

# LDP HIGHLIGHTS

4th July 2023

## UPDATES

### SWIMMING POOL SUPPORT FUND OPEN FOR APPLICATIONS

The £20 million revenue fund closes on August 11, with a £40m pot for capital investment set to be made available in September, to help make facilities more energy efficient.

<https://www.sportengland.org/news-and-inspiration/swimming-pool-support-fund-open-applications>

### FINDYOURACTIVE SMALL GRANTS POT REOPENS

Our Find Your Active small grants funding pot has reopened for applications, thanks to the London Marathon Foundation following this years RideLondon-Essex

Read the full news story, & how to help your local organisations apply:

<http://activeessex.org/news/fya-funding-applications-reopen/>



## BASILDON UPDATE

### ESSEX PEDAL POWER RIDE ALONG

TAWS and Basildon Council teamed up to spend a sunny Friday cycling around Basildon, deepening our understanding of the place and how we can work together to support local communities. We spent time talking about unused greenspaces, community hubs, new town design and cycle infrastructure. We also went to Laindon Medical Centre, to meet some of the GP's and discuss partnership working to address health issues experienced by many of their patients.



## NHS MONTHLY HEALTH & WELLBEING WALKS

This month the Basildon & Brentwood Alliance Monthly Health & Wellbeing Walk was joined by Mayor of Basildon, Councillor Luke Mackenzie. Mayor Mackenzie joined staff members from across Basildon & Brentwood Primary Care Team, Sport for Confidence, Everyone Active, Basildon Council and some family members at Basildon Sporting Village. To finish the walk off Andy Stead, Backside to Trackside hosted some fun games for everyone to play. The next walk is 27th July at 18.30, please contact [linzi.young1@nhs.net](mailto:linzi.young1@nhs.net).



## ACTIVE PRACTICE STATUS – LANGDON HILLS MEDICAL CENTRE

Basildon & Brentwood Alliance helped to support Langdon Medical Centre in applying for their Active Practice status, where they pledge to reduce sedentary behaviour in staff and patients, increase physical activity in staff and patients and be part of an active community. Congratulations to the Basildon Medical Centre!



### Certificate of Achievement Langdon Hills Medical Centre

Awarded in recognition for achieving Active Practice status by reducing sedentary behaviour in staff and patients, increasing physical activity in staff and patients, and being part of an active community.



Dr Hussain Al-Zubaidi

RCGP Clinical Champion Physical Activity and Lifestyle



Professor Kamila Hawthorne

RCGP Chair





# TENDRING UPDATE

## TENDRING WHEELS FOR ALL – ACCESSIBLE CYCLING PROJECT

Volunteer Mark recently secured a role as Wheels for All Project Support Officer. Following the hugely successful open day they are moving at pace with the set up of the WFA Lighthouse project in Harwich & Dovercourt which Mark is leading on.

WFA are also increasing the number of sessions at WFA Shorefields in Clacton, adding Mondays to the regular Wednesday sessions to give people more opportunities to cycle safely and confidently on adaptive bikes. Wheels for All Tendring have also recently recruited a new support officer for the project.



## HARWICH PEDAL POWER

Harwich Pedal Power has received over 400 bike applications to date, with half of those for children's bikes. A bike giveaway was recently held with a family focus alongside a family fun day at the Welfare Park in Parkeston.

The team have also delivered the first giveaway from the new Harwich Pedal Power premises at Harwich Arts and Heritage Centre and the Mayflower School. The first bike to be given out was built by one of their bike build volunteers with support from their mechanic Jack and this volunteer to date has now supported the build of more than 20 bikes for Harwich Pedal Power!



# COLCHESTER UPDATE

## COLCHESTER COLLEAGUES RAISE MONEY FOR BRAIN TUMOUR CHAIRTY

We love to see some of our LDP colleagues embracing exercise to raise money for a brain tumor charity. Colchester's Michelle and Aimee (who also works in Tendring) joined 130+ runners to run 5 miles on Sunday 25th June, up and down the Clacton front in the sizzling heat.

Though the circumstances for the run are incredibly sad it's great to see the community organising events themselves and using physical activity in such a positive way.

