

# CRAYLANDS / FRYERNS EAST

YOUR VOICE IN YOUR COMMUNITY

NEWSLETTER

VOLUME 4, ISSUE 2

JULY 2010



## INTERNATIONAL DAY 2010

This year's International Day took place on the 29th May at the Frypa Hall. Residents in their hundreds come over to the free multi-cultural event organised by agencies working in Craylands/ Fryerns area such as BBWCVS, Swan Housing, St Georges Community Housing, Friends of Craylands, Basildon Council and Basildon Police.

The event was a great example of partnership working between organisations and agencies, who had joined their resources in bringing together the local community to enjoy a unique celebration of culture, food, dance, music and arts.

We are planning next years International Day which will take place on the 28 May 2011 at Frypa Hall. Thank you.



Printing of this newsletter was funded by Fair Share Trust Programme in Basildon and Billerica, administered by Essex Community Foundation and published by Community Development Manager Artak Poghosyan at BBWCVS. For enquires and information on how to place your articles, please contact us.



## Get into Logistics and Support Services



Prince's Trust

## with The Prince's Trust

in partnership with PMS International

If you are unemployed and live in the South Essex area, you could go on a free, three week training course where you will:

- learn about the industry and get some valuable hands on work experience in various departments including warehouse, graphics and sales
- gain training in customer service
- work to achieve a level 1/2 literacy and numeracy certificate
- receive help in updating your CV and gain a reference from PMS
- get six months support from a mentor after the course has finished to help you find a job

### Interested?

**Taster Day:** Wednesday 14th October 2010 at the Basildon Centre.

**Programme starts on:** Monday 18th October and Monday 25th October.

To sign up or get more information please contact  
**Janet Craven on:** 01268 568594 / 07768 905602  
**or email:** janet.craven@princes-trust.org.uk

Reasonable travel costs will be reimbursed by The Prince's Trust on a daily basis during the course. Lunch will be provided during the programme.

## very easy bike rides



Every Friday in August, 2pm, Craylands.  
For all the family! Bring your own bike!

Please phone us to book a place...0800 077 8000



**FREE**  
HOLIDAY  
ACTIVITIES

# CRAYLANDS ACTIVITY ZONE

## Summer Holiday Activities 2010

### GAMES, ARTS & CRAFTS, DANCING

**When:** Every Monday, Wednesday & Friday starting Monday 26<sup>th</sup> July till Friday 27<sup>th</sup> August

**Times:** Mondays & Fridays 12 noon – 2pm, Wednesdays 12:30 – 2:30pm

**Where:** Norwich Walk community centre

EVERYONE WELCOME COME ALONG AND ENJOY THE FUN.  
UNDER-5s MUST BE ACCOMPANIED BY AN ADULT. ALL PARENTS WELCOME TO STAY

Friends of

# Craylands Internet Cafe



Info line:  
07725 660425

Organised by



Funded by



Opening times :

every THURSDAY

12:30 - 2:30pm  
4:30 - 8:30pm

**DON'T GET IN WITH A LOAN SHARK...  
IT WILL COST YOU AN ARM AND A LEG**



**LOAN SHARK LENDING IS A CRIME**

**DON'T BE A VICTIM. WE CAN HELP YOU**  
(IN STRICTEST CONFIDENCE)

**0300 555 2222**

(Fixed call rate, including business minutes from mobiles)

**OR YOU CAN TEXT THE FOLLOWING -**

"loan (space) shark (space)

+ Your Message" to 60003

or email us at

[stoploansharks@birmingham.gov.uk](mailto:stoploansharks@birmingham.gov.uk)

Stop Loan Sharks

DEPARTMENT FOR BUSINESS  
ENTERPRISE & REGULATORY REFORM

Do you know how a  
**Credit Union** can help you?

Need help with your **finances**?

Live or work on **Craylands**?

After 8 weeks **Saving** you could  
apply for a low interest loan!



Open Every Thursday 9am  
until 12noon at Fryerns Farm  
Children's Centre, Ely Way,  
Basildon SS14 2PQ.  
The First 50 Craylands  
Residents to sign up will have  
their £4 joining fee paid.  
First Come, First Served.

**Volunteers urgently needed!**

Would you like free training  
as a volunteer to manage  
a local Credit Union?

