

SECAT COMMUNITY

SPRING EDITION 2023

Welcome to our Spring edition of our SECAT Community Update!

Thank you to all the organisations who have worked with us to gather free or low cost family activities and support which are on offer during April and May. All details have been provided by the organisers or are from public websites or social media so they are responsible for the content.

We hope that you have a wonderful Easter, stay healthy and safe, and look forward to being in touch again in Summer!

SECAT SUMMER FAIR

SAVE THE DATE

Please join in our community event
run 'by the community
for the community'

SECAT

FRIDAY 21ST JULY 2023

SHOEBURYNESS HIGH SCHOOL

11:00 - 15:00

ENTERTAINMENT

FUN ACTIVITIES

COMMUNITY

Please follow us on Twitter and Instagram @S_E_C_A_T

Please go to www.secat.co.uk/newsletters or [Instagram](#) and [Twitter @S E C A T](#) for the electronic version of this newsletter and links for further information.

Click for more
information


TrustLinks


Achieve Thrive Flourish

Havens
Hospices

wellbeing
@garonpark


HAVE YOU HERD?

Click for
more
information

HAVENS HOSPICES ARE BRINGING A HERD OF GIANT ELEPHANTS TO SOUTHEND-ON-SEA IN SUMMER 2023 FOR ANOTHER SPECTACULAR ART TRAIL!

The trail will take place for more than eight weeks in July across Southend, Shoebury and Leigh-on-Sea encouraging you to be a tourist in your own home.

SECAT will have 8 elephants in the art trail, designed and painted by the children and Trust community.

Will you be able to find all the elephants?



The art trail is completely free to follow and gives you the chance to become a tourist in your own city. You'll be able to support Havens Hospices by purchasing a map, downloading their app or getting involved in their fundraising event and activities which will be announced once the trail begins in July 2023.

SECAT COMMUNITY



SECAT

Holiday Activities and Food

@ Shoeburyness High School

HAF is a free and exciting holiday programme for children and young people aged 5 to 16 who are eligible for benefits related free school meals.

Please check your communication from your school.

**FREE
BREAKFAST,
HEALTHY SNACK
AND HOT LUNCH**

**40
PLACES
EACH
DAY**

Monday 3rd April
Tuesday 4th April
Wednesday 5th April
Thursday 6th April
Time: 9am-1pm each day

Fun filled

Exciting time

Make friends

www.secat.coordinate.cloud/project/39643

Li^{ve}ewell
Southend

Our camp is designed to accommodate all children no matter what their interests. With our wide range of sessions and activities, your children will enjoy a fun-packed day. Our activities include: a variety of sports, Easter egg hunts, dance, arts and crafts that are Easter themed, playground games, dodgeball and gymnastics.

Click for more
information

SECAT COMMUNITY

Deadline
30th April

katylove@secat.co.uk



SECAT

BUILDING STRONG COMMUNITIES
BUILDING STRONG PARTNERSHIPS
BUILDING STRONG SCHOOLS



Academy Committees - Vacancies

We are seeking to appoint volunteers for the **Academy Committees** across our schools who can make a real difference to the future life chances of young people in our Trust and communities.

Our mission is to achieve outstanding outcomes for the young people in our community by providing an engaging, challenging and linear learning experience from 2–18, that equips them to live happy and successful lives.

We are looking to further strengthen the Academy Committees to support the Headteachers and staff in continuing to achieve outstanding outcomes. The Academy Committees report to the Trust Board. Their work is vital for the Trust Board to plan strategically for the development of the Trust.

You do not need to be a parent or carer of a child at any of the schools within our Trust. You may already be a member of an Academy Committee within the Trust and would be willing to also support this Academy Committee.

We are looking for someone willing to bring energy, enthusiasm and commitment to the role, and who will broaden the diversity of thinking on the Academy Committee.

We welcome applications from anyone regardless of their age, experience, disability, ethnicity, heritage, sexuality, gender and socio-economic background.

Please contact the Trust Governance Manager: katylove@secat.co.uk for more information, an application pack and to arrange a suitable time to talk.

For more information about SECAT, please visit: www.secat.co.uk

The closing date for applications is **30th April 2023**

SECAT COMMUNITY

Deadline
30th April

katylove@secat.co.uk



SECAT

BUILDING STRONG COMMUNITIES
BUILDING STRONG PARTNERSHIPS
BUILDING STRONG SCHOOLS



Trustee Vacancies

We are seeking to appoint new Trustees who can make a real difference to the future life chances of young people in our Trust and communities.

Our mission is to achieve outstanding outcomes for the young people in our community by providing an engaging, challenging and linear learning experience from 2–18, that equips them to live happy and successful lives.

We are looking to further strengthen the experience of our Board of Trustees by appointing Trustees that shares this ethos. Most importantly you should have a keen interest in using your experience to help support the life chances of young people in our community.

Our Chair of Trustees, Karen Dovaston, would be delighted to have an informal chat about the role and its commitments.

We are looking for someone willing to bring energy, enthusiasm and commitment to the role, and who will broaden the diversity of thinking on the Board.

We welcome applications from anyone regardless of their age, experience, disability, ethnicity, heritage, sexuality, gender and socio-economic background.

Please contact the Trust Governance Manager: katylove@secat.co.uk for more information, an application pack and to arrange a suitable time to talk. For more information about SECAT, please visit: www.secat.co.uk

The closing date for applications is **30th April 2023**.

SECAT COMMUNITY



Entry
£1 per adult
Kids go free!

EASTER FAMILY FUN DAY

Saturday 1st April 2023
11am-4pm
Hockley Community Centre
Westminster Drive
Hockley
SS5 4XD

Craft stalls, Face painting, Fun activities,
Food & Refreshments, Wildlife talk,
Tombola,
Raffle, On-site bar, Easter stalls, Games
And much more!



MESSY EASTER

**CRAFTS, FUN GAMES, MUSIC, TALKS
& EASTER EGG HUNT**

Saturday 1st April 2023, 10:00am - 12:30pm
Fun Easter activities for families
including a free lunch

Thorpe Bay Methodist Church
The Broadway
Thorpe Bay SS1 3HQ
office@tbmchurch.org
Call to book 01702 589263



Will you be the
first to finish
the Hunt?

1-16 April 2023

#IFoundPip

PIP'S Treasure Hunt

Better Start
Southend
for children
our community
our future

Coming soon!

Click for more
information



Team Wilder

URBAN
WILDLIFE
CHAMPION

Essex
Wildlife Trust

SAVS

**An Introduction to Urban
Wildlife Champions**

Tuesday 4 April 2023, 12:00 - 13:00

APRIL



April

Teddy Bear Hunt

Find the teddy bears as you explore the Prittlewell Priory! How many bears can you spot? Teddy Bear Hunt is a trail, which you can pick up from the Prittlewell Priory Visitor Centre. Prittlewell Priory is used as a wedding venue on occasion, so please check the website and social media before travelling for any planned closures.

Each trail is £2.50 including a pencil.

