news in brief

Tesco bags of help

TILBURY Pioneer Academy, recently took part in the Tesco Bags of Help initiative, to raise funds for play equipment.

The scheme saw Tesco customers casting their vote using a token given to them at the check-out.

Customers were able to choose from three different schemes, one of which was Tilbury Pioneer's PTA, the Friends of Pioneer.

Friends of Pioneer announced this week they had received £2,000 to go towards their recent disco and fete fundraising. They were able to purchase fuse ball tables which the pupils are making use of during break times.

Mr George, Head of School, thanked those who voted.

Arrests over fire

POLICE have arrested two people on suspicion of arson with intent to endanger life following an incident in Grays.

Officers received a call at 2.15am on Tuesday, November 14 about a car and property's front door alight off Hathaway Road.

Police attended the scene and said the fire was started deliberately. The occupants of the property escaped unhurt but suffered smoke inhalation.

Officers quickly identified a vehicle seen leaving the area and later arrested a man and woman.

Rescued from blaze

FIREFIGHTERS from Essex Fire and Rescue saved a man from a fire within a derelict public house in Grays last Thursday evening.

On arrival, crews reported the building was completely smoke logged and a small fire was burning within the premises.

Crews were able to locate the man, who is believed to be homeless and using the building for shelter, on the second floor of the building.

The man was taken to hospital with minor injuries.

The fire is believed to have been caused by a cigarette.

Give a Gift this Xmas

THE Thurrock Council led Give a Gift project, where people are asked to donate a present to a local child who is unlikely to receive a gift on Christmas morning, is coming to Lakeside Shopping Centre on November 21.

Portfolio Holder for Social Services, Cllr Sue Little, said: "The present can simply be returned to the shop where our volunteer elves will wrap and deliver the gift in time for Christmas."

The shop is located on the second floor at House of Fraser end of the centre.

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Data shows borough has high frequency of workplace injury

IN figures revealed last week, Thurrock rated far above the national average for frequency of workplace injuries.

The research, compiled by the Association of Personal Injury Lawyers, shows 389 injuries for every 100,000 workers in the area were reported to the Health and Safety Executive in 2016/17. One worker was killed in the area.

In Britain overall, 263 injuries were reported for every 100,000 workers in 2016/17. Thurrock ranks 59th out of 381 local authorities for workplace injuries.

"There are various factors which might contribute to a higher-than-average rate of injury, such as a prevalence of high-risk industries locally," according to Brett Dixon, president of the Association of Personal Injury Lawyers, a national not-for-profit group which represents people suffering needless injuries.

"The good news is that there has been a national long-term downward trend in the rate of both injuries and deaths in workplaces. Our concern is that safeguards which protect workers are not unravelled by the Brexit process," he continued.

Workplace deaths in Britain have fallen by 85 per cent since the introduction of the Health and Safety at Work Act in 1974.

"Health and safety legislation and t case law has been huge in making workplaces safer, and much of that has its roots in Europe," said Mr Dixon.

Himalayan trekker hopes to inspire more fundraisers

by OLIVER HILL
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A THURROCK man is urging others to support charity, Age UK Essex, by sharing details of an epic Himalayan trek he undertook to raise money for the cause.

Pradip Mistry, a Later Life Coach from Chafford Hundred, started his ten-day adventure on Easter Friday in Nepal and managed to raise £3,200 for the age concern charity. After a rewarding adventure, he is now urging other people to push themselves in support of the charity.

Pradip, who works with people preparing for retirement life, has been working with Age UK for over six years and says he took on the challenge, "because the charity relies on fundraising, donations and legacies to continue to offer the valuable services and products to the most vulnerable, isolated and lonely people in Essex".

Pradip initially flew into Kathmandu to meet his guide before making another flight to Pokhara followed by a drive to the starting point at Nayapool.

■ Pradip (in green) in Nepal with some fellow trekkers

Pradip said: "We walked through some treacherous terrain following the devastation from Nepal earthquake two years earlier. Most of the villages en route have been rebuilt as were the main traffic roads with building work still continuing. Some of the trekking routes were still un-cleared and challenging to pass through.

"We reached Poon Hill Summit on the 5th day, blessed with clear weather, considering the previous two days we endured torrential rainfall and prolonged hailstones. The highlight of the trek was the breath-taking view of the Purnima mountain range."

To prepare for his challenge, Pradip cycled, swan and trained in the gym for six months to ensure he was fit enough to complete the trek. He said: "I trained in the Cotswolds, Hadleigh Park Olympic Mountain Bike track and rough terrain in Essex, along the River Thames.

"I received plenty of help and advice on trekking gear, boots, waterproofs, diet, cultural awareness, and high-altitude awareness.

Despite the effort involved, Pradip described the experience as "life-changing" and wants to encourage others to set their own challenges, push themselves and raise money for worthy causes.

Pradip added: "My trekking experience had a profound impact on my work and how I inspire and support my clients going through their own challenges in life.

"We can choose to live our life to the full with passion and without fear and triviality."

Hair-raising donation

■ Year 11 pupil Lucy Wells

A PUPIL from a Thurrock school bravely agreed to have a significant amount of her hair cut off to raise money for cancer sufferers.

Lucy Wells, in year 11 at Grays Convent High School, College Avenue, had 23 inches of her hair cut off in a fundraising effort for The Little Princess Trust, who give away real hair wigs to children that have lost their own hair through cancer treatment or other illnesses.

The event was held at the end of September, which saw Lucy courageously sit in front of pupils and staff, many of who had sponsored her in her efforts.

Lucy managed to raise an amazing £669.44 for the charity.

She was presented with a cheque for the nearly £670 last week by deputy head teacher Mrs Collis in a presentation in front of the school.

Mrs Collis said "Lucy was inspired to have her hair cut to support other children in need by seeing and reading about other young people who had donated their hair.

"This was such a generous act as Lucy's long hair was her trademark. Now she will be recognised and remembered for this very generous act. Well done Lucy we're all proud of you."

The Little Princess Trust was launched in 2006 by the parents of Hannah Tarplee, who died in 2005 after battling cancer.

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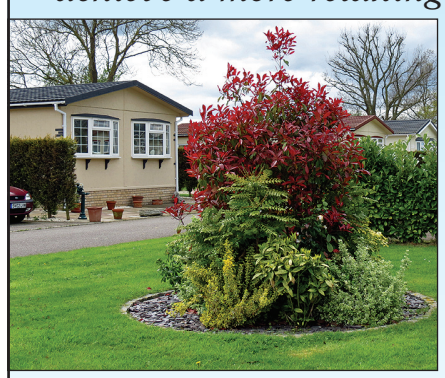

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