

The Assembly Times

Our Community
Our Voice

Newspaper of the Southend Older People's Assembly

Government forces Council into significant cuts

Southend-on-Sea Borough Council has been forced by the Government into making significant cuts to help tackle the national deficit.

This Coalition Government has withdrawn £1.4m of capital and revenue grants to the authority just four months into the financial year, necessitating immediate cuts to a range of grant-aided services.

The austerity measures need to be implemented immediately to avoid the risk of the Council having to make even bigger cuts.

Funding for free swimming in the Borough has been removed by the Government with immediate effect, forcing the authority to withdraw it from the end of July.

(Council made a concession)

And more than £1.27m has been withdrawn from the Council's capital grants, including £660,000 earmarked for an athletics track at Chase High School which will not now go ahead.

The Government is expected to announce further spending reductions later this summer following the Comprehensive Spending Review.

Councillors will continue to meet to discuss a report setting out where the cuts will have to be made.

The Council now has to act fast to implement the cuts forced upon it in order to minimise the impact on front-line services.

Council Leader Nigel Holdcroft said: *"We are fully aware that these cuts will have a real effect on people across Southend, but we have been left with no choice."*

"In-year cuts are always the most difficult to manage because plans have already been made against an expected level of income."

"This is a particularly challenging time for the Council, which has been working extremely hard to minimise the impact on frontline services."

"The pre-budget statement in the autumn will give us a clearer indication of what we can expect over the coming years."

"But we already know we face extremely difficult decisions in the future given the Coalition's announcement about cuts of up to 40 per cent in public sector spending."

How it is going to work?

I Have A Question



How will these cuts affect our well being?

The Department of

Health confirm that - *"no Department of Health grants for adult care will be reduced in 2010/2011, this will be the Government's commitment to provide personalised, preventative services that put people in charge of their care and in control of their lives"*.

Will the Government renege on this?

Southend Borough Council have been proactive in asking for public views on the programmes for licensing and planning, therefore, whichever courses are taken, it's imperative that you take up the calling and be part of the consultation because in 2011/12 extensive changes affecting us will come about.

All the Voluntary Sector organisations need to pool resources and ensure that these changes will be taken with the involvement of the community.

TO ALL WHO WERE BORN IN THE 1920s, 1930s, 1940s and 1950s..... Mike Assenheim

First we survived being born to mothers who smoked and/or drank whilst they carried us and lived in houses made of asbestos. They took aspirin, ate blue cheese, raw egg products, loads of bacon and processed meat, tuna from a can and didn't get tested for diabetes or cervical cancer.

Then after that trauma our baby cots were covered with bright coloured lead based paints. We had no child proof lids on medicine bottles, doors or cabinets and when we rode our bikes we had no helmets or shoes, not to mention the risk we took hitchhiking.

As children we would ride in cars with no seat belts or air bags, we drank water from the garden hose and NOT from a bottle. Take away food was limited to fish and chips, no pizza shops, McDonalds, KFC, Subway or Nandos.

Even though all shops closed at 6pm and didn't open on the weekends somehow we didn't starve to death.

We shared one soft drink with four friends from one bottle and NO ONE actually died from this.

We would collect old drink bottles and cash them in at the corner store and buy toffees, gobstoppers, bubble gum and some bangers to blow up frogs with.

We ate cup cakes, white bread and real butter and drank soft drinks with sugar in it but we weren't overweight because.....

WE WERE ALWAYS OUTSIDE PLAYING!!!! We would leave home in the morning and play all day as long as we were back when the street lights came on.

No one was able to reach us all day and we were OK.

We would spend hours building our go-karts out of old prams and then ride down the hill, only to find out we forgot the brakes.

We built tree houses and dens and played in river beds with matchbox cars.

We didn't have Play Stations, Nintendo, Wii, X Boxes, no video games at all, no 100s of channels on Sky, no video/DVD films, **no mobile phones, no personal computers, no Internet**

chat rooms.....WE HAD FRIENDS and we went outside to find them.

We fell out of trees, got cut, broke bones and teeth and there were no law suits from these accidents.

Only girls had pierced ears!

We ate worms and mud pies and the worms did not live in us forever. You could only buy Easter Eggs and Hot Cross Buns at Easter time.....

We were given air guns and catapults for our tenth birthdays, we rode bikes or walked to a friends house, knocked on the door or rang the bell, or just yelled for them!