<https://www.visitsouthend.co.uk/event/teddy-bear-hunt/>

Time: Opening hours

Venue:

Prittlewell Priory

Cost: £2.50

Age: Families

April

Mousechurch Hall

Find the hidden mice and help solve the mystery of Mousechurch Hall! Southchurch Hall is used as a wedding venue on occasion so please check the website and social media before travelling for any planned closures.

Each trail is £2.50 including a pencil.

<https://www.visitsouthend.co.uk/event/mousechurch-hall/>

Time: Opening hours

Venue:

Southchurch Hall

Cost: £2.50

Age: Families

April

Easter Food and Gift Fayre

Free entry, free ample parking and gift ideas for everyone! Come and visit over 30 traders selling alternative Easter and spring theme gifts, enjoy story time and crafting sessions with Nanandvan, partake in the charity tombola and enjoy refreshments and community atmosphere ahead of Easter weekend.

Time: 11am-3pm

Venue:

Kings Road
Church Hall

Cost: Free

Age: All

<https://www.visitsouthend.co.uk/event/easter-food-gift-fayre-2023/>

APRIL



April

Creative Open Day - Zine Making

1

A "zine" is a self-authored mini-magazine and can include all sorts of techniques, such as collaging, poems, drawing, writing, and photography. Zines can be on any topic you want to explore and are excellent for self-expression. We will cover a short history of zine-making and a couple of making techniques in this fun and relaxed creative open day workshop. Participants will have the opportunity to create their very own zine to take away or to work on further in their own time. Be sure to book your FREE place on our Eventbrite page. All equipment will be provided. Please remember to book a place for all those that will be taking part in the workshop. Parents are not to leave children under 13 unattended.



<https://www.visitsouthend.co.uk/event/creative-open-day-zine-making-2023/>

Time: 1 hour sessions

11am-12pm

12pm-1pm

2pm-3pm

Venue:

Focal Point Gallery

Cost: Free

Age: All

April

ATF - Shoeburyness Half Term Activities

4

A fun day with different sport activities : tennis, cricket, football.

ikalisz@atfcommunity.com 07783756593



www.atfcommunity.com

Time: 2-5pm

Venue: Shoeburyness Park

Cost: Free

Age: Primary/Secondary

April

Inflatable Family Fun Day

4

Ellis Leisure will be hosting their Inflatable Fun Days for children of all ages (however aimed at children of ages 4-11 years old) with a dedicated section for toddler (recommend ages of 1-3 years old). Providing a wide range of inflatables from 70ft assault courses, ginormous inflatable slides, large bouncy castles, large football dart board and a variety of inflatable games including our popular Rock and Roll Gladiator Duel for those feisty few!

Prices on Eventbrite (varying from £10.55 for 2 hour session or £6.90 for toddlers)



<https://www.visitsouthend.co.uk/event/inflatable-family-fun-day-6/>

Time: 11:30am-4:30pm

Venue:

Priory Park

Cost:

See Eventbrite

Age: All (aimed at 1-11yrs)

APRIL

April

April

FOOD Club

Clubs to provide families with good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for your family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £10-12 for just £3.50!

To become a member you must live or work within 15 minutes of the club.

April

FOOD Club

Centre Place Family Centre: Fri, 1:30pm to 3:20pm

Friars Family Centre: Mon, 9:30am to 11:20am

Summercourt Family Centre: Sat, 10:30am to 12:20pm

Email: SouthendFoodClubs@family-action.org.uk

Time: See below

Venue: See below

Cost: See in
information

Prospect Close, SS1 2JD

Constable Way, SS3 9XX

Summercourt Road, SS0 7AU

www.facebook.com/southendfoodclubs



KIDS EAT FOR £1*

ALL DAY,
EVERY DAY

CHOOSE FROM OUR
COLD PICK & MIX SELECTION
OR SEE THE MENU FOR OUR
HOT FAVOURITES!



KIDS

HOT MEALS + 1 PIECE OF FRUIT WITH EACH HOT MEAL

DON'T FANCY YOUR SIDE?

PLEASE ASK AN ASDA CAFÉ COLLEAGUE TO CHANGE TO SALAD OR PEAS.

ALL-DAY BREAKFAST

360kcal

ALLERGENS: EGG

1 BACON, BAKED BEANS, 1 EGG AND SMALL CHIPS

PANCAKES WITH

MAPLE SYRUP

448kcal

ALLERGENS: EGG, MILK, WHEAT

3 AMERICAN-STYLE PANCAKES WITH MAPLE SYRUP

CHICKEN NUGGETS

360kcal

ALLERGENS: WHEAT

4 CHICKEN NUGGETS, CHIPS AND BAKED BEANS

FISH FINGERS

352kcal

ALLERGENS: FISH, WHEAT

3 FISH FINGERS, CHIPS AND PEAS

HIDDEN VEG PASTA

247kcal

ALLERGENS: WHEAT, BARLEY

+ 1/2 PORTION OF CHEESE ON REQUEST 170KCAL

ALLERGENS: MILK

PENNE PASTA

& MEATBALLS

308kcal

ALLERGENS: WHEAT, BARLEY

HALF JACKET POTATO

WITH BUTTER & SALAD

306kcal

ALLERGENS: MILK

+ BAKED BEANS 40KCAL

+ CHEESE 166KCAL

ALLERGENS: MILK

+ TUNA & SWEETCORN MAYO 46KCAL

ALLERGENS: FISH, EGG

£1

PICK & MIX

CONTAINS ONE OF THEIR 5 A DAY



CHOOSE A SANDWICH

HAM SANDWICH 296kcal or

CHEESE SPREAD SANDWICH 281kcal

ALLERGENS: MILK, SOYA, WHEAT



+ CHOOSE A DRINK

+ CHOOSE A PIECE OF FRUIT

+ CHOOSE A TREAT ITEM



For calorie and allergen detail see individual packs for information



Click for more
information

Asda's hugely popular 'Kids Eat for £1' café meal deals are to be refreshed with a more nutritionally balanced offer, including new vegan and healthy meal options from Monday 20th March. The deal will also be extended to include the Easter holiday period as it continues to help customers manage the cost-of-living crisis.



Our Music Video Project is back THIS EASTER!

This project is FREE for children & young people from low-income households.

Click for more information

Monday 3 April 2023, 10am - Thursday 6 April 2023, 5pm
The Song School 30 Alexandra Street, Southend-on-sea

We'll be spending the first week of the holidays writing and recording a brand new original song, then storyboarding and filming the video.

Young people aged 10+ can take part in the whole project or choose to be part of either the writing, recording or they can simply be in the video.

With guidance from our coaches who are all professional musicians and writers, alongside our videographer, participants will be encouraged to own the whole creative process.

The cost to attend the full 4-day workshop is £80 per child. Or £20 for one day or £40 for two days. Children from low-income families are welcome to apply for support for the full cost, via our student bursary programme.

