



cover art by Maggie Dumanska

Leigh on Sea Town Council News

issue 16



@LeighTCevents

www.leighonseatowncouncil.gov.uk

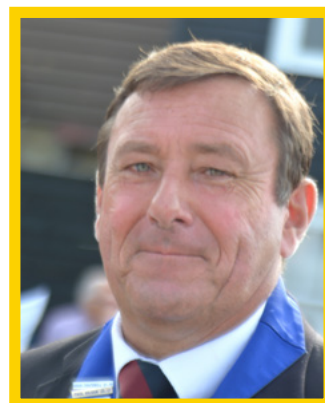
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I feel both honoured and privileged to have been elected as the Chairman of Leigh Town Council for the current Council Year and to be able to contribute to the latest edition of Leigh Town Council's Magazine as Chairman.



I would like to pay tribute to the hard work and dedication that the previous Chairman, Cllr Doug Cracknell, showed during his term of office, especially given the unusual and sometimes difficult circumstances. As the Vice Chairman during this period, I saw first-hand how dedicated Doug was and witnessed his genuine care for Leigh and the community.

Cllr Cracknell's commitment was evident throughout this period, and it should be noted that the Chairman's charity raised £1000 for the PHAB café in Leigh Road, which this amount has only been surpassed on one previous occasion, I believe.

It's certainly going to be a hard act to follow!

Since taking over as Chairman I have had the pleasure of presenting a LTC Good Citizen award to a pupil at Belfairs Academy and presiding over the flag raising ceremony on Strand Wharf for Merchant Navy Day. As Chairman I am patron of Leigh Horticultural society, and I was pleased to be invited to attend their recent event held at Leigh Road Baptist Church and present the awards. I have received various invitations to attend other events and I look forward to seeing some of you at these.

It is good to see the Community Centre thriving again with a vast variety of clubs that members of the community can participate in as well as different events that residents can attend. One of the highlights so far this year was the over sixties club afternoon tea held as part of the Jubilee celebrations in June and a trip out to Alton Garden Centre. All the events are well publicised on social media, or alternatively you can pop in for a coffee and pick up leaflets that are in the Community Centre.

The Community Centre has 'Gone Gold' for September on behalf of the Gold Geese charity. Gold Geese is a small local Leigh based charity who support children who have cancer (and their families). This is the charity I have chosen this year and I will be grateful for your support.

At Leigh Town Council the staff and Councillors are always happy to hear from you and we will continue to do our best to support you and the community in any way we can.

Cllr Keith Evans



Note from the Town Clerk, *Helen Symmons*

I hope the heatwave of summer is not too distant a memory for you all. It certainly was extremely hot working in the Town Council offices within the Community Centre. With the building being over 100 years old, we found out how well it retains heat!

During the summer our 3 councillor vacancies were filled and we welcomed Cllrs Parris, Watt and Windass to the team. They will be in post until May 2023 when all councillor positions are up for election. Do take a look at the article on page 6 as community minded residents make great councillors and being a town and parish councillor is much different from being a City Councillor, with party politics left at the door and councillors making decisions as a complete team for the good of the Leigh Town Council community.

I know it can be a bit frustrating assuming Leigh Town Council are responsible for all services in the area only to be told that it comes under the remit of Southend City Council but legislation makes it mandatory for a unitary council (which Southend is) to discharge particular functions such as waste collection, planning and development control, street parking and traffic regulation. The beauty of a town council is that we are not burdened by statutory duties to deliver services, facilities and amenities that local people and

businesses rely on. Legislation permits Town and Parish councils to exercise a range of discretionary statutory powers and we enjoy the freedom of choosing which discretionary powers to exercise. This means that, as the 1st tier of local government and closer to our residents, we do listen and try to implement a range of facilities and services to help improve community life for our residents. We don't always get it right but please never be afraid to contact us with your ideas and suggestions. Sam Batstone did and Safe Sun, the free sun cream dispenser, was installed in the Old Town, another resident has suggested a defibrillator near the allotments by the Prittlebrook and we are working on trying to get this installed. Other examples of things we have delivered on the suggestion of residents have been the activity tables in both Library Gardens and Bonchurch Park, the extension to the skate park and the defibrillator on Strand Wharf. We can't always deliver straight away but we certainly won't turn a great idea down.

I'm afraid at the time of writing, nothing is set in stone with regards to Christmas activities. Please check out the article on page 25 about our new Christmas Lighting scheme and watch this space as we have things in mind but just haven't had the resources over the summer to finalise plans.

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• **David Skeels, Luke Russell, Samee Khan and Tony Boyden**

Council News and Updates



What a Jolly "JubiLeigh"

Leigh-on-Sea Town Council had a fantastic time hosting a variety of Jubilee events for residents in the town. Back in April we delivered free bunting workshops to teach residents to make their own sustainable bunting to use over the Jubilee weekend.

We then held our family-friendly community picnic in Bonchurch Park on Sunday 29th May, with a variety of live musical performances from Below Sea Level, The Hoy Shanty Crew, Kristine Boicuka, The Show Choir and our top of the bill, Tim Howar from Mike and the Mechanics. We were also joined by the Art Ministry, Love on the Rocks UK, Magic Dave and Kerry Doyland who offered free crafts and activities for children, as well as a variety of community stalls. The weather could have been kinder but it never troubled the fantastic crowd who joined in with a rousing sing-a-long of Land of Hope and Glory and the National Anthem. We are so grateful to our wonderful community for volunteering their time whether to entertain us all, provide activities or just to showcase their organisations.

At Leigh Community Centre on Tuesday 31st May, we ran a free arts and crafts event for children, thanks to the Art Ministry. This was followed by our Jubilee Tea Party as part of our over 60's social club on 1st June. Sixty retirees joined in the fun with a musical performance by The Ray Miso Trio and a delicious afternoon tea, as well as special celebratory cake cut by our Chairman, Cllr Keith Evans. All proceeds from the event will be donated to our Chairman's Charity.

The Council wish to thank the National Lottery Community Fund for providing us with the funding to make these events possible.



- 1 The Show Choir
- 2 Children in Bonchurch Park
- 3 Free Arts & Crafts with Arts Ministry
- 4 Singer Kristine Boicuka
- 5 Tim Howar of Mike and the Mechanics



Safe Sun Project

At the beginning of summer we were delighted to have launched the Safe Sun project, an idea that was brought to the Council by resident Sam Batstone in November last year.

It was a free to use SPF 50 sun cream dispenser installed at Bell Wharf Beach, with all those visiting welcome to use. The councillors thought that it was a fantastic idea to help keep local residents and those visiting Leigh safe when on the beach, and agreed to fund the project.

When it went live we had an amazing reaction to it and were contacted by other councils far and wide as well as places like the Roslin Hotel and Chelmsford Racecourse taking up the idea and installing dispensers themselves.

It certainly was a hit and plans are afoot to install another in Library Gardens next summer.

Paddling Pool Update

Repairs to the paddling pool on Bell Wharf Beach were successful in getting the pool up and running before the amazing weather began. The Council are most grateful to Enover Community Trust who funded the majority of the works. Times have changed since the pool was first built in 2009 and stricter regulations are now in place by the Marine Management Organisation and the Environment Agency. This meant it was not possible to dredge the pool this summer and we also need to future proof the pool more so it can be enjoyed for many more years. As such and because of the cost of licences, it makes sense to undertake the further works at the same time we have the licence to dredge the pool. This will all happen after next April and we are working closely with Southend City Council whose contractors have the expertise to carry this work out for us. Once again the plan is to have it up and running again before the summer season starts.



Town Council to take on new facility in Library Gardens

We can now formally announce that Leigh Town Council will be taking on another community asset in the form of the renovated Old Mess Room within Library Gardens, the entrance being on Broadway West. This facility was funded by a grant obtained by the North Thames Fisheries Local Action Group (no longer in existence) and means the Town Council have to support the funding conditions which essentially are to promote the fishing industry within our town....not much of a hardship when it is much loved and what made Leigh what it is today. All the legal things are happening in the background but as soon as we can, we will be hosting fishing relating activities and promotions throughout the year in the space as well as being available as a community hire space.

