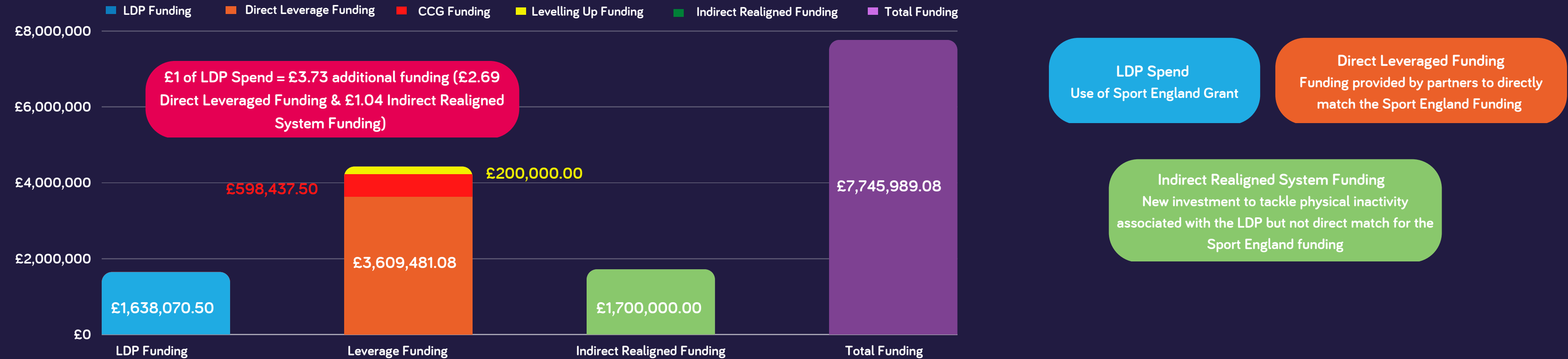


Active Essex Local Delivery Pilot (Work in Tendingring)



Quarterly Report September- December 2022

Tendring approved investment proposals April 2020 - December 2022



Leverage Funding

Jaywick Sands Community Forum - £31,400
-National Lottery Community Fund - (£31,400)
Inclusion Ventures - £545,519
-Colchester Catalyst - (£50,000)
-National Lottery Community Fund - (£495,519)
Clacton & Jaywick Essex Pedal Power - £2,455,324
-SELEP - (£2,300,000)
-Raleigh Bikes - (£5,000)
-Various - (£150,324)
YES Mentoring Programme - £22,208
-Catalyst - £22,208
Active Ageing Outdoor Gym - £10,000
-Tendring District Council - £10,000
School Community Cycle Hub - Bike Garden - £10,000
-Clacton Coastal Academy - £5,000
-Opening School Facility Fund - £5,000