Mum didn't have to go to work to help Dad make ends meet!

RUGBY and CRICKET had tryouts and not everyone made the team, those who didn't had to learn to deal with disappointment. Imagine that!! Getting into the team was based on merit. Our teachers used to hit us with canes and gym shoes and bullies always ruled the playground at school.

The idea of a parent bailing us out if we broke the law was unheard of - they actually sided with the Law!

Our parents didn't invent stupid names for the kids like, Kiara and Blade, Ridge and Vanilla. We had freedom, failure, success and responsibility and we learned how to deal with it all! And **YOU** are one of them **CONGRATULATIONS!**

You might want to share this with others who have had the luck to grow up as kids, before the lawyers and government regulated our lives for our own good.

And while you are at it, tell your kids or grandkids so they will know how brave their parents and grandparents were.

*(Irony!
Mike Assenheim is the Health & Safety Champion for Older People and the Borough - who better to reminisce!)*

Read another reminisce on page 8

Letters page from the public

Meals on Wheels

As my husband and I grow older, I have changed my cooking habits.

We are both diabetics now. I have a small kitchenette with all electric appliances, and no desire to stand for long, cooking or washing up.

When living in Cambridge, Meals on Wheels was being phased out. You could order a selection of frozen meals to cover a period of time. You could also have on loan a small freezer and microwave.

Someone would come and instruct you in microwave cooking/heating, or a carer would come every lunch time to heat and serve the meal for us.

Recently, we attended a "tasting" from an Essex based meals supplier. We enjoyed the samples from an available extensive list, saw the size of the portion and felt it was reasonably priced.

At the moment, we do not need to consider this idea but if either of us was ill, or solo, or our daughter was not available, then I'm sure we would use this company's menus.

Some ladies who live in this complex have had some meals delivered as an emergency meal, which does happen the older one becomes.

Pat Balls

It tickled my fancy and memory to see an advert for 'meals on wheels' on the television where

the grandparent cooked pre-prepared delivered meals for the visiting grandchildren - little did I know that this was an act of my mother who first penned it to the company and ultimately they used the idea!

The grandchildren and all the family were none the wiser that the meals she produced on our visits were from a frozen supply.

(She also peeled some daffodil bulbs as onions to pickle - but that's another story!)

A Jones

Disclaimer—"Statements and opinions expressed in this Newsletter are not necessarily those of the Committee or of other Older People's Assembly members."

WRVS / Meals on wheels



WRVS has 70 years' experience of helping people in hundreds of communities throughout England, Scotland and Wales. Our volunteers and staff work together to support people in need who might otherwise feel lonely and isolated, whether at home, in hospital, or in times of crisis.

Our volunteers are people who care about the community they live in, and want to make it a better place.

Their willingness to give up their time to offer help and friendship

is what makes our services special; their knowledge and experience help us to respond to local needs.

Older people will want more choice and control over the support they receive. They will want easier access to more services so they can choose what support they want.

WRVS' volunteers and services will be needed more than ever.

In Southend there are other services that members of the general public can volunteer for:

Meals on Wheels – contact [Brenda Bowers](mailto:Brenda.Bowers@wrvs.org.uk) - 01702 619462

Emergency Resilience & Recovery please contact [Esther Gillespie](mailto:Esther.Gillespie@wrvs.org.uk) –07786635179

WRVS provide teams of trained volunteers to support the community and statutory services at the time of emergency.

WRVS volunteers are on hand 24 hours a day, 365 days a year to help support people affected by emergency situations.

We will soon be setting up a **Home from Hospital Scheme** which aims to give assistance to those leaving or about to be admitted to hospital.

To find out more about this please contact [Esther Gillespie](mailto:Esther.Gillespie@wrvs.org.uk) 07786635179

Bogus warning.....

Essex Probation advises county to be vigilant about bogus door-to-door salespeople

There have been recent reports from various counties in the UK of people posing as ex-offenders or offenders seeking to sell products or services door-to-door. They claim to be working for a project that is backed by the Probation Service.

Essex Probation operates no scheme of this nature and our advice is not to buy from salespeople who claim to be part of this project.

Anyone being approached by any person who claims to be working under the authority of Essex Probation in this way should immediately contact Essex police, giving as much detail as possible about the person and the business they claim to represent.

Essex police would urge people to always ask to see identification when a stranger calls at the door, or ring the company they claim to be from to make sure they are who they say they are.