More details will go on our website in due course but it would make a great 'pop up' exhibition space, meeting space and even a great area to host wedding reception drinks whilst photos are being taken in Library Gardens... the potential is endless and we look forward to you all seeing it.

Merchant Navy Day – 3rd September

Across the country on Saturday 3rd September the Red Ensign was unfurled to honour the brave merchantmen and women of the Merchant Navy and Leigh Town Council held their own commemorative service on Strand Wharf.

Joined by members of the Royal Naval Association, TS Implacable and both sea scout groups in Leigh as well as Anna Firth MP, the Town Council ensured that the often forgotten and invisible naval community was at the forefront reminding all that the modern-day merchant seafarers are responsible for the U.K.'s imports on a daily basis.

Merchant Navy Day is observed annually on September 3 as in recognition of their sacrifice in World War 1, King George V bestowed the title on British merchant seafarers. This years moving service by the Town Council was lead by Cllr Keith Evans, the Chairman of the Council, with support from his Vice Chairman Cllr Dr. David Bowry and Gavin Dixon of Kings Church.



New Councillors

In the summer, Leigh Town Council were delighted to return to a full complement of councillors welcoming Leslie Parris, Rory Windass and Craig Watt on to the existing team of councillors who are passionate about serving the Leigh Town Council community. All three will be in office until May 2023 when all councillor positions are up for election.

Cllr Parris is another councillor representing Elms Ward, with Cllr Windass joining the Herschell Ward team and Cllr Watt filling the vacancy on the Highlands Ward. Details of how to contact them and their full profiles can be found at www.leighonseatowncouncil.gov.uk/councillors

Town Council seeks long term relationship with a Town Councillor...

Yes, Elections are Coming!

They are not until May 2023 but why not consider now standing for election to make a difference to our community.

There are 10,000 local (town and parish) councils in England, with 100,000 councillors serving their communities. In May 2023, 16 newly elected councillors will take up office to represent the Leigh-on-Sea Community for a four-year term. Could it be you?

Being a local Councillor involves holding a position of trust and the role can be a rewarding and enriching experience. Leigh-on-Sea Town Council prides itself in being a non-political council (something the National Association of Local Councils strongly recommends) so you don't need to be a member of a political party or have any background in politics. If you do though, that's fine but unlike the City Council our councillors tend to leave their politics at the front door and work together as a complete team to make decisions that benefit the community. You just need to be passionate and want the opportunity to contribute to the wellbeing of Leigh life.

Providing services to meet community needs and aspirations is the prime function of Leigh Town Council and below is just a sample of the work we have undertaken over the past four years:

- Completed extensive repairs and refurbishments at Leigh Community Centre and the skate park
- Created a street art wall at the skate park
- Installed table tennis, activity tables and target games for residents to enjoy

- As a statutory consultee we have reviewed every single planning and licensing application in the Town and made a recommendation to the City Council for their consideration
- Produced a bi-annual magazine for every household
- Introduced a new Christmas street decoration lighting scheme
- Ran regular community transport trips for the over 60's living within the Town boundary and a bi-monthly social club providing lunch and activities
- Funded the Special Constables program and saw our first volunteer successfully complete their training
- Continued our Artist in Residence Programme with regular art exhibitions and monthly poetry nights at Leigh Community Centre
- Liaised and developed relationships with Southend City Council, to ensure that the needs of the residents of Leigh-on-Sea are considered fully when decisions affecting them need to be made and issues have arisen
- Organised town events, childrens' holiday activities and market events at Leigh Community Centre

- Worked with a variety of community groups on a range of projects including the Royal British Legion Poppy Trail and Tin Teams Community Larder

But there is still a lot more to do to make Leigh-on-Sea the kind of community we want to live in.

You can play a part in aiding the Council run to the best of its capabilities:

- Look out for potential councillors – do you know someone passionate about our Town, wishing to be a voice for the community and effect real change? Maybe it is you!
- Nominate a candidate. Being a town councillor is an enjoyable way of contributing to the community and helping to make it a better place to live, work and visit. There are no rules as to how much time you spend on being a councillor – the minimum requirement is that you attend a council meeting at least every 6 months otherwise you will lose your position.

See what a difference you can make at election time by voting for a councillor that will best represent your interests and aspirations for the community and be the best community leader for Leigh-on-Sea

“

Being a councillor is a team game, and we all need to play our part. But remembering that we are there to represent our community – and so finding as many ways as possible to listen to their views, seizing every opportunity to meet them, being honest about what we can and what we can't do – is probably the most important of all. Town Councillor

”

The Town Council welcomed three new Councillors during the summer



Councillor Parris



Councillor Watt



Councillor Windass



Chairman – Cllr Keith Evans • Vice-Chairman – Cllr Dr. David Bowry

Finance & Governance Committee

Cllr David Bowry*
Cllr Vinice Cowell
Cllr Doug Cracknell
Cllr Keith Evans*
Cllr Anita Forde
Cllr Paul Gilson
Cllr Jill Healey
Cllr Carole Mulroney
Cllr Andy Wilkins

Community & Culture Committee

Cllr David Bowry*
Cllr Vinice Cowell
Cllr Keith Evans*
Cllr Anita Forde
Cllr Paul Gilson
Cllr Emma Mills
Cllr Carole Mulroney
Cllr James Preston
Cllr Andy Wilkins

Staffing Committee

Cllr David Bowry*
Cllr Vinice Cowell
Cllr Keith Evans*
Cllr Anita Forde
Cllr Jill Healey
Cllr Carole Mulroney
Cllr Andy Wilkins

Planning, Licensing & Highways Committee

Cllr David Bowry*
Cllr Vinice Cowell
Cllr Doug Cracknell
Cllr Keith Evans*
Cllr Anita Forde
Cllr Paul Gilson
Cllr Alan Hart
Cllr Emma Mills
Cllr James Preston

**Council Chairman & Vice-Chairman are ex-officio members of all Committees and Sub-Committees.*

HAVE YOU EVER CONSIDERED BECOMING A TOWN COUNCILLOR?

Election date 4th May 2023

Or you could nominate someone else that you think would represent your interests and those of the Town

Want to make a difference to your community?

TO BECOME A CANDIDATE, YOU MUST HAVE:

- lived and worked within 3 miles of Leigh Town Council
- be over 18 years of age
- be a British citizen, Commonwealth Citizen or a European citizen
- not been the subject of a bankruptcy restriction order or interim order within 5 years
- not been committed in the UK of any offence or sentenced to more than 3 months imprisonment (whether suspended or not) without option of a fine
- not been subject to any relevant notification requirement or a relevant order relating to sexual offences

For more information please contact Leigh-on-Sea Town Council
Council@leighonseatowncouncil.gov.uk
01702 716288



Leigh-on- Sea Town Council Awards

We are very lucky in Leigh to live in such a wonderful community of people so willing to help and get involved in different activities that provide their time and support for a whole host of good causes and charities. Each year we like to celebrate these amazing people with our Good for Leigh and Volunteer of the Year Awards which are presented at our Annual Community Meeting in April.

We aim to recognise and thank these people for the services they have made to improve the Town for the benefit of the community and are so grateful to all of them for the work they do.



Bob and Jill O'Leary

Donald Fraser Volunteer of The Year Award 2022

Every year we ask for members of the public to nominate a hard-working volunteer that lives or volunteers in Leigh-on-Sea. The award is held in memory of the late Donald Fraser, one of our founding councillors. Donald was an avid volunteer and helped many groups and charities throughout his long life, and this award was created to keep his memory alive, and honour those who do so much for our town.

We are pleased to announce that this year's award is actually for joint winners Bob and Jill O'Leary. Bob and Jill are both invaluable members of our local Royal British Legion. Not only do they complete all the Branch admin voluntarily, they have also raised thousands over the years for the Poppy Appeal, they support local veterans, and pulled off some amazing events for the RBL Centenary in 2021, including the Leigh Poppy Trail. They are also very active in supporting the Town Council at our events. Bob and Jill are both so hardworking and deserve so much recognition for all the work they put in to helping others in Leigh.

Belfairs Citizenship Award

This year the Council voted **Sophie Clark**, a Year 7 student as the recipient of the award.