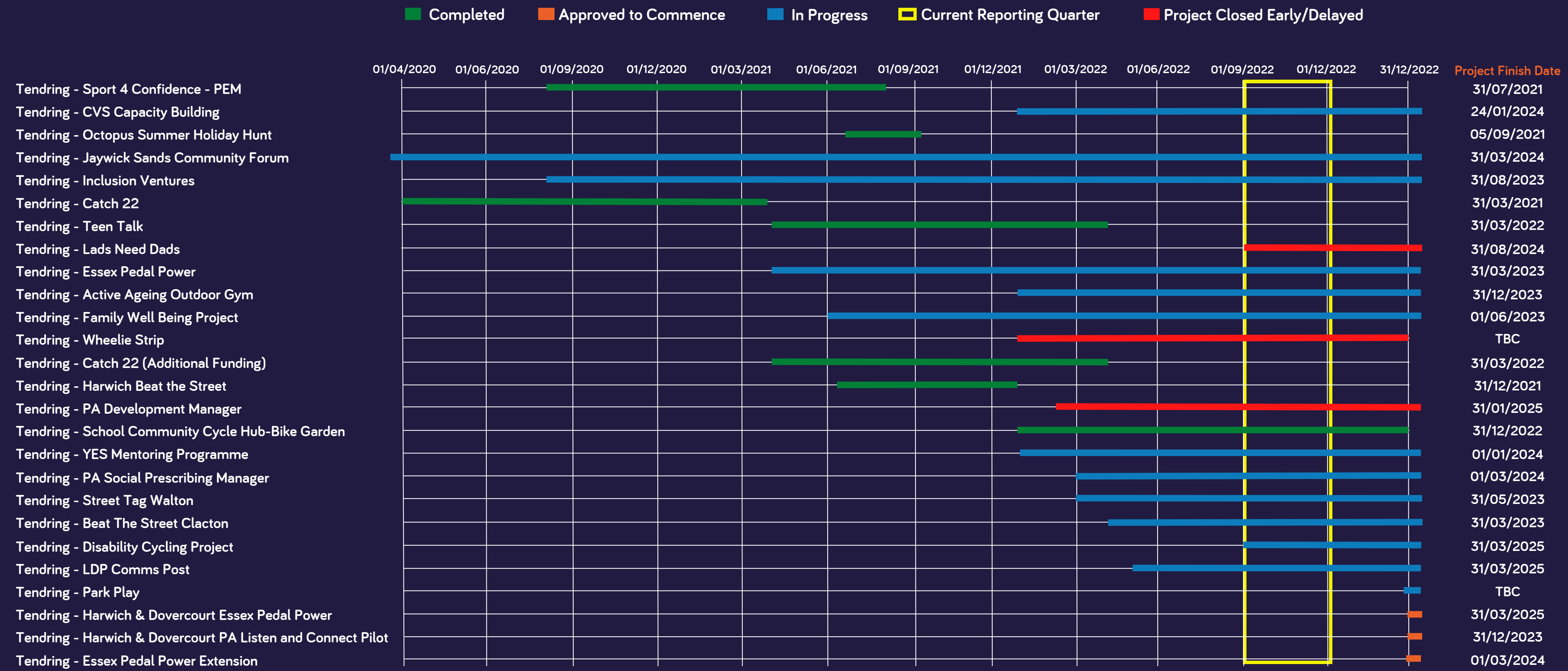
Catch 22 - £22,000
-Tendring District Council - £5,000
-Teen Talk (£8,500)
-UK Youth - £8,500
CVS Capacity Building - £10,000
-CVS Tendring - (£8,000)
-Octopus Summer Holiday Hunt - (£1,000)
-Tendring District Council - (£1,000)
Harwich Beat the Street - £10,069
-Intelligent Health - (£10,069)
Wheelie Strip - £2,000
-Frinton and Walton Town Council - £1,000
-Tendring District Council - £1,000
Street Tag Walton - £15,000
-Harwich Town Council - £1,000
-Street Tag - £14,000

Beat The Street Clacton - £25,000
Intelligent Health - £10,000
ECC Levelling Up Fund - £15,000
PA Social Prescribing Manager (£23,437.50)
Disability Cycling Project - £427,000
North Essex CCG - £200,000
ECC Levelling Up Fund - £125,000
LDP Comms Post - £25,000
-North Essex CCG - £25,000
Park Play - £30,000
-North Essex CCG - £20,000
-ECC Levelling Up Fund - £10,000

Harwich & Dovercourt Essex Pedal Power - £350,000
-North Essex CCG - £300,000
-ECC Levelling Up Fund - £50,000
Harwich & Dovercourt PA Listen and Connect Pilot (£30,000)
-North Essex CCG - £30,000
Essex Pedal Power Extension (£169,225)

Indirect Realigned Funding
Essex Pedal Power
Essex Pedal Power - £1,700,00

Current Investment Schedule April 2020 - December 2022

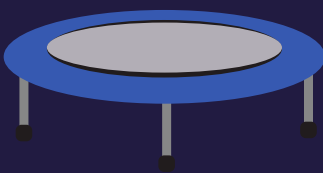


Microgrants

CASE STUDY: BERT'S BELLY BUSTERS



214 MEMBERS



10 ADDITIONAL TRAMPOLINES PURCHASED WITH THE GRANT MONEY



Bert's Belly Busters is a fun family bounce class, offering a full range of total body group training workouts in Walton-on-the-Naze. Set up by Roberta Meskell, her aim was to encourage movement and motivation for the whole family, which was fun and enjoyable for all.

After successfully receiving a Local Delivery Pilot grant, Roberta was able to purchase a further 10 rebound trampolines that she needed for her sessions and the first set of family bounce classes were held on Friday 11th September at the YMCA hall in Walton-on-the-Naze. Due to great attendance and positive feedback, these affordable sessions are now being held fortnightly.

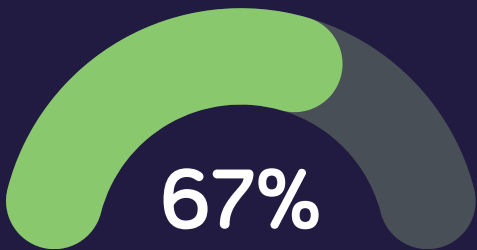
Roberta has now built up a strong membership of 214 members, which is a huge achievement for a small town like Walton-on-the-Naze. She hopes to build on this after recently passing her Personal Trainer exams, bringing her closer to a children's course which will enable her to work with children from the age of 5

"For me this is just the beginning, my passion keeps on growing. Bert's Belly Busters Family Bounce is finally something we can all do together!" **Roberta Meskell**