For more information please contact

**01245 496314**



Basildon Council  
BASILDON · BLYTHWAY · WESTWOOD

**citizens  
advice  
bureau**

**CITIZENS ADVICE  
BUREAU AT  
CRAYLANDS  
CONSULTING SHOP!**

The CAB are pleased to  
be able to offer  
confidential, impartial,  
free advice to all  
residents of the  
Craylands Estate.  
Advice is provided on  
many subjects including  
benefits, debt, housing,  
immigration.  
Sharon Adcock is  
available at the  
Craylands Consulting  
Shop at Exeter Close on  
Tuesday mornings. To  
make an appointment  
with her please call  
07507 844081.

## 'VITALITY' ON THE MOVE



South West Essex Community Services

Vitality, the local health and well-being service run by NHS South West Essex Community Services is changing its day from a Tuesday morning to every Friday afternoon from 2.00 pm starting 6th August. The mobile health improvement unit will be on Exeter Close and can help with an array of health related issues such as stopping smoking, losing weight, eating better, health screening programmes or to book a health check.



**VITALITY**  
Your local health & wellbeing service



'Vitality on the Move' tours the area promoting healthy living and providing lifestyle programmes that are free for the public.

Mary Knowler, Vitality service lead said: "Ensuring ease of access and flexibility of our services is key to meeting the needs of the public. This specialist unit will provide a unique opportunity to take the programs offered by Vitality into the heart of our communities."

Vitality supports individuals to make lifestyle changes that reduce the risk of developing life threatening conditions such as heart disease and cancer. The mobile unit provides a variety of services including NHS health checks and programmes aimed at getting people active, eating better and stopping smoking.

For further information call 0800 077 8000

[www.lovevitality.org](http://www.lovevitality.org)

# Summer Fun Day

Friday 27<sup>th</sup> August

12noon - 5pm

St Andrew's Church

The Fremnells



Games -Stalls -Teas -Barbecue  
and more!



Fun for all the family

Proceeds to the car park fund

## LOCAL CRIME LEVELS

FRYERNS, MARCH, APRIL MAY 2010



It is now possible to check the crime levels in your community by going to Essex Police's website:

<http://www.essexpolice.org.uk> and inputting your post code.

### Fryerns

Essex > Basildon > Fryerns

All crime

Crime types

Find out more

The level of crime in this area is above average

(compared with the rest of Essex change)

Compare this area to other area(s)

(0/5 areas selected) View comparison

How was this calculated?

The average number of crimes in this area has increased from 145.7 to 152.3 (4.6%)

(compared to the same three month period last year)

	Mar	Apr	May	Average
2009	163	145	129	145.7
2010	176	150	131	152.3

Show: Total crimes | Crime rates

Crime rates\* in this area for the last 12 months



\* Crime rates show number of crimes per 1000 people.

## DOG POO It's a dirty subject, but someone has to deal with it.



Millions of dog owners collect their dog excrement in small plastic bags, and dispose of it in the nearest dog bin. This is great and what all responsible dog owners should be doing. It's within the law and keeps the streets and playing fields clear, and makes walking a pleasurable experience. Obviously we can't leave dog poo lying around. Even in the woods, off the beaten track, under a bush, even if there are no signs or nobody around to notice, the mess shouldn't be left there. As there are so many millions of dogs in the UK we're talking about 1,000 tonnes of poo every day. Our woods and parks would be groaning under the mess long before it could naturally decompose.

The 'rule' to live by is if you or your dog take something with you on a walk, you should bring it home again. Even if it is poo.

Scoop the Poo!



So what should we do with it?

Take a sturdy bag or other container with you to deposit the mess into once you've picked it up for disposal at home. Okay, so it's not nice to carry poo around. You're the one who wanted a dog though, right? This comes with the territory.

Use biodegradable bags if you must pick it up in a bag - some will decompose in just over a month.

**Under no circumstances should you leave the bag of poo on the ground, or worse, in a tree or hedge!**

We all want children to enjoy the benefits of the play areas so please don't use them as doggy toilets.

## Handy Numbers

Basildon District Council 01268 533333, Adult Community College 01268 520599, St. Georges Community Housing 01268 465050, Streetcare 01268 294949

Craylands Clinic 01268 541555, Fryerns Library 01268 521642, Basildon Police Station 01268 532212