This project has been made possible thanks to support from [@musiconseas](#) & [@ewansmusicfoundation](#)

APRIL



April

Emergency Services Activity Day

5

Emergency services are coming together during the Easter Holidays to meet with members of our community and provide advice. Emergency vehicles will be on display so if you have ever wanted to sit in a fire engine this is your chance. Various agencies including Essex Police and Essex Fire and Rescue Service will be attending. We would love you to come and see us.



<https://www.visitsouthend.co.uk/event/emergency-services-activity-day/>

Time: 10:30am-3pm

Venue: Southend
Seafront - City Beach

Cost: Free

Age: All

April

Inflatable Family Fun Day

6

Ellis Leisure will be hosting their Inflatable Fun Days for children of all ages (however aimed at children of ages 4-11 years old) with a dedicated section for toddler (recommend ages of 1-3 years old). Providing a wide range of inflatables from 70ft assault courses, ginormous inflatable slides, large bouncy castles, large football dart board and a variety of inflatable games including our popular Rock and Roll Gladiator Duel for those feisty few!

Prices on Eventbrite (varying from £10.55 for 2 hour session or £6.90 for toddlers)



<https://www.visitsouthend.co.uk/event/inflatable-fun-day-7/>

Time: 11:30am-
4:30pm

Venue:

Chalkwell Park

Cost:

See Eventbrite

Age: All (aimed at
1-11yrs)

April

Meet Easter Farm Babies

6-8

A range of adorable farm animals will be visiting Scott's of Southend for 3 days over the Easter weekend. You can come to see lambs, chicks, ducklings, goats, ponies, rabbits and more for FREE.

Simply turn up during Scott's of Southend's usual opening hours of 9am-5pm.

Scott's of Southend, Sutton Road, SS4 1LQ

<https://www.visitsouthend.co.uk/event/meet-easter-farm-babies-2/>

Time: 9am-5pm

Venue: Scott's
of Southend

Cost: Free

Age: All



APRIL



April

Easter Egg Hunt

7-9

Simply collect your activity sheet when you arrive at the pier. Once you have completed your activity sheet, hop over to the Royal Pavilion to collect your prize! Best of luck! *Prizes must be collected by 5pm on Friday 7th, and 6pm on Saturday 8th and Sunday 9th April. This event is kindly sponsored by Tea With The Tide.

7th April 10:30am-4pm; 8th April 10:30am-6pm; 9th April 10:30am-6pm



<https://www.visitsouthend.co.uk/event/15699/>

April

Easter Craft Morning and Service

7

Celebrate Easter with children's craft activities, hot cross buns, and a short child-friendly service.

Contact Rev Dave Willis

revdavewillis@live.co.uk 01702 587597

April

Music In The Park - Easter Special

9-10

The ever popular Music in the Park returns to Priory Park bandstand for 2023. This free event runs every weekend and bank holiday Monday from Easter Sunday 9 April until Sunday 1 October.

Easter Sunday - Pavilion Brass.

Easter Monday - Pat English and Southend Little Jazz Band. No chairs will be provided so please bring your own or a blanket. There is also limited parking so please where possible use public transport, walk or cycle. **Performances can be cancelled at short notice in the event of bad weather or illness**



<https://www.visitsouthend.co.uk/event/music-in-the-park-easter-special/>

Time: See

Venue: Southend Pier and Railway

Cost: See

information to left

Age: All

Time: 10am-12pm

Venue: St Augustine's Church Hall

Cost: Free

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free

Age: All

SECAT COMMUNITY

EASTER WREATH WORKSHOP

Wednesday 29th March, 10am - 12noon,
£30, includes refreshments



Come and make a gorgeous Spring door wreath here at Garons Park! Florist, Jo from Flowersat32, will teach you everything you need know. From mossing your Wreath, wiring on your bulbs, variety of foliage and decorating with pretty eggs.

Once finished, you will take your creation home with you to hang on your door with pride!

A lovely relaxing morning - whether to treat your Mum for Mother's Day or indulge in some well deserved 'Me time'.

You will get messy, so gardening gloves and an apron is advised!

To book or find out more, contact Jo on - 07585009777 Fb - Flowers at 32 Instagram Flowers_at32 or email here at Garons Park

EMAIL enquiries@garonparkcic.com
PHONE 01702 965959
WEB www.wellbeingatgaronpark.com

Wellbeing at Garon Park, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA

Fitness @Garon Park

Where fitness comes naturally

NEW CLASS TIMETABLE 1st January - 1st April

FIELD FIT - 8 WEEK COURSE 1 SESSION PER WEEK £80

Monday 06:30 - 07:15 with Joolz
Monday 18:15 - 19:00 with Trevor
Thursday 10:30 - 11:15 with Pip

WARRIOR WOMEN - BLOCK OF 4 FOR £40

Tuesday 19:00 - 19:45 with Pip

CRUCIBLE KETTLEBELLS - BLOCK OF 4 FOR £40

Wednesday 17:00 - 17:45 with Joolz

DAD BOD - BLOCK OF 4 FOR £40

Wednesday 19:30 - 20:15 with Trevor

BUGGY FIT - £5 PAY AS YOU GO

Monday 11:00 - 11:45 with Trevor

WALK AND WORKOUT OVER 50's - £2.50 PAY AS YOU GO

Wednesday 09:30 - 10:30, Fridays 10:30 - 11:30 with Trevor

EMAIL enquiries@garonparkcic.com

PHONE 01702 965959

WEB www.wellbeingatgaronpark.com

Wellbeing at Garon Park, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA

JOB CLUB

Wednesday's 10:30AM-12:00PM



If you are looking for any of the following:

- CV reviewing and preparation
- Interview preparation and coaching
- Cover letter writing and advice
- Job application advice and guidance
- Careers information, advice and guidance
- General job vacancies in the Essex

The the Garon Park Job Club is for you, this takes place on Wednesdays 10:30AM-12:00PM. Come to the office on the day to book in your time slot.

Contact 01702965959 for more information.

EMAIL enquiries@garonparkcic.com
PHONE 01702 965959
WEB www.wellbeingatgaronpark.com

Wellbeing at Garon Park, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA

Walking Netball

Monday 7pm - 8pm or Wednesdays 10am - 11am + social time
£5 per session (or block of 5 - £20)



Walking netball is a slower version of the game you all love and remember. Netball at walking pace. Women across the country are playing this sport for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer.

To reserve a place please email Sally on jax5green@hotmail.co.uk

EMAIL enquiries@garonparkcic.com
PHONE 01702 965959
WEB www.wellbeingatgaronpark.com



Garon Park CIC, Cricket Pavilion, Garon Park, Eastern Avenue, Southend on Sea, Essex SS2 4FA

Our Walking Netball group is friendly, sociable and great fun while keeping fit. Open to all ages and abilities (we have daughters, mums and nans) it is suitable for those who have never played netball, not played since school or those who have always played. It is an hour of netball drills, game play and fun, led by a qualified coach. Occasionally, we enter tournaments around the local Essex area for those who want to take part - these are great fun. You can come along to our sessions every week, every month or every six months - you will still be part of it.

