

LDP HIGHLIGHTS

31st July 2023

UPDATES

SPORT ENGLAND UPDATE

- Further investment to build on impact of Commonwealth Games: <https://www.sportengland.org/news-and-inspiration/further-investment-build-impact-commonwealth-games>
- This Girl Can's Studio You launches partnership with Bodyform: <https://www.sportengland.org/news-and-inspiration/girl-cans-studio-you-launches-partnership-bodyform>
- Two-year update on race in sport review: <https://www.sportengland.org/news-and-inspiration/two-year-update-race-sport-review>
- Statement on the government's School Sport and Activity Action Plan: <https://www.sportengland.org/news-and-inspiration/statement-governments-school-sport-and-activity-action-plan>

LDP TESTING OF NEW 6-DAY LEADERSHIP COURSE HAILED A GREAT SUCCESS

The LDP funded a new 6 day leadership course designed and led by Karen Creavin, Chief Executive of TAWS, and her colleague Mark Sears. The course had already been successfully tested at the Birmingham & Solihull LDP. The course focuses on the need for courageous and empathetic leadership, inspired by the work of Otto Scharmer.

The course takes the participants on a journey that includes exploring the 'thinking environment', 'how systems behave', 'deep democracy', 'active hope', all wrapped up in the three essentials of 'open mind', 'open heart', and 'open will'.

Our first trailblazers included some key leaders of our LDP, including Dr William Bird, John Fox, Pam Green, Grant Taylor, Marie Hartley, Michelle Tarburn, Louise Voyce, Amelia Hall, Rory Doyle, and Laura Taylor-Green. The initial feedback from them has been highly complementary. It is expected to run the course twice in 2024. For more information about the course, or if you are interested in attending a course next year, please contact Kerry (kerry.mcdonald@activeessex.org).



Essex Pedal Power takes off in July!

Building on the amazing work of the Clacton and Jaywick Essex Pedal Power team over the last couple of years, who have now given out over 700 new bikes, the programme has now started up in Basildon, Colchester, and Harwich and Dovercourt. In total, nearly 4,000 new bikes will be given out by the end of 2024 to people living in our most disadvantaged communities.

Harwich and Dovercourt have just reached the landmark of 100 bikes given away. Canvey Island is launching in October, initially focusing on providing 200 Essex Pedal Power bikes to children who are transitioning between Year 6 primary school and Year 7 secondary school. A key inclusive element of Essex Pedal Power is the support to enable people with disabilities to cycle, led by Wheels for All in Tendring and Colchester, and Sport for Confidence in Basildon. Essex Pedal Power was also recently shortlisted for a National Transport Awards in the Diversity, Inclusivity, and Accessibility category.

Essex LDP preparing to support the forthcoming Sport England £250m 'Place Expansion'

Rob and Kerry attended a meeting of all 12 LDPs with Sport England in Sheffield recently to gain more understanding of the forthcoming Sport England £250m 'Place Expansion' and contribute to ideas of the role that the 12 LDPs will play. Each LDP will be able to make their case to Sport England to receive further funding to support the 'deepening of LDP work', building on the successes of an LDP, and deepening the work in selected places and communities.

In addition, we heard that Sport England are planning to expand to between 80 to 100 places, using the lessons of the 12 LDPs to tackle high levels of physical inactivity in areas of most need. Sport England will also create a 'universal offer' so that every part of the country can benefit from the learning. The planning for 'deepening LDP work' and 'place expansion' will take place over the next few months, involving all of the key stakeholders of our Essex LDP.

London Marathon Foundation awards additional £750,000 to continue inspiring activity in Essex

The second year of £750,000 funding from London Marathon Foundation in Essex brings total awarded to £1.75 million since 2022. The funding is a direct benefit of Ford RideLondon being hosted by Essex County Council. Active Essex will continue to manage the funding on behalf of LMF with over 15,000 people across Essex supported to take part in physical activity during the first year. Active Essex will use the new £750,000 to continue the Find Your Active small grants programme for another year – supporting projects that will help the Foundation's priority audiences of children, young people and marginalised communities to get active, while also scaling up some of the projects previously funded through the programme.

<https://www.activeessex.org/find-your-active/fund/>
The new funding will also support Essex Pedal Power to expand and provide new bikes for nearly 600 disadvantaged children in Clacton, Harwich, Colchester, Basildon, and Canvey Island.



New and relevant grant programmes

- The NHS Mid and South Essex Integrated Care Board have just launched a £3.4 million grant as part of a rolling programme to test, learn and scale innovative collaborative approaches to reducing health inequalities. Bids will be prioritised that can be mobilised rapidly in 2023/24. [Expression of interest form: https://forms.office.com/e/thbaJU1ev8](https://forms.office.com/e/thbaJU1ev8)
- New Cost of Living Fund - The [Community Organisations Cost of Living Fund is now open for applications](#) via the National Lottery Community Fund. The deadline for applications is 16 October 2023. The fund will support charities and community organisations in England which provide critical cost of living services for those struggling with rising costs and increased demand. It is focused on small and medium sized organisations, but national organisations can apply where they can demonstrate local impact. You can apply for between £10,000 and £75,000.

