

MESSAGE FROM PETER THOMPSON, MANAGING DIRECTOR

Our staff are the focus of our thoughts and appreciation at the present time. Providing support in what has been one of the hottest Summer's on record brings its challenges. Whilst we are working towards increasing the number of cool spaces across the organisation, staff have continued to provide our services under challenging conditions. I was one of the judges in the recent Southend Care garden competition. I was very impressed at how staff had worked in co-production with the people we support, family members and friends to produce creative and innovative entries. Going the extra mile is something that is a feature we often see of people who work for Southend Care, and creates an infectious enthusiasm.



AND THE RESULTS ARE IN...

Best Hanging Basket- 1st place – Viking

Most Colourful Display- 1st Place – Norvick House
 Runner up – BMH

Best Planter/Trough- 1st place – Westwood
 Runner up – Project 49

Most Unique Planter- 1st place – Longmans
 Runner up - Westwood



If you would like to know more about any of our services or for latest news, recruitment or information please take a look at our website

www.southendcare.co.uk



Brook Meadows House

CARE HOME OPEN WEEK

MUSIC IN BROOK MEADOWS HOUSE

A huge thank you to Bobby the saxophone player and Katie the singer for visiting our residents during Care Home Open Week and treating them to a fantastic live performance.

Their wonderful set featured a variety of well-loved covers, from Elvis Presley to Tina Turner, giving everyone something to enjoy. Our residents had a brilliant time singing along, clapping, and reminiscing to some of their favourite songs.

Thank you both for bringing so much joy, music, and laughter to our home, it was a truly memorable afternoon!



AFTERNOON TEA AT BROOK MEADOWS HOUSE

Our residents enjoyed a truly wonderful afternoon tea, filled with delicious food, warm conversation, and plenty of smiles.

A heartfelt thank you to Susie for so beautifully arranging the crockery, helping to create such an elegant setting. Thank you also to our amazing Activities Team for organising this special afternoon and to our talented Catering Team for preparing such a delicious selection of food.

It was truly lovely to see our residents enjoying every moment together.

It's moments like these that create lasting memories and make Brook Meadows House feel so special.



Brook Meadows House

THE WORLD CUP AT BROOK MEADOWS HOUSE

We've kicked off our World Cup celebrations, and our residents at Brook Meadows House have had a fantastic time getting into the sporting spirit!

The home was filled with excitement as residents came together to celebrate, share memories of past tournaments, and enjoy some friendly football-themed fun.

There were plenty of smiles, laughter, and conversations about favourite teams and unforgettable World Cup moments.

We're looking forward to continuing the celebrations over the coming weeks and cheering on the teams together.

It's wonderful to see everyone enjoying the excitement and sense of togetherness that such a special event brings!



This is a very small snapshot of activities that took place in Brook Meadows House. If you would like to read about and see more, please visit our Facebook page [**Facebook**](#), or scan the QR code below. Please Follow Us!



Brook Meadows House

BROOK MEADOWS HOUSE MEETS THE WILD WEST

The residents in Brook Meadows House have been embracing the spirit of the Wild West with a week full of themed activities and plenty of fun!

Dressed in their Western-inspired accessories, everyone looked fantastic and thoroughly enjoyed getting into character.

The highlight of the day was welcoming a wonderful country dancer Ella, who put on an energetic and entertaining performance that had everyone smiling.

Residents loved watching the impressive routines, singing along to Take Me Home Country Roads, Jolene and many other songs whilst joining in with a few dance moves.

The performance brought so much joy and created a lively atmosphere throughout the home.

It was a fantastic day filled with music, laughter, and smiles, creating special memories for everyone involved.



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Viking

MAKING A SPLASH!

We've had some fantastic swimming sessions in the Hydrotherapy Pool at Lancaster School, where our Service Users have been enjoying gentle exercise in a fun, supportive environment. The sessions have been filled with plenty of smiles, laughter, and enthusiasm.

Hydrotherapy provides a wonderful opportunity to improve mobility, build confidence, and promote wellbeing, all while having lots of fun in the water. It's been great to see everyone enjoying themselves, supporting one another, and making the most of these enjoyable sessions. We're already looking forward to the next splash-filled visit!



RECOGNISING A VALUABLE CONTRIBUTION

Billie-Jo and Jamie were delighted to receive gift vouchers from Southend Care as a token of appreciation for their valuable support during the interview process for the new Director of Operations. Their involvement played an important role, and it was wonderful to see their contributions recognised and celebrated.



