy taking critics by storm. Featuring actors such as Leonardo DiCaprio, an under-confident, homely and prone to panic attacks scientist, and Jennifer Lawrence, a head-strong, edgy and modern female scientist, who discover a comet that will destroy earth in a matter of months. Meryl Streep, Cate Blanchett, Mark Rylance, Jonah Hill, Ariana Grande and my personal favourite Timothée Chalamet all feature as supporting actors alongside DiCaprio and Lawrence, playing funny and stereotypical characters of our modern world making this film not only hilarious (if you like SNL American crude humour) but relatable. So relatable in fact, that its underlying message about the looming climate change crisis (which the comet acts as a metaphor for) scarily hits a modern-day audience harshly.

Not only does it target the climate change crisis but it also highlights many issues with our modern world today: the way our capitalistic and self-consumeristic nature of society is negatively affecting our environment; the lies of politicians and the fact career success is the main political aim for them and not general care about changing our flawed world and the important work of peer assessed scientists that carries on getting ignored and belittled by governments. We only need to look at COP26 and the participating countries' inadequacy to meet any of their aims since the Paris Agreement to see the truth within this film. This political satire then is accurate to the world we live in - one that is dying because of capitalism!



When I first watched this film, on a “binge rubbish Netflix shows Day”, I was absolutely stunned by the amount of truth this supposedly ‘funny’ film should entail. I was laughing at the crude humour and absurdness of the characters, but when I reflected on the truth that this film mirrors of the society we live in and the possible dangers to come in the future— it scared me. I was laughing at the fact our capitalist society is setting up our world to die.

Capitalism in general is causing every one of us to ignore the more meaningful things in life that we take for granted, while instead we obsess over materialistic matters, profit and benefitting ourselves. What about the state of our environment? Which is gradually dying because of capitalist businesses using unsustainable methods to profit. For example, Coca-Cola said last year it used around 3 million tons of plastic packaging annually, adding to ocean pollution. Our environment is dying because of climate change, confirmed in peer assessed scientific reports as a man-made problem. This will cause mass destruction to our world if we leave it to grow, and is still being ignored by idiot politicians who say climate change is “mythical” and “an expensive hoax created by and for the Chinese”. It is shocking to think people like this are (or at least used to be) in charge of our world.

We need a new way of thinking. We need to stop looking at the economic disadvantage of climate change solutions as, at the end of the day, we only get one world and money is meaningless if we are all going to die from environmental disasters. We need to stop letting capitalism rule our world and move away from this societal norm. I am not advocating communism (as we all know that is a flawed ideology) but I am advocating socialism. We need to help each other by helping the environment. Human nature isn’t meant to be selfish; we have made it become so. We have the ability to do good and save our planet.

Speaking to many young people, it’s sad to hear they don’t think they can make a difference as they believe that we are all inevitably doomed so we should just ‘get on with life as we will all die soon’. Personally, a sad part of me agrees with them as I can’t see a future where I am an elderly woman living off my pension as I think at this rate the human population will either die because of World War 3 or politicians’ inability to do anything about climate change. However, I don’t want that to be the case. I want to be optimistic about the future and believe we can combat climate change, in every little way.

Protests (not as far as blocking the M25 though), education, aiding sustainable companies and continual pressure on the governments to LISTEN to the fact that our environment matters are the only way I, as a 17-year-old girl, can think of supporting environmental change. There is only so much we young people can do. At the end of the day politicians, large businesses and people with an influential position are the main people who can make a real difference. They need to change their capitalist ideology and aid our socialist movement to look after the environment. “Don’t Look Up” may hold up a mirror to the world we live in today but we don’t need to mirror it exactly and end up dead like the characters at the end of this film.

Let’s make a difference and change our capitalistic mindset as I’m sure McKay would have wanted. Be greener and more sustainable. Aid environmental change. Stop Capitalism!

The Latest News from our Youth Forum

Leigh-on-Sea Town Council’s Youth Forum recommenced in September 2021 with gusto. Keen, dedicated and passionate youngsters have been attending the meetings, sharing their views and concerns.

October’s meeting saw Claire Victory from Southend Borough Council visit the Forum to discuss Southend’s New Local Plan. She was able to get feedback about what our young people need in the Borough. Bob O’Leary, from the Royal British Legion, spoke about the Leigh Poppy Trail held in November and gave a detailed outline of the History of the Poppy. And in December, a member of Extinction Rebellion Youth Group delivered a presentation on the latest issues surrounding climate change and the outcome of COP 26.

With all these subjects being raised and discussed the Forum decided they wanted to hold their own Question Time style event where they could direct their questions to a panel of adults who are in the know or carry authority in the town.

“It is so important that young people are involved in the debate and shaping the future of the town” says Cllr Anita Forde who runs the Youth Forum, “we look forward to seeing you there.”

The Youth Question Time event will be held at Leigh Community Centre on Wednesday 30th March from 5.30pm.

To find out more about this please forward your name and contact details to Councillor Anita Forde, Email: cllrforde@leighonseatowncouncil.gov.uk Mobile: 07786 023941

As of 6 February, Queen Elizabeth II has been the country's monarch for 70 years - the first time in British history a monarch has achieved this milestone. This date is also the anniversary of the death of her father, King George VI, and therefore is known as a date the Queen does not wish to celebrate.