Sophie shows much commitment to be involved and help the community and disabled both inside and outside of school life. She helps the volunteers of Foresters pack food parcels for the homeless, parcels for soldiers away on duty and pack bags of goodies for those less fortunate in society. She helped in her primary school garden and headed the school litter-picking team. Most recently, Sophie has helped at One Love Project and Soup Kitchen in Southend being fully involved during covid, school holidays and also Easter and Christmas.

At one of Belfairs Academy's after school clubs, Sophie is learning Makaton sign language and is already conversing with two deaf people she knows and is looking forward for ideas on how she can utilise her new skills in the future. Councillors all agreed that she was the standout student for this year's award.

The other nominations were for Annie Smith, Jessica Halls, Elizabeth Blahakova and Guy Russell. Along with Sophie, they will be presented with Good for Leigh Awards at the Annual Community Meeting next March.

2022 'Good for Leigh' Winners

The Good for Leigh Awards were launched by the Town Council over a decade ago to highlight the work of individuals and groups throughout the Town who do their best - often without having to be asked - to make Leigh a better place. Thank you to this year's winners, who were presented with their awards at our Annual Community Meeting in April.

Jack and Theo Chapman

Jack and Theo sent round notes to all their neighbours during lockdown offering their help to collect shopping, walk dogs or to provide friendly phone calls. This launched a messaging group for their street and they still keep in touch with their neighbours regularly. Jack was the recipient of our Belfairs Citizenship Award in 2021.



Jack and Theo Chapman

Debbie Fox

Debbie can often be seen litter picking throughout Leigh and we want to recognise her for her efforts to make Leigh a cleaner and tidier place.

Friends of Love Leigh Cliffs

Since the FOLLG group was established, there have been many hundreds of man hours put into rejuvenating the area, and we wish to recognise the members for their hard work.

Rose Johnson

Rose was a nominee for our Citizenship Award that we run through Belfairs Academy. She is a fully committed art student, who has raised money for art enrichment projects and has volunteered for two years at Create 98 to help teach younger children to draw.



Rose Johnson

James Paul

James, an excellent student from Belfairs who was nominated for the Citizenship Award, is dedicated to making a difference to climate change and plays a huge part in the school's eco warrior club. He inspires his peers and leads by example.

Carolyn Sherwin

Carolyn was the founding member of the Friends of Love Leigh Cliffs Group and has worked hard to build the group membership up, making a real difference to the Cliffs area.



Carolyn Sherwin



Vinice

Getting to know our Councillors

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 Cllr Paul Gilson, Cllr Jill Healey and Cllr Vinice Cowell,



What traits do you have that make you a good councillor?

Paul – To listen, have patience and the ability to take criticism.

Jill – I think my strengths include the ability to listen and a desire to help and support people.

Vinice – I don't want this to sound like a dry run through of my CV but my background is youth and community & child protection social work. I have also been a school governor in Southend. Within these roles I've gained a lot of insight into how people, communities and politics work, how to speak and engage with wide ranging views and motives and most importantly to listen to what people want and find ways to implement it.



How did you get involved in Leigh-on-Sea Town Council?

Paul – To make a difference.

Jill – Out of curiosity to find out what went on at a Town council I attended a couple of council meetings in 2015. I got chatting to Helen after one of the meetings and she recruited me as a volunteer. I helped at a few events and then, in 2016 I was successful in being co-opted as councillor for Bonchurch Ward.

Vinice – I moved to the area with my young family 4 years ago, the community centre provided a social life line for me during the pre-school years. I valued the welcoming, creative space and wanted to use my skills to give back to my local community as a thank you. I strongly believe in the power of community and giving back where you can. If we want our community to deliver for us then we have to get involved in shaping and supporting it.



Jill

What is your favourite thing about Leigh-on-Sea?

Paul – Its variety and history.

Jill – I don't have one favourite thing about Leigh - it depends on the day! I love being on the beach, walking on Two Tree, sitting in Library Gardens, shopping, meeting friends for lunch. There is so much to enjoy!

Vinice – This is always really hard to answer for me, as it's seasonal. I love the skatepark during the spring when the clocks have gone forward, allowing me time to get out and skate before the work day starts. I love watching the choppy sea roll in and out from Leigh beach during the winter (much better than summer in my opinion) and the change of seasons captured by the fauna and flowers in Leigh Library gardens is always special.

What is your proudest achievement?

Paul – Bringing someone back to life.

Jill – I was very proud to be Chairman in 2019. Being in the role enabled me to attend many events and learn much more about Leigh and the surrounding area. During my term I met many people in our community and also members of several organisations that I continue to support. I am also proud of the fact that I was awarded a Blue Peter badge in 1966. Only those of a certain age will appreciate that particular achievement!

Vinice – This year I held a ribbon making event to raise funds for Ukraine. It was great to engage with the community in this way and help raise much needed finances to support them.

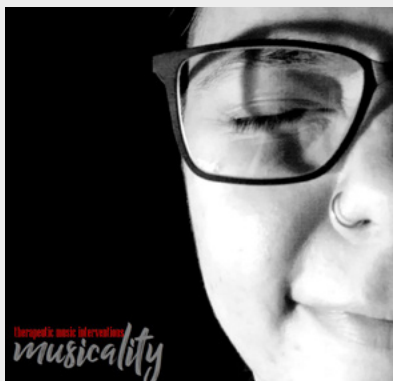
What issues in Leigh are you most passionate about?

Paul – Over-development.

Jill – My current top issue is around the changes to the 21/26 bus routes. I am hoping there is some way to reinstate a route that provides a regular service for residents who live north of London Road.

Vinice – Leigh is a coastal town that I feel could do more to become a pioneer in the way we approach climate change. I would like to see Leigh become a plastic free town and will strive to work towards this with my councillor colleagues. If any residents would like to support and get involved, I'd really welcome working with you on this issue.





Musicality Therapeutic Music Interventions C.I.C.

Musicality is a community interest company based in Westcliff, aiming to offer regular free, interactive music sessions to boost, improve and support the mental health and emotional wellbeing of different groups in our community, such as elderly and dementia, parent/toddler, teenagers, and adults who are struggling.

Music as a therapeutic intervention relies on a mixture of elements, entertainment and therapy, whereby people are encouraged to take part in the creation and listening of music, using it as a medium to express themselves. It boosts self-esteem, confidence, pride, social interaction and sense of belonging, de-stressing, language and vocabulary, gross and fine motor skills, as well as bringing people out of their comfort zone, learning new skills and gaining some well-deserved, albeit temporary, relief from overwhelming thoughts.

The grant from Leigh Town Council will be used for Tune your Mood, a free singalong for mental health, where people can sing along to meaningful songs and soak up the physical and mental benefits of singing as an activity: improving breathing capacity, heart rate, lowering stress hormones and raising production of "feel good hormones", use of language, distraction from overwhelming thoughts, consistent peer support, confidence.

By utilising the group to share experiences through music, emotions and feelings that can be overwhelming and isolating are normalised, and finding out you are not the only one going through something can be extremely powerful in taking the first step towards healing: this all concurs towards the de-stigmatising of struggles and normalising talking about them and seeking support.

For more information, please visit www.facebook.com/musicalitywithval



Grant Award Scheme

Each year Leigh-on-Sea Town Council sets aside funding for their Grant Award Scheme to help support charities and projects in the Leigh area. There are two rounds of applications each year in March and September and we have aided a number of groups over the last seven years since the scheme was introduced. From helping to fund large events run by the Leigh Folk Festival, Leigh Lions, The Royal British Legion, to supporting smaller charities and groups who are just starting out. Up to £500 can be applied for each year which can be given as monetary funds or as a bursary towards room hire at Leigh Community Centre.

In the most recent round of applications, grants were awarded to Friends of Love Leigh Cliffs, Leigh U3A, Leigh Folk Arts Association, Leigh Lions, Lower Thames Rowing Club, Cake Club, The Leigh Royal British Legion and the Artist in Residence programme. The Council were pleased to also support two new initiatives; Yoga4all and Musicality, which you can find out more about on this page.

Yoga4all

Yoga4all Group is a small Community Interest Company that delivers a Physical and Mental health service through Yoga, Mindfulness and Meditation to Southend Residents and surrounding areas.

