

# LDP HIGHLIGHTS

14th August 2023

## UPDATES

### SPORT ENGLAND UPDATE

#### New board member appointed

Natalie Daniels will help to set our direction over her three-year term

<https://www.sportengland.org/news-and-inspiration/new-board-member-appointed>

#### Further investment to build on impact of Commonwealth Games

The new memorandum of understanding see the Commonwealth Active Communities continued as well as support more volunteering opportunities and provide grant funding for community-led projects.

<https://www.sportengland.org/news-and-inspiration/further-investment-build-impact-commonwealth-games>

### ESSEX PEDAL POWER WELCOMES TOM WALKER

An LDP team made up of Jason Fergus, Rob Hayne, Cheryl Lomas, John Fox and Ian Duggan took Tom Walker on a special bike ride around Clacton and Jaywick recently. Tom Walker is an Executive Director for Essex County Council, who wanted to see Essex Pedal Power for himself, as well as some of the other great LDP inspired initiatives in the area.

The bike ride took place along the coast, including the recently finished £1.7 million cycle path between Clacton and Jaywick. Tom also visited the site for the new LDP funded older person's outdoor gym. The team also shared tea and cake with Rosie and her team to find out firsthand how Essex Pedal Power is run in Clacton and Jaywick, sharing time as well with volunteers and recipients of the bikes. Tom was very impressed with everything that he saw and heard, which is fantastic for the reputation of Essex Pedal Power as we move forward to new areas and initiatives for Essex Pedal Power.



# UPDATES

## Essex LDP first quarter report (April 2023-June 2023) is a great read!

The first quarter report for the work of our LDP is packed with great information about the match funding that has been attracted, the huge number of test and learn investments (over 100!), spotlight on our three test areas, and a special focus on four of our specific investments.

The LDP funding of just under £5.5 million has attracted direct match funding of £16.38 million, which is a fantastic achievement. It has also been calculated that the LDP has influenced many organisations to invest in physical activity, but they did not receive any LDP funding (a figure of £14.4 million). See attached to the email!

## Launch of new £7.5m Essex Public Health Grant Programme (PHAB)

Tackling physical inactivity is a major way to improve public health and is one of the priorities for the new £7.5m Essex public health grant programme inspired by the Lucy Wightman, Essex Director of Public Health.

The new grant programme aligns closely with the LDP as it prioritises people and communities facing the worst health inequalities, often in areas of worst deprivation.

The PHAB programme will look to fund projects supporting the aims of the new [Essex Wellbeing, Public Health and Communities Business Plan](#)

The programme is made up of two grant funding streams:

- Small grants under £15,000 (applications for the small grants open on Monday 4 September).
- Major grants over £15,000

Expressions of interest are now open for major grants (the deadline for the first round of expressions of interest is 5pm on Friday 25 August) You can find the website at: <https://www.essex.gov.uk/phab>.

Questions on the programme can also be emailed to [PHABApplications@activessex.org](mailto:PHABApplications@activessex.org)

## Chris Chinnock finds exciting new role

Chris Chinnock, a good friend of our LDP, led most of the inspirational ABCD training courses for our LDP colleagues from 2019 to 2022.

Chris has outstanding knowledge and experience in working with communities to inspire them to achieve their plans and ambitions and set up Creative Connection which blends his ABCD experience with his background in creative community engagement.

He uses photography as a way of opening up conversations and connections with people in communities and inside organisations - creating opportunities for people to show how things look from their point of view.

Here's a blog which explores the connection to ABCD: <https://www.ourcreativeconnection.org/blog/photovoice-community-development>

If you are interested in using Chris's skills in your work, you can contact him at [hello@ourcreativeconnection.org](mailto:hello@ourcreativeconnection.org)



# BASILDON UPDATE

## EVERSLEY LEISURE CENTRE

On Monday 3 July, Morgan Sindall Construction hosted a 'topping out' ceremony announcing that the main structure of the new pool is complete, with the project remaining on track for opening later this year.

Councillors Jeff Henry and Craig Rimmer joined a guided tour of the site at Eversley Leisure Centre with representatives from Morgan Sindall Construction and Everyone Active.

Councillors awarded the construction contract to Morgan Sindall Construction's Essex team at a meeting of Basildon Council's Cabinet on Thursday 20 October 2022. Work officially began onsite in late December. Now six months into the build, the core structure is complete, allowing teams to move onto the internal fitout of the building and its facilities.

The swimming pool will be built as an extension to Eversley Leisure Centre in Pitsea, and will be operated by Everyone Active, which currently operates the existing centre on behalf of Basildon Council. Facilities will include a four-lane 25-metre pool, dedicated changing facilities and an extension to the existing car park, providing 50 additional parking spaces for those using the centre.

Eversley Leisure Centre currently has a 60-station health and fitness suite, workout, and spin studios, is used as a base by South Essex Gymnastics Club and has a 3G football pitch. All facilities remain open during the construction works.

## PEACEFUL PLACE

Jason Fergus, Head of Active Essex and Grant Taylor, Head of Culture & Health at Basildon Borough Council, visited Peaceful Place, a day centre in Basildon which supports around 50 people with young onset dementia - [Young Onset Dementia](#) | [Peacefulplace](#) | [Essex](#).

During the visit, Jason and Grant got to hear about the fantastic work that Charlotte Curran, CEO, Steve Goodsell, Partnerships and Funding Manager, and the rest of the team do there to support members and families, and especially to understand the sheer level of physically active opportunities on offer.