The May bank holiday weekend in 2022 will be shifted to Thursday 2 June, and an additional bank holiday on Friday 3 June will introduce a four-day weekend to celebrate the Queen's Platinum Jubilee.



OFFICIAL EVENTS PLANNED INCLUDE:

Thursday 2 June

Trooping the Colour held in full for the first time since the pandemic; Platinum Jubilee beacons lit across the UK, Channel Islands, Isle of Man, UK Overseas Territories and the capital cities of Commonwealth countries

Friday 3 June

Service of Thanksgiving for the Queen's reign at St Paul's Cathedral

Saturday 4 June

The Queen will be joined by members of the Royal Family at the Derby; a live concert will be held at Buckingham Palace

Sunday 5 June

Communities attend Big Jubilee Lunch, with street parties across the UK. The Platinum Jubilee Pageant also takes place in London with over 5,000 people taking part

How are people being asked to celebrate the Platinum Jubilee?

Communities, schools, gardeners and companies are being asked to plant trees in an initiative to mark the Queen's Platinum Jubilee in 2022. You can apply for tree packs via the woodland trust. Packs include 15, 40 and 100+ trees for schools and communities. People are also invited to share friendship, food and fun with neighbours as part of the Platinum Jubilee celebrations. A Big Jubilee Lunch will take place on Sunday 5th June, they can be big or small, street party or picnic, tea and cake or a garden barbeque. More information about this can be found at edenprojectcommunities.com/the-big-jubilee-lunch



If you wish to throw a street party all application information can be completed via the Southend Borough Council website and must be received (with all supporting documentation) by 5 May 2022.

Celebrating with Leigh-on-Sea Town Council

Free Bunting Workshops

A series of fabric bunting workshops will be held at the Community Centre this Spring for residents. These workshops will promote the use of eco-friendly bunting using recycled material which residents can bring with them or use fabric donated to the centre. These family friendly 2-hour workshops will promote the use of upcycled fabric, all other materials and tools will be provided. If you have any spare fabric you would like to donate, please leave at our reception.

Jubilee Picnic

We will be holding a Jubilee Picnic at Bonchurch Park on Sunday 29th May, 12-3pm for the whole community to enjoy. The free event will welcome charities, community groups, residents and their families to come together and enjoy a 'bring-your-own' picnic in the park. There will be a small selection of food stalls, games, and charity and community stalls. Entertainment will also be provided on a dedicated staging area with music and performances to enjoy with your picnic.

Social Club Tea Party

Our Over 60's Social Club won't miss out on the fun either, as we will be hosting a Jubilee Tea Party on Wednesday 1st June with a delicious afternoon tea provided by Lorna and Lottie's Café as well as music and games. More details about the club can be found on page 13.

Fun for kids

We are planning a children's Jubilee themed event for the week of the Whitsun half-term, details are yet to be confirmed, so keep your eye on our social media platforms for details nearer the time.



**LEIGH-ON-SEA
BUNTING WORKSHOPS**

FREE eco-friendly bunting workshops for Leigh Residents provided by Leigh-on-Sea Town Council

CELEBRATING THE QUEEN'S PLATINUM JUBILEE

Perfect prep for all those street parties and celebrations!

Saturday 2nd April 11am - 1pm
Sunday 3rd April 11am - 1pm
Sunday 10th April 11am - 1pm and 2pm - 4pm

Families welcome. For all ages and capabilities. **BOOK ONLINE ONLY:**
www.bookwhen.com/leightowncouncilevents

Bring your own fabric or use our donations

Making up to 5m of bunting in a variety of styles including triangle bunting, rag bunting and tassel bunting.

Bunting Guidance From Southend Borough Council

In normal circumstances there is an application process for erecting bunting and flags via Southend Borough Council. Instead, the borough council are asking residents to follow our simple rules below:

Please erect any bunting/flags/banners from house to house rather than across the road or pavement and ensure the items are securely fixed. Please be careful what you are securing it to – drainpipes can easily be wrenched away if the bunting is dragged down and make sure it is as taut as possible

If you and your neighbours have already erected bunting across the road and pavement, please check the items are securely fixed so as not to pose a danger to the public, and please ensure there is a minimum clearance of 5.7 metres (18 feet 8 inches) above the highway

Please be aware of the danger of overhead lines

Please be careful when using ladders at height

Please be aware that in the unlikely event that someone is injured or property is damaged by the bunting, the person who put it up may be liable

PLEASE DO NOT PLACE BUNTING/BANNERS/FLAGS IN THE FOLLOWING PLACES:

- a roundabout
- at a junction
- on any road sign supporting posts, or beacon poles
- on traffic signals or posts
- on street trees

Bunting Recycling

Once any bunting has been taken down, please think about recycling

Card and paper bunting can be recycled in your blue card/paper box. Please remember to remove any decorations, glitter before recycling