Legitimate door to door sales people will always have proof of identity.

Essex Probation does not issue identity badges to offenders.

Another celebration.....

Southend Association of Voluntary Services

(SAVS) held another event on the 12th October to highlight and applaud the efforts made by the volunteers which included members of the RNLI, the Pensioners Campaign, the Adult College, the community café in SAVS and many more.



Not least, the committee of the Assembly were commended for their efforts in the community. The Mayoress, Cllr Mrs Ann Holland, presented the accolade to the OPA.



Additionally, Joe Green was there to accept a just recognition for our late friend, Mary Green.



Emily Middlemast, the Volunteer Centre Manager, led the presentation ceremony and was moved by the attendance to this event , together with notations made for their nominations - making comment of the efforts made by volunteers in the town and giving support to their continued practices.

Emily said: *"It's essential that those who give up their time so freely with their area of expertise are recognised for the work they do and SAVS supports the commitment these volunteers give to the community. SAVS recognises and applauds the important role of the volunteers in Southend"*.

The OPA is pleased to receive this award which further acknowledges its important work for older people in Southend.

Additions.....



I started work as a volunteer soon after retiring. I have been involved with health care committees for many years, with the community health council, then patient public involvement and I was a committee member with Links Southend for a year, and worked at Rochford Hospital with Older People as a volunteer.

I continue to be involved in a document on the Pilot Profile for Chalkwell, which is research into the populations health needs and it is one of the most interesting phases of my volunteering life. I'm keen to be a supportive and proactive member of this Assembly.

Linda Cook

The Voice of Local People in Health and Social Care- A Pilot profile ... Margaret O'Connor / Linda Cook

Information is crucial to decision making.

The Pilot Profile project was initiated by LINK in order to establish methods of collecting local health and social care data, at electoral ward level, that would provide useful information to the public and health and social care commissioners and providers.

Stage 1: Statistics - Quantitative Information-*Copies of Stage 1 are available on www.essexandsouthendlink.org.uk or, at 6 Nelson Street, Southend-on-sea.

Focussed on official quantitative data that was relevant to health and social well being. The final report comprised 3 documents* as follows which were approved by SEE LINK members on the 20th May 2010:

Main document 'Chalkwell Ward: Using quantitative data to establish the health and social needs of a locality'

Stage 1 of the Profile raised many issues about data collection and discovered seven health and social needs in Chalkwell ward.

It was influential in that it convinced the Joint

Strategic Needs Assessment (JSNA) information officers from Southend-on-Sea Borough Council, Essex County Council and South East Essex Primary Care Trust (NHS SEE) that electoral Ward, as well as District information was essential to commissioners' and Provider's decision-making processes.

Stage 1 documents will be used, by the JSNA, as a template for the collection of ward data throughout Essex and Southend.

The LINK member's role in this development will be to ensure that the JSNA quantitative data is user friendly and is a relevant provider of evidence to LINKs and the public as well as commissioners and providers of services.

Stage 2: The 'Voice of the People'. Qualitative Information.

Much official data is based on statistics and official views of the health and social world.

This part of the project will focus on one of the seven needs identified in Stage 1 and utilise qualitative research methods to ensure that the voice and experience of the people, who have the need is included in formal information processes.

2 a) The need – The subjective experience of deprivation in Chalkwell Ward

This study will seek to access a specific group of people living in a deprived area of the ward and will listen to, and analyse their subjective concerns and experiences of living with deprivation. Information from people who have an in-depth knowledge of the area will also be collected and analysed.

2b) Access to local qualitative research

This part of Stage 2 will seek to gain access and analyse the quality of local qualitative research that already exists in University libraries and elsewhere that may or may not have been published. It is anticipated that systems will be set up to link this research into official information systems on health, social care and well being.

The Pilot Profile steering group will oversee the work of two postgraduate researchers that have been appointed to carry out this research (Stage 2a & 2 b) on behalf of LINK.

Police alerts.....

Have You Been Cold Called?

Southend Crime and Disorder Reduction Partnership (CDRP) are appealing to residents who have been contacted by a company called 'SAS Fire and Security Systems'.

The company, which also uses the name 'Crime Research UK', has been cold calling residents in the Southend area, claiming to be working with the police and government agencies.

They then offer to sell burglar alarms and other security devices at inflated prices, using high pressure selling techniques.

