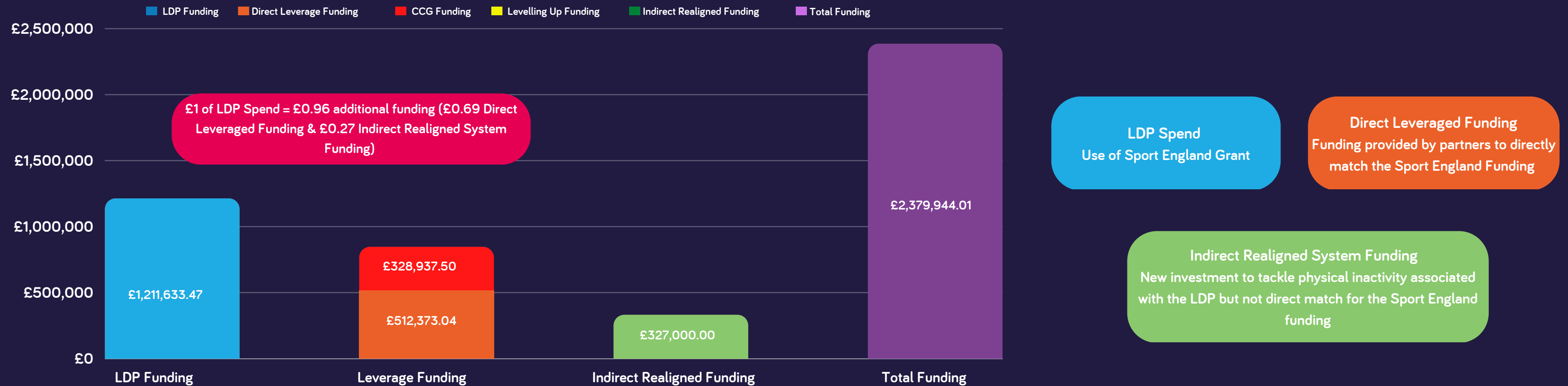


Active Essex Local Delivery Pilot (Work in Colchester)



Quarterly Report September- December 2022

Colchester approved investment proposals April 2020 - December 2022



Leverage Funding

Wheels for all - £38,802

- Leonard Cheshire - £18,000
- Colchester Borough Council - £500
- Colchester Catalyst - £9,102
- Cycling UK - £2,500
- Cycling Projects - £3,700

Colchester Green Prescribing - £21,000

- Colchester Borough Council - £10,000
- C360 - £11,000

Catch 22 - £5,000

- Colchester Borough Council - £5,000

BlitzFitMe (Lifestyle App) - £2,000

- Various partners - £2,000

Pool Pod - £16,500

- Colchester Leisure World - £16,500

North East Essex CCG - £10,000

- CCG - £10,000

Mobile Skate Park - £1,000

- Colchester Borough Homes - £1,000

Project Mind Empower - £13,771

- Colchester Catalyst Charity - £13,771

Essex Pedal Power - £533,000

- Colchester Town Deal - £318,000
- Colchester Borough Homes (In-Kind) - £15,000
- North Essex CCG - £200,000

LDP Comms Post - £45,000

- North Essex CCG - £45,000

Street Tag Continuation - £45,500

- North Essex CCG - £45,500

Physical Activity and Partnership Officer -

£23,437.50

- North Essex CCG - £23,437.50

Colchester - ParkPlay - £15,000

- £15,000

Communities Can Physical Activity Officer -

£71,500

- Community 360 - £4,000
- University of Essex - £67,500

Age Well East - £4,800

- Active Colchester - £1000
- Colchester Catalyst - £1000
- North Essex Hyper Local Fund - £2800