Fabric bunting can be recycled in white textile sacks

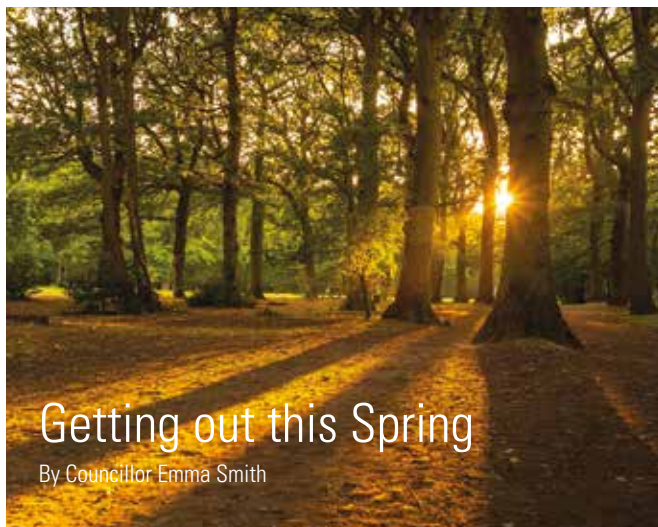
Plastic bunting cannot be recycled in pink sacks, please put this in black sacks

Please note Southend Borough Council reserve the right to remove bunting without notice and more information can be found on their website

Plastic bunting that is left hanging for a prolonged period of time will start to break down, and will cause micro-plastics to be blown into the air

Leigh-on-Sea Town Council are promoting the use of recycled eco-friendly bunting, to be hung on your own property with a series of bunting workshops





Getting out this Spring

By Councillor Emma Smith

It's been a fairly mild winter, but now spring is in the air there is so much more to explore in Leigh-on-Sea and the surrounding areas. If you're stumped for ideas, we've compiled a list of mini-adventures which are suitable for all the family, and they are all outdoors. Even if you've lived locally for a while, chances are you've not experienced everything there is to offer.

Visit Two Tree Island early on a sunny day for a crisp start, with stunning views. Why not grab a coffee in Old Leigh and walk along the cockle sheds and marshes, before you reach this little island. Take a photo and tag us in on Instagram

@leightowncouncilevents

Take in the first buds of Spring in Belfairs Woods. Even before the bluebells are ready, you'll see the first flowers of the season sprouting through, and hear the birds wake up from the winter. Why not take part in the sculpture trail to help wear out little legs?

If you're looking for a longer walk, why not pick up the Prittle Brook Greenway from Belfairs Woods and take a stroll all the way to Priory Park? This is a great route for cyclists, especially if you have a child seat on the back and feel safer off the main road.

Download the Geocaching App and start exploring. There are many hidden caches in this area, full of goodies and all you need is the GPS in a smart phone to help you find them. Check out the website for more information **geocaching.com**

Although it may still be a little chilly, you might want to try out Stand Up Paddleboarding (SUP), with classes available locally for children aged 9+ up to adults, with all abilities catered for. Visit **saltwater-sup.co.uk** for more details.

Follow the Leigh Heritage Trail on Google Maps and take a step back into the past, to tread in the footsteps of Elizabethan mariners, artists and open-air preachers. The circular walk is just under 2 miles, and has over 20 points of historical interest. Visit **leighsociety.com** to access the trail.



Tips for the Garden

Sent in from Leigh Residents

Use the 'no dig' method of layering cardboard and good compost to enrich the soil without heavy digging.

Mulch during the winter and spring around existing plants to insulate the plants and suppress the weeds.

Start looking at your seed catalogue for inspiration during the coming months and sketch a plan of your garden with a view to considering heights and widths of trees, plants, flowering times and complementary colour shades.

When planting seedlings outside it is wise to pop the plant pots into a bowl of water to give them a good drink and watch the bubbles float to the surface. Place some good compost around the roots together with some growing feed to give the plants the best chance.

To help keep colourful summer flowers vibrant, deadhead regularly, water daily and use water crystals to retain the moisture in the compost.

Clematis, roses and honeysuckle all make good climbing partners around pergolas. They will imbue your garden with special fragrances too. There are so many to choose from but make sure they are planted deeply enough. Make sure these are pinched out at the top to encourage growth and also keep picking to ensure a long flowering season.

Many plants are easy to grow and will reward you with great displays of colour with very little effort. A few recommendations that are easy to propagate by snipping a few cuttings off at a node, stripping off the leaves and popping in hormone rooting powder and planting in compost.

*These include:
Penstemon
Osteospermum
Salvia
Marigolds
Everlasting Geraniums*



Many annual seeds can be sown direct into the soil once the soil has warmed up sufficiently and good examples are Godetia, Candytuft, Love in a Mist, Cornflowers, Night Scented Stock, Busy Lizzies, Asters and Sunflowers. These can be slotted in alongside your perennial plants, which come back every year.

Spring Cleaning your Mental Health

By Cllr Emma Mills

Researchers have traced the history of spring cleaning to many different cultures, an annual renewal is a globally identifiable phenomenon. The Iranian new year 'Nowruz' falls on the first day of spring, when people practise khaneh tekani, meaning literally 'shaking the house'. Passover, the annual Jewish practice, involves thoroughly cleaning the home in preparation for the springtime festival. The Catholic Church thoroughly cleans the church and its altar for Maundy Thursday, the day before Good Friday, in the spring. These religions see benefit in revitalising physical renewal to mirror spiritual ones.

We know that holding on to past emotions and being critical of yourself or others takes up emotional and mental space, negatively impacting your life. We also know that cluttering our minds wastes energy.