If you are thinking about it, give it a try, You will love it!

SECAT COMMUNITY



TrustLinks
Blossom Day

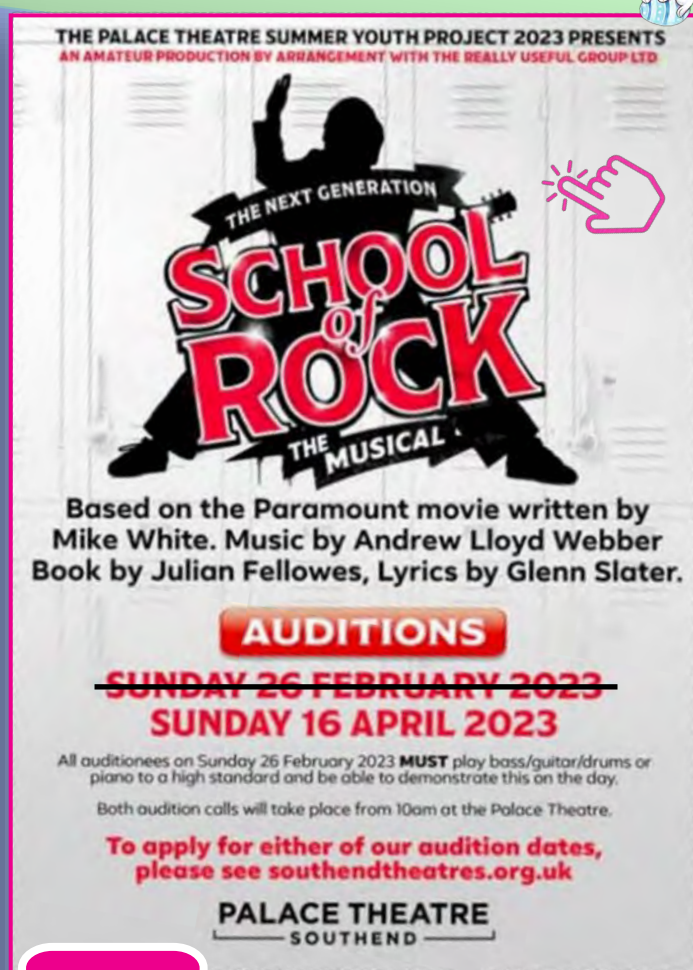
Friday 14th April 2023
1pm - 3pm

- Explore the historic orchard
- Activities for children and families
- Enjoy tea and cake
- Find out about Trust Links services

St Laurence Orchard

On the corner of
Eastwoodbury Lane
and St Laurence Way
SS2 6UY

Find out more:
www.trustlinks.org/Blossom-Day-2023
www.trustlinks.org Registered Charity No: 1092324



THE PALACE THEATRE SUMMER YOUTH PROJECT 2023 PRESENTS
AN AMATEUR PRODUCTION BY ARRANGEMENT WITH THE REALLY USEFUL GROUP LTD

THE NEXT GENERATION
SCHOOL of ROCK
THE MUSICAL

Based on the Paramount movie written by Mike White. Music by Andrew Lloyd Webber
Book by Julian Fellowes, Lyrics by Glenn Slater.

AUDITIONS
~~SUNDAY 26 FEBRUARY 2023~~
SUNDAY 16 APRIL 2023

All auditionees on Sunday 26 February 2023 **MUST** play bass/guitar/drums or piano to a high standard and be able to demonstrate this on the day.
Both audition calls will take place from 10am at the Palace Theatre.

To apply for either of our audition dates, please see southendtheatres.org.uk

PALACE THEATRE
SOUTHEND

Click for more
information



EASTER EGG
1000
CHALLENGE

DONATE TO
THE ONE
LOVE
FOODBANK
&
SOUP
KITCHEN

THE ONE LOVE PROJECT
PROVIDING OPPORTUNITIES FOR A BRIGHTER TOMORROW

CAN YOU HELP?
1000 Easter Eggs are needed for our homeless guests and families with children attending our foodbank who are affected by the cost-of-living crisis in and around the city of Southend.

If your organisation, school, team or group would like to donate please let us know if you are setting yourself a target
Email: info@theoneloveproject.co.uk

Deliver to:

- Hollybrook site (The One Love Project) Great Eastern Ave. Southend SS2 6EU
- Next to Southend Police Station
- 10am - 6pm: Mondays & Thursdays
- 10am - 2pm: Wednesdays

Last date to donate: 1st April 2023

APRIL



April

Inflatable Family Fun Day

10
&
11
&
13

Ellis Leisure will be hosting their Inflatable Fun Days for children of all ages (however aimed at children of ages 4-11 years old) with a dedicated section for toddler (recommend ages of 1-3 years old). Providing a wide range of inflatables from 70ft assault courses, ginormous inflatable slides, large bouncy castles, large football dart board and a variety of inflatable games including our popular Rock and Roll Gladiator Duel for those feisty few!

Prices on Eventbrite (varying from £10.55 for 2 hour session or £6.90 for toddlers)

Monday 10th—Chalkwell Park

Tuesday 11th—Priory Park

 <https://www.visitsouthend.co.uk/event/15379/>

Time: 11:30am-4:30pm

Venue: Chalkwell Park or Priory Park

See information to left

Cost:

See Eventbrite

Age: All (aimed at 1-11 yrs)

April

ATF - Shoeburyness Half Term Activities

11

A fun day with different sport activities : tennis, cricket, football.

ikalisz@atfcommunity.com 07783756593

 www.atfcommunity.com

Time: 2-5pm

Venue: Shoeburyness Park

Cost: Free

Age: Primary/Secondary

April

Emergency Services Activity Day

12

Emergency services are coming together during the Easter Holidays to meet with members of our community and provide advice. Emergency vehicles will be on display so if you have ever wanted to sit in a fire engine this is your chance. Various agencies including Essex Police and Essex Fire and Rescue Service will be attending. We would love you to come and see us.

 <https://www.visitsouthend.co.uk/event/emergency-services-activity-day/>

Time: 10:30am-3pm

Venue: Southend Seafront - City Beach

Cost: Free

Age: All

SECAT COMMUNITY



FRIDAY 21ST JULY 2023

SHOEBURYNNESS HIGH SCHOOL

11:00 - 15:00

ENTERTAINMENT

FUN ACTIVITIES

COMMUNITY

The very core of our Trust is that we are a family of schools located in the centre of the community we serve. Our SECAT family consists of approximately 3500 children and young people and over 500 staff. Our extended community of families, partners and other stakeholders is therefore extensive and it is our intention to provide an event for this community.

The aims of our SECAT Summer Fair are to:

- Work with local individuals, organisations, charities and businesses to further strengthen our partnerships.
- Provide an opportunity for our extensive family to come together in one venue and event.
- Facilitate a fun and entertaining event for all of the SECAT community.





