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In our strategy ‘Changing 1 Million Lives to get Essex Active’, we set out our 4 golden priorities. As we look back over the year, we reflect on how we are working hard to attain our goals.

**CONTENTS**

- Reflections on the Year
- Priority One: Drive and Sustain Participation
- Priority Two: Improve Health and Wellbeing
- Priority Three: Develop Individuals and Organisations
- Priority Four: Strengthen Localities, Communities and Networks

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**Current Statistics:**

895,400 people in Greater Essex are active for 150 minutes a week, a rise of 14,900 from the previous year*

18,400 more women are active for 30 minutes a day than the previous year**

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*Active Lives Survey Nov 16/17 – Active Lives Survey Nov 17/18  
**Active Lives Survey May 16/17 - Active Lives Survey May 17/18
In our strategy ‘Changing 1 Million Lives to get Essex Active’, we set out our 4 golden priorities. As we look back over the year, we reflect on how we are working hard to attain our goals.

Reflections on the Year ................................................................. 04
Priority One: Drive and Sustain Participation .................................. 06
Priority Two: Improve Health and Wellbeing .................................. 10
Priority Three: Develop Individuals and Organisations ...................... 14
Priority Four: Strengthen Localities, Communities and Networks .......... 18
Perhaps, at last, the importance of regular physical activity for all of us living in Greater Essex is now being realised and the impact on our local NHS services and organisations is being better understood.

A seed change? We think so. Our challenge now is to work closely with local communities, with our existing contacts, and with the unusual suspects to bring about change.

REFLECTIONS ON THE YEAR

Reflecting on the past 12 months, and as I enter my third year as Chair of Active Essex, I continue to be humbled by the passionate and driven people we come across daily as we strive to tackle inequality across Essex.

The stories around our ‘1 in a Million’ are a testament to this. Take Leah Lambert who supports the Brentwood Tea Dance, bringing together people with dementia for a cup of tea and dancing to some well-loved tunes. Or sisters Natalie and Terri, both from South Essex, who have established ‘Move it or Lose it’ classes to get older people more active. We have many humbling examples of physical activity and sport, changing and improving lives.

Inactivity is a complex issue with no ‘magic bullet’ or single, simple solution. 382,900 people in Essex still do not take part in 30 minutes of physical activity a week (Sport England Active Lives data 2017/18) and are prevented from enjoying the physical, social and mental health benefits of an active lifestyle. The team and Board recognise this and the need to take a whole system approach to tackling inactivity.

We are now halfway through the life of our strategy and it’s perhaps a good time to look at the impact we are making. Encouragingly, the trend is going in the right direction with over 14,900 extra people engaged in 150 minutes of physical activity a week – in particular we have made an impact with the harder to reach communities. There are now 18,400 more women active in Essex than the previous year and a 3.2% increase in the number of people with a disability taking part in physical activity across the same period.

The year also saw Active Essex introduce a new localised approach to its team structure, led by six dedicated Relationship Managers who have developed an even deeper understanding of the places they work and closer relationships with local and community partners. We understand the importance of building relationships and trust with our communities, empowering them, working hand in hand to co-design and co-produce local delivery that will build on the assets they have.

We need to inspire people to get active and last year saw the pilot of 3030 Essex - a campaign to challenge people to get physically active for 30 minutes for each of the 30 days of June. The campaign also seeks to raise awareness of the Active Essex Foundation, which seeks to develop projects that engage those youngsters who suffer from inequalities, including poor mental health and those involved, or at risk of becoming involved with, the criminal justice system.

We have continued to build on the successful campaigns based on specific themes such as the ambassador programmes ‘This Girl Can Essex’ and ‘Essex All Together’, which aim to inspire women and those with disabilities to increase their participation in sport. We now have over 300 This Girl Can Essex and All Together ambassadors working throughout the county.

I hope you enjoy reading this annual report. It is work in progress – but progress we are surely making.

Azeem Akhtar, Chair
Active Essex
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Priority 1

DRIVE AND SUSTAIN PARTICIPATION

Focus: More people in Essex being active, taking part and living healthy and active lifestyles

Our focus is on supporting more people in Essex to be physically active, take part and live healthier lifestyles. The Active Essex approach has concentrated on continuing to grow and sustain the vast network of partners and opportunities already in Essex to support this outcome. We have been keen to work with and listen to partners with a local, bottom up approach, while continuing to engage and support established partners.