Colchester Family Wellbeing Project - £3500

- Colchester Catalyst - £1000
- Active Essex - £2500

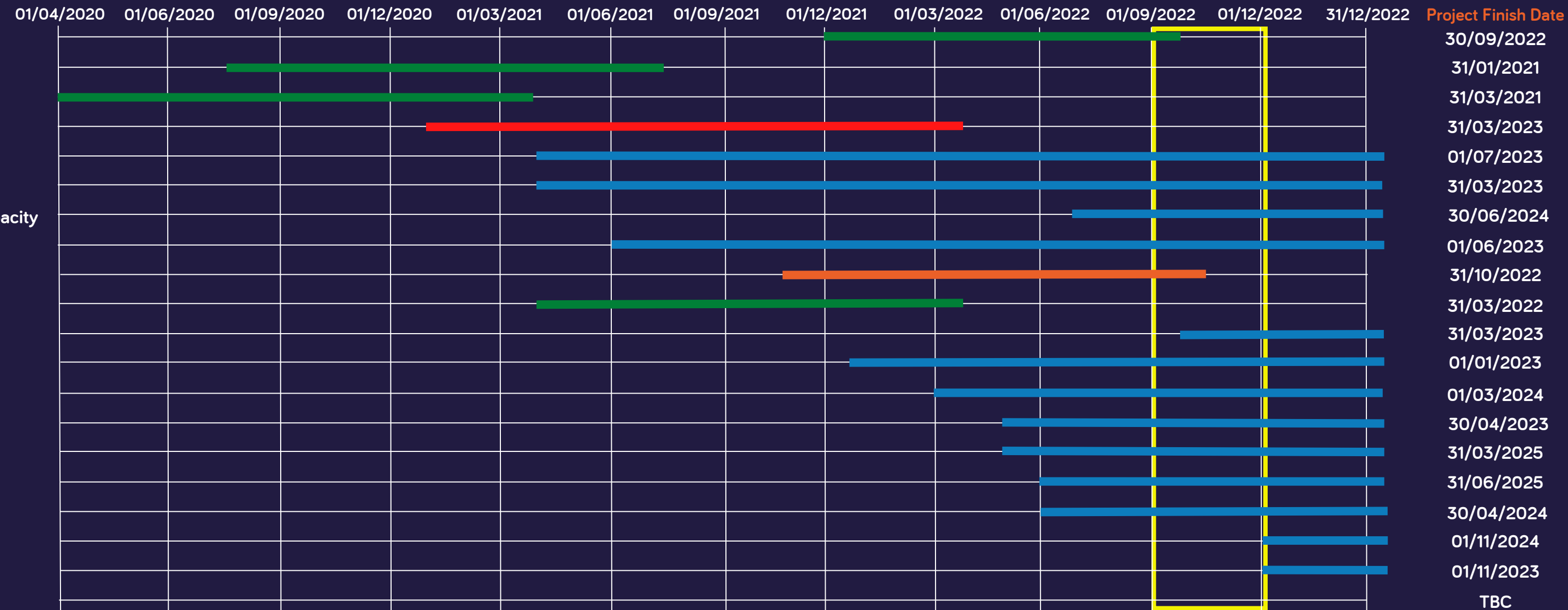
Indirect Realigned Funding

Colchester Borough Council - £327,000

- Town Deal - £327,000

Current Investment Schedule April 2020 - December 2022

■ Completed ■ Approved to Commence ■ In Progress ■ Current Reporting Quarter ■ Project Closed Early/Delayed



Microgrants



DEMENTIA WALKING FOOTBALL - £2,475

There has been progress in our LDP-funded Dementia Football planning.

Colchester United Football in the Community will be visiting the C3 Church Dementia Café located in Abbey Fields in January and during this season, Colchester United FiTC will deliver physical activity, with links to football, for the participants to enjoy and get involved in.

They are using this session as a trial to see if they could then run a dementia café with football/physical based activity, bi-weekly, at the Shrub End football centre.

FIT AND FAB - £2,500

The Fit and Fab women and children only classes in Greenstead have now moved indoors for the evening sessions, to Greenstead Social Club. Elizabeth from The Boaz project tells us: “The feedback from the ladies is entirely positive, and their growing confidence is amazing”.

The ladies held an extra five sessions during the half term week and a WhatsApp group has been set up to keep the attendees connected between sessions. The ladies use their imagination and any resources available to keep fit, including large water bottles filled with stones as weights.