Yoga4all offers its services to all regardless of age, ability or financial situation. We have participants both young and old, those with learning or physical disabilities, including those affected by mental health, trauma and long-term health conditions. Services are delivered in various community settings including Day centres, Care Homes, Schools and in the Community through tailored Yoga programmes,

using yoga as a therapy, therapeutic programmes and weekly classes.

We deliver our sessions in various venues across the borough. We have been delivering yoga classes at Leigh Community Centre for around 8 years. One of the weekly sessions we deliver at the centre is a Yoga class for Special Needs. The session is adapted to meet the needs of the group, some parents and carers also participate. The grant awarded supported us in delivering this session to current and new participants, covering the cost of venue hire in delivering this class which enabled us to continue to provide a safe and supportive environment and opportunity for people to come together.

For more information, please visit www.yoga4all.co or call 01702 475700



Special Needs Yoga Class

Children and Young Adults with Special Needs age 12+

**Tuesday 5pm-5.45pm
£36 per 6 week term**

Leigh Community Centre, Elm Road, Leigh on Sea

The benefits

- Improves muscle tone, strength, flexibility, balance and co-ordination
- Reduces anxiety, promotes calmness and peace of mind
- Enhances a sense of emotional balance



SUPPORTED BY A LEIGH TOWN COUNCIL GRANT - SUBSIDISED SPACES AVAILABLE

One to one Yoga Therapy sessions also available.



Please contact Keeley on Tel: 01702 475700 or email: contact@yoga4all.co • www.yoga4all.co

GOLD GEESE



September saw the Leigh community go gold in honour of Gold Geese, a local charity supporting children living with cancer.

September is childhood cancer awareness month, and around 1,900 children in the UK are diagnosed with cancer each year. Gold Geese, based in Leigh-on-Sea, provides practical and emotional support to families of children and young people fighting cancer in the Southend and Basildon areas.

Gold Geese's tailored support ranges from funding for mental health therapy and food shop vouchers to toys, weekend trips away and practical help with travel to and from hospital.

As well as encouraging local businesses and schools to Go Gold, for 2022's campaign the charity teamed up with Essex train company c2c to turn one of its trains gold, decorated with information about the charity.

Katie Southgate, founder of Gold Geese, explains, "I understand first-hand what it's like to deal with a childhood cancer diagnosis and want local families affected to know they are not alone."

We receive no Government funding and rely on community support and fundraising to do our work. Our annual Go Gold campaign is a key opportunity for everyone in Essex to show their support for local children living with cancer.

Every September we paint the local high streets gold, with businesses and shops going all out with brilliant



gold window displays. This year we're excited our shiny Gold Geese train reached thousands more people in South Essex with our message, and we're so grateful to the community for all their support."

Local mum Sam whose daughter Piper was diagnosed with lymphoma, said:

"Gold Geese have provided us with shopping vouchers and hotel stays so we can all be together during lengthy hospital stays. They also provided days out for us, which are equally important because those days we can feel like a 'normal' family. Just receiving these kind gestures and help really does alleviate some of the stress and pressure that comes with a cancer diagnosis."

The support that Gold Geese provides means so much to so many people going through such horrific and life-changing times, and I'd encourage anyone with a few pounds to spare to consider donating to Gold Geese so more families like us can receive their support and help."

For support, information or to donate visit www.goldgeese.org. You can also donate to Gold Geese via text. Text GOLD followed by the amount you wish to donate to 70580 (for example, GOLD 50 to donate £50). Texts cost the donation amount plus one standard network rate message.



YOUTH FORUM

Post Covid, the Youth Forum has gone from strength to strength. Its intention is to continue to give young people a platform to discuss local issues affecting them and the opportunity to make a difference in the area.

The Youth Forum initiated a successful 'Question Time' in March that saw youth members ask questions of the Mayor, Southend Councillors and Community Safety Officer, amongst others.

July's Youth Forum session welcomed back, due to popular demand, Jon Fuller of 'Friends of the Earth' and Stephanie Golder from 'Incredible Edible,' 'Just Stop Oil' and 'Extinction Rebellion'. Past Leigh Town Cllr Vivien Rosier, also attended to promote 'Friends of Leigh Library Gardens'.

Jon Fuller explained to the youth that climate breakdown is now upon us. In Eastern Africa an unprecedented drought has caused widespread famine and is driving people from their land. The war in Ukraine means that food aid won't reach those going hungry, making the situation worse. In South East Africa unprecedented floods have badly damaged crops and other infrastructure. In Malawi parts of the national grid were down for nearly 3 months. As drought devastates much of Kenya, Somalia, Ethiopia, Sudan & South Sudan, extreme floods have been devastating Malawi, Mozambique, Madagascar and Eastern South Africa. Extremes of drought and flood have inflicted hunger and starvation upon 200 million people. As millions of people in Africa are forced from their homes, becoming climate refugees, hundreds of thousands make the perilous journey to Europe.

Meanwhile, in Central America,

hundreds of thousands of people have been forced from their homes by a series of tropical storms and hurricanes. The great head march to the USA has begun causing increasing conflict and instability.

But this is just the start. As more nations exceed the 50C threshold on a regular basis hundreds of millions of people in the Middle East, Pakistan and India will come to realise they must move or die. The body set up by the governments of the world to advise on climate change (the IPCC) warns there could be 700 million climate refugees by 2030.

Here in the UK the government's official advisers (the Committee on Climate Change) warned in their June 2021 'Climate Risks' report that UK food supplies could be disrupted in the 2040s and, when the ocean current that brings the Gulf Stream stops (believed to happen at 2.5C of global heating) there will be substantial reductions in arable farming output. Climate breakdown is already damaging crops in Italy, with the government warning 30% of crops are at risk this year. That is what is coming to the UK unless we can force government to change direction and decarbonise every sector of the economy incredibly quickly.

Jon Fuller said that it may be possible to feed people in the UK using products like Quorn, insects and algae but it is very difficult to see how society could cope with all the conflict that will be caused by hundreds of millions of refugees. The

discussion then turned to how we force government to change direction and avoid the worst case scenarios.

Stephanie explained how she built the Incredible Edible Library Gardens veg patch in 2020, with the aim of encouraging local residents to grow their own food, learn about the food system, and use their imagination to dream of a better, greener future. The group has monthly volunteer sessions and is always looking for new members who want to help grow the project. She is also an environmental activist, working with the Southend Extinction Rebellion group but more recently as part of Just Stop Oil, committing to civil resistance until the government cancels all future fossil fuel projects. She has been arrested 4 times fighting for climate justice, whilst studying for a masters in Sustainable Food and working for a food poverty charity.

weallwanttojuststopoil.com

Vivien Rosier explained the actions of the 'Friends of Leigh Library Gardens' and how young people can get involved. Members meet every Wednesday 10-11.30am and the second and fourth Saturday of each month 10-11.30am.

Anyone aged between 11 and 18 is welcome to attend the Youth Forum, which runs on the second Thursday of the month, from 5-6pm at Leigh Community Centre. For more information please contact: cllrforde@leighonseatowncouncil.gov.uk

MARCH YOUTH QUESTION TIME EVENT HELD AT LEIGH COMMUNITY CENTRE

WRITTEN BY
ANGELINA KLEIN (16)



Featured in the Leigh Times, the Youth Question Time Event hosted by this youth forum was a massive success. Key members of the community gathered to answer carefully crafted questions that were appropriate to current issues and controversies. The evening explored matters of climate change to diversity issues to safety within the area itself.

Opening with the subject of the environment, a debate was launched on how we intend to tackle water pollution along our seafront. The sea is what makes our city of Southend the tourist attraction it is. If we blacken our waters with intoxicants, and litter it with waste, we will be left with destitute land, which no one will invest in, nor wish to sit and look at.

According to one of our sources on the answering panel, local water providers are doing their best to deliver water more efficiently, and not send waste-water straight into the sea. However, this is a significant issue that needs to be tackled on a wider level if we are to keep our rivers and oceans fresh.

In tune to this topic, nature in our area was discussed – how we intend to make our land greener, for trees and flowers are what respire healthy air – oxygen. There was discussion on planting more pastures, and to travel to and from work on sustainable transport – bikes, or walking, or other alternatives to each one of us owning a car. Members of Friends of the Earth and Southend Extinction Rebellion informed us on a range of projects they intend to bring to light, such as planting more vegetable patches, and educating people on how to recycle and take better care of their surroundings.