SAVE THE
DATE

FRIDAY 21ST
JULY 2023

We are incredibly excited to announce that we will be hosting a SECAT Summer Fair on Friday 21st July 2023. We are currently meeting with various members of the community who will be working with us to provide a fun and entertaining day for all of the local community.

Music

Food

Sport

stalls

Performances

Games

Entertainment

Charities

Family
activities

We will be providing more information soon about the event and how you can get involved.

Please follow us on social media or keep an eye on our website for updates.



@s_e_c_a_t



@S_E_C_A_T



www.secat.co.uk



APRIL



April

Easter Traditions Through the Ages

12

Led by one of Southend Museum's Visitor Engagement Officers, this tour walks you through time in the historic setting of the Prittlewell Priory. From Easter's unexpected Anglo Saxon and pagan roots, through Tudor and medieval practices, to the delights of a Victorian Easter.

£6 per ticket - must be pre-booked includes free hot drink



<https://www.visitsouthend.co.uk/event/easter-traditions-through-the-ages/>

April

Music In The Park

15

The ever popular Music in the Park returns to Priory Park bandstand for 2023. This free event runs every weekend and bank holiday Monday from Easter Sunday 9 April until Sunday 1 October.

Saturday 15th April - Southend Operatic & Dramatic Society.

16

Sunday 16th April - Chenenko No chairs will be provided so please bring your own or a blanket. There is also limited parking so please where possible use public transport, walk or cycle. **Performances can be cancelled at short notice in the event of bad weather or illness**



<https://www.visitsouthend.co.uk/event/music-in-the-park-southend-operatic-dramatic>

April

Mystery on Sea

16

Join award winning, professional magicians and entertainers Adrian Fox and Tracy Wise for this innovative and entertaining exploration into the history, mystery, and ghost tales associated with the historic heart of Southend-on-Sea laced with themed magic along the way. The route takes around 90 minutes per tour. The walk is taken at a leisurely pace and is suitable for those with walking aids or wheelchairs. Friendly, well-behaved dogs are also welcome. Pre booking is recommended.

The route begins and ends at Royal Square situated between the Royal Hotel



<https://www.visitsouthend.co.uk/event/mystery-on-sea-april23/>

Time: 12pm

Venue: Prittlewell Priory

Cost: £6 per ticket

Age: 7 and over

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free

Age: All

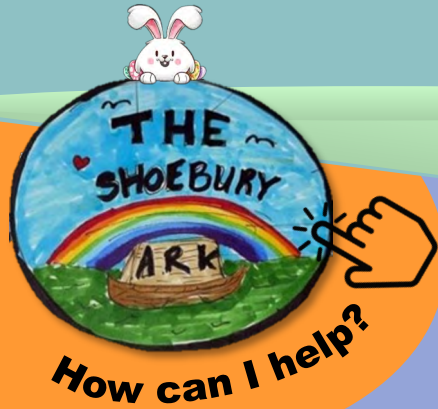
Time: 4:30-6:30pm

Venue: See information

Cost: £11.55 per ticket

Age: 12 and over

SECAT COMMUNITY



Volunteering

Help with collecting/ sorting donations, preparing/giving out food, admin/social media.

We have a range of opportunities and our volunteers range from young people helping out to assist their Duke of Edinburgh awards through to older folk who have time on their hands and want to do something for the local community. Volunteering at the Shoebury Ark is also great for your CV.

Donations

Canned and packet food, baby items (wipes, food, larger items such as prams by arrangement), children's clothes and toys. We work with the Shoebury and Thorpe Bay Tin Teams so if you provide tins to them then they will probably find their way to us!

Financial support

You can donate through our Just Giving page <https://checkout.justgiving.com/c/3333687> or by scanning this QR code.

Business Sponsorship

Local companies support us with food donations, financial donations and allowing their staff to come and help us. If your company would like to be part of this exciting opportunity, please contact us. Find us on: Internet: <https://shoeburyark.org.uk/> Facebook (<https://www.facebook.com/shoeburyark/>) or email us (info@shoeburyark.org.uk) and we will be happy to talk to you about what we do.



Who are we?

At the start of 2022, we set up a charity to support the local community through the relief of poverty by the provision of free meals, low cost/free groceries and household items and low-cost children's clothing. We also signpost people to other appropriate services when necessary, and work with other local partners to provide further tailored support on matters such as housing and energy costs. We have given out over 10,000 free meals to the local community.

Where and when?

We are open every Tuesday between 2pm and 4pm at Friars Baptist Church, Eagle Way, Shoeburyness SS3 9RJ, to support you no matter what your circumstances are.

SECAT COMMUNITY

JUST
RIDE
SOUTHENDClick for more
information

Charity No 1179453

Just Ride Southend is open every week on a Tuesday, Wednesday and Saturday from 10-12, extended till 1pm in the school holidays if possible, all the way though to December but please always check our latest Facebook Page updates in case we have had to shut at short notice due to weather, illness or track issues.



At *Just Ride Southend* we provide inclusive cycling opportunities for people of all ages (0-97), faiths, abilities, and ethnic backgrounds to enjoy cycling in a safe and affordable traffic-free environment at Garon's athletics track and includes individuals, schools, colleges, home educators, families, adult day centres, care homes, local community groups and adults' rehabilitees from operations and other health issues.

All are assured of a warm inclusive welcome at our 3 weekly drop-in sessions, we are open 48 weeks a year on the track, using over 130 bicycles ranging from children and adult 2 wheelers through to trikes and specialist bikes like our electric powered wheelchair platform bike.

Through our activities we promote the physical, social, and mental health and well-being of our local community and are supporting both local and national initiatives to encourage people to be more active and to choose healthy and sustainable transport options, we also keep the sessions affordable and only charge £2.50 (including use of a bike helmet) to ride for the whole session but carers and parents of children who are riding are free and welcome to ride. The *Just Ride Southend* team is made up of, 40 volunteers from 14yrs + to mid-80's from Southend and the wider area, doing a range of roles including helping set up and put out and away all the bikes, welcoming riders, taking payments, supervising the track sessions and bike mechanics.



APRIL



April

Music In The Park

22-23

The ever popular Music in the Park returns to Priory Park bandstand for 2023. This free event runs every weekend and bank holiday Monday from Easter Sunday 9 April until Sunday 1 October.

Saturday 22nd April - Timeline.

Sunday 23rd April - Anita Carmichael & Friends.

Saturday 29th April - Little Theatre Company.

Sunday 30th April - Yardarm Folk Orchestra.

Monday 1st May - Daisy Bowlers.

No chairs will be provided so please bring your own or a blanket. There is also limited parking so please where possible use public transport, walk or cycle.

**Performances can be cancelled at short notice in the event of bad weather

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free

29 & 23 & May 1



<https://www.visitsouthend.co.uk/event/music-in-the-park-southend-operatic-dramatic-society-chenenko/>



<https://www.visitsouthend.co.uk/event/music-in-the-park-little-theatre-company-yardarm-folk-orchestra-daisy-bowlers/>

Age: All

April

Visit the Vulcan Day

23

Refreshments will be on sale and shop will be open selling Vulcan souvenirs, including models, badges, patches, postcards, books etc. Tickets will be on sale on the gate and are also available to buy in advance should you wish. There is no need to buy advance tickets for under-16s.

