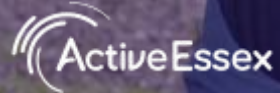


The Pulse



If you wish to unsubscribe to these newsletters, please email administration@activeessex.org

Active Essex News



- Earlier this week we entered step 4 of the government's roadmap. [Sport England](#) have produced the latest guidance and offer support in how the sector can prepare to restart together.
- There are a lot of online safeguarding classroom workshops taking place over the course of the next two weeks. If you'd like to see what is available, head over to our [training and courses](#) page on the website.
- Don't forget the Olympics starts this week! From everyone at Active Essex, we would like to wish all of our athletes good luck, they will do our country proud. We have a number of athletes in Tokyo from Essex, such as Max Whitlock MBE, Jessica Judd, Beth Shriever and Richard Chiassaro will compete in the Paralympics in a few weeks time, so it's even more important we cheer them on! The games may even inspire you to Find Your Active as it showcases such a wonderful array of sports and activities, so why not give something new a go! Read all about it [here](#).

ELDP News



- For 10 weeks in this summer of 2021, 30 Octopus Ahoy! Sculptures have formed an exciting art trail for families to follow. Over 7 million steps have already been used to follow the trail, which takes place until September. The trail celebrates the Mayflower 400 project and 150 Years of Clacton. The LDP Octopus is based in Jaywick and is already one of the most popular.
- Earlier this month, saw the launch of Park Play in Lake Meadows Park, the 5th Park Play now running in the Basildon borough. The first session had a great turn out of 26 people.
- The Colchester Wheels For All launch took place at the Colchester Northern Gateway on Friday 2nd July and was a great success. Wheels for All is an initiative that embraces children and adults with disabilities to engage in cycling activity. Active Essex Board member David Sollis and Active Essex staff member Ian Duggan attended the event and gave great feedback from the launch.



It's about finding what's right for you!

The Find Your Active campaign has swept the county and we're reading lots of inspiring people trying new activities and moving more – which is great! If you have a story you'd like to share, please send it in to administration@activeessex.org

The **activity finder** has new activities being added daily, so make sure you keep coming back to see the fun and exciting activities going on near you.

Some people find it hard to know where to start and that is where Find Your Active would like to support. If you or someone you know isn't sure where to start, we've got some useful pages to help step-by-step along the way.



The Find Your Active Fund is open for business and we have already received over 90 applications, but we have room for many more.

The fund is a simple and short application process, with the fund focusing on awards that can support organisations and ambassadors to take immediate action to engage people who are less active because of the pandemic.

We have already helped a number of organisations in providing new activities for residents, as well as supporting ambassadors, like David Simmons from Changing Lives and Chloe and Francesca Townsend on new ventures to engage inactive residents and inspire more people to join the movement. Through the Find Your Active fund, we have already helped Harwich Walking Football to introduce a women's club and Yoga4All in Benfleet to support residents with mental or physical health conditions.

Apply [here](#)!



Clubs kick off on Monday!

The Essex ActivAte team are making final preparations, with over 200 clubs starting next week! These clubs are not only taking place in the major towns and cities, but also further afield for families in rural locations. Each club provides a safe environment for children to get active, have fun and make friends!

Families are still able to book on [here](#).

Activity packs and YouTube videos will be available on our [Family Support page](#)

From Monday the Essex ActivAte team are taking over the Find Your Active YouTube channel, providing hours of video content for children and families to have fun this summer. Videos will include ideas to inspire people to get active, get creative, get mindful, get reading and get cooking! Rather than providing a set timetable, this time summer children can design their own timetable, using the template in the activity packs.

What's more, after taking on board feedback from Easter and Half Term, this summer the team are providing 2 different printed activity packs – a Standard Pack and a Junior Pack. These will also be available to download for free online for children who are unable to attend face to face clubs. The team are also working hard on a 'Summer Bucket List' pack to encourage secondary school students to get active, get creative and get cooking this summer!



Save the Date

Essex Health Series – Embedding physical activity into cancer patient care pathways

Join us for the next webinar as part of our Essex Health Series. This webinar will focus on the importance of embedding physical activity and movement into cancer patient care pathways.

Thursday 16th September 9:30-10:30am. Register your interest [here](#)

