



St Vincent's

growing people, changing lives

What's been happening at St Vincent's Centre.

Our New Activities Programme

This month, our activities programme has absolutely flourished. We have seen an amazing range of people trying new skills, making new friends, getting active and having fun! Our activities have been filled with clients and some have even been led by the clients themselves, empowering them with an amazing sense of confidence and responsibility. This is just the start, and we have some amazing projects in the pipeline so keep an eye on our "What's going on section" below.



Womens Wellbeing Wednesday

This month we had a wonderful few hours for our WWW. It was a great opportunity to have a pamper, socialise and speak to the services that attended. This really is a wonderful outlet for the ladies in our community and supports them in making positive choices.



HOW WE HAVE TURNED CONCERN INTO ACTION IN JUNE

- 1383 HOT MEALS
- 156 PEOPLE USING OUR MENTAL HEALTH PROGRAMME
- 274 HOURS INREACH SUPPORT
- 290 HOURS OF OUTREACH SUPPORT
- 210 FAMILIES SUPPORTED BY VINNIES PICK AND MIX.
- 38 COLLECTING AND DELIVERING HOUSEHOLD GOOD AND FURNITURE
- 8 PEOPLE SUPPORTED INTO EDUCATION
- 14 MEDICAL CHECKS
- 192 FOODBANK DELIVERIES
- 10 PEOPLE PROVIDED WITH TEMPORARY ACCOMODATION
- 3 PROVIDED PERMANENT HOUSING
- 89 CLOTHING PACKAGES DISTRIBUTED
- 7 PEOPLE SUPPORTED INTO EMPLOYMENT
- 86 HOURS OF PROFESSIONAL COUNSELLING

Welcoming the Ukrainian community to Southend

St Vincent's Centre had the wonderful opportunity to spend the morning at Porters sharing information about support for the Ukrainian community and welcoming them to Southend. The Mayor was also kind enough to give us a very interesting tour around Porters one of Southend's historical buildings. At St Vincent's Centre we continue to raise funds for individuals that are in a desperate situation after fleeing war.



Meet the team Jon Cutter-Support Worker

I was always encouraged by my parents to help those in need for example sharing toys or doing errands for our elderly neighbours so the ethos of helping in the community was instilled into me at an early age. I then had spells in similar support worker roles for an ex-offender supported accommodation and a local homeless charity. In January 2022, I joined St. Vincent de Paul (SVP), Southend in a newly formed position as a support worker which I am so passionate about. I am continually amazed at the amount of support that is offered to the local community by SVP and the amount of people that access our service from: food parcels, mental health support, night time kindness kitchens and even free haircuts! We continue to work closely with a wide range of local agencies including SAVS in Turning Concern into Action and supporting the community of the Southend on Sea City.

Fancy Volunteering?

Have you ever fancied Volunteering? We always have volunteering opportunities and would love to welcome you to the St. Vincent's Family. We have a role for everyone. Call us on 01702 592980 or email us on southendsupport@svp.org.uk

Foodbank and Services

Centre open for drop in everyday from 10:30 am - 2:30pm

Foodbank Donations - 11am - 4pm Weekdays

Saturday 10am - 12:30pm

Kindness Kitchens - Tuesday, Wednesday, Friday, Saturday and Sunday 7pm - 8pm (Outreach is available at all kitchens)

EPUT - Monday, Wednesday and Thursday.

STARS - Thursday 1pm-3pm

Mental Health Support - Thursday 11am - 2pm

Food Market - Every Friday 10:30am - 1pm

Charlie Boys Angels - Tuesday and Saturday - 7pm to 8pm

Sign Posting to all services and advocating so that Action to your concern is resolved.

What's going on at St Vincents.

Every Monday - Mindfulness & Personal Development.

Every Tuesday - Music & Art Club.

Every Wednesday - Game Club & Role playing group.

Every Thursday - Gardening at Springfield Allotment.

Every Friday - Fitness Group & Film.

17th August - Women's Wellbeing Wednesday

18th August - Men's Marvellous Moments

July 2022

St Vincent's Centre - Unit 9, Victoria Business Park, Short St, SS2 5BY. 01702 592980

www.svp.org.uk/st-vincents-southend