We have focused on working with local community groups and organisations that might not have sport and physical activity as their focus, but already engage with hard to reach groups. By bringing together financial contributions and working across the system, we hope to lead the system to both sustain those who are currently active and impact on those who we need to start this journey.

26 new satellite clubs, utilising 35 coaches and instructors to deliver 524 additional hours of guided activity to 822 new young participants who were previously classed as inactive.

Satellite Clubs funded projects are now responsible for 56 existing clubs for young people across Greater Essex, providing over 1,000 young people each week with opportunities for more activity and sport.

20 Park Runs with over 4,803 weekly participants (+18% increase in participation numbers from April 2018 - April 2019)

All Together ambassadors using social media to reach out to over 127,000 people to encourage participation in disability and inclusive physical activity opportunities

18,400 more women active in Essex than previous year

3.2% increase in the number of people with a disability taking part in physical activity in Essex than previous year
THIS GIRL CAN ESSEX – GETTING WOMEN MORE ACTIVE

615 women signed up to ‘Women Like Us’ festivals across Essex

Our ‘This Girl Can Essex’ ambassadors support over 6,500 people to get active every week

435,000 people reached through ‘This Girl Can Essex’ social media campaign

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DRIVE AND SUSTAIN PARTICIPATION

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- **20 Park Runs** with over 4,803 weekly participants (+18% increase in participation numbers from April 2018 - April 2019)
- **18,400 3.2% more women active in Essex than previous year**
- **All Together ambassadors** using social media to reach out to over 127,000 people to encourage participation in disability and inclusive physical activity opportunities
- **with a disability taking part in physical activity in Essex than previous year**

Changing 1 million lives to get Essex Active
AFRICAN FAMILIES SATELLITE CLUB

A prime example of our community outreach work can be found in a multi-purpose youth club tucked away in a quiet side street near Colchester Castle.

African Families in the UK (AFiUK) is a CIC running sessions for 14-18 year-olds every Saturday. Established in 2015, AFiUK helps African and other ethnic minority families adapt to British life and lead active roles in their communities. Through Satellite Club funding, two Basketball coaches were employed and now around 35 participants per week come together in a safe space to socialise and explore their culture.

“The impact has been fantastic and really surprising,”

“Before the coaches arrived, they just used to play around a little. Now there’s a big, professional structure and it’s grown into something fantastic.”

Founder Rachel Wainaina-Walton.

ACTIVE TOGETHER
A COMMUNITY PROJECT

Radwinter Recreation Ground Charity initiated a project, ‘Active Together’, to provide free taster sessions and subsidised activities for the local community.

The project had a particular focus on getting more women to take exercise. A survey used was circulated online and in hardcopies distributed at village events to get people’s views and thoughts on which activities should be offered. They then sourced qualified trainers, purchased some pieces of equipment for loan out and publicised the programme.

As a result of the project more people, especially women, are taking part in exercise locally and are also valuing the added social interaction too. All reported that their activity levels have increased. Several felt more confident about avoiding falls following strength and balance classes.

“I am in my 50s, and I do some jogging, but have never done any other exercise and thought my days of bending my knees for squats and lunges or using weights were well past me. Now I am so much more flexible, am stronger in my upper body and have achieved things I thought I would not be able to do at my age.”
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Through consultation with headteachers, the Flying Start project focused on providing the youngest students in schools across Castle Point and Rochford with the opportunity to experience high tempo, dynamic and professionally planned PE sessions and engender students with a love of physical activity to create lifelong healthy living habits.

Every child who took part received a certificate and an invitation for the family to a ‘Flying Start Festival’. This holiday event saw children and family members participate in fitness and sporting activities together, as well as receiving advice on healthy eating and becoming more active as a family. To date 1,720 young people and 84 adults have benefited from this multi school and leisure provider project involving different partners.

In order to attract and include more young people to School Games activity we introduced several new events and formats, one of which was the Small Schools Sports Hall Athletics competition.

Extremely well-received, it afforded primary schools with a smaller cohort of pupils the opportunity to enter a team and participate in high-quality competition against other schools of similar standards.