"The general advice with regard to unsolicited calls is never sign up to such deals without first obtaining quotations from other companies that you have sourced yourself."

Residents who have bought from this company are urged to contact Trading Standards, via Consumer Direct, on 08454 040506.

Tax Rebate Scam

A number of residents in Essex have received telephone calls from a group purporting to be working on behalf of HM Revenue and Customs advising that the recipient is eligible for a tax rebate - all that they are required to do is to furnish the caller with their bank account details, PIN etc in order for the payment to be made.

In reality the caller is a member of a gang based in the Middle East. Needless to say, there is no tax rebate and the scam is simply designed to con people.

Anyone receiving a call from this gang, should terminate the call immediately without providing **any details whatsoever** and notify Trading Standards via Consumer Direct, on 08454 040506. Under no circumstances at all should personal or banking details be divulged to a cold caller regardless of how genuine they may seem.

Nottingham Knockers back in Town

The Nottingham Knockers - young men calling door to door selling dusters, tea towels and similar merchandise were spotted in the

Thorpe Bay and Shoebury areas recently... just before dusk.

These teams arrive in the Borough from time to time, and are invariably out of work persons often with criminal convictions.

They normally produce a form of identity that they try to pass off as a pedlar's certificate.

Householders are strongly advised **not** to purchase from them regardless of any hard luck story the sellers tell or how persuasive they are.

In the past, outbreaks of minor crime have been known to coincide with the arrival of the Nottingham Knockers

Information.....

HandyVan Scheme Available For Referrals.

The Southend HandyVan scheme is looking for more residents to take advantage of its free home security service.

The Age UK HandyVan is a unique home security service where trained HandyVan fitters visit the homes of the over 60s.

They carry out home safety checks and install equipment such as door locks, door chains and viewers, window locks and smoke detectors free of charge.

Southend Crime and Disorder Reduction Partnership spokesman, Chris English, said: "Proactively, the HandyVan scheme is helping to reduce the risk of burglary and bogus caller crime by giving people more confidence and peace of mind in the safety of their homes. If you think you would benefit from this scheme, or know a family member or friend who might, please get in touch". The HandyVan Scheme is funded and supported through a partnership between the charity Age UK, Essex Police and Southend-on-Sea Borough Council. For more information please contact Mick Holland on 01702 464199

Voting time.....?

Southend Borough Council will again undergo an election for Southend wards, on the 5th May 2011.

It seems that 2010 was hyped with ballot papers in abundance, both central and local - so where is this getting us?

Southend remains a Conservative controlled council which may have been the result of the swing in the General Election - who knows - only the statisticians! Think our cost of living will be the ruling on how we vote! Will it improve? Perhaps not but let's not be too gloomy - it couldn't get worse! Christmas soon here!

Christmas cancelled?

TRADITIONAL festive celebrations in Southend High Street could be scrapped this year due to a lack of funding.

Thousands of visitors flock to the High Street to enjoy free Christmas events provided by the Town Centre Partnership, which include the Christmas Spectacular, the Festive Fun Day and Carols for Christmas.

These and other events could be scrapped because of a £5,000 shortfall in the funding required to stage them.

Youth Triumph

YOUTH power has persuaded a bus company to stop forcing young passengers to pay full adult fares. Arriva's decision came after hundreds of youngsters signed a petition, organised by Southend Youth Council, calling for Arriva to bring its policy on travel for Southend, Castle Point and Rochford's 14 and 15-year-olds in line with other areas.

Cycle track safety signs

SOUTHEND Council is to install warning signs on a new cycle track, after criticism about its safety. The track, in Western Esplanade, runs from the pier to Chalkwell, but there are concerns it is not clearly enough separated from the pavement. The lack of clear markings was blamed on a recent accident when a cyclist was injured as he tried to avoid a child who wandered into his path.

Woolworth's change...

SHOPPERS flocked to take advantage of brand-name bargains as a new discount department store opened at a landmark Southend site of Woolies, which has been empty since December 2008.

Cinema plans

A CINEMA featuring films on a 360-degree screen could be part of the plans for Southend's new cliffs museum.

The cinema auditorium will allow people to experience 360-degree visuals and will include a screen on the ceiling.

It is part of plans for the new £35million museum, which may be built on the cliffs to showcase Southend's Saxon King treasure.

The museum will also feature a 200-seat high-quality restaurant and a three-storey 200-space car park.

