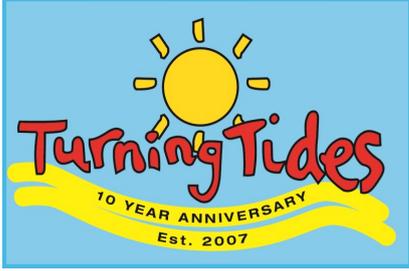# Turning Tides

Turning Tides is a project of Southend Association of Voluntary Services (SAVS) and has been carrying out community based projects in conjunction with partner organisations since 2007. Turning Tides promotes active citizenship and offers a range of activities for young people living in the disadvantaged areas of Central Southend as well as supporting isolated older people living across the Borough. Turning Tides encourages involvement in social activities, volunteering, training and environmental projects.

OLDER PEOPLE — Folk Like Us provides support and advice to people over the age of 65, living in the borough of Southend who are experiencing loneliness and isolation. These people are supported by Turning Tides Team Leaders and if required will be signposted to services who can assist them further. Folk Like Us has The Hub on the ground floor of SAVS, which gives a welcoming and comfortable environment for older people who 'drop-in' asking for support and information. The Hub opens Monday to Friday 10am—2pm.

YOUNGER PEOPLE — Children from central Southend have Triple T's clubs to help inspire them and raise their aspirations with thanks to funding from Children in Need. Funding provides weekly sessions for youngsters aged 8-12 years at three clubs in the Woodgrange, Queensway and Balmoral Estate areas. Triple T clubs are run by a Turning Tides Team Leader, along with a team of local volunteers and will give the youngsters the chance to try out new activities such as first aid, as well as learning more about the place they live through visits to and from the local fire station, coastguards and police station. We aim to give them the opportunity to broaden their outlook and achieve their full potential.
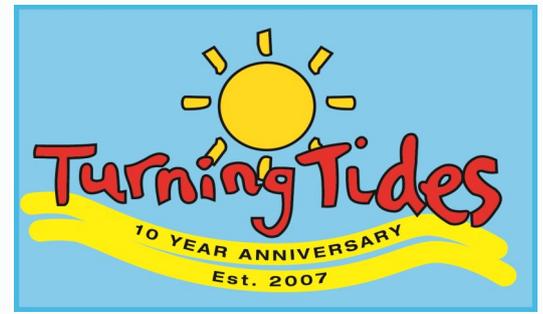
EARLY YEARS — A Better Start Southend (ABSS) has teamed up with SAVS to involve the local community in creating better services for Southend's children aged 0-4 years and their families. ABSS, delivered by Turning Tides, will work to introduce a range of ways that parents in Westborough, Victoria, Milton, Kursaal, West Shoebury and Shoeburyness wards can get involved. This will include parent led meetings, recruiting and training parent champions and developing a volunteer programme.

SAFER COMMUNITIES — Safe as Houses is a crime prevention initiative being delivered by Turning Tides and is funded by the Crime Commissioner for Essex. Working in partnership with Essex Police and Trading Standards, a team of specially trained volunteers visit identified elderly people living in Southend giving advice on how to deal with postal fraud and scams as well as raising awareness of doorstep and telephone and computer fraud.

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All Turning Tides staff are Community Safety Accredited.

Contact us to find out more about the work we do or to enquire about volunteering:

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