Cockpit visits are an additional £8.00 per person applicable to both adults and under-16s. Cockpit visits will take place every 15 minutes on a timed ticket basis, so there will be no need to stand and queue. Cockpit visit tickets are subject to availability and will only be on sale on the day. When they're

Time: 10am-4pm

Venue: London Southend Airport

Cost: £8 adults. Under 16s free



<https://avrovulcan.com/events/visit-the-vulcan-day-april2023>

Age: All

MAY



May

6

Music In The Park - Coronation Picnic Special

The Southend Band will be accompanied by a Southend Community Chorus performing uplifting music to celebrate the coronation. Please bring a picnic and join in this special event

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free

Age: All



<https://www.visitsouthend.co.uk/event/music-in-the-park-coronation-picnic-special/>

May

7/8

Garon Park Coronation Event

This will hopefully be a grand affair for the park - more details to come

enquiries@garonparkcic.com

Time: TBC

Venue: See below

Cost: TBC

Age: All

May

7/8

Music In The Park

The ever popular Music in the Park returns to Priory Park bandstand for 2023. This free event runs every weekend and bank holiday Monday from Easter Sunday 9 April until Sunday 1 October.

Sunday 7th May - Southend Vox. Monday

8th May - The Show Choir.

No chairs will be provided so please bring your own or a blanket. There is also limited parking so please where possible use public transport, walk or cycle.

**Performances can be cancelled at short notice in the event of bad weather

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free



<https://www.visitsouthend.co.uk/event/music-in-the-park-southend-vox-the-show-choir/>

Age: All

SECAT COMMUNITY

SAFE

Click for more
information

SUPPORTING ASPERGER FAMILIES IN ESSEX

SAFE is a support group for individuals and families affected by Asperger Syndrome (AS) and High Functioning Autism (HFA) in Essex, including the unitaries of Southend and Thurrock.

ASPERGERS UNMASKED has been written by parents, for parents, and aims to direct you towards the many sources of help which are available. In the following information leaflets, we provide an introduction to AS and include resources and strategies – especially ways that other families have coped.

SAFE Asperger Unmasked Information for Parents



SAFE Supporting Asperger Families in Essex
FOR PEOPLE WITH ASPERGER SYNDROME & THEIR FAMILIES

ASPERGERS UNMASKED INFORMATION FOR PARENTS

SAFE is a support group for individuals and families working to:

- Raise awareness
- Provide support
- Share information
- Develop services

about Asperger Syndrome and High Functioning Autism

ASPERGERS UNMASKED has been written by parents, for parents, and aims to direct you towards the many sources of help which are available.

In the following pages we provide an introduction to AS and include resources and strategies – especially ways that other families have coped.

Understanding Asperger Syndrome is the first step to understanding your child.

Charity Number 1095075

There are thousands of children in Essex who have a condition known as Asperger Syndrome (AS). Asperger Syndrome is a form of autism. It is a life-long disability that affects how an individual makes sense of the world, processes information and relates to other people. This form of autism is often difficult to identify and a child could be any age from three upwards before the reason for their difficulty is diagnosed.

Parents say:

- "She doesn't know how to make friends."
- "We could see he was different from other children but people seemed to think it must be our fault. They blamed the parents."
- They thought he was just a naughty boy, but now we know he didn't understand what they wanted him to do."

If you can relate to these comments, it may be that your child has AS.

If so, **ASPERGERS UNMASKED** is intended to give you information, support and advice.

Each child and family is different but many of the challenges they have faced will be similar to yours.

FIRST STEPS

"Once we knew what the problem was we could understand what he needed."

Many of the parents who have spoken to SAFE say that finding out more about AS helped them to develop the confidence to get the best, most appropriate, help for their child and to be able to cope better at home.

NEXT STEPS

After reading **ASPERGERS UNMASKED** you may wish to obtain further information on specific topics. See inside for suggestions or email the SAFE Helpline – see page 7 for details.




SAFE Supporting Asperger Families in Essex
FOR PEOPLE WITH ASPERGER SYNDROME & THEIR FAMILIES

ASPERGER ADULTS UNMASKED

SAFE is a support group for individuals and families working to:

- Raise awareness
- Provide support
- Share information
- Develop services

about Asperger Syndrome and High Functioning Autism

Famous people thought to have had Asperger Syndrome . . .

- Jane Austen
- Bela Bartok
- Ludwig van Beethoven
- Charles Darwin
- Thomas Edison
- Albert Einstein
- Edward Elgar
- Bobby Fisher
- Benjamin Franklin
- Bill Gates
- Carl Jung
- Franz Kafka
- Charles Rennie Mackintosh
- Wolfgang Amadeus Mozart
- Issac Newton
- Friedrich Nietzsche
- Gary Numan
- Bertrand Russell
- Eric Satie
- George Bernard Shaw
- Alan Turing
- George Washington
- Vincent Van Gogh
- Virginia Woolf

And in fiction –

- Dr Sheldon Cooper from the Big Bang Theory
- Sherlock Holmes

Charity Number 1095075

DID YOU KNOW?

- The latest National Autistic Society prevalence figure indicates that there are over 5,000 adults with Asperger Syndrome (AS), most of whom are undiagnosed.
- The ratio is one female with AS to four males.
- The vast majority of people with AS have average to well above average IQs? Only approximately 5% have an accompanying learning disability.

"Once I got my diagnosis of Asperger Syndrome two years ago, my life started to make sense. Now I know why I was having so many problems, and I can at last start to find support" (Man aged 28)

People with AS perceive the world in a different way to others. They find the rest of us strange and baffling.

Why don't we say what we mean?

Why do we do so many things we don't mean?

Why do we often make trivial remarks which mean nothing at all?

Why do we tolerate such a confusion of sensations of light, sound, smell, touch and taste without getting to screaming pitch?

Why do we care about social hierarchies – why not treat everybody the same way?

Why do we have such complicated social relationships?

Why do we send and receive so many social signals to each other and how do we make sense of them?

Above all, why are we so illogical compared to people with Asperger Syndrome?

Lorna Wing

"After my diagnosis of Asperger Syndrome, I felt a great sense of relief. I had a recognised medical condition and I wasn't mad, bad or sad!" (Woman aged 23)



This book was written by Nita Jackson, aged 18 years

SAFE Aspergers Adults Unmasked



Click for more
information

*Every child
a musician*

Is your child looking to learn to play a musical instrument?

Buying a musical instrument can be expensive, particularly when first starting out. At Music on Sea we offer an affordable instrument hire scheme available for all Southend students.

The scheme allows instruments to be hired on a term by term basis for just £30 per term. We offer discounted hire for those in receipt of Free Schools Meals or Pupil Premium Grant, those with an Education, Health and Care (EHC) Plan and young carers. Looked After Children can hire an instrument free of charge.