The auditorium and planetarium could also be made available for hire for commercial use.

Multi-health Service

PLANS for two new primary care centres in Westcliff, costing a total of £14million, have moved forward.



"Didn't you get my e-mail?"

Life as we knew it.....

Editor

Commemorating the battle of Britain 70 years on highlights yet again the reformation England took from the second world war. Rebuilding communities had been dependant on social housing to fulfil the needs of homes for the not so well off and those who were rendered homeless through the intense bombing. Remember how we always had open doors to neighbours? Times would change, our privacy had been invaded and our lives had been torn apart.

Out of this rebuild created growing neighbourhoods. (*Anyone remember the prefabs'?*) Up went 157,000. The names of their designers are largely



forgotten. Some were made from corrugated asbestos cement panels

with a sandwich construction filling of wood and wool and many were built by prisoners of war. They were meant to cost £500, although most worked out at £1,300 and they were meant to last 10-25 years.

Social housing sprang up all over the country, enabling families to build up a new life and for the time being, it looked good and all enjoyed the reformation, but at a cost. Costs we are still paying for as the current national debt is inherent from that era, (*yes, it's still being repaid*) – at what point did we win?

Social housing has, and always will, play an important role in our society and we should all reminisce on how it could have been. Hopefully, we have come a long way, dependent as we are on authority's serving up the right prescription and us putting more demands on how they improve our services, we may have become a little complacent on what we want, get and deserve.

Are we expectant rather than hopeful?

Has social housing progressed, (*yes, inside bathrooms*) or has the community made too many demands – how was it possible that a society was able to make demands – easy - wages hit an all

time high and still has high earners taking cream from the top of the bottle. Trades unions became more powerful in gaining rights for the people and played a significant role in the 'makeover' of change.

It would be nice to think we have moved forward on the expectations made but that may not be the case. Local authority changes made differing moves on how they administered our services and the 'fat cats' got bigger - was there another way – perhaps not.

Management of social housing had yet another change – development of management companies, owned by local authorities, to see to the needs of the dwellers. How different is this from authority management? – involving the community has never been so clearly out of date, the same old but with a new title.

This Government advocated that to govern, the people needed to be consulted and made bold statements to ensure that the role of the community would be predominant of the change, working hand in hand with the local council. How far has this progressed? Have we just been content and accept it as 'lip service' or is there some credence to it being the right way? Trades unions would relish this opportunity to lead a way on participation but have they? – no, not yet anyway and by the time they see what is written on the very large wall, it will probably be too late – done it, got the T shirt!

We thought the swimming concession was a good idea and welcomed it – we thought the bus pass for the elderly was also a good idea, welcoming it yet again, free television licences for the over 70's, supplies of rubbish bags to dispose of our household and recycling efforts, changes to protect pedestrians from cyclist on pavements, road tax to ensure our roads are maintained through the users. Even the HMRC, (*that's the tax inspectors*) - have got the history wrong too – bills coming out for underpayments – whatever next?

Blame for all of the above is our fault and becomes our inheritance, we have paid dearly for these so perhaps we should now be accountable but are there more smoke screens to come – have we seen and heard the last of changes in our lives?

"I joined a health club last year, spent about £400. Haven't lost a pound. Apparently you have to go there".

Reasons to be cheerful.....Jim Worsdale 27th August 2010 (Echo)

I moan about the things which sadden, irritate, shock, provoke and anger me.

But I also recognise and applaud anything I encounter which is positive, heartening, moving or inspiring.

In searching for glimmers of hope and potential in the present economic climate, I'm delighted to say I am now seeing tiny signs of a brighter future for Southend's High Street.

In recent years, I have heard many complaints to the effect our town centre is inferior to those in other, neighbouring towns, such as Chelmsford and Basildon.

So could the recent opening of an old-fashioned, jar-lined sweet shop perhaps be an indication – a slightly sweet-smelling hint, you could say – of a brighter future?

Might the recently-announced letting of more of the empty spaces in the Victoria Shopping Plaza be a further reason to sense hope amid so much awful economic woe?

Ancients such as me still fondly remember the grand, old-established Keddie's depart-

ment store in the High Street. Can it really be almost 15 years since its sudden, shocking, shattering closure?

