

BERA E-NEWSLETTER 27th June 2019 – www.bera.co.uk
(printable version of Newsletter is available soon on website if needed)

Reminders:

New Which subscription logon details: Email or Username: burgesestate Password: BERA2019
“Which Garden” - log on to Which as usual, but pick the “House and Garden” option at the top. Then pick “Garden” and you will find reviews for all types of gardening tools and accessories.

If any of you have taken photos locally that you would like displayed on the BERA website, please send them by email to:
photos@bera.co.uk.

BERA Coffee Morning - The next BERA sponsored coffee morning will be on **Thursday 18th July 2019** at The Methodist Church on the corner of Johnstone Road and The Broadway from 10am to midday (unless we advise you otherwise it is always on the 3rd Thursday of the month). Please come along for free tea/coffee and biscuits and bring a friend. We will be bringing along panic and personal alarms, contactless debit card blocking pouches, and will take orders for the car key signal blocking pouches.

Please note that there is no coffee morning in August.

1) Southend NHW Crime Data (17th to 23rd June 2019)

Ward	Reference	Offence Type	Reported Date	Committed From	Street	Town	MO
Southchurch	42/95613/19	Other criminal damage to a dwelling	18/06/2019 00:33	18/06/2019 00:20	Philpott Avenue	Southend-on-Sea	SUSPECT UNKNOWN HAS THROWN A BRICK AT

		(£5,000 and over)					VICTIMS WINDOW CAUSING DAMAGE.
							SUSPECT UNKNOWN HAS CAUSED DAMAGE TO THE VICTIMS DWELLING BY THROWING EGGS AT VICTIMS BEDROOM WINDOW, THIS HAS TAKEN MORE THAN THE MINIMAL EFFORT TO CLEAN.
Southchurch	42/97928/19	Other criminal damage to a dwelling (Under £5,000)	16/06/2019 22:11	15/06/2019 22:20	Branscombe Gardens	Southend-on-Sea	
Southchurch	42/98520/19	Other criminal damage to a vehicle	23/06/2019 11:46	22/06/2019 23:00	Southchurch Boulevard	Southend-on-Sea	SUSPECT UNKNOWN HAS BY MEANS UNKNOWN

Ward	Reference	Offence Type	Reported Date	Committed From	Street	Town	MO
Southchurch	42/98421/19	Theft if not classified elsewhere	17/06/2019 16:51	17/06/2019 14:30	Hamstel Road	Southend-on-Sea	SMASHED THE DRIVER'S SIDE FRONT WINDOW ON THE VICTIMS BLUE FORD FOCUS. NOTHING HAS BEEN STOLEN. SUSPECT UNKNOWN HAS REMOVED ITEMS FROM THE VICTIMS PURSE BY MEANS UNKNOWN.
Thorpe	42/95344/19	Theft of a motor vehicle	17/06/2019 12:05	16/06/2019 14:00	Northumberland Crescent	Southend-on-Sea	SUSPECT UNKNOWN HAS TAKEN THE VICTIMS

(Under
£5,000)

Thorpe	42/95031/19	Burglary - Residential - Dwelling	17/06/2019 04:16	17/06/2019 03:00	Woodgrange Drive	Southend-on-Sea	WORK VAN BY MEANS UNKNOWN. SUSPECTS UNKNOWN HAVE GAINED ENTRY TO THE VICTIMS ADDRESS, CARRIED OUT A SEARCH AND REMOVED ITEMS FROM WITHIN.
Thorpe	42/95854/19	Theft or Unauthorised Taking of a Pedal Cycle	18/06/2019 15:50	17/06/2019 17:30	Station Road	Southend-on-Sea	SUSPECT UNKNOWN HAVE REMOVED A SECURE PEDAL CYCLE BY CUTTING THROUGH A LOCK, BY MEANS UNKNOWN.
Thorpe	42/95678/19	Other criminal damage to a vehicle	18/06/2019 10:09	18/06/2019 10:00	Station Road	Southend-on-Sea	SUSPECT UNIDENTIFIED HAS SMASHED VICTIMS WING

