

LDP HIGHLIGHTS

28th August 2023

UPDATES

AWARDS RECOGNITION FOR LDP AND ACTIVE ESSEX

Essex Pedal Power, a flagship programme of our LDP, has been shortlisted for most innovative project at the UK Active Awards.

Furthermore, Jason Fergus has been shortlisted for Outstanding Leadership, and Dr William Bird, adviser to our LDP since its inception, and Chairman of Active Essex has been shortlisted for lifetime recognition at UK Active Awards.

The category for Outstanding Leadership which includes Jason, is decided by a public vote. Voting is very simple – just one click.

PLEASE VOTE FOR JASON NOW, AND MESSAGE ALL OF YOUR COLLEAGUES AND FRIENDS TO DO THE SAME.

Vote here on the UKActive website: <https://www.ukactive.com/ukactive-awards-2023-stage-2-public-vote/> (Voting ends on 22nd September).

The UK Active Awards are the largest and most prestigious accolades for the physical activity sector, recognising excellence and innovation. In total there are 13 categories being awarded for, 3 of which we have been shortlisted for. The ceremony will take place in Leeds at the end of October.



UPDATES

ESSEX LDP CORE TEAM IN-PERSON NETWORKING MEETING ON TUESDAY 10TH OCTOBER IN BASILDON

The LDP core team, made up of over 100 people who are working on our LDP across our three test areas and Essex, are coming together on Tuesday 10th October at the Wat Tyler Centre in Basildon. The focus will be on networking, sharing information and best practice, and planning for future work of our LDP. There will also be key updates on the most important development for our LDP.

For further information, contact Jack Berry: jack.berry@activeessex.org



ANOTHER HUGE NATIONAL LOTTERY COMMUNITY FUND GRANT FOR ACTIVE ESSEX FOUNDATION CHARITY

Following the LDP decision to invest £75,000 into an innovative new youth sport and mental health project, this was backed up last week with an incredible grant of £496,929 from the National Lottery Community Fund.

The funding will launch a first of its kind 3-year mental health project in the country, using sport to tackle poor mental health in young people, delivered through a network of 16 Locally Trusted Organisations (LTOs).

The youth mental health project builds on the youth crime prevention project which is also run by the Active Essex Foundation in partnership with LTOs, and also received funding from LDP and NLCF. The new youth mental health project will engage over 2,000 young people and will be delivered with specialist mental health partners Centre for Mental Health, Believe Perform, and StreetGames. For further information, contact Nicky Smith: nicky.smith@activeessex.org



SPORT FOR CONFIDENCE SHORTLISTED FOR MAJOR AWARD

LDP funded organisation, Sport for Confidence, has been named as a shortlisted finalist at the annual Chief Allied Health Professions Officer (CAHPO) Awards in the Public Health Champion category.

This is a fantastic achievement. Sport for Confidence have played a central role in the fantastic work of the LDP funded Prevention and Enablement Project (PEM) in partnership with ECC Adult Social Care.

More information below.

CAHPO Awards 2023 | Public Health Champion Award Shortlist Awarded by The Office for Health Improvement and Disparities



David Archer, Macmillan Allied Health Professional Project Lead / Lead Senior Physiotherapist, Chesterfield Royal Hospital
Recognition of the Macmillan AHP project, scoping the prehabilitation and rehabilitation needs of people affected by cancer in North Derbyshire with additional development and implementation of pilot interventions.



Sarah Nelson, MRI Radiographer, Sarah Launt, Imaging Assistant, Alexandra McCullen, Radiology Operational Manager, Sheffield Children's NHS Foundation Trust
The Radiology Team have trialled a sensory friendly MRI Session and have avoided unnecessary anaesthetics by giving children with special educational needs a personalised approach to their scans.



Lyndsey Barrett, Megan Potts, Rob Walker, Liz Fletcher (Occupational Therapists) & Jake Turner (Operations Director), Sport for Confidence CIC
Pilot proves: embedding physical activity into a whole system approach to adult health & social care as therapeutic tool can deliver £58.72 of social value per £1 invested.



Kate Kontou, Clinical Pathway Manager Long Covid Hub, Sheffield Teaching Hospitals NHS Foundation Trust
Anovel approach taken by Sheffield's Long Covid service, led by Kate Kontou Clinical Programme Manager, to integrate tackling health inequalities into practice, based on emerging national and local evidence.



Amanda Espey, Health Inequalities Lead, Doncaster Place, NHS South Yorkshire ICB
Bringing health, social care, VCSE and core20 communities together across Doncaster and South Yorkshire to understand levels of poverty and impact on health, and to tackle health inequalities together.

TENDRING UPDATES

FIRST WALTON CYCLING EVENT (DR BIKE & LEARN TO FIX)

The event went really well, with 15 people attending and 13 people got their bikes fixed. Everything from punctures to new brakes. There were people showing their interest in becoming involved in the Walton cycling community which is fabulous news.



ESSEX PEDAL POWER BRANCHES OUT INTO CYCLE RECYCLING!

Essex Pedal Power (EPP); the successful community cycling initiative that launched in Clacton and Jaywick Sands in June 2021, has added a new string to it's bow, supporting more residents with access to a free quality bike.