Overview

42

microgrants approved in Tendring

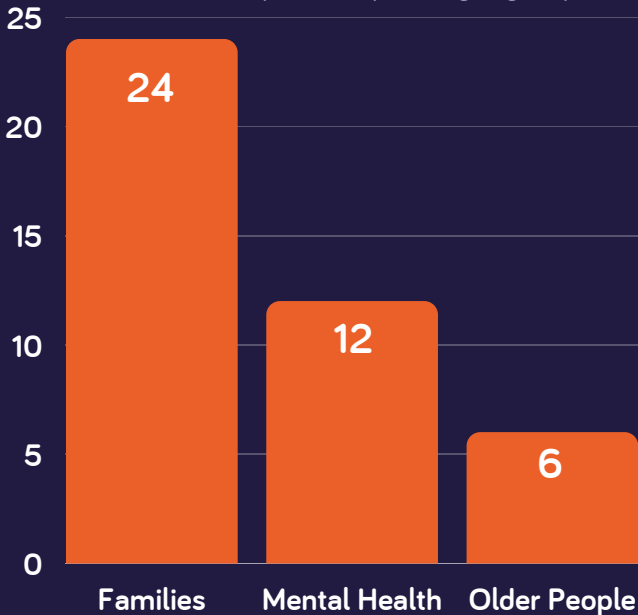


of microgrants in Tendring have been completed

£82,160.76

The amount that LDP has invested in microgrants in Tendring

Number of projects per target group



Microgrant Spotlight: Feel Good Drumming

Feel Good Drumming was set up by OT and Community choir leader Lisa Strong who wanted to bring the community of Walton something unique, and to help reduce social isolation.

The ethos of Feel Good Drumming is about bringing the community together through shared rhythm, whilst encouraging residents, who don't normally participate in organised activities, to get out and about. The sessions, that take place in Walton-on-the-Naze, have a spiritual element, but ultimately it is about having fun, enjoying yourself and moving more no matter your ability.



The relaxed and informal environment creates an atmosphere where participants feel comfortable to learn, without added pressure of standing out from the crowd and instead offers a safe place for members to express themselves.

The sessions focus on mindful drumming and games and activities that help elevate mood and sense of belonging. Feel Good Drumming is a project that has been set up to appeal to many in the community, but especially those who may be struggling with addiction, poor mental health, physical conditions and loneliness.

"This summer we had a successful six sessions of beach drumming, playing to the backdrop of the ocean, seagull sounds, and holidaymakers wondering what we were up to. Singing and drumming both seem to remove the barriers of disability, especially with an OT leading and making subtle adjustments and adaptations so that everyone can participate. When we sing and drum together everyone is equal, we support each other, we laugh, we feel like we belong, and everyone comes away feeling good"

Click on the picture below to watch a video



Essex Pedal Power in Tendring

Essex Pedal Power - Tendring has now exceeded the 500 mark in terms of bike giveaways out of a total of 1,200 bikes.

There has been an increase in the training and recruitment of local volunteers.

Additionally there has been an increase in the number of community bike rides and community bike events further highlighting the success of this project.



371,331

Minutes active since launch



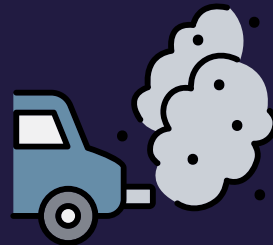
89,780.64 KM

Total distance travelled since launch



13.7KM/H

Fleet average speed



10,709.78 KG

Total CO2 saved/ Total avoided CO2 emmissions

New Coordinator appointed to set up Essex Pedal Power in **Harwich and Dovercourt!**

Carina Nea has been appointed as the new Coordinator. Carina will take up her new position in early February and will lead on the planning to giveaway 400 adult bikes and 200 children's bikes in the communities of Parkestone and Bathside Bay.

Looking forward...

The next steps for **Clacton & Dovercourt** are to significantly increase communication with bike recipients and those on the waiting list to better understand the needs of those on the scheme. Additionally we are looking to step up training in cycling confidence and bike maintenance.

In 2023 there will be more bike giveaways using social prescribing, job centres and other community networks.