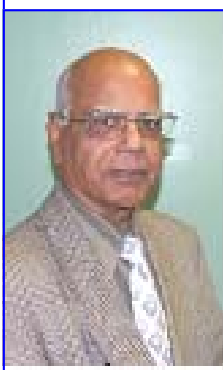
Then, of course, there was the Brightwell Empire, anchoring the lower end of our main shopping street and the Dixon family store at the top.

They all went long ago, but their replacements, the Royals and the Victoria – sadly still with too many empty shops – are potential symbols of hope for the future.

The Victoria centre is a splendid replacement for the ugly, awful, grotesque concrete monstrosity which was the Sixties Hammerson complex – one of too many hideous blots to marr the face of our town in that dreadful decade. Millions have been invested here, transforming the ghastly beyond recognition to create a sparkling new centre.

My only moan on this subject is that so many empty spaces still remain to be filled there. And that's a great shame and a matter of some concern.

Stepping down.....



Manji Solanki

Has stepped down from the committee to devote time to his hospital duties, his family and the community group where he has a great deal of involvement in.

Manji played a significant role in the Assembly, bringing supportive issues to the group and the members.

He and his contributions will be greatly missed but assures us that if any help is needed, he'll step up to the plate.

"Stars" of SBC.....

The Borough Council's finest employees shone like beacons at the annual STARS awards ceremony. The sponsorship-funded event, held at Southend Leisure and Tennis Centre, celebrated the endeavours of staff who go above and beyond the call of duty and were selected from more than 350 nominations submitted by members of the public, partners, Councillors and colleagues. Corporate Director for Support Services, Sally Holland, said: *"STARS gives members of the public, our partners, Councilors and staff the opportunity to nominate teams and individuals they believe have gone the extra mile to deliver excellent service. Many of our staff look after the most vulnerable members of our community and may be the only person they speak to. It is important to acknowledge the work our staff do to make Southend such a great place to live and visit."*

Older People's Day..... Marlene Richardson

The 1st October saw Southend Borough Council host an older people's day to celebrate the contribution made by the seniors and their organisations



Stalls were in place from Southend Advocacy, Age Concern, Club 60, Turning Tides and many more.

Clearly, the turnout was good and the organisation representatives taking part were helpful and very informative.

Vic Tassell, the group secretary picks up some pointers from one of the representatives, engaging for input to the Assembly.



Attendance was exceptional and a variety of advice was available from service providers such as South Essex Homes and great tips how to keep healthy and fit from the University Hospital group.



The OPA had a stall and the interest promoted more from the public to examine what it does in the community, signing up new members.



After lunch, about 60 people in the Council Chamber heard music from the Shoebury High School steel band followed by a graceful performance of belly dancers from



Club 60. The atmosphere was good and the turnout excellent despite the weather.

It was felt by all who attended it had been a very good day and members of the Council said it had been good to see the Civic Centre used this way.

Don't lose your vote.....

Southend-on-Sea Borough Council begins its annual canvass – so don't miss the chance to make sure you are registered to vote. The Register, which will be published on the 1st December, 2010, will be used to compile a list of eligible voters for the Local Council Elections on Thursday 5th May 2011.

It's simple to register for a vote - all you have to do is complete the canvass form when it drops through your letter box.

Southend-on-Sea Borough Council's Chief Executive Rob Tinlin, who also acts as the Borough's Electoral Registration and Returning Officer, urged residents to fill in the canvass form.

He said: *"Failing to respond could lead to your details being removed from the Register of Electors, meaning you would not be able to vote. Filling in and returning the form gives you the right to play your part in the democratic process by helping choose the people who make the decisions which affect your everyday life."*

Information

Polish Jeśli chciałby Pan / chciałyby Pani otrzymać tę ulotkę w swoim języku lub jeśli chce Pan/i się z nami skontaktować, proszę zadzwonić pod poniższy numer. Skorzystamy z pomocy tłumacza przez telefon, aby pomóc Panu/i w rozmowie.

Albanian Nëse dëshironi një kopje të kësaj fletushke në gjuhën tuaj amtare, ose nëse doni të në kontaktoni, ju lutemi telefononi në numrin e poshtëshënuar. Ne do të përdorim një përkthyes për mes telefonit të ndihmojmë me kërkesën uaj.