Essex Pedal Power Re:Cycles is a new scheme, where local residents can donate either an old or unwanted bike, and mechanics will upcycle and recondition the second-hand bikes, so that they can be redistributed to the community. Read the full article here: <https://www.activeessex.org/news/essex-pedal-power-recycles/>



HARWICH ACTIVE COMMUNITIES TASTER DAY – FIND YOUR ACTIVE FESTIVAL

September 2nd
10.30am to 1.30pm
Park Pavillion



BRINGING UNITY TO OUR COMMUNITY



Active Communities
TASTER DAY

Come along and try out different activities for FREE at our taster day, including:

- Healthy Habits at 10.30am
- Freedom Dance at 11am
- Essex Pedal Power's Learn to Fix session at 11.30am
- Breathless (COPD) talk at 11.45am
- Line dancing at 12pm
- Don't be a victim - martial arts at 1pm

There will also be stalls with information, including:

- Harwich Museum
- Craft Club
- Dovercourt Allotment
- Social Prescribing

No need to book - just turn up
Call Shirley 07761344315



Supported by

WORKING TOGETHER - ESSEX PEDAL POWER AND TENDRING WHEELS FOR ALL

Here are some recent stories from Tendring demonstrating how Essex Pedal Power and Wheels for All are working together to support residents to get cycling.

Billie was signed up to receive a bike from Essex Pedal Power but was not sure if a bicycle or tricycle was the right choice. Wheels for All provided a tricycle to try at the EPP giveaway event. After trying both it became clear, that with a little practice, a bicycle would be the right choice for Billie. Another happy Essex Pedal Power bike recipient!

Janet came to pick up an Essex Pedal Power bike, but she had not cycled for many years. Due to a long-term health condition, Janet did not feel confident riding the bicycle, so the on-hand Bikeability instructor suggested trying a tricycle instead. This was more successful but returning to the roads was still too daunting a prospect. Observing this, the Wheels for All project officer suggested Janet join one of the Wheels for All cycling sessions at Shorefields School. Wheels for All have a variety of adaptive cycles and were able to find just the right tricycle, allowing Janet to cycle her first 45 minute ride in many years.

ESSEX PEDAL POWER HARWICH & DOVERCOURT

We are holding our monthly Communi-TEA event on Friday 8th September from 11am-1pm, if you would like to come along and join us and catch up on our exciting progress with our project.

Come along and chat to our volunteers, staff and bike recipients and see how we are making a difference in the local community.

Come along to Harwich & Dovercourt's



Volunteer CommuniTEA

Stop by to meet our Essex Pedal Power staff and volunteers and find out more about what we have planned and how you can get involved!

Come along and enjoy some FREE refreshments and a friendly chat!

We can't wait to see you there!



Friday 8th
September
11am - 3pm

Harwich & Dovercourt
Essex Pedal Power
Office
Harwich Arts & Heritage
Centre
Mayflower School
Main road
Essex, CO12 4AJ

COLCHESTER UPDATES

COLCHESTER'S PARKPLAY CELEBRATES ITS ONE-YEAR ANNIVERSARY!

Fantastic news! The mobile skatepark purchased with LDP funding seems to have found a great use under the management of the Dry Skate Project. It's great to see the equipment being used regularly during the summer. It was originally run by Colchester City Council but they didn't have the resources to see it's full potential.

By loaning the set-up to the Dry Skate Project, the council has allowed for the equipment to be incorporated into coaching sessions and the project has garnered a lot of love and support from the community.

We cannot wait to see how the project continues to promote skateboarding in Colchester and what opportunities it will bring in the area.



BASILDON UPDATES

FUNDING CLINICS

Basildon Borough Council, Active Essex and Basildon, Billericay and Wickford CVS are working in partnership to deliver funding clinics for not-for-profit organisations based in the Basildon Borough. These clinics are designed to provide support with writing funding applications. The next funding Clinic will be held in the Gloucester Park Room, Floor 1 at The Basildon Centre, St. Martin's Square on Tuesday 5th September. To register your attendance, please complete the form and select a timeslot.

[https://forms.office.com/Pages/ResponsePage.aspx?](https://forms.office.com/Pages/ResponsePage.aspx?id=GnBLDaGVW0exA17plR101wrWGdSs97VOuanM0Qp4m0BUQkgYNIzSNEs3Tk5DOFISt1BSVFFDVII4MC4u)

[id=GnBLDaGVW0exA17plR101wrWGdSs97VOuanM0Qp4m0BUQkgYNIzSNEs3Tk5DOFISt1BSVFFDVII4MC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=GnBLDaGVW0exA17plR101wrWGdSs97VOuanM0Qp4m0BUQkgYNIzSNEs3Tk5DOFISt1BSVFFDVII4MC4u)

Please note: if you register to attend and cannot make the appointment, please let us know by emailing communitiesteam@basildon.gov.uk

VANGE PARKPLAY

Essex Pedal Power joined the team at Vange ParkPlay to give out bikes following receipt of some referrals that had been made for members of the local community.



NORTHLANDS PARKPLAY

Northlands ParkPlay attended Basildon Carnival recently and had great fun engaging with the local community.



AND FINALLY...

The second-year anniversary in Clacton and Jaywick Sands, isn't the only milestone that Essex Pedal Power has celebrated recently. Now with four programmes running across Essex, the community cycling initiative just distributed its 1000th bike, with plenty more still to be given away to eligible residents! This is a fantastic achievement, well done to the teams involved.