		(Under £5,000)					MIRROR OFF OF HIS VEHICLE AFTER GETTING ANGRY AT HIM.
Thorpe	42/97816/19	Theft of a motor vehicle	22/06/2019 07:59	22/06/2019 00:01	St. Augustines Avenue	Southend- on-Sea	SUSPECT UNKNOWN HAS GAINED ENTRY TO A SECURE WHITE RANGE ROVER, BY MEANS UNKNOWN, WHILST PARKED ON THE DRIVEWAY AT LOCATION ADDRESS.
Thorpe	42/97826/19	Theft if not classified elsewhere	16/06/2019 13:41	15/06/2019 00:00	Woodgrange Drive	Southend- on-Sea	SUSPECT UNKNOWN HAS TAKEN VICTIMS MOBILE PHONE AND SWITCHED IT OFF AFTER VICTIM

Thorpe	42/98042/19	Theft of a motor vehicle	21/06/2019 21:03	21/06/2019 20:30	Thorpe Bay Gardens	Southend-on-Sea	ACCIDENTALLY LEFT HER MOBILE PHONE BEHIND IN THE SHOP. SUSPECT UNIDENTIFIED HAS TAKEN THE VICTIMS MOTOR HOME, WHITE FIAT BENIMAR INDEX PN18HDG, FROM THE LOCATION.
Ward	Reference	Offence Type	Reported Date	Committed From	Street	Town	MO SUSPECT UNKNOWN HAS TAKEN THE VICTIMS MOTORCYCLE,
West Shoebury	42/96656/19	Theft of a motor vehicle	20/06/2019 07:17	20/06/2019 00:30	Delaware Road	Southend-on-Sea	A - GREEN YAMAHA WR125R, INDEX: AF63SYJ - FROM THE VICTIMS FRONT

West Shoebury	42/97863/19	Other criminal damage to a vehicle (Under £5,000)	16/06/2019 15:51	15/06/2019 20:30	Herbert Road	Southend- on-Sea	GARDEN WHERE IT WAS CHAINED TO A WALL, WITHOUT THE VICTIMS PERMISSION. THE CHAIN HAS BEEN CUT AND THE BIKE TAKEN.
West Shoebury	42/98457/19	Burglary - Residential - Dwelling	22/06/2019 19:26	22/06/2019 12:00	Saxon Gardens	Southend- on-Sea	SUSPECT UNKNOWN HAS THROWN EGGS AT THE VICTIMS HOUSE AND VEHICLE, GREY VOLKSWAGEN T-ROC, CAUSING DAMAGE.
							SUSPECT UNKNOWN GAINED ENTRY TO VICTIMS PROPERTY BY KICKING THE BOTTOM HALF OF A WOODEN

DOOR IN. ONCE
INSIDE THE
PROPERTY
MESSY
SEARCH.
UNKNOWN IF
PROPERTY
REMOVED.

2) Nitrous Oxide Canisters

It has come to our attention that people are sniffing these canisters and then driving cars at speed. Please be aware that your children and grandchildren are not getting themselves involved in these dangerous activities.

3) Road Closures

Nelson Road at the junction with London Road. - 25th July 2019 till 1st August 2019 or where appropriate signs are showing and weather permitting.

Notice is hereby given that the Southend-on-Sea Borough Council intends to prohibit any vehicle from entering and exiting Nelson Road at the junction with London Road.

The alternative route will be via Nelson Road, Cavendish Gardens, Westbourne Grove & London Road or Southbourne Grove, Cavendish Gardens & Nelson Road.

The Order will come into effect on 25th July 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

The closure is required for the safety of the public and workforce whilst electric works take place. Access for emergency vehicles, residents and pedestrians will be maintained at all times during the closure. The prohibitions or restrictions will apply only during such time and to such extent as indicated by traffic signs prescribed by the TRAFFIC SIGNS REGULATIONS AND GENERAL DIRECTIONS 2016. Any vehicle waiting in contravention of any restriction/prohibition imposed by this Notice may be issued with a Penalty Charge Notice and removed under the provisions of the Traffic Management.