So, what can we do to spring clean our mental health?

Write things down

Writing a journal every morning helps free the mind from daily worries and anxiety. Writing things down encourages progress on tasks and goals and helps recognise and process emotions.

When you handwrite thoughts, you give your brain's encoding process a boost, which decides to either store the information long-term or let it go. Having thoughts written down can help make connections quicker or see facts without emotional baggage.

Empty the mind

Mental health studies have shown the benefits of regular meditation and mindfulness in reducing stress, depression, fatigue whilst boosting happiness. These studies also note an increase in self-awareness and concentration. Practicing mindfulness is about getting rid of what is not needed and focusing instead on the present moment, accepting it without judgment. Handy apps like 'headspace', 'calm', and 'Insight timer' can help meditation become a regular practice.

Be available for yourself

Do you say 'yes' to others too often? Do you put others' needs ahead of your own? You may feel like you never have time for yourself yet it is important to prioritise yourself. Start by making a list of things you cherish doing, but never have time for. Prioritise these daily. It could be taking a walk, reading or writing for pleasure, trying new recipes, having a candlelit bath or watching a film. When we devote time to ourselves, we allow the brain to recover and recharge.

Develop healthier habits

If we wake up on time, eat well, sleep eight hours a night and exercise regularly, we feel good about ourselves mentally and physically. When we focus on improving ourselves, we send positive messages to our brain increasing self-esteem and reducing negativity.

Forgive and forget

The best mental spring cleaning is letting go of resentment, regrets and disappointment. Holding on to past emotions; judging yourself and/or others wastes emotional and mental space without affecting any outcomes. Not only is resentment futile but dwelling on negativity circumvents clarity, diminishing the mental space you have for positivity.

USEFUL CONTACTS

If you are concerned about your own, a friend or relative's mental health these contacts may be helpful;

SAMARITANS

Available 24 hours a day, 365 days a year. They can help if you are finding it hard to cope, or worried about someone else or feeling suicidal or want to harm yourself.

Tel: 116 123 samaritans.org

MENTAL HEALTH SUPPORT 24/7

If you are in crisis and need help, dial NHS 111 and select the option for mental health crisis. You will be connected to Essex Partnership University Trust contact centre where trained staff will provide support and advice 24 hours a day.

Tel: 0300 123 08 08 eput.nhs.uk

UNDER 18'S

For support if you are under the age of 18 and in crisis Tel: 0300 300 1600 or 0300 555 1200 for out of hours help email

nelft-ewmhs.referrals@nhs.net

THERAPY FOR YOU

Providing talking therapy in the local area. Tel: 01268 739128

epunft.contactcentre.iapt@nhs.net

AGE CONCERN SOUTHEND

Run a befriending service to meet the needs of adults of all ages.

Tel: 01702 345373

enquiry@acsos.co.uk

SOUTH EAST ESSEX MENTAL HEALTH WELLBEING HUB

is provided by Trust Links.

For those with any mental health issues in Southend who would like to access community-based support. The Wellbeing Hub and the partner Recovery College provide 1:1 advice, guidance and support groups, activities, courses, peer support, access to specialist support.

Trust Links also offers counselling and support to carers, therapeutic gardening for adults, and support for children and young people.

Tel: 01702 213134 trustlinks.org

Facebook_trustlinksonline

SOUTH EAST ESSEX MIND

Providing counselling and video counselling and an 'appropriate adult's service', supporting those with a mental health issue or learning disability.

Tel: 01702 601123 secemind.org.uk

NETPARK WELLBEING

Is a free art wellbeing service run by Southend Borough Council and Metal Art Organisation. It is open to all those living with any of the following;

depression, anxiety, stress, mental health illness including dementia or social isolation. Tel: 07918360374

emma.mills@metalculture.com



Healthwatch Southend is your independent voice in matters of health and social care. Each local council with social services responsibilities is given money to commission a local service. Only charities or social enterprises can be awarded a contract to run a local Healthwatch. Despite our funding coming via Southend Borough Council, we remain neutral. We work closely with Healthwatch Essex and Healthwatch Thurrock, as the NHS and local authorities in Mid and South Essex collaborate more.

What do we do?

We have three main roles to carry out on your behalf:

We offer information, advice and guidance to local people who need health or social care services, either from public organisations or the voluntary and community sector. Moved into the area and need to find a GP? Call us. Found lockdown and the impact of COVID hard to deal with? We can link you with local groups who can help.

We collect people's stories about their experience of services and use these to call for improvements in how care is delivered. We can back this up with data, or reports from other parts of the country

We uphold your rights to high quality care. We speak out at two key Council meetings if we believe people have not been properly engaged in decisions, or if we have concerns. These are the People Scrutiny Committee and the Health & Wellbeing Board – both meet in public and local people are welcome to attend and ask questions.



A message from the Chair of our Advisory Group, Dr David Bowry

As Chair of the Advisory Group for Healthwatch Southend (and a Leigh-on-Sea Town Councillor) I am delighted to be given this opportunity to tell you a little about what our Advisory Group does.