Clacton & Dovercourt will also test some new schemes for bike recycling as well as the use of e-bikes and e-cargo bikes



Tendring Wheels for All Project

The Essex Pedal Power Wheels for All project across Tendring has now commenced. The new project manager is Julie Bunnage who can be contacted via julie.bunnage@wheelsforall.org.uk



7,500

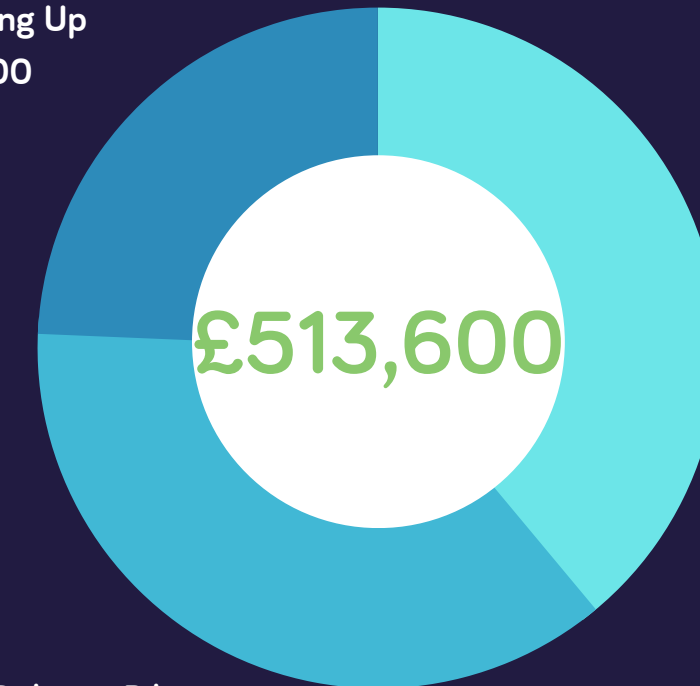
people with disabilities or long-term health conditions in Tendring will have access to regular cycling.

26

adapted bikes have initially been distributed to people qualifying for independent cycling.



ECC Levelling Up
£125,000



North East Clinical Commissioning Group
£200,000

Local Delivery Pilot
£188,600

Funding Breakdown

3

new hub sites have been scoped to open in 2023 providing free sessions at safe venues with qualified instructors and a range of adaptive bikes

Desired Outcomes:

1. Disability offer by the mainstream cycling community in Tendring.
2. Enabling independent cycling by people with disabilities and LTHCs through the offer of a free bike to own.
3. Specialised sessions (outreach, mini-hubs, main hub)



Tendring LDP Events



Sport England visit to LDP work in Tendring

Warren Leigh, Marie Hartley, and Olly Ambrose from Sport England visited Tendring in September, to gain an insight into the fantastic LDP work happening in the district. They visited Essex Pedal Power and met some of the volunteers who are building the 1,100 bikes to be given out to eligible residents in the community.

They also visited Essex Pedal Power's new storage building, and met with the CVS, Active Essex, Tendring District Council teams, Clacton Adult Community Learning Centre, and participated in one of the successful micro-grants that inspired Feel Good Drumming CIC, led by Lisa.

Clacton and Jaywick Essex Pedal Power Christmas event

Partnering with ACL, Clacton and Jaywick were able to put on a private Christmas party for all Essex Pedal Power riders with free hot food, live music, bikes with lights competition and entertainment. To help make this a special event for the pedal power community there were performances from Steel Band Phase 5 and Chris Maynes World of Magic for the children. Between 100-150 people came to join in with the festivities. Local Steamroller Queen volunteers, Right Balance weight support Group, Cooks Crafts, Scrumptious Scents 21, young Ashley (Aged 6) had his Awesome Badge Making stall, Handmade crafts by Violetta & Leos Rides were all able to have promotional stalls.

Food was cooked by Kens Kitchen- wonderful curries for everyone's taste. Staff, volunteers, and support from the whole Essex Pedal Power delivery team made this happen!

Current leaderboards



Leaderboard start 22nd Sep 2022 - Resets 10th Jan 2023		
Rank	Score	Team Name
1.	8,579,340	(80) All Saints C of E Primary School N
2.	5,146,075	(66) Two Village C of E Primary School
3. 🏆	4,973,685	(75) Chase Lane Primary School and Nursery
4.	2,816,045	(65) Mayflower Primary Schools N
5.	880,020	(19) St Josephs Catholic Primary School
6.	801,570	(31) Spring Meadow Primary School N
7.	34,550	(3) The Harwich School
8.	12,980	(4) Harwich Community Primary

Street Tag - Harwich & Walton

Leaderboard start 22nd Sep 2022 - Resets 10th Jan 2023		
Rank	Score	Team Name
1. 🏆	1,748,660	(65) Rolph Church of England Primary School and Nursery
2.	192,230	(9) Walton Primary
3.	15,460	(10) Kirby Primary Academy
4.	8,350	(36) Frinton on sea primary school N
5.	2,690	(37) Hamford Primary N



What an awesome evening. With a massive thank you to Rose, Ian and the whole team for putting on the event it was a awesome evening

A really lovely afternoon, great music, lovely stalls and tasty food. Well done to all the organisers & volunteers for a very successful event.