SCHOOL GAMES – NEW EVENT TARGETS SMALL SCHOOLS

29 sports delivered

293* schools engaged

5,312 young people engaged

*Registered schools ‘actively involved’ in School Games (2 or more Inter-School competitions)
The Essex Joint Health and Wellbeing Strategy articulates a shared vision for health and wellbeing in Essex. It sets out the key countywide strategic priorities, which address four areas of focus:

- Improving mental health and wellbeing
- Addressing obesity, improving diet and increasing physical activity
- Influencing conditions and behaviours linked to health inequalities
- Enabling and supporting people with long-term conditions and disabilities

Active Essex are aligned to priority 2. There is a strong link between inactivity, poor diet and socio-economic deprivation, so addressing diet and physical activity in more deprived groups has a role in reducing health inequalities in Essex. Addressing these issues requires a whole system place-based approach that can address the ‘obesogenic environment’ and encourage and support behavioural change. There is also a need to reach out to the specific groups which are the most likely to be inactive and under-represented in both physical activity and sport. These include people from lower socio-economic groups, people with disabilities or life-limiting illnesses, the unemployed and women.

Focus: Change behaviours to reduce inactivity and make a real impact on physical and mental health and wellbeing

Active Essex Networks aligned to Health & Wellbeing boards, who have all identified physical activity as a priority

**Sport for Confidence** place health professionals and specialist coaches into 7 leisure centres to provide inclusive sporting opportunities for people including those with learning disabilities and mental health issues

**228 schools** now participating in the Daily Mile involving over **65,000 pupils**

12,715,560 miles have been run, walked, skipped and jumped – that’s over 25 times to the Moon and back!

900 new clients with 19,968 interactions across the year

184 sessions per month with an average of 275 attendees per week

**14**

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Working with all Public Health Practitioners to support health prevention work within localities.
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LONG-TERM HEALTH CONDITION PROGRAMME

The South West Essex Exercise Programme (SWEEP) has brought together a consortium of partners to provide a dedicated service for those in the community with (or have been treated for) cancer and delivers a range of positive activities to improve their fitness.

The programme, tested in Thurrock, has already supported 48 patients to improve their activity levels. Four 12-week programmes saw participants take part in twice-weekly activity including aerobics, gym sessions and regular light exercise. In addition, fitness staff have been upskilled with a Level 4 Cancer Rehabilitation qualification.

Harjinder, aged 60 from Grays said:

“Before being diagnosed with breast cancer, my busy lifestyle didn’t allow me the time to take part in much physical activity. The activity sessions have … helped me feel stronger, both mentally and physically”.

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“Over half of the attributed burden of poor health and early death can be linked to factors (behavioural, social and environmental) that we can change before they lead to diseases that need medical treatment or lead to a need for social care.”

Department of Health and Social Care, 2018
MAKING REAL IMPACT 
WITHIN THE COMMUNITY

During a community listening campaign run by Colchester Citizens, it was discovered that a group of BAME women really wanted to swim but mixed sessions, or sessions overlooked by men or with male lifeguards/mixed changing, prohibited the activity for cultural reasons.

We worked with Colchester Citizens and Colchester Leisure World to support the creation of the women’s only swimming project. The key features of this project included: screening between the swimming pool and outside viewing areas, finding a suitable time slot within the timetable with female lifeguards, ensuring only females could enter the mixed gender changing area for the session time period.

This project has resulted in an average of 45 women and 45 children participating in swimming at each session.

I feel so proud to have been a part of this campaign which has been a learning experience for me and has empowered me to do more for my community…”

Hasina, co-organiser and member of Bangladeshi Women’s Group

Essex Faith Covenant

Active Essex brought together several organisations, including The Essex County Football Association, Colchester United Football in the Community, Essex County Cricket Club and the Active Essex Foundation to commit their support and share the Essex Faith Covenant’s vision of using sport to tackle loneliness, isolation and disadvantage felt within Essex’s minority communities.
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DAILY MILE

Helping young people to get and stay active, The Daily Mile is a primary school initiative. Children can run or jog the mile at their own pace in the fresh air.

Following substantial investment from Sport England and working in partnership with the The Daily Mile Foundation, Active Essex is one of 10 Active Partnerships to receive funding for a focused post: ‘The Daily Mile Local Coordinator’.

Having a Coordinator role positioned within the Active Partnership allows us to have a joined-up approach to The Daily Mile alongside our existing work with schools. We have been able to create and manage accurate data in regards to the schools that are participating and subsequently its impact on the health and wellbeing of children.

WALKING GRANT

The Walking Grant is designed to support Active Travel across the county. 12 projects have been co-designed with local partners based on the need and insight, including the innovative collaboration Great Dunmow Dementia Café and Acehounds.