Our overall mission at Healthwatch Southend is to engage with you, the people of Southend, and to respond to your first-hand health and social care experiences. Whether your experience has been good or otherwise our Advisory Group is there to represent your views to those who provide our services and, if necessary to hold them accountable.

Our Advisory Group has four key roles:

Strategy – to set the priorities and direction of Healthwatch Southend

Scrutiny – to oversee the performance of our health and social care services

Support – to ensure our staff are supported

Stretch – to challenge and question those who provide health services and the systems in place to deliver them

To give you an insight into the issues, in the 2021 annual Healthwatch England Survey the top five priorities were identified (in order of priority) as:

- Mental health
- Social Care
- Covid-19 pandemic
- General health inequalities
- Primary care

We currently have vacancies for members of our Advisory Group and would be delighted to hear from you if you are interested or would like to discuss joining us.

All our Advisory Group members provide their time and expertise on a voluntary basis.

What sort of issues have we looked at?

It has been harder to meet with local people to discuss their experiences during lockdown, so we completed a couple of pieces using a “mystery shopper” approach.

Advice about cancer

Although not everyone can use the internet, it is helpful in providing advice, particularly when many patients were unclear about whether they should be visiting their GP. We looked at GP websites to see what information they had for patients who had cancer (or their carers). Some practices’ websites were really helpful, whilst others had no information, or made it difficult to find. A small number of practices had no website at all, although they are meant to. Every time we undertake work like this, we share it with the Southend Clinical Commissioning Group (CCG). Working with other CCGs, they produced a number of videos to help people understand more about cancer and what to look out for.

Registering with a GP

We also know that many people find it hard to register with a GP, for a number of reasons. Again, we checked the approaches of all the practices in Southend, either using their websites, or by calling them. A number of practices asked patients for some form of photographic identification before registering. This is contrary to NHS policy as it discriminates against many people who do not have a passport or driving licence, for example. Some practices also ask for a recent utility bill to prove that patients live within their practice area. Not everyone will have a utility bill – we spoke to one young man who had had to move back to live with his mother during lockdown. His mother paid all the bills, so he found it difficult to register with a local GP until we contacted the practice. The CCG used a training session to remind all practices of the guidance. We will revisit this during the year to make sure practices have changed their policies.

More change!

The Government is introducing another change to the way that the NHS works, and how health and local authority services can be more joined up. These proposals are in the Health & Care Bill, currently going through parliament. If the Bill becomes law, clinical commissioning groups or CCGs (which plan and pay for health services) will be abolished to be replaced by new integrated care boards. Instead of having a local CCG for the borough, there will be a Mid & South Essex Integrated Care Board. Healthwatch Southend currently attends the Health & Care Partnership, which will become the Integrated Care Partnership. At these meetings, we call on partners to make sure local people are involved in planning services. This could be during meetings when we remind partners that not everyone has a computer or smart phone, or that not everyone has access to a car to reach services. We also use the comments you have made to us to show where improvements need to be made.

How to get involved?

We are always pleased to hear from local residents, as we aim to be your voice. You can:

1. Contact us directly to let us know about your experiences (good and bad) with local services
2. Join our Advisory Group or become one of our community voices, reviewing our policies and plans
3. Come to one of our meetings
4. Invite us to talk to groups you are involved with
5. Add your name to our mailing list to receive updates

Contact us by calling

(01702) 416 320

by email

info@healthwatchsouthend.co.uk

or via our website

healthwatchsouthend.co.uk



Friends of Leigh Library Gardens



Christmas is a distant memory now but back in December, FOLLG joined with Create98, Leigh's very own creative epicentre, to produce decorations for the trees in the Gardens, and also decorated the wooden pallet trees in the wildlife garden, adding to the festive display put on by Leigh Town Council and creating a magical place to wander through at dusk as the lights came on. Collaboration is very much the aim of the Friends and much has been achieved with the help of organisations and the Parks Department, and more is planned with partners from across the town.

Over the last year, more than 1000 volunteering hours have been worked by the Friends, with 20 new volunteers joining. As more people join the Friends, the Gardens are being divided up into more manageable sections with volunteers taking on responsibility for a certain area, such as the Upper Garden, Lower Garden, nature garden area plus specific beds requiring planting. A bog garden is being created in the wildlife area. We are delighted too that Incredible Edibles whose vegetable beds are in the Upper Gardens by the brick building, have taken on the creation of a woodland garden at the side of the library away from the playground.

The revamping of the sensory garden is almost complete, thanks to assistance from Southend in Sight members and funding from Leigh Rotary Club. Once the weather has improved in the Spring, more plants will be added. In the summer this should be a very rewarding spot for those with sensory impairment to enjoy as the planting has been carefully planned for scent, texture, movement to create sound and vibrant colour. All these measures mean that the Gardens' Green Flag status has been retained for a second year, a great achievement for all the volunteers.

The picnic/games table, installed by Leigh Town Council, has proved a big success and the Gardens are proving to be as popular as ever with young and old enjoying them.

To mark the Queen's Platinum Jubilee in 2022 Friends of Leigh Library Gardens are working with a local artist to create a special floral tribute to Her Majesty. Again, this will be a collaboration with local students and the community to create something fitting for the occasion.