BASILDON UPDATE

BASILDON COUNCIL STAFF EVENT

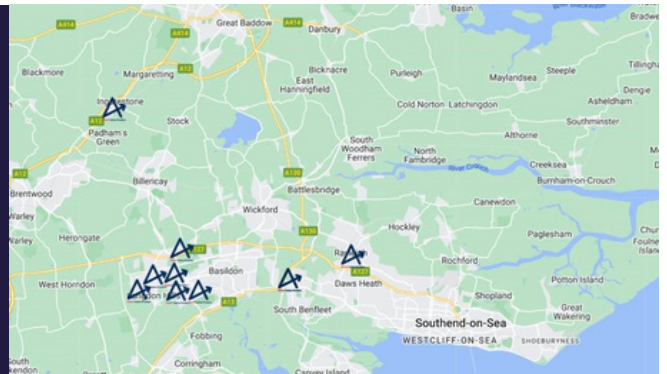
Basildon Council recently held a staff event which was a huge success. The event was focused around supporting staff to build long term habits and behaviours to help improve overall health and wellbeing and provided a variety of fun activities for staff to try.

Health and wellbeing is a key area of focus for Basildon Council, not just for staff but also for the communities we serve. We are always looking at ways to encourage local people to increase their levels of physical activity in order to live healthier and happier lives.



ACTIVE PCN STATUS - WEST BASILDON PCN

Basildon & Brentwood Alliance helped to support West Basildon PCN in applying for their Active Practice status for each of their 5 Surgeries, 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 West Basildon PCN.



STREET TAG

The latest season of Street Tag is now finished with 2,330 people now having played Street Tag in Basildon. It is always great to hear about the positive effect that Street Tag is having on our residents, here's what one of our participants said: "My health motivates me to continue tagging, I was pre-diabetic when I joined street tag but now I'm within normal range and feel healthier"

Basildon Schools Leaderboard

We are pleased to announce the winners of the Basildon Street Tag Schools Leaderboard. This season's champions are Greensted School with 2,164,105 points. In second place with 924,360 points is Grange Primary School and in third place is Brightside Primary School with 851,870 points. This season's leaderboard saw over 11 million steps, 10,818 tags collected and a total of 11088.7030 active miles covered!

Well done to all of the participating schools on a great season!

Basildon Community Leaderboard

We are pleased to announce the winners of the Basildon Street Tag Community Leaderboard. This season's champions are Happy Birds with 3,680,230 points. In second place with 3,456,025 is Dawn Of The Walking Dead and in third place is Shalom with 3,140,930 points. This season's leaderboard saw over 28 million steps, 40,740 tags collected and a total of 29804.7958 active miles covered!

COLCHESTER UPDATE

INSTALLATION OF POOL POD AT COLCHESTER LEISURE WORLD

Our colleagues at Leisure World Colchester are delighted that a pool lift that caters specifically to disabled individual is now use!

This new feature, called the Poolpod, was installed on Tuesday, 18 July, thanks to an LDP investment of £30,878. The decision to invest in Poolpod was influenced by feedback provided by occupational therapists from Sport for Confidence, who use the facilities.

This state-of-the-art submersible platform provides a dignified and accessible means for people with limited mobility to enter the swimming pool. Users can operate the lift independently using an innovative wristband system, and the pool's staff and swimming instructors have also received training to offer assistance when needed.

We can't wait to hear how this new bit of equipment helps some of Colchester's most vulnerable residents.



TENDRING UPDATE

ESSEX PEDAL POWER HARWICH & DOVERCOURT

We have now given out 100 bikes in Harwich & Dovercourt area since our first give away mid-June!

During the last week of school summer term, the EPP team and Essex County Council trained 10 children in Bikeability training at the local high school, Harwich & Dovercourt high school, before the children received their bikes. Since then, many people have spotted these children riding to school. All involved were referred by the PE department. The summer holidays will see over 80 children take part in learn to ride and Bikeability levels 1 & 2 training before receiving their bikes.

On Friday 4th August, EPP H&D are hosting our first celebration event; 'Pedal Power Communi-TEA Picnic' which invites anyone and everyone from the Tendring area along for a huge picnic at our premises, along with fun and games. This will also celebrate the launch of the project in H&D, the wonderful volunteers, our local partners and those who have now joined the EPP family in this area, alongside Clacton and Jaywick. This is a free community event and for those unable to bring their own picnic, we are able to provide them with one free of charge. We will also be joined by many of our local trusted partners who have been supporting the project and referring local residents/families to the project too.



FINDYOURACTIVE SMALL GRANTS

Tendring off to a flying start for the July 2023 relaunch of Find Your Active Small Grants funded by London Marathon Foundation

LMF FUND DASHBOARD

Week Commencing 17/07/2023



95 APPLICATIONS

25 APPLICATIONS APPROVED

TOTAL OF FUND SPENT



WHERE APPLICATIONS ARE SUPPORTING RESIDENTS IN RELATION TO AREA