Jason and Grant also felt very grateful to meet Paul, the captain of Peaceful United, their very own cup winning walking football team and hear about his passion for the centre and the team.

The LDP is proud to have supported Peaceful Place to date and we are excited about what's next as the work is clearly making a great difference.



## SPORT FOR CONFIDENCE - ACCESSIBLE CYCLING LAUNCH

Thursday 27th July saw the official launch of the Sport for Confidence Adapted Cycles project, with a group session in the morning and the Health and Wellbeing Walk in the evening. Adapted cycles are returning to Basildon Sporting Village and provide a safe, accessible space for people to benefit from cycling as a form of physical activity. The range of cycles allow for people to progress as their confidence and competence improves.

The project has received funding from the LDP, with in kind funding provided from Sport for Confidence and Everyone Active. This strong partnership continues to provide a wide range of inclusive, accessible activities for people experiencing some of the largest health inequalities in Basildon and the investment from the LDP will ensure this invaluable asset continues to thrive.





# COLCHESTER UPDATE

## BASILDON'S LDP TEAM VISITS COLCHESTER FOR A COLLABORATIVE TOUR!

LDP's have been strengthening their relationship, sharing lessons and exchanging ideas when Basildon's Tom Oliver (Active Environments Coordinator) and Lydia Smith (Essex Pedal Power Coordinator) visited Colchester's Tom Tayler (Community & Partnerships Team Manager), Jake Mullinder (Community & Partnerships Officer), Aaron Ashwood (Active Environments Officer) and Scott Collins (Marketing Officer) last Friday, 11 August.

Starting the morning in Clacton to meet with Sylvia, Nik and Jack from Essex Pedal Power, the group spent the day together visiting Re:Cylce, enjoying a led ride to discuss accessible infrastructure, visiting the Bike Kitchen and discussing sustainability over a cup of tea.

It's great to see different Council's working together! Keep up the good work.



## COLCHESTER'S PARKPLAY CELEBRATES ITS ONE-YEAR ANNIVERSARY!

It was great to see Old Heath residents celebrating Colchester's first ParkPlay birthday on Saturday, 5 August, despite the miserable weather!

The scheme has helped over 1,000 participants (and dozens of dogs) to launch into the weekend with two hours of free fun.

If you'd like to learn more, visit [park-play.com](http://park-play.com)



# TENDRING UPDATE

## ESSEX PEDAL POWER HARWICH & DOVERCOURT

We have now given out 148 bikes in Harwich & Dovercourt area since our first give away mid-June! Over the course of the summer holidays, we are solely focussing on learn to ride and Bikeability training for children, of which all competent children at the end of their training will receive their bike through the project. 40 of these were given out post cycle training (early August) at our celebration event on Friday 4th: the Pedal Power Communi-tea Picnic. By the end of the summer holidays, over 80 children across the summer holiday period (children up to age 15) will have received bikes through the project.

Last week of school summer term, the team and ECC trained 10 children in Bikeability training at the local high school; Harwich & Dovercourt High School, before the children received their bikes. All involved were referred by the PE dept.

Our first celebration event saw local recipients and families come along to enjoy some family fun (between showers) and a family picnic. The picnics were provided by our LTOS including Lidl, Tesco and Morrisons, in support of healthy living and nutrition. All children were also given a porridge pot to take home and all those children who collected their bikes were also gifted a water bottle. The event was opened by the Harwich Town Cry – a tradition dating back hundreds of years.

Two of our regular bike build and giveaway volunteers have now completed a combined 150+ hours with us in total; Richard Thurlow has achieved 50+ hours and Stuart Anderson over 100+ hours. – this was acknowledged at the celebration event!



## ESSEX PEDAL POWER CLACTON & JAYWICK

The Essex Pedal Power Re:Cycles project had its first 'pickup your bike' session recently. 23 riders rolled away with their 'new Bikes'.

Quote from D. Steele, aged 70: "Already in a few days, I feel like I have more energy, I have been using the bike every day, the best thing I have done for ages, getting back on a bike."



## ESSEX PEDAL POWER CLACTON & JAYWICK

The Active Wellbeing Society, Essex Pedal Power and CVST have teamed up after successful funding bids with Cycling UK's Big Bike Revival and Essex County Council's Cycle grant to hold the area's first summer cycling programme along the Sunshine Coast from Walton-on-the-Naze to St.Osyth, Point Clear.

There will be lots of free opportunities to learn how to fix bikes, learn to ride and confidence in riding sessions and the Ride Together group rides led by members of the infamous Bread Pudding crew!





## ESSEX PEDAL POWER CELEBRATES TWO YEAR ANNIVERSARY!

We celebrated Essex Pedal Power's 2-year anniversary on Saturday 12th August! We were honoured to showcase Essex Pedal Power in the Clacton Carnival procession along the sea-front to a big crowd following a tasty community picnic on the Clacton Airshow car park. Wheels for All joined us with Kerry Cook - Essex Pedal Power Clacton & Jaywick Project Support Officer ran a dress your bike up session to help those who took part in the procession to dress their bike appropriately for the carnival theme of 'Celebrations, Holidays & Festivities'.

Thank you to everyone that took part and contributed to the day being so successful. The EPP Community came second in the overall carnival procession competition and brought home 1st place in the Community & Voluntary Organisation category. Thanks to Councillor Griffiths, Councillor Alexander, Chairman of the council Gary Scott and Leader of the council Mark Stephenson and his lovely wife Gemma. We also like to say special thanks to Brian from the Rotary Club.