Our Service Users recently enjoyed a visit to Just Ride, where they had a great time cycling around the track at Garrons.

Everyone enjoyed taking a ride around the circuit.

It was a lovely opportunity to get some fresh air, stay active, and enjoy spending time together outside.

The group had a fantastic afternoon.



Shared Lives

CELEBRATING SHARED LIVES WEEK WITH AFTERNOON TEA

As part of this year's Shared Lives Week, we were delighted to host a special afternoon tea for our Shared Lives carers and service users at Garons Wellbeing Park.

The event was a wonderful opportunity to bring everyone together, celebrate the incredible relationships that make Shared Lives so special, and thank our carers for their dedication and commitment.

We were also honoured to welcome his worship Councillor Tony Cox, who spent time chatting with our carers, service users and staff. During his visit, he took the opportunity to learn more about Shared Lives, hearing first-hand about the positive impact the service has on people's lives and the meaningful connections it creates within our community.

The afternoon was filled with great conversation, laughter and delicious refreshments, providing a relaxed setting for everyone to come together and celebrate the difference Shared Lives makes every day.

A big thank you to everyone who attended and helped make the event such a memorable success.

Shared Lives Week is a chance to recognise the compassion, commitment and support of our carers.

We are proud to celebrate the amazing people who make our Shared Lives community so special.



Project 49

JUMP UP AND JOIN IN!

Once a month, Project 49 heads to the local pub for an afternoon of music, laughter, and community spirit. Jump Up and Join In gives everyone the chance to grab the microphone and sing along to their favourite songs, whether they're seasoned performers or simply singing for the fun of it.

July's gathering was especially memorable as we met in a brand-new venue, moving from The Alex pub to the Naval and Military Club on Royal Terrace. The welcoming new setting made for a fantastic afternoon, and we're delighted to announce that this will be the new home of Jump Up and Join In for the rest of the year.

Why not come along and join us?

You'll find us at the Naval and Military Club on the first Friday of every month. Everyone is welcome, so bring your favourite song and join in the fun!



STAFF ACHIEVEMENT

Earlier this year, staff member Jim Kilpin began training with the local RNLI station. After completing 12 weeks of training and passing both his theory and practical assessments, he qualified as a shore crew member in June.

Jim is now on call to assist with launching and recovering the RNLI's lifeboats and hovercraft on the Estuary, and hopes to train further to become a boat crew member over the next year.

PROMOTE THE VOTE

This year, Project 49 supported the national Promote the Vote campaign by taking part in information events that encouraged people with learning disabilities to exercise their right to vote. We also attended a hustings event at Badgers Den, designed specifically for our service users.



Project 49



THE LEARNING DISABILITIES AND AUTISM FESTIVAL

In June, Project 49 visited the Learning Disability Festival, held at Waterside Farm on Canvey Island. There was plenty to see and do throughout the day, with a wide range of organisations hosting stalls to showcase their services.

There was also lots of fun to be had, with games, competitions, and activities for everyone to enjoy. It was a great opportunity to meet new people, find out about local services, and spend time together in a friendly and welcoming atmosphere.

PSYCHOLOGY STUDENT RESEARCH

Earlier this year, Project 49 welcomed Maria, a Clinical Psychology student from the University of Essex. As part of her doctorate, Maria interviewed our service users for her research project.

Her paper, Including People with Learning Disabilities in Conversations about the Climate Crisis, aims to raise awareness and explore how people with learning disabilities can better access, understand, and engage with environmental issues.



MAKING A DIFFERENCE IN THE COMMUNITY

Project 49 is now working regularly with SAVS on community litter picks, giving service users the opportunity to develop leadership skills while helping to keep local areas clean.

We have also partnered with Surfers Against Sewage to take part in the Million Mile Clean which is a national campaign encouraging volunteers to protect the UK's coastline through regular litter-picking events over the next four years.

This is a very small snapshot of activities that took place at Project 49. If you would like to read about and see more, please visit our Facebook page [Facebook](#), or scan the QR code below. Please Follow Us!



Save The Date!