Many people stop to speak to the volunteers as they are at work on Wednesdays and each 2nd and 4th Saturday of the month, and it is always wonderful to hear how much everyone appreciates the hard work and commitment that goes into looking after the Gardens. The volunteers are always happy to explain what they are doing, talk about future plans or take suggestions from the local community.

As the weather gets better and coronavirus restrictions are eased, the Friends are excited about future developments in the Gardens and look forward to welcoming ever more volunteers: young, older, experienced, inexperienced, time rich, time poor, enthusiastic amateurs or complete novices – there is always something to do for everyone.




The Friends can be contacted by email at follg2018@gmail.com.

If you have comments, donations of tools or garden equipment or would like to know about becoming a volunteer, please get in touch by email or by stopping to talk to one of the volunteers in the Gardens.

Friends of Love Leigh Cliffs

By Carolyn Sherwin



**2021
our second
year, and what
a year we have had!**

**In and out of lockdowns.
We really enjoyed being active
and meeting new friends. We were
amazed at the difference we could
make to such a beauty spot by gardening
for just a little while each week.**

**A big breakthrough this year was when the Parks
Department agreed to cut the grass more often and to
cut an extra area of grass around the feature seats to
accommodate the many people that like to picnic there.
One hot day, our largest work party turned up in response to a
“hay making” call to collect the over knee-high grass that had
been cut. I think they thought Poldark would be there but
unfortunately not.**

**Round Table volunteers enthusiastically came and constructed
a fine compost enclosure from pallets, now in full use. And
volunteers from NatWest came to help with 15 people over 3 days.
They all seemed to love it, especially the stump removal team with
their youthful strength. They all made a huge difference and are
welcome back any time.**

Bear Estate Agents have very kindly sponsored perfumed hybrid tea roses in pink to reinstate the triangular flower bed at the Avenue Road entrance.

The little rockery has had a complete makeover and now looks amazing, as have many of the other flower beds. Many members worked on the main rockery, one in particular, with Herculean strength reset the huge sandstone rocks. Everywhere bramble and weeds, some up to 7 foot tall, were cleared revealing long-suffocated plants, flowers and hosts of bulbs planted long ago, to reward us.

The wonderful folk of Leigh and beyond have given us their spare plants, which we could not have managed without. Some hollyhock seeds were given which we grew at home as a competition. This, their second year, we are expecting a host of tall waving flowers to appear. Mine will be the biggest of course. That is if I can remember where I planted them.

We couldn't have done all this without the support of the Southend Parks Department and Leigh Town Council who gave us a grant of £500 enabling us to purchase our own third-party insurance and to buy hundreds of bulbs and a few plants which you will see coming up this spring. Well worth a visit.



***If you would like to come along
to help us make a difference,
we would love to see you.
We meet every Thursday
10.30am – 12.30pm.***

Find us on Facebook:
Friends of Love Leigh Cliffs
Email: frolle@outlook.com



Leigh's Rare Bumblebees

By Dr Janine Watts



Rare Garden Visitor

During the summer of 2020, my family were delighted to discover an unusual bumblebee visiting sunflowers planted in our garden in Leigh-on-Sea. Reaching for my camera, I took some photographs and sent them to Bumblebee Conservation Trust (BBCT) for help with identification. Highlighting the rarity of the species, experts at the charity verified my sighting and requested I submit details to iRecord - a website operated by the Biological Records Centre as part of the work of the UK Centre for Ecology & Hydrology.

Species Profile - *Bombus humilis*

Our garden visitor was one of the United Kingdom's rarest bumblebees - a Brown-banded carder bee (*Bombus humilis*). Widespread in lowland Britain in the early part of the 20th century, the substantial decline of this species in the 1960s is thought to be linked to the intensification of farming.

Species Conservation

I asked Dr Cathy Horsley (Conservation Officer for BBCT) how residents of Leigh could help to conserve this species. Dr Horsley highlighted the importance of late season forage in our gardens and landscape:

"*Bombus humilis*, like many of our rarer bumblebees, is a late emerger (they tend to come out of hibernation in May). Their colonies are peaking in July and August when there is often little forage around in the wider landscape – for example, meadows are cut in mid-July, which doesn't work well for this species."

Local gardeners and landowners can support this species by consciously planting flowers which bloom in late summer (for example sunflower, teasel, red clover, knapweed, and vetch). For those wishing to learn more Dr Horsley has compiled a factsheet.

Plight of the Bumblebee

Across the UK there are 24 species of bumblebee, eight of which are rare and still declining. Even some of our more common and widespread bumblebee species are declining in abundance. Tragically, during the 20th century, two of the UK species became extinct.

Through their website, BBCT provide a wealth of information addressing the plight of the bumblebee. In addition to identification and monitoring, this charity supports people to take micro-actions enabling local areas to become more friendly for all Britain's bumblebee species. Monthly bumblebee menus feature in the Bee the Change campaign, showcasing specific flowering plants that can supply bumblebees with food throughout the year.

Conservation & Connection

It filled me with hope to see a rare bumblebee in my own garden, reinforcing a sense of interconnectedness during a global pandemic.

A combination of factors contributed to my sighting: Leigh's sunny coastal climate; an abundance of pollinator friendly flowers; leaving some areas of my garden to rewild; taking time to enjoy the garden and bringing my full attention to the present moment.

