

# The Pulse

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# Active Essex News

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- Calling all walking groups! Research tells us that for inactive residents a walking group would be their first choice of activity to try. So if you lead a walking group, please populate your sessions on our Find Your Active Activity Finder [here](#)!
- Don't forget to check out our blog page on our website to read some of the fantastic stories from individuals, groups and clubs around the county. If you have an inspiring story to tell, submit it [here](#).
- On Tuesday 20 July, The Essex Climate Action Commission launched its report, '[Net Zero: Making Essex Carbon Neutral](#)' at an online event. It has set the bar on what can be expected over the coming years in Essex to reduce carbon emissions - if you missed it, you can still watch it [here](#). The Commission's has also launched its very own [website](#) and Facebook page – so do check these out alongside signing up to its newsletter, to keep up to date with climate action.
- It's never too late to get active, improve your diet, and small changes everyday can help you lose weight and feel healthier. Lets Do This and with the help of the Find Your Active campaign we can help get you to Better Health. See more [here](#).
- Every month we will be creating a specific toolkit to support clubs and organisations, which will include online courses, resources and webinars. You can find the Driving Participation newsletter for August [here](#).

# Local Delivery Pilot News

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- Dogs, pushchairs, kids, adults, baby bumps... there's few sporting environments more inclusive than a parkrun! parkrun returned to the county last Saturday, including Lake Meadows in Basildon where the runners included the Mayor of Basildon, Cllr David Dadds!
- The Essex Local Delivery Pilot has created a strong relationship with Basildon based GP, Dr Ukpaka. Dr Ukpaka is Chairperson of Basildon Side by Side community group <https://basildonsidebyside.org>. Dr Ukpaka has created and produced a series health video's with the aim of reaching out to Black, Asian and Minority Ethnic communities with important messages. In the coming weeks a different video will be shared. This week we are sharing a video about neck pain which features Shayam Chatti, Specialist Physiotherapist and PHD Student <https://www.youtube.com/watch?v=SzLmyuQyUu4>





It's been a month since Find Your Active launched and it's been great to see so many people across the county share stories of how they have found their active or perhaps tried something new. We love seeing everyone's photos, so please keep them coming!

Alongside this county-wide campaign, the Find Your Active Fund is helping to respond to the immediate challenges of engaging people who have become less physically active, due to the pandemic. With over 100 applications already in, don't miss out on applying. Apply [here](#).

Our Find Your Active Ambassadors are helping to promote physical activity opportunities available in local communities and are supporting residents in finding the activity that's right for them. If you'd like to join the team in helping others to find their active, you can apply [here](#) with the additional opportunity of applying for ambassador funding.

With key monthly focuses planned throughout the year, we will be providing updated copy regularly to keep content fresh. August's focus is all about getting outside, having fun and introducing residents to the Find Your Active campaign. Contact the team if you'd like to receive our monthly toolkit.

# Achievements

## Essex Athletes doing us Proud!

Team GB continue to tot up the medal count and the Essex athletes are sitting proud.

The Olympics is always an exciting time and for many, our first time in watching a variety of sporting activities. From the tiny corner of Essex, many athletes have stepped up to the big stage and have done their country proud.

Although the Olympics continue to take place and we're still awaiting the exciting Paralympics, we'd like to pass on our massive congratulations to the following Essex athletes that have completed so far:

- Beth Shriever, BMX Cycling Gold Medallist
- Ben Maher, Individual Jumping Equestrian Gold Medallist
- Alice Kinsella, Women's Gymnastic Team Bronze Medallist
- Max Whitlock, Gymnastic Pommel Gold Medallist
- James Gall, Hockey Quarter-Finalist
- Matthew Coward-Holley, Men's Trap Shooting Bronze Medallist

It's been joyous watching such a range of activities and perhaps this could inspire you to Find Your Active at a local club or class near you!



# Essex ActivAte

Something for every child this summer!

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Just as the Find Your Active campaign focuses on the enjoyment of moving in a way that suits each individual, Essex ActivAte also centres around helping children and young people try new things and find the activities they enjoy the most. We always encourage our delivery partners to think outside the box and have been so impressed by the array of activities on offer during these first two weeks of summer clubs!

Even within these first 9 days we estimate that there have already been over 80 different types of activity featured within clubs across the county! Some of the most inventive ideas include homemade mini golf courses, pony rides, making bug hotels, scavenger hunts, creating bath bombs, and even hiring giant inflatable courses / games!

It was wonderful to welcome Councillor Louise McKinlay and Active Essex Board Member, Anton Ferdinand, down to a club last week! Not only did this give them the opportunity to see children getting stuck in with 10 activities, but also enjoying a tasty hot meal. Take a look at our exciting new video to see for yourself...

[Click here to watch the video!](#)





# Case Study

## Testing the new Orange Bikes

LDP Coordinator Cheryl, bikes around Clacton to promote new cycling project Essex Pedal Power

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Cycling is a great way to get around town, but it also provides a fun, free and healthy way to spend some quality time with others.

No sooner had Cheryl picked up her Essex Pedal Power bike loan, her boyfriend was inspired to cycle too. As the sun shone and the weather warmed up, just in time for Cheryl and Steve's week off, they took it as an opportunity to cycle around the local coastline. Starting steady at first, they spent some time cycling around their estate to get Steve used to riding a bike again.

Cheryl is excited to see where the wheels will take her next. She said: "I wonder where our next adventure will be. Watch this space!"

Link to full story [here](#).



# Save the Date

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## 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 16<sup>th</sup> September 9:30-10:30am. Register your interest [here](#)