Overview

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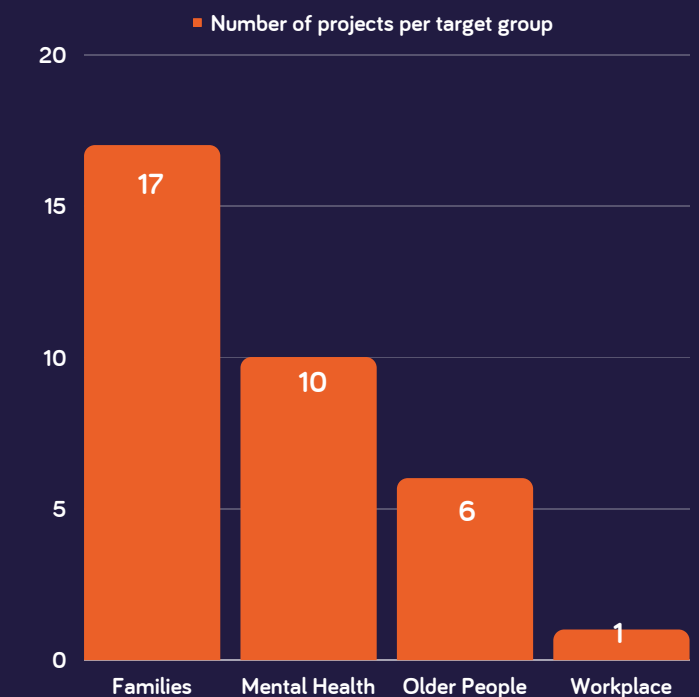
microgrants approved in Colchester

82%

of microgrants in Colchester have been completed

£69,853.09

The amount that LDP has invested in microgrants in Colchester



Project Spotlight: Project:ME

Project: ME is a year long project seeking to tackle the inequalities in the most inactive and deprived communities in Colchester. The LDP panel approved £40,411.93 of funding for this work

Project:Me was set up by Kate Nokes and Vicki Stavrinou as an early intervention wellbeing programme for young people to bring an awareness of their mental health as well as encourage physical activity. Project:ME has worked with the schools to identify students who would benefit the most.

The sessions were designed with time for wellbeing activities, a focus on strategies to support an improvement with their mental health such as; breathing techniques, mindfulness, positive self-talk and visualisation, as well as physical activity and street dance routines

The programme at Colchester Academy was completed before the summer holidays. The project is now working with 2 feeder schools; Parsons Heath Primary School and Unity Academy. The programme at Unity Academy began in September and ran up to Christmas. Parson Heath Primary School is running 2 programmes between October 22- January 23.

These programmes have been a success, particularly with engaging with parents/ carers. Evaluation work is ongoing, taking learnings from previous programmes to the next.



Recently approved LDP investment in Colchester Communities Can Physical Activity Officer

£98,200 of funding invested by the LDP Panel in November into this project.

£71,500 of leverage funding added.

£169,700 Total funding in this work

The Communities Can Officer will:

- Embed Principles of Physical Activity Within Organisations
- Act as a community champion to highlight the importance of physical activity
- Provide support to volunteers and help broaden their knowledge of physical activity pathways
- Introduce physical activity sessions to over 500 members of the community per year.
- Recruit and train 20 volunteers over the two year period.

This initiative has sustainability built in from the start in two key ways

1. By engaging the community groups in an ABCD approach to sport and fitness, this will instigate an ownership for their community which will then instigate a commitment to proposed and implemented sessions. Once the benefits of improved physical and mental wellbeing are obtained by the community this will inspire and motivate others within their communities to participate. We will be able to enable the implementation of sports and fitness sessions and signpost the community to already established sessions and initiatives.
2. Using our links within the educational pathway and the volunteer centre to instigate a team of volunteers from the community. This will ensure longevity within the Communities Can project and ensure the progression to build community capacity to provide volunteer led activity. We will highlight courses and funding to community groups and build their experience and knowledge so that once the project has finished, they have the tools to keep their community active.