**Southend Care
Staff & Service Users
Summer Event**

2nd September 2026

1PM TO 4PM BBQ & ICE CREAM VAN

1.30PM TO 2.30PM THE QUIET MAN

MAGICIAN FROM 1.30PM TO 3.30PM
(INSIDE BMH)

3PM TO 4PM KATIE TODD (SINGER)

GAMES FROM 1PM TO 4PM

- JENGA
- CONNECT 4
- HOOK A DUCK
- STOCKS
- GUESS THE BEARS NAME
- HOW MANY SWEETS ARE IN THE JAR
- WHACK A MOLE
- PHOTO PROP
- RAFFLE
- PLAY YOUR CARDS RIGHT

ICE CREAMS, BBQ AND RAFFLE TO BE PURCHASED ON THE DAY
PLEASE BRING CASH/CHANGE

3rd September 2026

SILENT DISCO 1PM TO 3PM

MOVIE EVENING 5PM TO 7PM
(BMH RESIDENTS ONLY)

CAFE OPEN

OPENING TIMES

2ND SEPTEMBER
10AM TO 4PM

3RD SEPTEMBER
10AM TO 3.30PM

BROOK MEADOWS HOUSE BURR HILL CHASE SS2 6PE

Employee of the Season

WINNER JULIAN FROST

Julian is a very deserving choice for Employee of the Season. He has gone above and beyond by picking up lots of extra shifts, regularly coming in to help with call-outs, and always being there when the team needs him.

No matter how busy things get, Julian always has a smile on his face and is happy to lend a hand to anyone who needs it. Nothing is ever too much trouble for him, and his positive attitude, reliability and willingness to help make a real difference to the whole team.

We are incredibly lucky to have Julian as part of our team!



RUNNER UP EMMA DUMBLE Westwood



In recognition of her outstanding commitment, enthusiasm, and dedication, particularly for her wonderful efforts in decorating the lounge and garden within her service. She has also shown great initiative in organising activities for tenants, helping to create a welcoming, enjoyable, and positive environment for everyone.

NOMINEES

Project 49: Kerrie Maher and Gary Bartlett. Brook Meadows House: Lucie Bensley. West Street: Adriana Faria, Michelle Coe, Lorraine Baldree, Elizabeth Shoremekun, Monika Steponaviciute, Heather Glover and Matthew Coe. Viking: Lisa Ogilvie, Lynsey Johnson, Jeff Peters, Brett Puffet, Monica Rayment and Pauline Croww. Westwood: Tracey Bird

OUR NEXT EMPLOYEE OF THE SEASON IS NOW OPEN!

Celebrating Success

CONGRATULATIONS JOHN!

John our Head Chef at Brook Meadows House has been awarded a British Citizen Award (BCA) in recognition of his incredible work with the Streetfood charity. This prestigious award acknowledges the dedication, commitment, and positive impact John has made in supporting vulnerable people within the local community.

As highlighted in the British Citizen Award Roll of Honour, John established STREETFOOD six years ago to provide weekly meals and support to those experiencing homelessness and hardship. The initiative has grown significantly, helping many people facing difficult circumstances while treating everyone with dignity and respect. In addition to providing nutritious meals, John has expanded support through the "Bags of Happiness" project, supplying essential items such as clothing, sleeping bags, and other necessities.

This is a truly deserving recognition of John's selfless efforts and commitment to helping others. Please join me in congratulating John on this remarkable achievement.

Well done, John, and thank you for the difference you continue to make in our community.



The British Citizen Award July 2026 – Roll of Honour

ROLL OF HONOUR

JOHN WEALLEANS BCAc Essex



Six years ago, after noticing an increase in rough sleepers in his local area, John, set up STREETFOOD, providing a weekly hot evening meal service. John, a classically trained chef, trusts that

those using his service are in genuine need, so does not require a referral or voucher, giving users an added level of dignity.

The majority of service users suffer with mental health issues and feel isolated on the streets; by eating their meal at STREETFOODS, they engage with others, eating comforting food in a friendly, non-judgemental atmosphere. The service extends to those who have recently received housing, to help them while they settle into their unfamiliar surroundings and begin to create a community for themselves. John also caters for

the growing number of service users who are working but struggling to make ends meet and put food on their table.

John provides the STREETFOOD service whilst holding down a full-time job assisted by a small group of volunteers, collecting food waste from Marks & Spencer and the local Co-op, turning it into hearty nutritious meals. In addition to the meal service John now provides 'Bags of Happiness', which includes provisions of non-food related items, sleeping bags and clothing.

Nominated by
Mary Cordeiro

Medalist