We currently have a range of instruments available including (but not limited to) Guitar, Violin, Flute and Cello.



For information on how to arrange to hire an instrument for next term visit

www.musiconseas.co.uk/instrumenthire

Find out if you could be eligible for cheaper mobile and broadband bills

We know people are worried about their bills, so we've worked with internet service providers to deliver low-cost broadband and phone packages called social tariffs.

What a social tariff means

Social tariffs are discounted broadband and mobile deals for people on Universal Credit and other benefits. These tariffs are delivered in the same way as normal packages, just at a lower price. Amid rising living costs, we've been encouraging more broadband and mobile companies to offer social tariffs to help customers on low incomes.

A large number of broadband providers now offer discounted social tariff products, with some offering deals from as low as £15 per month. This could represent a saving of more than £180 per year, which is around 50% compared to the average cost of broadband.

Who can apply

If you receive government benefits, you could qualify for one of these discounted price plans.

Find out more: www.ofcom.org.uk/cheap-broadband



Ofcom

MAY



May

Mendip Opening Ceremony

12

The Mendip Community Garden opening ceremony will be conducted by local MP Anna Firth. Throughout the afternoon there will be a free BBQ, music and activities for all the family to enjoy as well as a chance select a plot where you or your family can grow your own fruit, flowers or veg.

Mendip Community Garden , 42 Dunster Avenue, Westcliff on Sea, SS0 0HQ
info.mendipcommunitygarden@gmail.com Telephone 07397796269

Time: 2-4pm

Venue: Mendip
Community Garden

Cost: Free

Age: All

May

Music In The Park

13

The ever popular Music in the Park returns to Priory Park bandstand for 2023. This free event runs every weekend and bank holiday Monday from Easter Sunday 9 April until Sunday 1 October.

Saturday 13th May - D A Management.

Sunday 14th May - Southend Wind Orchestra.

No chairs will be provided so please bring your own or a blanket. There is also limited parking so please where possible use public transport, walk or cycle.
 **Performances can be cancelled at short notice in the event of bad weather

Time: 3-4:30pm

Venue:

Priory Park

Cost: Free

Age: All



<https://www.visitsouthend.co.uk/event/music-in-the-park-d-a-management-southend->

May

Trust Links May Fayre

20

Enjoy musical entertainment while you join in with some fun, traditional maypole dancing! You can also enjoy exploring our 1-acre therapeutic garden.

admin-support@trustlinks.org 01702 213134

Time: 11am—2pm

Venue: Trust Links,
Westcliff

Cost: Free

Age: Families



www.trustlinks.org

MAY



May

Spring Fayre

21

Step into spring! The Spring Fayre at The Haven Community Hub will coincide with the Hamlet Court Road in Harmony event. They will host a number of stalls across both floors of the Hub, selling homemade gifts, arts and crafts, decorative goods, books, Jewellery, Toys, Confectionery and much more. KB's Cafe will be serving drinks and light meals throughout the event. There will also be the chance to buy tickets for our Spring Tombola and Raffle to win

Time: 11am—3pm

Venue: The Haven Community Hub

Cost: Free



<https://www.acsos.co.uk/spring-fayre-at-the-haven-community-hub-sunday-21st-may-2023-11am-3pm/>

Age: Families

May

SUCET Soccer Schools

30
2nd
June

Fully coached training by FA approved coaches

D.King@southendunited-cet.co.uk

Time: 10am - 3pm

Venue: 3G Pitch
Garon Park

Cost: £15 session

Age: 5 - 13 years

SOUTHEND

Circus Zyair

Priory Park

Wednesday, 24 May - Sunday, 4 June 2023

Share Reserve Get tickets

Our brand new show for 2023 features over thirty adrenaline fuelled performers from all across the globe. Fearless acrobats and daredevil stuntmen guarantee maximum thrills by risking life and limb daily for your entertainment. The dazzling combination of high energy, jaw dropping talent and electric atmosphere promises a magical and unforgettable experience for the whole family. Are you ready to Zyair?

SPECIAL OFFER - All seats £12.99!

SHOWTIMES

WEDNESDAY 24 MAY - 7.30pm ONLY
THURSDAY 25 MAY - 7.30pm ONLY
FRIDAY 26 MAY - 5pm & 7.30pm
SATURDAY 27 MAY - 2pm & 5pm
SUNDAY 28 MAY - 2pm & 5pm
MONDAY 29 MAY - 2pm & 5pm
TUESDAY 30 MAY - 2pm & 5pm
WEDNESDAY 31 MAY - 2pm & 5pm
THURSDAY 1 JUNE - 2pm & 5pm
FRIDAY 2 JUNE - 2pm & 5pm
SATURDAY 3 JUNE - 2pm & 5pm
SUNDAY 4 JUNE - 2pm ONLY



Click for more
information

WEEKLY/MONTHLY

Event	Location	Cost	When		Who	Details	Contact
Personal Training Sessions	Fitness Rig Garon Park	1 to 1 £40	By Appointment		Adults	Personal Training for you	julia.rowland-taylor@garonparkcic.com
Buggy Fit - Fitness Session	Fitness Rig Garon Park	£5	Monday	11am till 11.45am	Adults	Mothers with babies Group	julia.rowland-taylor@garonparkcic.com
Field Fit - Fitness Session	Fitness Rig Garon Park	8 Week course £80	Monday & Thursday	6.30am till 7.15am Joolz, 6.15pm till 7pm Trevor, 10.30am till 11.15am Pip	Adults	More intense PT	julia.rowland-taylor@garonparkcic.com
Warrior Women - Fitness Session	Fitness Rig Garon Park	Block of 4 £40	Tuesday	7pm till 7.45pm	Adults	Ladies group	julia.rowland-taylor@garonparkcic.com
Crucible Kettlebells - Fitness Session	Fitness Rig Garon Park	Block of 4 £40	Wednesday	5pm till 5.45pm	Adults	Lifting a lot	julia.rowland-taylor@garonparkcic.com
Dad Bod - Fitness Session	Fitness Rig Garon Park	Block of 4 £40	Wednesday	7.30pm till 8.15pm	Adults	Men's group	julia.rowland-taylor@garonparkcic.com
Garon Park Youth Club	Pavilion Garon Park	£3 per session	Wednesday	6pm till 8pm	8years - 15 years	With indoor and outdoor activities with arts and crafts, games consoles, football and cooking.	enquiries@garonparkcic.com
Garon Park Job Club	Pavilion Garon Park	Free entry	Wednesdays	11am till 12.30pm	N/A	With a dedicated CV Expert to help update and improve your skills	enquiries@garonparkcic.com
Volunteer Work Experience Programme	Wellbeing at Garon Park	Free entry	Wednesday, Thursday	11am till 3pm	All ages	Come and help at the park with experiences in land management and maintenance	volunteer@garonparkcic.com
Welcome to the UK Friendship Group	Pavilion Garon Park	Booked online	Once a month Thursday	5pm till 7pm	All - Families	A community backed event to bring groups together	enquiries@garonparkcic.com
Walk and Workout - Fitness Session	Fitness Rig Garon Park	£2.50	Wednesday, Friday	9.30am till 10.30am/ 10.30 till 11.30am	Over 50's	Over 50s only	julia.rowland-taylor@garonparkcic.com
Well-Being @ Garon Park	Wellbeing at Garon Park	Free entry	Sundays	9am till 5pm	All	Everyone	enquiries@garonparkcic.com