Talking to members of the Great Dunmow Dementia Café, many were keen for physical activity to be part of their weekly sessions. The Café had previously been visited by a local organisation called Acehounds who wanted to help people of all ages suffering with mental or physical disabilities to enjoy their lives again through interacting with their greyhounds.

Acehounds received funding from Active Uttlesford enabling them to visit the Café once a month. All members reported feeling better about themselves both physically and mentally.
A significant piece of work this year has focussed around the launch of the new ‘Sport Skills Strategy and Action Plan for Essex’ co-authored by Active Essex and Creative Sport & Leisure Ltd.

It is based on new research that identified the need to develop a highly-skilled, dynamic and diverse workforce in the sport and leisure sector.

The action plan supports the sport sector by enabling employers, deployers and workers to be increasingly:

**Highly-skilled** – leading to increased employability of learners and leavers; improved opportunities for in-work CPD; and increased knowledge of new skills frameworks and opportunities, and how they connect to different ‘career’ outcomes.

**Dynamic** – growing commercially and investing in growth; increasing delivery in response to need; increased entrepreneurial behaviour and more self-employment.

**Diverse** – delivering more types of sport and activity and increasing participation in activity; volunteering and coaching from currently under-represented groups identified.

The action plan will lead to increased participation and delivery of the Active Essex and partner objectives servicing all areas of Greater Essex.

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**Priority 3**

**DEVELOP INDIVIDUALS AND ORGANISATIONS**

**Focus:** Enable people and organisations to develop skills, achieve goals and maximise their potential

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**48** young people engaged in leadership academies and **212 leadership opportunities offered** across School Games events

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**40**

**All Together** ambassadors have supported **760 disabled people** to get active

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**260**

‘**This Girl Can Essex**’ ambassadors including **140 women** who re-engaged with the programme and over **120 new ambassadors** were recruited

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**345**

people attended Active Essex run courses including **‘Move it or Lose it’ and ‘Inclusive Communication Training’**, and now deliver 1 hour each across 40 weeks of the year

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48 schools achieved the KS1 Awards in the past year

**40** REAL PE Courses delivered

**ESSEX TEACHERS TRAINED**

**2** PE Health & Safety Courses delivered

**24** schools engaged

**40 KS1 Awards**

**2** schools engaged

**345** physical activity sessions

**Engaging 34,575 individuals** over the 12 months

**24** apprentices involved in the Royal visit of their Royal Highnesses The Duke and Duchess of Cambridge in Basildon

**19 graduated** to Level 2 Activity Leadership and are in employment within the sector

**35 apprentices** supported in the past 12 months

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### DEVELOP INDIVIDUALS AND ORGANISATIONS

**Priority 3**

**Focus:**

Enable people and organisations to develop skills, achieve goals and maximise their potential

* 35 apprentices supported in the past 12 months
  * Delivered over 5,446 physical activity sessions
  * Engaging 34,575 individuals over the 12 months

* 19 graduated to Level 2 Activity Leadership and are in employment within the sector

### Working alongside and building capacity for 12 partner organisations

* 24 apprentices involved in the Royal visit of their Royal Highnesses The Duke and Duchess of Cambridge in Basildon

### KS1 Awards

* 48 schools achieved the award in the past year

### EDUCATION CPD

* 2 PE Health & Safety Courses delivered
* 40 ESSEX TEACHERS TRAINED

* 2 REAL PE Courses delivered
* 16 schools engaged
The Duke and Duchess of Cambridge gave the royal seal of approval to Essex’s next generation of sports coaches after meeting apprentices and graduates from the Coach Core Essex apprenticeship.

Coach Core arrived in Essex three years ago with Active Essex curating a group of employees committed to the Royal Foundations thinking that sport can help empower young people aged 16-24, not in education or employment, by providing opportunities to become the next generation of top sports coaches.

**MENTAL HEALTH FIRST AID TRAINING**

Active Thurrock awarded Thurrock Mind funding to deliver Mental Health First Aid Training Workshops to local coaches, sport administrators, volunteers and front of house staff. They delivered 4 workshops, training 54 people from 19 local organisations and partners.

The practical workshops aim to help frontline staff understand common misconceptions about mental health and the impact of stigma and discrimination. There are now plans to roll this out further.

“The training has had a positive influence on my attitude to physical activity and mental health. I now have more confidence of how to approach the subject...” Course participant
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**ROYAL VISIT**

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**ABCD TRAINING** – investing in a workforce fit for the future

ABCD stands for Asset-Based Community Development.