Concurrently, the wider issue of pollution was spoken on. Friends of the Earth agreed that to keep our local area green, we must try and keep the world green. It extends onto an immeasurable scale but making sacrifices such as not using air travel as often, and participating in campaigns to stop the burning of fossil fuels and mass manufacturing of plastic, will make a difference in the long run. It is up to this generation to make the needed change. The Government hope that by 2035, 65% of waste will be recycled or sustainably managed. We have to make that reality – we have to do our bit – in educating others and taking initiative to work together. Time is running out.

After debating the different factors of climate change, we moved onto the subject of safety in the community. Most teenagers feel vulnerable walking home from school alone in the evening, and this is a huge issue. However, a representative of Essex Police assured they are fitting more security cameras around the area and are launching schemes to educate people on the dangers of crimes – including knife crime – before an incident can actually occur. It is about altering mindsets and exploring the real stories behind the victims who have been affected by tragedies such as knife crime, so such things cannot perpetuate.

The event as a whole was a real eye opener for both the members of the Youth Forum, the audience, and those on the answering panel. In one way or another, it made a difference, and allowed the chance for the teenagers of this town/city to voice their opinions, challenge dilemmas, and receive the answers they were looking for.

LEIGH'S YOUTH QUESTIONNAIRE

What youth events would you like to see in Leigh?

If you could improve one thing about Leigh what would it be?

What is your favourite thing to do in Leigh?

What social , political or environmental issues are you most interested in?

LIFE UNDER THE KNIFE

Poem by Angelina Klein (16)
Instagram handle –
@apj.klein.poetry

A simple boy –
and yet drowning –
just one drop-off
just one trade
'I won't get lost'
but he did get lost
the riptide pulled him under
filled his lungs
when he went to breathe.

'Here, take the knife
it'll protect your life.'
What he'd introduced himself to
just for a day,
washed his future away,
devoured it and devastated it –
he waited for it to come back to
shore
and it returned, in rags and
pieces
hope gone
maybe if he had prayed a little
more –
smiled a little more
and said no a little more...

but it was too late
shackled and imprisoned
deterred and detested
the blood of another was on his
hand –
so he saw the veil,
hide what he had once known
and through barbed wire,
watched his youth,
blur into the sand.

Community Art Wall

Leigh-on-Sea Town Council are very proud to be able to run their Community Art Wall for the enjoyment of residents and to enhance and support the arts in the local area.

The wall houses up to 12 exhibitions a year, from local groups and individuals at no cost to the artist, with the exhibition space running around the Leigh Community Centre stairwell and along the first-floor corridor.

We have two exhibitions left in 2022; a group exhibition from Open Arts Essex and a photography exhibition from Cole Watkins and Nicola Parry.

'A chance to share our artwork with the public is inspiring'

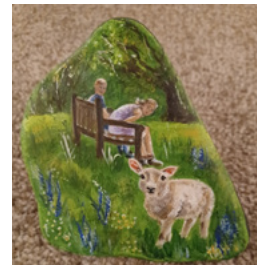
Open Arts is a community-based arts programme, which helps to improve and maintain mental health and wellbeing, through creative learning, social inclusion and self-expression.

We run 12-week art courses where participants can try a variety of medias, from drawing and painting to printing and sculpture, textiles to collage work. On completion of a course, participants are offered a studio placement at the Art House part of the Hadleigh Old Fire station community art facility. Here they can further their art practice and take part in exhibitions and competitions.

The artists taking part in the October exhibition at Leigh Community Centre are all members, volunteers and artists within the Open Arts programme. There is a variety of media and styles on display, from watercolours to prints and collage to painting. We hope visitors will enjoy taking time just to look at the cornucopia of artwork and find out more about Open Arts and the work we do and how they can become involved.

The Open Arts Exhibition will be on display from Monday 17th October – Friday 18th November.

For further information on Open Arts please contact Jo.keay@nhs.net 07580 982462



Twitter
@OpenArtsEssex <https://www.twitter.com/openartsessex>

Hashtags:
#openartsessex #EPUTNHS

Facebook Page:
@openartsessex <https://www.facebook.com/openartsessex>

Website:
<https://www.openartsessex.org>

Instagram:
@OpenArtsEssex <https://www.instagram.com/openartsessex>

Siblings –

An Exhibition of photographs by Nicola Parry and Cole Watkins

Cole and Nicola met in 2019 on the Leigh Art Trail and discovered a shared love of creative photography. In particular portraiture. Together they formed "The -5 Collective" with the aim of bringing creative artists and photographers together in a free to join collective, to promote and exhibit their work. Having worked closely together for the last few years they decided it was time to collaborate on a joint project.

We both take portraits for pleasure but have adopted very different styles which we hope complement each other. Nicola's style is more organic and looser, whereas Cole's is more pre-planned and composed.

We chose siblings as a subject for our first joint venture as we both find the relationships that exists between family members can be incredibly interesting and diverse; By turns, loving, competitive, supportive or fractious. In some cases, the relationship can disappear altogether as adulthood sets in, for others that sibling bond will last a lifetime, with brothers or sisters being your best friend for life.

It has been a great project so far meeting all the brothers and sisters, seeing how they interact, wondering what their future journeys will bring and how their relationships will develop. We wish all our siblings who graciously volunteered to sit for us well on life's journey.

The "Siblings" exhibition will run at Leigh Community Centre on our Community Art Wall from 21st November to 23rd December.

Cole Watkins Instagram @photoboothportraits

Nicola Parry Instagram @parryphotoportrait

Further exhibitions have already been planned for 2023, but if you would be interested in showing your work on our art wall, please get in contact by emailing council@leighonseatowncouncil.gov.uk or call 01702 716288.

Artists in Residence Summer School 2022

It's been a wonderfully creative summer at Leigh Community Centre and the campaign to get everyone painting and drawing was spearheaded by our Artists in Residence.

Susan Allen, Kerry Doyland and fellow local artists Annabelle Brotherton, Amanda Jackson and Terry Sibson all ran free workshops inviting locals to play with the idea of being creative.

The workshops started in July with Kerry's invite to find relaxation and calm through drawing, followed by an afternoon of floral

art for those with memory loss, run by Annabelle.

In August, Amanda invited us to 'Walk & Draw' on Two Tree Island, Terry hosted an arts and crafts afternoon for juniors, and Susan ran a beginner's watercolour class.

Every event was fully booked and all the materials needed were provided by the artists. The feedback from the participants has been wonderful to hear and read. We hope that you were able to find something that appealed to your own creative spirit!



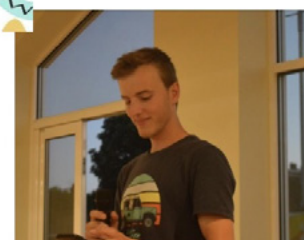
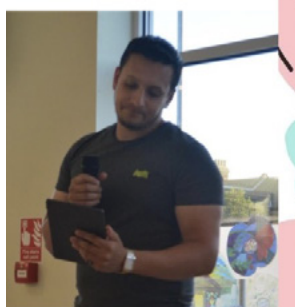
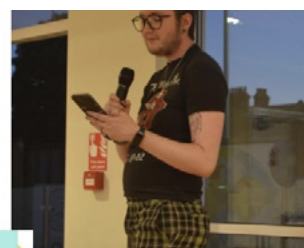
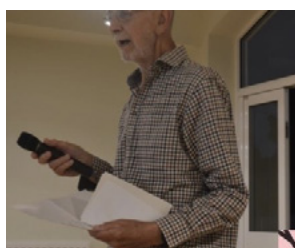
The Listening Room Poetry Nights

The Listening Room poetry nights have been running since September 2021 on the second Wednesday of every month, and have become a warm and hugely enjoyable event within Lorna & Lottie's Cafe in the Community Centre.

Feature sets are a big part of what makes the event a success, with a different audio artist sharing a set for up to 25 minutes each month. Since starting, we have had several poets take up the feature set, such as host Maddi Crease and Phil Burdett. Feature poets Noah Jacob and Kilha Poetry have also shared their work set to music, and we have also welcomed local storyteller Hannah Brailsford.