SECAT COMMUNITY

Click for more
information

Advice and Support

healthwatch

Southend

Healthwatch Southend is the independent voice of Southend residents who use or may need NHS or social care services. We offer information, advice and guidance about local services - moved to the area and need to register with a GP? Had a diagnosis and looking for a self-help group? Need information about how to choose a nursing home? Give us a call. We also talk to individuals and groups to find out about their experiences of local services. We feed this back to the NHS and City Council, so that they can improve services for you. We also act as a critical friend - asking questions to make sure your needs are covered in plans for the future. You can read more about our work at www.healthwatchsouthend.co.uk.

Contact us by phone on (01702) 426320 or by email at info@healthwatchsouthend.co.uk



St Vincent's
growing people, changing lives

DO YOU NEED SOME SUPPORT TO COMBAT AN ADDICTION?

Give us a call to book



This could be the programme for **YOU**?

Come and find out if this will help you make the changes that **YOU** want?

Monday - Smart Recovery Chat
2:30pm - 3:30pm

Wednesday - Smart Recovery Programme
2:30pm - 3:30pm

Unit 9, Victoria Business Park
Short Street, Southend-on-Sea, Essex SS2 5BY
01702 592980



Lift
someone
out of
loneliness

Better
Health every mind
matters



Southend-on-Sea School Nursing Service

IF YOU'RE **11-19**
YEARS OLD TEXT YOUR
SCHOOL NURSE

07520 649895

WE SUPPORT YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

RELATIONSHIPS
MENTAL BULLYING **SELF**
HEALTH **ALCOHOL HARM**
HEALTHY EATING
DRUGS **SMOKING**

Text us for confidential advice and support

We do not routinely share your personal information or contact details with other organisations. We will only share your information if you give us your consent. We will only share your information if you give us your consent. We will only share your information if you give us your consent. We will only share your information if you give us your consent.

PARENTS/CARERS

If you're a parent/carer of a child aged between 5-19 years old and you are worried about your child's health and well-being, the **SCHOOL NURSING TEAM** can help.

YOU CAN TEXT OUR SCHOOL NURSING TEAM ON

07507 331884

WE CAN OFFER SUPPORT AND ADVICE
WITH ALL KINDS OF THINGS LIKE...

GROWTH AND DEVELOPMENT
EMOTIONAL **GROWING UP**
WELL-BEING **SLEEP**
IMMUNISATION **ADVICE**
TOILETING **HEALTHY LIFESTYLES**

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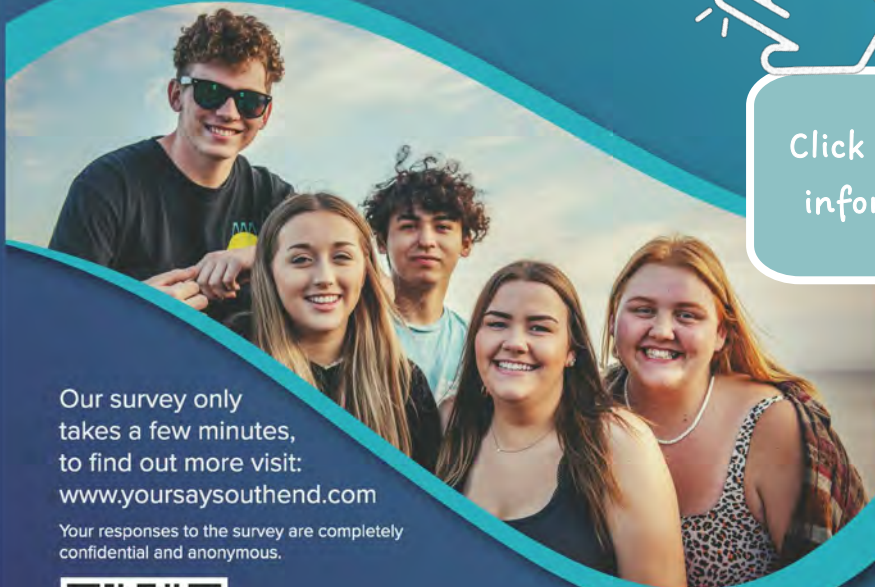
SOUTHEND YOUTH COUNCIL
BRINGING YOUNG MINDS TOGETHER

**SURVEY
OPEN UNTIL
27 APRIL
2023**

Vaping Survey

Are you 11 to 18 years old? We want to hear from you!

We want to hear from young people across Southend-on-Sea about your views on and experiences with vaping.



Our survey only takes a few minutes, to find out more visit:
www.yoursaysouthend.com

Your responses to the survey are completely confidential and anonymous.



 Southend-on-Sea
City Council

The Deputy Youth Mayor of Southend City Youth Council, Thomas Cauchi is leading a vaping project due to seeing an increasing number of young people vaping. Thomas believes many people now see vaping as normal and are not acting on it. Thomas is promoting the 'Essex Youth Vaping Survey' with the Southend Council Public Health Team to gather views from young people and parents and carers about cigarettes, smoking and vaping.

The two surveys, hosted by Essex County Council and supported by Southend City Council, can be accessed on the Your Say Southend platform: <https://yoursay.southend.gov.uk/youth-vaping>

1. Survey aimed at Young People of Essex aged 11-18 years (Under 16s require parental consent) Flyer attached - please let me know if you'd like any printed copies of this.
2. Survey aimed at parents, carers or guardians of young people.

SECAT COMMUNITY



**FOLLOW
US!**



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- [hinguarprimary](#)
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- [@Bournesgreensch](#)
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- [@Shoebury_High](#)
- [@thorpedene_pri](#)



SECAT COMMUNITY



To keep up to date with the amazing things which are going on in our community, please go to our social media accounts, newsletters and websites.



- www.bournesgreen.secat.co.uk
- www.hinguar.secat.co.uk
- www.richmond.secat.co.uk
- www.secat.co.uk
- www.shoeburynesshigh.secat.co.uk
- www.thorpedene.secat.co.uk



If you would like to feature in our Summer Edition 2023 Newsletter that will be published in July, please email:

aligellett@secat.co.uk



Building Strong Schools

Building Strong Partnerships

Building Strong Communities

SOUTHEND EAST COMMUNITY ACADEMY TRUST

SECAT COMMUNITY

**SECAT**



SECAT House, Delaware Road, Southend on Sea SS3 9NP



(01702) 580463



admin@secat.co.uk



www.secat.co.uk



@S E C A T



s e c a t