e being encouraged e winter blues by to Cancer Research for Life.

ty is urging women shapes and sizes ce for Life 5k event ark in Southend on

ess, Cancer Research event manager, said: ney plan to amble with print to the finish line. they take will help to rd the day when all e cured."

Race for Life visit org or call 0300 123

scare

re called to deal with package in Southend

lent happened at on Wednesday. found the unattended ed to a homeless I it was returned to its

Horne, the deputy able of Essex Police; n patrol in the town, out the incident. "Package confirmed ng to homeless women

ir Cafe marks its nd re-opening on

ROTARY CLUB PRESENTS CHEQUE FOR THOUSANDS TO CHARITY



■ So welcome - club president Dr Kevin Watkins hands the cheque to community fundraiser, Peter Hall

THE Rotary Club of Grays Thurrock raised thousands of pounds for Little Havens with their annual Christmas Santa Sleigh Campaign.

The Rotary Club with a little help from Santa raised a fantastic £10,000 for local charities including Little Havens, with the Grays Thurrock branch raising £2,500.

Dr Kevin Watkins. **Rotary Club of Grays** Thurrock President, said: "We were delighted to raise a wonderful sum from our annual Santa Sleigh Street collection.

"We really look forward to distributing the monies raised at our annual presentation lunch and we were thrilled to be able to include Little Havens Hospice once again as one of our principal beneficiaries - we are only too pleased to be able to do our bit to help."

council tax increase

Decision to be made on | Could you be the next star of Southend?

AN increase in council toy will be