Going forward, The Listening Room is always open to new open mic performers across any audio discipline (such as poets, storytellers, musicians and comics) - just turn up on the night and give your name to be drawn at random.

We are always looking out for new feature sets, too. If you would like to take on one of these slots, please contact Maddi to enquire.



Please look out for posts on our social media, or on Maddi's instagram and Facebook pages (@maddicreasepoet, Maddi Crease Poet respectively), for more about these events.

You can reach Maddi at maddicreasepoet@outlook.com

Volunteer with us!

The trips we provide are made possible with the help of volunteers, who drive the minibus and chaperone the trips. We are always on the lookout for people who are able to help support this valuable lifeline to our elderly residents.

Volunteer drivers require a D1 entitlement on their licence, and trips take place once a month, any time you can give would be greatly appreciated. If you are interested, please get in touch with us by emailing ctevents@leighonseatowncouncil.gov.uk.



Community Transport Trips

Leigh-on-Sea Town Council were so pleased to relaunch their Community Transport Trips back in April after a 2-year hiatus due to the pandemic.

The scheme is run by the Town Council for over 60's and disabled residents living within the Leigh Town Council boundary. Regular trips are organised to shopping centres, theatres, heritage and culture locations and more, with door-to-door transportation starting from just £7.

Existing members of the scheme love the convenience that it provides, especially for those that don't have easy access to bus routes, with some labelling it a life-line for being able to get out of the house on a regular basis. The scheme provides friendship and social interactions for many that may be isolated at home as well as fun, entertaining and useful activities to promote their wellbeing.

In recent months, members have visited Alton Garden Centre and a concert at the Civic Centre, with trips planned to Ingatestone Hall and the theatre during the winter season.

If you or someone you know would benefit from joining the scheme, please get in touch for more information by calling 01702 716288.



Celebrations for the Queen's Jubilee



Over 60's Social Club

Our over 60's social club takes place at Leigh Community Centre on the 1st and 3rd Wednesday of the month from 12pm – 1.30pm. We provide an activity or talk with lunch and hot drinks for just £5 or just unlimited hot drinks and biscuits for £2. The club has been growing in popularity and recently saw 60 retirees join together to celebrate the Queen's Jubilee with a special afternoon tea party.

The aim of the group is to give our older residents the opportunity to get out of the house and socialise, helping to improve their wellbeing and make new friends. Anyone is welcome to pop along, and our friendly volunteers are on hand to help you settle in.

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 please call
01702 716288.**

**Our upcoming schedule
for the winter season
is as follows:**

2nd November

16th November

7th December

21st December

Support for Ukraine



Volunteers



Donations received on the first day

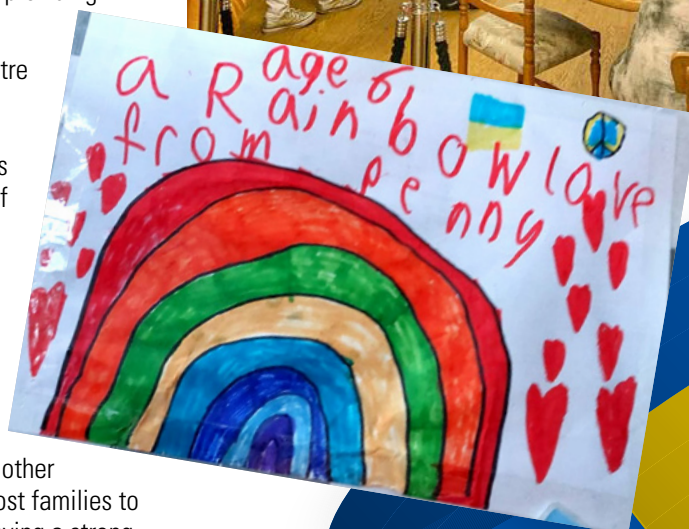


Since the news broke out about the Russian invasion of Ukraine, Leigh-on-Sea Town Council have been proactive in providing support for the Ukrainian people.

Back in March, we volunteered the community centre as a space to collect and organise donations. We were blown away by the incredible generosity of people in Leigh, whose donations of food, toiletries and medical supplies were packed into hundreds of boxes to be sent to the Ukrainian border. We want to thank the many people that also offered their time to come and help pack boxes and move them on to the distribution points.

In June, the Council launched its own social club for Ukrainian refugees and their host families at the Community Centre. The aim of the weekly group was to provide a hub for Ukrainians to meet other families that are staying locally, and also for the host families to be able to interact with each other, hopefully achieving a strong local support network, making them feel welcome and integrated to the area.

The Council worked closely with other organisations including Welcome to the UK and Southend City Council, to ensure a suitable community space for those now residing in the Southend area was provided. Support with finances, language, mental health and more can all be obtained through these groups and their partners, but the Town Council have spotted a gap of just providing a relaxed and laid-back space for the different families to come together and get to know each other in a friendly and central location. Light refreshments and activities for children were also on offer at the sessions.



Our Home Ed Life

By Angela Szczypka Warner

It was 15 years ago that my home ed journey began. I was travelling the world as a freshly emerged post graduate art student, I felt I had completed the long road of my education journey and felt freedom for the first time.

I was deep into my travels and out in the 'whoop whoop' of Australia's beautiful West coast. It was here that I saw a family, a wild family; their children barefoot, fishing from a remote beach, their dad was teaching them how to prepare fish to eat, they had real connection, they were learning life skills, they were together and so happy, and I knew that's what I would want for my own children one day.

Fast forward 15 years, I'm self employed running arts and craft classes from our family smallholding, we now have two boys, a 4 year old and a 6 year old. I found myself being washed down river along with everyone else, my eldest was in year 1, life was stressful, we rushed from one thing to the next, we found it hard to keep up with school life, and then I remembered my travelling days and the connection that family had, I feel we had lost ours.

The pandemic then swept the world, we all got a taste of home ed life....and we loved it. We finally had time again, to stop, be together, live life at our own pace, my little boy returned to school in this changed landscape but very shortly after my husband and I decided to deregister him and go our own way.

We have a smallholding with lots of rescue animals and the kids help take care of them, our approach to home ed life is somewhere between unschooling and home schooling. Our days are spent together, we have unhurried days playing in the garden, seeing friends, going to the park, beach, library, making art, taking care of the animals or learning about cool stuff in our PJs... because we can! Our approach is very child lead, we explore their curiosities, we love books and reading.

I feel we are connected again, and happy. Of course we have our ups and downs and we both juggle work life too, not every day is dreamy, but we are going to take one step at time in this journey as I know that things can change at any time. If my boys choose to go to school one day then that's fine too, for now we live in the moment and enjoy this wonderful time while they are still so young, and strive to give them a meaningful, beautiful, creative childhood and help them to grow into kind, resilient, resourceful people.



...help them to grow into kind, resilient, resourceful people.



Leigh Town Council signed up to the Essex Police Community Special programme some years back and we are delighted that William Imbush will be our first dedicated Town Council Special Constable imminently.

William has kindly answered some questions for us about this role and we hope it may encourage others to follow in his steps.

Helping to keep our local community safe



My Other life

How long have you called Leigh-on-Sea your home and what do you love about living here?

I have lived in Leigh-on-Sea for over 25 years and I love the culture and community spirit that holds Leigh-on-Sea together. There are so many events which draw people together and make Leigh-on-Sea unique such as Old Town events, the Regatta, the Folk festival, Christmas lights and the Art Trail.

Can you explain to us what being a special constable means?

Special Constables have the same policing powers as regular Police Officers, however we work on a voluntary basis. We wear the same uniform and help keep towns safe by patrolling streets and responding to incidents.

What made you apply for the Special Constable Programme?

I am a teacher but I wanted to give even more back to my community. Becoming a Special Constable allows me to still teach during the day but also provide Police support during some evenings and weekends.

As Leigh-on-Sea's special constable you are at the frontline of police work in our town. What are some of your routine day-to-day activities?

To build up experience dealing with various incidents, lots of my policing so far has been responding to emergency calls. I have completed many foot patrol shifts throughout Leigh-on-Sea. Lots of my time throughout the day has been spent on The Broadway and Old Leigh where I have enjoyed talking to locals and independent businesses.

Being a special constable is a voluntary role. What do you do for your day job?

For my day job, I am a teacher at a local secondary school.