It refers to an approach to community development that challenges the traditional ‘deficit-based’ approach. It tries to solve urban and rural development problems by focusing on the needs and deficiencies of individuals, neighbourhoods, towns and villages. Instead, ABCD demonstrates that local assets (that is people, physical assets etc.) and individual strengths are key to ensuring sustainable community development, recognising people have a life of their own choosing.

The Active Essex team has all undertaken ABCD training which helps us have a deeper understanding of our local communities in each of the hubs, providing us with the tools to reach out and support partners and communities across the local ecosystems.

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**On our QUEST**

In 2018 we embarked on a journey of self-improvement with the aim to create a modern, progressive and collaborative approach to how we work with each other, our partners and the Active Networks.

The process has involved an internal self-review as well as an external review conducted by the company Quest. Eight areas were looked at including collaborative leadership and understanding place and people. As part of the process we were awarded with a Very Good rating by Quest.

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**TRAINED AND READY TO MOVE!**

Meet sisters Natalie and Terri, who won Active Essex’s March ‘One in a Million’ award. Because life is paced at 100mph, we think we can’t do the things we love, nor make time for physical activity. The sisters show us that we don’t have to have this mind-set.

Since completing their ‘Move it or Lose it’ course in December, they now run three classes and are planning to start more.

> "We both feel like we’ve gone back 25 years and wonder why we didn’t do something like this before! It is challenging but the comments from our clients make it so rewarding."
Changing 1 million lives to get Essex Active

The Active Essex Foundation worked with a consortium of partners to develop the Canvey Island Youth Project, which has been working with young people who use the Skate Park at Waterside Farm Leisure Centre, Canvey Island. It offered a variety of activities, including parkour, and workshops such as street art and DJing. The activities offered were the result of discussions with young people forums.

CANVEY ISLAND YOUTH PROJECT
STRENGTHENING COMMUNITY
PARTNERSHIPS

Active Essex helped link together two unlikely partners to provide physical activity opportunities in a non-traditional setting in Jaywick. One is the Never Say Die pub in Jaywick, who wanted to offer something to the community using their premises. The other is the Community Fit Club, who provides physical activity sessions across Tendring. Circuit-based physical activity sessions were set up with funding from Active Tendring twice a week in the pub proving very successful. Sessions will continue as the barmaid Jennifer is now going on to take a fitness instructor course.

NEVER SAY DIE PUB
– WORKING WITH UNUSUAL PARTNERS

Our new way of working enables us to broker local relationships and facilitate effective collaborative working. Our local networks and partners in each of our 5 hubs are fundamental to the successful delivery of our outcomes and, by working within a localised approach, we are becoming more effective at strengthening local communities and connections between everyone in our ecosystem.

We see strong partnership work as one of the key areas to help drive participation. To support the understanding of our partnership work, an annual partnership satisfaction survey is conducted. One of the questions included is the nationally-recognised Net Promoter Score. This year the Active Partnership national average was 53.86% and the Active Essex score was 68.25%.

“Attended and supported by Active Essex, the Multi Schools Council aims to break down barriers and stereotypes between young people and those with physical or cognitive disabilities. Via 4 local school councils hosted around the county, events and activities this year have included the Special Schools Games and an anti-bullying event – both co-designed, delivered and evaluated with young people.

MULTI SCHOOLS COUNCIL – ACTIVE LISTENING

“Impressed by the calibre of staff teams I interact with. Keep up the good work”

Chris Evans, (Basildon, Billericay and Wickford CVS)

“No one better for local knowledge, expertise and funding opportunities when it comes to sport and sport development in Essex”

Luke Hornsley (England Handball)
The Active Essex Foundation worked with a consortium of partners to develop the Canvey Island Youth Project, which has been working with young people who use the Skate Park at Waterside Farm Leisure Centre, Canvey Island. It offered a variety of activities, including parkour, and workshops such as street art and DJing. The activities offered were the result of discussions with young people forums.

Project member John, who struggled with controlling his anger (he had suffered bereavement and felt alone), said they helped reduce his feelings of anger and helped him make new friends.

