



CHANGING **1 MILLION** LIVES

Driving Participation Update October 2020

Campaign: Better Health Essex

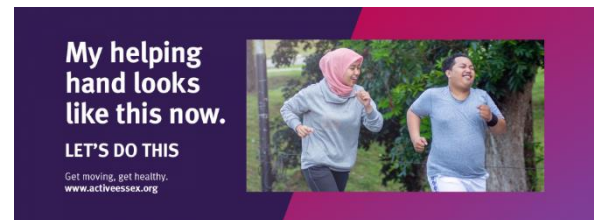
Join Essex residents in taking steps to getting fighting fit for winter!

Together with Essex County Council and Active Essex, we want to support you to get moving and get healthy. Physical activity is good for everyone, it's about finding what is right for you. Make

getting fit and healthy enjoyable, by making small changes to your lifestyle. We are also lucky in Essex to have lots of great free opportunities to help you lose weight and eat healthier.

For activity ideas, workout videos and weight management support, visit the Active Essex website. <https://www.activeessex.org/better-health/>

Let's Do This!



Course

Mental Health First Aid – Offer for groups and club

The online Mental Health First Aid is made up of both individual learning activities and a series of live sessions hosted on our new MHFA England Online Learning Hub.

Individual learning will be based on a combination of videos, workbook activities and reading, which can be done at your own pace in advance of each live session. The live sessions are led by an approved MHFA England Instructor. The training is fully funded and Active Essex team can provide support with your action plan and embedding good practice within your club setting. See attached course dates and more information.



Mental Health
Foundation

Funding

Make our Brentwood Active

The Make our Brentwood Active programme is now open for local groups, clubs and organisations who have a great idea to get their community healthier. This could be through targeted interventions, a borough-wide offer or local passionate people who want to use physical activity to make a positive difference in their neighbourhood. We are particularly interested in supporting ideas that target communities who are most likely to be physically inactive or who are most likely to experience health inequalities due to various circumstances, some of which may have been exacerbated by the coronavirus pandemic. The application process is short and simple, has a rolling deadline and decisions are made quickly. Before applying, please read the guidance notes and if you have any questions, please contact Lee.Monk@activessex.org 07917651667.



Brentwood Borough Council Mental Health Small Grants Scheme

Grants of up to £2500 are available to individuals, organisations and groups for wellbeing projects delivered between 1 January and 31 December 2021. Projects must be delivered in the Borough and involve people with lived experience in design planning and delivery. Applicants will need to demonstrate how their project meets a number of health criteria and are strongly advised to thoroughly read the linked Guidance Notes and the Scoring Matrix. The deadline for applications is 30 October 2020. All enquiries should be made by emailing mhfunding@brentwood.gov.uk



Hedley Foundation

Grants are available for small UK registered charities working with young people in the areas of recreation, sport, training, health and welfare, support and outdoor education of young people.



Application deadline: 28/10/2020

DM Thomas Foundation for Young People - Central Grants

Grants are available to UK registered charities that are working with young people (up to 25 years) for projects supporting young people in the vital areas of education, awareness and training. Education funding generally will be given for training/re-training, educational equipment, activity-based learning leading to accreditation and sports equipment.



Application deadline: 06/10/2020

Toolkit

Socially distanced sport toolkit

[This document](#) outlines suggestions for organisations wishing to run activities while COVID-19 is present but we recognise that they will not be relevant for everyone. We expect that you will adapt the toolkit to meet your organisation's needs and within the context of your own activities.

Socially Distanced Sport

A TOOLKIT FOR SPORT AND PHYSICAL ACTIVITY PRACTITIONERS

Safeguarding

Parents in Sport Week 5th-11th October

During the week, the CPSU will be sharing guidance on the types of things sports clubs should have in place to keep children safe, how parents can get help with any concerns and how parents' positive behaviour contributes to better experiences of sport for children. For more information or how you can get involved [click here](#).

Parents in Sport Week

5 - 11 October 2020

LET'S TALK ABOUT KEEPING CHILDREN SAFE IN SPORT

Inclusion

Inclusive Activity Programme Re-launches Online

UK Coaching and Activity Alliance have re-launched the Inclusive Activity Programme as an Online Classroom. This Online Classroom will equip you with the skills and confidence to engage disabled people and people with long-term health conditions more effectively in your sport and physical activity sessions. The Inclusive Activity Programme is delivered by UK Coaching and Activity Alliance and funded through Sport England's National Lottery fund. £15 per learner (subsidised by Sport England. Regular price £30 per learner). For more information on the course and to book [click here](#).

**activity
alliance**
disability
inclusion
sport

Delivering an excellent service for disabled customers

Activity Alliance has launched the new updated eLearning course, 'Delivering an excellent service for disabled customers'. With refreshed content, the online module sets out to empower workforces within leisure and sport organisations. Upskilling the teams responsible for customer care in these active environments will enable more disabled people to have a better, positive experience.

Although the training is tailored for leisure centre staff, any customer-facing businesses and individuals may benefit from the course. This includes all front of house leisure centre staff e.g. receptionists, catering and support teams, fitness assistants, membership advisors, activity or class leaders or centre managers. For more, [click here](#).

Webinar

Shaping the Future of Essex Groups and Clubs Wednesday 7th October 6-7:15pm

You are invited to hear the latest emerging themes across the physical activity sector, nationally from Sport England, locally from Active Essex and what this means for groups and clubs. This interactive session will aim to gather insight and views from groups and clubs in Essex, which will help both Sport England and Active Essex inform future strategy development for the sport and physical activity sector.

This session is aimed at sport, community and voluntary groups.

To sign up, please register [here](#).



Get in touch in with Active Essex

If you have any questions or require additional support from our team, please get in contact and we'll do our best to help.



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