We're proud of our community spirit in Leigh-on-Sea. What can local people do to help in keeping our town safe and free from crime and anti-social behaviour?

The positive community feeling which already exists is key to looking after each other and keeping one another safe. Although Leigh-on-Sea is a relatively safe neighbourhood, there are always steps people can take. Many crimes are opportunistic and you can help by simply being alert and observant when out and about and report any suspicious circumstances.

How have you found the training process?

I really enjoyed the training process to become a Special Constable. It is challenging and thorough and has given me the confidence to carry out my role effectively. I quickly gained experience in dealing with the many different situations and emergencies which arise.

What do you enjoy most about being a Special Constable?

I enjoy making an impact on peoples' lives and helping out in communities. This helps build trusting relationships with people and businesses so that they are happy to call on us when needed. Being part of the local Police team fills me with pride and I enjoy the teamwork that brings positive outcomes.

What advice would you give to anyone thinking of applying for the programme?

The role is very rewarding. You are contributing in a positive way to the safety and happiness of your local community. Whether it be providing a friendly face on the streets or responding to emergencies you know you are making a difference.



Friends of Leigh Library Gardens

As mentioned in the previous LTC News, for the Queen's Jubilee FOLLG planted a boat with flowers in the form of a Union Flag and the boat was 'dressed overall' with bunting decorated by local school children. The children also made banners under the supervision of local art teacher, Esme Taylor, as their interpretation of the 'River of Hope' carried down The Mall for the Jubilee Celebrations and these were displayed around the gardens.



After coming out of lockdown Leigh Constitutional Club very kindly held one of their monthly quizzes for our benefit raising a fantastic sum of money which we have yet to decide on a worthy project for.

We have set up a Sustainability and Biodiversity sub group to try and reduce our impact on the planet and are now starting to see some results from their work.

We've used our own composted green waste for the first time ever – as a soil conditioner and mulch to reduce water loss and weed growth.

Green waste disposal – there is now a greater understanding that a lot of our green waste can be recycled on site for soil improvement and wildlife habitat. More volunteers ask what to do with their waste and we have dramatically reduced the amount left for the council to collect in their carbon-fueled vans.



One of our volunteers spotted an advertisement by Harkness Roses, who wished to donate a rose to community gardens, and applied. Imagine our surprise when 27 bare root roses arrived. The problem then was where to plant them so we have created a new rose bed in the lower garden with a plaque in memory of Sir David Amess.

Among the roses was the John Ystumllyn yellow rose, bred by Harkness Roses to commemorate the 18th century horticulturist and believed to be the first bearing the name of an ethnic minority Briton. John Ystumllyn (born 1738) was the first well recorded black person of North Wales. He was a victim of the slave trade and was taken to the Wynn family estate near Criccieth - named Ystumllyn - where he was christened with the Welsh name John Ystumllyn. He was treated more like a servant, learned horticulture while managing the estate gardens and became the first notable black plantsman in the country. According to one account, 'Ystumllyn was a very honest man, with no malice, and was respected by the gentry and common people alike'. He married a local girl, had seven children and when he died, the Wynn family gave his descendants a large garden and cottage nearby in recognition of his service. Several years after his death a small monument was constructed in his place of

burial at St Cynhaearn's church. One of these roses has been planted in the gardens of Buckingham Palace and in a statement the Queen said:

"The rose has been bred as a mark of friendship and community and I hope guests and visitors to the garden will have the opportunity to reflect on what this rose represents."

We hope the same will be true in Library Gardens.

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.

Enovert Community Trust

Supporting the community



Enovert Community Trust has awarded a number of grants to projects in and around Southend, with Leigh-on-Sea Town Council receiving the latest grants towards two fantastic community facilities. Firstly, a £13,000 grant contributed to the upgrade and extension of the skatepark, which was completed in 2020; the skatepark has since become a thriving hub for young people to get involved with sports and socialising.

More recently a grant of £12,500 was provided for the restoration of the sea pool at Bell Wharf Beach. The tidal pool, first constructed in 2008, has been much-loved and well-used by local families year-round. Unfortunately, over time the facility has weathered and needed full repairs to be useable again. Thanks to Enovert Community Trust, which provided the grant to Leigh-on-Sea Town Council, the pool has been repaired, and is already being enjoyed by members of the public, taking advantage of the lovely weather we are having.

Enovert Community Trust (ECT) is an environmental body which supports community and environmental projects in various locations across the country. The Trust awards grants under the terms of the Landfill Communities Fund, to

provide finance for a broad range of local projects including improving community halls, creating new play areas and skate parks, and restoring green spaces.

Past improvements in the Southend area which have been funded by ECT include replacing play equipment at Sweyne Park. The 57 acre park is the largest recreational greenspace in Rayleigh, and its ageing playground was updated in 2019, following a grant of £45,000.

ECT has now agreed to support further upcoming projects in the area including refurbishing the play area at Hockley Woods in Rochford. The play equipment for the site is more than 20 years old, and this grant will ensure that local children have access to a safe, modern play space to promote learning, fitness and social activities for a wide range of ages.

The Stambridge Memorial Hall and Harold Rankin Pavilion in Rochford have also been accepted for a grant. The plans involve improving disabled access to the site's entrance, and redesigning the facility's interior to be more inclusive for all who use it. Together with the updates to the outside play area, the project will ensure that the hall and pavilion remain a vital hub for community activity in the area.



Enovert Community Trust is continuing to support local communities; if you know of an organisation that could benefit from funding, please see the following link for more information, eligibility criteria and details of how to apply for a grant:

www.enovert.co.uk/enovert-community-trust/funding/apply-for-funding/



10
tips

for spending Christmas with somebody with Dementia,

by Age Concern Southend

As magical and exciting as Christmas is, it can also be a stressful time for hosts and guests alike, and even more so for carers of people living with Dementia.

Age Concern Southend have put together some tips on how to make the day run smoother, to support you and your loved ones during the festive season.



Age Concern Southend run a Dementia Day Centre on Hamlet Court Road, Westcliff. Day Centre Supervisor, Sarah Wilson said, "It's difficult to give general advice about how to get through the holiday season with as little fuss as possible because everyone is unique, and the various types and stages of Dementia affect behaviour in different ways. At our 'Days at the Haven' Dementia Day Centre, we have clients who love the Christmas buzz, the pretty decorations, and festivities we host but then we have others who are timid and need to be eased into a new situation or routine."

Sarah continues, "At our Day Centre, we like to mark the occasion whilst being mindful of our clients. We start putting decorations up early and gradually. We often use bunting to decorate the room for most holidays and celebrations, so our clients are more familiar with this arrangement and it's easily interchangeable. We do also relish an opportunity to craft and make our own together too. Clients are also invited to bring in decorations from home. We've found they love looking at old baubles

and talking about them as they hang them on the tree. We all enjoy a Christmas meal together within their usual setting and we'll have a sing-song after, which is a regular part of their day too. For us, it's all about focussing on our clients' needs and the best way to celebrate together in our setting."

"Christmas can be a stressful time even without the added pressure of caring for a loved one. We are more than happy to talk with carers and families to make celebrations special and help create amazing memories for everyone."

If you would like to know more about the work Age Concern Southend are doing to support our elderly community, including our Dementia Day Centre, please visit www.acsos.co.uk

1. Put decorations up gradually. Introduce changes to their environment gradually to avoid unsettling them.
2. Opt for simple and familiar decorations.
3. Keep the day's activities low key to avoid overwhelming them. Consider giving one or two joint presents to avoid confusion, minimise wrapping or putting the gifts away for another time.
4. Be mindful of their routines. Having meals at regular times and in familiar surroundings will help to limit any potential confusion.
5. Make them feel involved. There are many ways to involve people living with Dementia at Christmas time – from something as simple as hanging a bauble on the tree to doing a spot of Christmas shopping together. The important thing is that they feel included.
6. Create a quiet space or room they can settle in if they are overwhelmed.
7. Plan ahead. If your loved one is in a care facility, then ask them about their routines and likes.
8. Communicate your plans with your guests and ask for respite care if you need it. This is a time to enjoy with your loved ones.
9. Be prepared to change your plans and have realistic expectations. We know it's a time for traditions, but things don't always go to plan, keep in mind you may need to be flexible to make your loved one more comfortable.
10. Stimulate old memories and create new ones. It the perfect time to listen to an old song, cook a family recipe, look at photo albums and enjoy each other's company.