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Circuit-based physical activity sessions were set up with funding from Active Tendring twice a week in the pub proving very successful. Sessions will continue as the barmaid Jennifer is now going on to take a fitness instructor course.
The 14 Community Voluntary Services (CVS) across Greater Essex work behind the scenes to ensure local voluntary sector groups and organisations get the support they need. The reorganisation of Active Essex to put stronger focus on locality work has strengthened our relationship with local CVSs. For example:

- Walking Grant being delivered by Community 360 in Braintree
- GP surgery walk
- Uttlesford CVS
- Great Dunmow Dementia Café walking activities
- Active Network funding being held by Harlow CVS, Chelmsford CVS, Community 360
- CVS are now members of Active Networks in Brentwood, Tendring, Uttlesford, Thurrock, Chelmsford, Maldon, Braintree, Southend and Epping

Organised by the 3 Active Networks in the South West Essex hub area, 80 local partners from a wide range of community partners and organisations came for the first South West Essex Joint Networking Event.

With a focus around mental health, it was an opportunity for all to discuss the current picture of mental health in South West Essex, share good practices and look at how the partners in the room would work together to create change.
The Active Essex Foundation is an independent charity that has been set up to use the power of sport and physical activity to engage and support the most marginalised groups across Essex.

In the past year we have focused on developing projects that engage young people who suffer from a number of inequalities including poor mental health, those involved in (or at risk of becoming involved in) the criminal justice system, those living in areas of high deprivation, those who may lack positive role models and those who are not in education, employment or training.

**In the past 12 months the Foundation has:**

- Worked in partnership with, and increased the capacity and resources of, grass roots organisations including: Achievement Through Football, Yellow Door Youth project, St Stevens Community Trust, Motivated Minds, Fit4Life, Sport for Confidence Oakwood Hill Residents Association, Fitness in Mind and Brentwood Leisure Trust

- Delivered 8 projects that have been co-designed with local communities in the most deprived areas of Essex including: Thurrock, Southend, Basildon, Castlepoint, Harlow, Epping Forest and Brentwood

- Brought in £111,030 of additional funding to Essex and community organisations engaging the most deprived communities

Engaged over 568 young people in sport and physical activity

Delivered a Fit and Fed programme, engaging 40 young people in a school holiday programme aimed at engaging young people in positive activities and providing them with a nutritious meal to overcome the growing issue of holiday hunger

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**3030 Essex – Getting Active and Raising Funds for the Foundation**

To support the Foundation, we launched a special campaign called 3030 Essex. Every resident in the county was urged to commit to 30 minutes of physical activity every day for the 30 days of June and raise money for the Foundation.

Individuals, schools, clubs and workplaces were invited to choose to carry out any type of physical activity they wanted as part of the fun challenge.
Essex has been awarded a game-changing National Lottery grant of £10.68 million from Sport England to increase activity levels across Essex and tackle the inequalities which prevent 382,900 people in Essex from enjoying the physical, social and mental health benefits of an active lifestyle. The impact will be felt across the county and the learnings are already supercharging the Active Essex strategy and will help shape our thinking into the future.

Currently, 1 in 4 (27%) Essex residents are inactive and carry out less than 30 minutes of physical exercise each week, while people on low incomes are twice as likely to lead sedentary lifestyles (source, Active Lives Survey 2016/17). Getting families, the elderly and people with poor mental health more active is the priority.

The successful bid was made by the Essex Local Delivery Pilot (Essex LDP), which is led by the Essex Health and Wellbeing Board, Active Essex, and more than 20 partners including public, community and voluntary sector organisations.

It is accepted that previous approaches to tackling stubborn inactivity have had mixed results, so the Essex plan focuses on doing things differently and challenging the root causes of inactivity. We undertook extensive research to understand what needs to change to help people live more active lives. The findings led to the development of seven strategic priorities and the plan which Sport England has approved, awarding Essex one of its biggest ever National Lottery grants.
It is central to the Active Essex ethos that physical activity and sport should be open and accessible to everybody. We strongly value diversity and strive to ensure that opportunities are available to all, but do recognise that there are inequalities in participation opportunities which affect specific sections of our communities.

Equality and the needs of our population are given full regard in all aspects of our work. Active Essex will embed equalities into the development of the annual Delivery Plan that accompanies this Strategic Plan. We are committed to working with our key partners to ensure that actions are in line with good practice so that equality is and remains an integral part of all aspects of our work.

“Azeem Akhtar

Together, I believe we can achieve the change in people’s lifestyle behaviours which we need to meet our 1 million goal. I hope you will join us on this new journey and work with us to make Greater Essex active for a healthier future.”
For further information, please contact a member of our team:

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