Keen to share the joy of this discovery and support provision of widely distributed foraging corridors for pollinators, I shared news of the sighting and sunflower seeds with neighbours. I'm now collaborating with Essex Wildlife Trust (EWT) to raise awareness and support conservation of our local bumblebees and other pollinators.

Supporting Leigh's Bees

I've discovered that Leigh is also home to another rare bumblebee - the Shrill carder bee (*Bombus Sylvarum*) and that both rare species can be found on Essex Wildlife Trust's reserve at Two Tree Island. This reserve was specifically enhanced to support insect conservation for the Trust's Action for Insects campaign.

Danielle Carbott (Urban Engagement Officer with EWT) explained that Leigh has a range of vital habitat corridors - including Leigh Marshes, Belton Hills, Marine Parade and Cliff Gardens - providing local bumblebees with a diversity of flora upon which to forage. Danielle also emphasized the importance of connecting habitats which help to link pockets of wildlife rich habitat within urban areas.

Crucially, our gardens play an important role in connecting urban habitats, providing shelter and food for local species. Residents can assist local bumblebees through mindful provision of food in the form of nectar and pollen contained within bee-friendly flowers. Danielle adds: "a great place to start for any garden owner is the removal of pesticides. This starts to encourage more wildlife to your garden; ensuring the forage for our bumblebees is safe."

Last year, EWT launched their own Big Wild Seed Sow. Returning this autumn, the campaign provides local people with a free bag of wildflower seeds to plant, ready for the next season. The aim is to help gardens become part of a wider network of native wildflowers across Essex.

Well Informed Gardening

It's important to make informed choices when gardening, carefully considering which plants are right for your garden type, space and needs as well as how garden space can be harmoniously shared with wildlife.

Some plants are potentially harmful, being poisonous if eaten, causing skin or eye irritation or allergy. Always read plant labels, do your own research, and undertake necessary preparation to protect all garden users, including those with vulnerabilities, children, and pets. The Royal Horticultural Society website is a useful resource for further research.

Health & Wellbeing

Challenges brought about by global events including the pandemic and climate change have reminded people that we are intrinsically interconnected and part of the natural world.

In these most challenging of times, nature provides us with important and plentiful opportunities to support our health and wellbeing. I believe we need to embrace the possibilities that nature offers to support our wellbeing and recognize that our relationship with nature is reciprocal: by taking care of nature, we enable nature to support us.

Watching bumblebees forage for nectar and pollen in my garden and capturing these encounters using photography gave me immense joy. Through these mindful activities my full awareness was brought to the present moment, providing much-needed respite from the stress of the pandemic, filling me with wonder and creating connection.

Having the honour of a visit from one of the UK's rarest bumblebees gave me a renewed sense of hope. Given the challenges of current times, experiences which uplift and nurture us are ever more important.

Leigh 'Bee Kind'

We are so fortunate that here in Leigh-on-Sea, both the Brown-banded and Shrill carder bee species remain to grace us with their presence. Can you 'Bee the Change' by supporting bumblebees and other pollinator species to thrive here?

With thanks to Danielle Carbott (Urban Engagement Officer, Essex Wildlife Trust) and the team at Bumblebee Conservation Trust for assistance with this article.

USEFUL LINKS FOR FURTHER INFORMATION

Essex Wildlife Trust;
essexwt.org.uk
big wild seed sow campaign
[/big-wild-seed-sow](https://essexwt.org.uk/big-wild-seed-sow)
action for insects
[/get-involved/campaign/action-for-insects](https://essexwt.org.uk/get-involved/campaign/action-for-insects)
actions for wildlife
[/actions](https://essexwt.org.uk/actions)

Bumblebee Conservation Trust
bumblebeeconservation.org

Royal Horticultural Society
rhs.org.uk



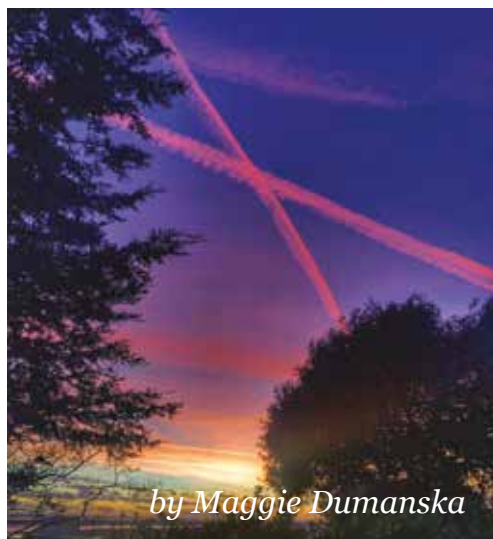
by Margaret Lane



by Maggie Dumanska



by Maggie Dumanska



by Maggie Dumanska



by Heather Gilson



by Margaret Lane



by May Hope



by Margaret Lane

Celebrating Leigh

A collection of stunning, scenic images of our beautiful town, sent in by local residents.



by Maggie Dumanska



by May Hope



by Coralie West



by May Hope

March

- 21 Art Exhibition TBC
- 26 Thin Lizzy Tribute Band Night at LCC
- 26 LTC Councillor Litter Pick
Location TBC – 10am start
- 30 Youth Question Time 5.30pm at LCC