Christmas Plans

Leigh-on-Sea Town Council ADVENT GIVING HAMPER

The advent giving hamper is the new Christmas tradition all about giving! So instead of receiving a treat each day, you will be rewarded with the gift of Christmas cheer.

We've suggested an item that is needed for each day in the calendar below, so as you start preparing for the big day yourself, why not put something aside each day for local families in need.

Items don't need to be collected in a fancy hamper, a large cardboard box wrapped in festive wrapping paper will do the job.

Please drop your sealed hamper into the foyer of Leigh Community Centre near the Christmas tree from Thursday 1st December to Friday 9th December.

For more information call 01702 716288
www.leighonseatowncouncil.gov.uk



At the time of writing, plans for Christmas activities and events were still being finalised so please look out on our social media and website for any announcements.

What we can tell you though is that Leigh will be having totally new Christmas lights this year and in Leigh Library Gardens a 24 ft living Christmas Tree will be erected fully decorated and lit.

We have moved to a hire arrangement so it means in 3 years-time the lighting scheme will all change again. Additionally, each previously lit area will now have its own unique lighting décor. Not only will London Road have different lights but so will Leigh Road, Broadway and the 'triangle' area.

Over the years we have listened to residents, some wanting more colour, some wanting more white lights and we have tried to compromise to suit all tastes. The spacing of the lamp columns means that we can't achieve the 'Rayleigh' effect as they light up a condensed area but we can light up over 1 1/2 miles of columns throughout the town council area.

In Library Gardens with the consent of Southend City Council we now have our own lighting pillar which we control and so we have been able to move our decorations to the opposite end of the gardens. Our Christmas tree will be immediately behind the library creating that village feel of yesteryear set against the back drop of our wonderful listed building. Around the tree are some amazing older trees and these will have their trunks lit up giving the opportunity for some wonderful Christmas pictures.

To link in with our Chairman's Charity, there will be the opportunity for residents to hang Christmas wishes and we will be introducing the idea to residents of having an Advent Christmas Giving Hamper which we will co-ordinate. This will run alongside our winter coat donations.

Plans are afoot to create a Winter Wonderland throughout the town involving all our residents so look out for details of that.

Finally, what's the point of having a Christmas Tree if you don't have carols round it, so again look out for announcements on that front. We will also be promoting all the other lovely Christmas events and activities that others will be holding like the Crooked Billet Christmas Market. One thing Christmas always is in Leigh is jol'leigh' and love'leigh and this year will be no exception.

Start in November Leigh-on-Sea Town Council Advent Giving Hamper



1 Tea/Coffee	2 Jam/Honey	3 Biscuits	4 Hot Chocolate	5 Chocolate Selection Box	6 Savoury Snack
7 Mince Pies	8 Pasta	9 Chocolate Coins	10 Stuffing Mix	11 Cranberry Sauce	12 Cheese Straws
13 Box of Cereal	14 Colouring Book	15 Shower Gel	16 Christmas Pudding	17 Crisps	18 Shampoo
19 Squash (Juice)	20 Pasta Sauce	21 Toothbrush & paste	22 Tinned Meat	23 Crumble Mix	24 Tinned Fruit
25 Washing Up Liquid	26 Yule Log	27 Soup	28 Long Life Milk	29 Sanitary Products	30 Stocking Filler

October

- 17 Open Arts Essex Art Exhibition at Leigh Community Centre
- 19 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 22 Southend City Seafront Fireworks 7.30pm – Southend Seafront
- 29 Halloween Parade 6pm followed by fireworks – Southend Seafront

November

- 1 Advent Christmas Giving Hamper – start collecting and boxing treats ready to donate at Leigh Community Centre
- 2 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 2 Martin McNeill Blues Night at Leigh Community Centre 7.30pm
- 5 Folk & Bespoke Craft Fair at Leigh Community Centre 10am – 4pm
- 5 Southend City Seafront Fireworks 7.30pm – Southend Seafront
- 6 Studs on Sunday at Leigh Community Centre
- 9 The Listening Room – Poetry Night at Leigh Community Centre 7.30pm – 9.30pm
- 10 LTC Youth Forum at Leigh Community Centre 5pm – 6pm
- 12 Southend City Seafront Fireworks 7.30pm – Southend Seafront
- 16 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 19 Leigh Pop Up Craft Fair at Leigh Community Centre
- 19 Leigh Rock Band Night Oasis Tribute Night at Leigh Community Centre 7.30pm
- 19 Southend City Seafront Fireworks 7.30pm – Southend Seafront
- 21 Cole Watkins and Nicola Parry Photography Exhibition at Leigh Community Centre
- 25 Leigh Lights up for Christmas – Christmas decorations are on from today
- 30 Deliver your Advent box of treats to Leigh Community Centre

December

Gold Geese grotto will pop up somewhere this month spreading shiny gold festive cheer and helping to raise money to support local children living with cancer

- 1 Winter Wanderland begins – decorate a window in your house to join the trail
- 1 Winter coat donations opens at Leigh Community Centre
- 3/4 Christmas Craft Fayre at the Crooked Billet
- 4 Studs on Sunday at Leigh Community Centre
- 7 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 7 Martin McNeill Blues Night at Leigh Community Centre 7.30pm
- 10 Folk & Bespoke Craft Fair at Leigh Community Centre 10am – 4pm
- 11 Christmas litter pick by Leigh Town Councillors 10am meet Leigh Community Centre
- 13 Winter Wanderland Christmas trail is open
- 14 The Listening Room – Poetry Night at Leigh Community Centre 7.30pm – 9.30pm
- 14 LTC Youth Forum at Leigh Community Centre 5pm – 6pm
- 17 Christmas Farmers' Market at Leigh Community Centre 9am – 1pm
- 21 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 23 Leigh Community Centre and Council Offices closed for Christmas break

EVENTS CALENDAR 2022

EVENTS CALENDAR 2023

January

- 3 Leigh Community Centre and Council Offices reopen to public
- 4 Martin McNeill Blues Night at Leigh Community Centre 7.30pm
- 11 The Listening Room – Poetry Night at Leigh Community Centre 7.30pm – 9.30pm
- 12 LTC Youth Forum at Leigh Community Centre 5pm – 6pm
- 18 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm

February

- 1 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm
- 1 Martin McNeill Blues Night at Leigh Community Centre 7.30pm
- 8 The Listening Room – Poetry Night at Leigh Community Centre 7.30pm – 9.30pm
- 9 LTC Youth Forum at Leigh Community Centre 5pm – 6pm
- 15 Over 60's Social Club at Leigh Community Centre 12noon – 1.30pm

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

Cllr Doug Cracknell **cillrcracknell@** 01702 474593

Cllr Leslie Parris **cillrparris@** 07904 657269

Cllr James Preston **cillrpreston@** 07780 660401

HERSCHELL WARD

Vice-Chairman Cllr Dr. David Bowry **cillrbowry@** 01702 711613

Cllr Rory Windass **cillrwindass@** 07764 842802

HIGHLANDS WARD

Cllr Katie Cohen **cillrcohen@**

Cllr Craig Watt **cillrwatt@** 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

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

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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



OFFICIAL PICTURE OF HER IMAGE by WikiImages from Pixabay

Her Majesty The Queen Elizabeth II

21ST APRIL 1926 – 8TH SEPTEMBER 2022



King Charles III and Queen Consort

Leigh-on-Sea Town Council joined with people around the world in mourning the passing of the Queen in September. Her selfless duty, service and devotion to the people of the United Kingdom and the Commonwealth was unparalleled and we have lived in a truly golden Elizabethan age.

The Council arranged with the City Council for Leigh residents to be able to lay floral tributes at Leigh Library Gardens and a civic Book of Condolence was available for all to sign at Leigh Community Centre plus the opportunity for children to colour a picture or write a message to commemorate the Queen.

The Book of Condolence will be bound and kept at Southend Civic Centre.

The Chairman of Leigh Town Council sent formal condolences to the Royal Family and was invited to Southend City's Proclamation of the Accession of His Majesty King Charles III.