North Avenue between the junctions of Westbury Road & Ferndale Road – 8th July 2019 till 12th July 2019 or where appropriate signs are showing and weather permitting.

The Effect of the order will be to prohibit any vehicle from:

1. Proceeding on North Avenue between the junctions of Westbury Road & Ferndale Road
2. Waiting, loading, unloading or stopping on North Avenue from Outside and Opposite No193

The order will also;

1. Allow two way operation on North Avenue from the junction of Westbury Road to Ferndale Road
The alternative route will be via Westbury Road, Selwyn Road & Ferndale Road.
The Order will come into effect on 8th July 2019 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

The closure is required for the safety of the public and workforce whilst new electric supply works take place.

Access for emergency vehicles, residents and pedestrians will be maintained at all times during the closure.

The prohibitions or restrictions will apply only during such time and to such extent as indicated by traffic signs prescribed by the TRAFFIC SIGNS REGULATIONS AND GENERAL DIRECTIONS 2016.
Any vehicle waiting in contravention of any restriction/prohibition imposed by this Notice may be issued with a Penalty Charge Notice and removed under the provisions of the Traffic Management.

4) Appeal for Southend on Sea residents to gift their time with new Royal Voluntary Service projects

- Royal Voluntary Service is looking to recruit Volunteer Coordinators and new volunteers in Southend on Sea
- Volunteer Coordinators and volunteers are needed to help set up new support networks for older people

Royal Voluntary Service, one of Britain's oldest and largest volunteering charities, is appealing for Volunteer Coordinators and volunteers to step forward and set up clubs and activities to help combat loneliness amongst older people across four wards in Southend on Sea; Belfairs, Eastwood Park, Shoeburyness and Thorpe.

Loneliness has been cited as one of the greatest public health challenges of our time, according 2018's Government Loneliness Strategy, and around 200,000 older people will not have had a conversation with a friend or relative in over a month. In Thorpe alone, 2,500 are over the age of 65 and 20% or more will be experiencing loneliness, according to figures from Public Health England.

To combat this, volunteers are being encouraged to set up their own activities or groups such as lunch or singing clubs with full support and advice from the charity. As well as directly volunteering with older people, there are a wide range of roles on offer to suit every ability and talent – and any schedule, from cooking and coaching to administration and bookkeeping.

John Connor, Community Engagement and Development Worker at Royal Voluntary Service, said: *“We are excited to speak to potential volunteers and volunteer coordinators who may be able to step forward and volunteer their talents, supporting local residents as they age to live happy and healthy lives – as well as providing practical help and companionship. In other areas in the country we offer lunch clubs, tea dances, singing and ukulele clubs, and with the new opportunity available here in Southend, the possibilities are endless!”*

Recent research shows that volunteering is a hugely rewarding experience – a recent report found it boosts self-confidence, has a positive impact on mental health and teaches new skills^[i]. Among first time volunteers^[ii], many said they experienced improved wellbeing after volunteering, with 34% of this group feeling less stressed, with similar results when looking at positive effect on physical health (42%) and happiness (65%). At the same time, almost four in ten (37%) first-timers said their volunteering had made them less lonely.

When asked to name an activity that ‘sparks joy’, Brits named exercising, eating chocolate, or baking. However, when asked how this feeling compares to volunteering, two in three people (63%) say volunteering sparks greater joy. Of those who claimed to have experienced ‘runner’s high’, the commonly known feeling of euphoria from exercising, almost three quarters (73%) consider the feeling of volunteering to be equivalent or even better.

Royal Voluntary Service is one of Britain’s largest volunteering charities with over 20,000 volunteers supporting thousands of people each month in hospitals and in the community. The charity is also one of the largest retailers in the NHS, with its network of cafes and shops providing a valued haven in hospitals.