April

- 2 Free Bunting Workshop 11-1pm at LCC
- 3 Free Bunting Workshop 11-1pm at LCC
- 4-14 Easter Break Activities for children at LCC
- 6 Over 60's Social Club 12-1.30pm at LCC
- 6 Blues Night 7.30pm at Lorna & Lottie's Café, LCC
- 8 Annual Community Meeting 6.30pm at LCC
- 9-10 Folk and Ale Festival at LCC
- 10 Free Bunting Workshop 11-1pm
and 2-4pm at LCC
- 13 The Listening Room – Poetry and Open Mic Night
7.30pm at Lorna & Lottie's Café, LCC
- 14 LTC Youth Forum 5-6pm at LCC
- 15 Bank Holiday – LTC & LCC Closed
- 18 Bank Holiday – LTC & LCC Closed
- 20 Over 60's Social Club 12-1.30pm at LCC
- 23 Muse Tribute Band Night at LCC
- 25 First day of Artist in Residence Exhibition
Susan Allen & Kerry Doyland at LCC
- 30 LTC Councillor Litter Pick
Location TBC – 10am start

****NB there is NO Friday Farmers Market in April****

May

- 2 Bank Holiday –
LTC & LCC Closed
- 4 Over 60's Social Club
12-1.30pm at LCC
- 4 Blues Night 7.30pm
Lorna & Lottie's Café, LCC
- 7 Leigh Pop Up Artisan Craft
Market, 12-4pm at LCC
- 11 The Listening Room –
Poetry and Open Mic Night
7.30pm
Lorna & Lottie's Café, LCC
- 12 LTC Youth Forum
5-6pm at LCC
- 18 Over 60's Social Club
12-1.30pm at LCC
- 20 Leigh Farmers Market
9-1pm at LCC
- 25 LTC Councillor Litter Pick
Location TBC – 9.30am start
- 29 Jubilee Picnic
12-3pm in Bonchurch Park
- 30 First day of St Clements Arts
Chaplaincy Exhibition at LCC

EVENTS

June

- 1 Over 60's Social Club – Jubilee Party - 12-1.30pm at LCC
- 1 Blues Night 7.30pm at Lorna & Lottie's Café, LCC
- 2 Bank Holiday – LTC & LCC Closed
- 3 Bank Holiday – LTC & LCC Closed
- 4 Seasonal Saturday – Summer Farmers Market
- 8 The Listening Room – Poetry and Open Mic Night 7.30pm at Lorna & Lottie's Café, LCC
- 9 LTC Youth Forum 5-6pm at LCC
- 12 Southend Half Marathon
- 15 Over 60's Social Club 12-1.30pm at LCC
- 17 Leigh Farmers Market 9-1pm at LCC
- 18 The Jam Tribute Band Night at LCC
- 23-26 Leigh Folk Festival, throughout Leigh
- 26 LTC Councillor Litter Pick Location TBC – 10am start

July

- 4 First day of Terry Rayner Exhibition at LCC
- 6 Over 60's Social Club 12-1.30pm at LCC
- 6 Blues Night 7.30pm at Lorna & Lottie's Café, LCC
- 13 The Listening Room – Poetry and Open Mic Night 7.30pm at Lorna & Lottie's Café, LCC
- 14 LTC Youth Forum 5-6pm at LCC
- 15 Leigh Farmers Market 9-1pm at LCC
- 20 Over 60's Social Club 12-1.30pm at LCC
- 30 LTC Councillor Litter Pick Location TBC – 10am start

August

Summer Holiday Activities for children at LCC throughout August – dates TBC

- 3 Over 60's Social Club 12-1.30pm at LCC
- 3 Blues Night 7.30pm Lorna & Lottie's Café, LCC
- 10 The Listening Room – Poetry and Open Mic Night 7.30pm Lorna & Lottie's Café, LCC
- 17 Over 60's Social Club 12-1.30pm at LCC
- 22 First day of Leigh Art Trail Exhibition at LCC
- 29 Bank Holiday – LTC & LCC Closed
- 31 LTC Councillor Litter Pick Location TBC – 9.30am start

****NB there is NO Friday Farmers Market in August****

September

- 3-11 Leigh Art Trail
- 7 Over 60's Social Club 12-1.30pm at LCC
- 7 Blues Night 7.30pm Lorna & Lottie's Café, LCC
- 14 The Listening Room – Poetry and Open Mic Night 7.30pm Lorna & Lottie's Café, LCC
- 16 Leigh Farmers Market 9-1pm at LCC
- 21 Over 60's Social Club 12-1.30pm at LCC
- 25 LTC Councillor Litter Pick Location TBC – 10am start

CALENDAR 2022

LEIGH-ON-SEA TOWN COUNCIL



2022 ANNUAL COMMUNITY MEETING

FRIDAY 8TH APRIL | DOORS OPEN
6.30PM | LEIGH COMMUNITY CENTRE

**FREE REFRESHMENTS
COMMUNITY DISPLAYS
GOOD FOR LEIGH AWARDS
& MORE**

HAVE YOUR SAY AND ASK
QUESTIONS ABOUT YOUR
TOWN

01702 716288 | COUNCIL@LEIGHONSEATOWNCOUNCIL.GOV.UK