Bengali

আপনি যদি আপনার ভাষায় এই প্রচারপত্রের কপি বা অনুলিপি চান অথবা আমাদের সাথে যোগাযোগ করতে চান, তাহলে অনুগ্রহ করে নিচের নম্বরে টেলিফোন করুন। আমরা আপনার জিজ্ঞাসায় জবাব দেবার জন্য টেলিফোন ইন্টারপ্রিটার (দোভাষী) ব্যবহার করব।

Urdu

اگر آپ اس ایف ایٹ کی کا ڈی ایڈیواری زبان میں حاصل کرنا چاہتے ہیں یا اگر آپ ہم سے رابطہ کرنا چاہتے ہیں تو براؤزر کے ذریعے نمبر پر ٹیلیفون کیجئے۔ ہم آپ کی مطلوبہ معلومات فراہم کرنے کے لیے ٹیلیفون پر ترجمان زبان کی خدمات استعمال کریں گے۔

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਲੀਫਲੈਟ ਦੀ ਕੋਪੀ ਤੁਹਾਡੀ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੀਦੀ ਹੈ ਜਾਂ ਜੇ ਤੁਸੀਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਮਿਤਰਬਾਨੀ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਫ਼ੋਨ ਕਰੋ। ਅਸੀਂ ਤੁਹਾਡੀ ਪੁੱਛ ਗਿੱਛ ਬਾਰੇ ਟੈਲੀਫੋਨ ਦੇ ਜ਼ਰੀਏ ਇੰਟਰਪ੍ਰਿਟਰ ਨੂੰ ਵਰਤ ਕੇ ਮੱਦਦ ਕਰ ਸਕਾਂਗੇ।

Chinese

如果你想索取此册的中文译本，或想與我們聯絡，請致電下列號碼。我們會經電話傳譯員幫助你查詢。

For assistance in other languages or in larger print format, please call 01702 510316

The Committee would be pleased to receive any of your stories, photos, tips, recipes, or even a quiz, that may prove of interest to our members. We wish to make this newsletter of interest to you all and it is only with your help and input that we can do so.

Please submit your contributions by post to the Secretary at the address below or email to: members@southendopa.org.uk . Better still, let us know what you think of this newsletter!

Contact the Older People's Assembly

The Secretary: Mr Vic Tassell

17 Bradfordbury

Leigh on Sea

SS9 4UT

Telephone: 01702 510316

Email: thamsall@yahoo.co.uk

or

members@southendopa.org.uk

ASSEMBLY MEETINGS IN 2011

To be held in the Council Chamber, Civic Centre

1.00pm Registration

1.30pm Start

19th January

2nd March

(Annual General Meeting)

(Future dates to be

advised)

Visit our website at www.southendopa.org.uk

Local Events.....

Saturday 13th to 18th November: Christmas Farmers Market & Craft Market
- Southend High Street - seasonal delights with a Christmas Craft Market.

Saturday 13th November: Christmas Spectacular & Lights Switch on -
Southend High Street - transformed into a winter wonderland with a full day of
festive fun for all the family - a special Royals Christmas Parade - fireworks.

Friday 26th November: Leigh Christmas Lights Switch on - Leigh Broadway,
4:30 - 7:30 pm - and event for all the family with various stalls and entertain-
ment including Leigh's much loved procession.

Saturday 27th November: Christmas Open Day - Southchurch Hall Museum
- decorated for Christmas offering a mix of traditional carols, madrigal singers,
story telling and an enormous Christmas tree with craft stalls.

Saturday 27th November & Sunday 28th November: Santa on the Pier -
11:00 am to 5:00 pm.

USEFUL TELEPHONE NUMBERS

Southend Police	01702 431212	Traveline	0870 608 2608
Southend Community Action/SAVS	01702 356000	Arriva Southend	08701 201088
Southend Borough Council	01702 215000	First	01268 525251
South Essex Homes	0800 833160/161	National Express	08705 808080
Swan Housing	0845 6124700	Dial-a-Ride	01702 215666
The Guinness Trust	01245 496773	Anchor Staying Put	01702 465182
Southend Hospital	01702 435555	HandyVan Scheme	01702 464199
Southend Primary Care Trust	01702 224600	RSPCA Cruelty Line	0300 1234 999
NHS Direct	0845 4647	Crimestoppers	0800 555 111
Carers Line	0808 808 7777	Consumer Direct	08454 040506
Help the Aged	0207 278 1114	NSPCC	0808 800 5000
Age Concern (Southend)	01702 215780	Victim Support Line	0845 30 30 900

“The more people we represent the stronger our voice in the community will be.”