For more information on volunteering in Southend call John Connor on 07770 853083, email john.connor@royalvoluntaryservice.org.uk or visit royalvoluntaryservice.org.uk.

[i] https://www.ncvo.org.uk/images/documents/policy_and_research/volunteering/Volunteer-experience_Full-Report.pdf (pg.57)

[ii] First time volunteer data taken from research conducted by PCP Market Research in October 2018, among a bespoke sample of 500 UK adults who had formally volunteered for the first time in the last five years.

5) Dear Members of BERA

We have had frustrations from our members regarding Tylers Avenue car park with up to 15 vagrants hanging around. Again, we have followed this up and we have been advised by Southend Police that they will have an operational team to patrol this area this week and that they will also inform their town centre police colleagues. They are developing some new tools and powers that they hope will support tackling these individuals more robustly in the future.

6) Picnic in The Park - 11th July 2019 9.30am to 3.30pm

Project 49 is an innovative and award winning day service for adults with learning disabilities in Southend. We will be holding a 'Picnic in The Park' at Welling at Garon Park (behind Southend Leisure & Tennis Club) on Thursday 11th July. This event is free and open to all, but especially those with learning disabilities.

There will be a wide range of activities throughout the day for people to try. These include fitness sessions by Active life, football skills session, street art, adapted bikes curtsy of Just Ride, Koda the therapy dog, therapy ponies, flower arranging and much more!

Please bring your picnic and spend the day with us.

7) Safer Essex Roads Partnership Launches Course for Older Drivers

SERP has introduced a new 'Driving with Confidence' course for older drivers. This bespoke one to one coaching has been designed to increase confidence behind the wheel. Even though older drivers have more experience, they also have a higher collision rate than drivers under the age of 70.

This practical course uses the driver's own vehicle under the guidance of an experienced qualified driving instructor and aims to equip older drivers with the knowledge and skills to reduce their likelihood of being involved in a collision and enable them to continue to drive. It is neither an exam nor a driving test.

Often a change in personal circumstances leads to people in this age group finding themselves having to drive more frequently. This will help them to regain their confidence and give reassurance that their driving is as good as it was a few years

ago. It offers participants, an opportunity to update their knowledge, improve their awareness of hazards and driving skills and increase confidence to help keeping people driving safely for longer.

Once you have applied, an instructor will contact you to establish a date and time for your one-hour session. Your driving licence and documented evidence of insurance must be produced.

This is being offered free of charge for a limited time. If you know anyone who would be interested, please ask them to call 01277 636677, email saferessexroads@essexhighways.org or visit the website www.drivingwithconfidence.co.uk for more information

8) Kent Elms Update

Over the next couple weeks Nusteel will continue to finalise the installation of the pedestrian footbridge, continuing with the installation of the handrails, fixing of the bike rails, installation of the expansion plates, finishes to the concrete ramp and the grouting around the bolts at each of the trestles. Whilst work is being undertaken on the structure the footbridge will remain closed to the public for safety reasons.

There are also some works being undertaken by a third party Contractor within the footway outside the Medical Centre to provide electrical connections to the footbridge for the illuminated handrail. Once this is completed the footway and the surrounding street scene will be put back into good order.

There will be a continued presence of Crossing Patrol Officers at the crossing until the schools break for summer holidays.

9) The Bell Improvements

Vehicle traffic surveys have begun at The Bell and will continue until 29 June. Until these surveys are finished the closure of the right turn lane from the A127 into Rochford Road and the access to Denton Approach from its junction with A127 will remain in place. Access will be maintained to those properties on Prince Avenue service road from the A127.

Local residents, businesses and local schools have been notified via a letter providing them information of the closure including a visual drawing. Ward Councillors have also been reminded of the closures.

Advance yellow warning signs will remain on site advising drivers of the above closures and that road traffic management will be in place whilst the road closures are in effect.