

LDP HIGHLIGHTS

W/C 25th September 2023

UPDATES

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



Local Delivery Pilot

ESSEX PEDAL POWER HEADLINES NATIONAL WHY SPORT CONFERENCE

Essex Pedal Power joined forces with Big Birmingham Bikes and Let's Ride Southall to showcase the huge impact of free bike schemes in disadvantaged communities at a major national conference recently, on health and physical activity.

The conference organised by Why Sports attracted over 200 people from across our industry and Kerry McDonald spoke about the huge growth of Essex Pedal Power to become a £6m programme, distributing over 4,000 new bikes in 5 different areas as one of the flagship programmes of the Essex LDP.



UPDATES

MAJOR NEW CAMPAIGN LAUNCHED BY ACTIVE ESSEX FOR CHILDREN AND YOUNG PEOPLE

Come and #MoveWithUs! A new campaign supporting children and young people to find the activity that's right for them! It encourages children and young people to explore local opportunities, be a part of something, and take time to support their mental and physical health.

The Move With Us campaign, is here to change things. By supporting young people in their endeavours to find an activity that's right for them, and one they enjoy, they'll be more likely to continue this changed behaviour and lead an active and healthy life!

Dive deeper, here: www.activeessex.org/move-with-us/



NEW PODCAST FROM CORMAC RUSSELL OUR LDP EXPERT ADVISER ON ASSET BASED COMMUNITY DEVELOPMENT (ABCD)

The Podcast is called The Connected Community, after the latest book, and the first edition of the new podcast is hosted by Sacha DeWolfe and Cormac Russell: <https://open.spotify.com/show/6HabkkuLz7l1XKDBDVHqJ>.



ESSEX ACTIVITY AWARDS NOMINATIONS CLOSE ON SUNDAY!



You have until midnight on Sunday 1st October to place your nominations for this years Essex Activity Awards. With categories including Workplace Team of the Year and Strengthening Communities, don't miss out on your opportunity to be in with a chance of winning!

Place your nomination here:

<https://www.activeessex.org/essex-activity-awards-2023/>

RIPPLE EFFECTS MAPPING

The Insight & Evaluation team have been using Ripple Effects Mapping (REM) recently – this is a really engaging evaluation technique that captures both intended and unintended impacts of our work. We have had lots of requests from the Active Essex team (and beyond) to use this method reflection and evaluation.

Hartpury University have agreed to come to Essex and deliver training for us on this technique and to help us facilitate REM workshops. The next session is on the 30th October, please email hannah.taylor@essex.gov.uk if you're interested.

SPORT ENGLAND UPDATES

CELEBRATING FOUR YEARS OF CROWDFUNDING

<https://www.sportengland.org/blogs/celebrating-four-years-crowdfunding>



TENDRING UPDATES

ESSEX PEDAL POWER – HARWICH & DOVERCOURT

This month we have been trialling child seats as part of EPP Harwich & Dovercourt ahead of piloting these on a loan basis from mid-Oct as part of the local project.

We are also planning our next family event for October half term which will see children already with bikes through us coming in for family fun activities, and a bike check in where we will carry out basic maintenance checks on their bikes, resizing (as required) and collect data from the cyclometers kitted to all of the kids bikes.

We also now have several volunteers and team members across Tendring qualified as ride leaders. Clacton & Jaywick residents joined up with EPP in Harwich to undertake the training. EPP H&D will begin those from October too.



SUMMER OF CYCLING CVST

Essex Pedal Power Clacton & Jaywick recently received funding from Cycling UK for Big Bike Revival and CVST received a ECG grant to promote cycling activities in Walton. Together we create a premier programme of cycling activities throughout August & September for all members of the community not just EPP! We had Led rides, Dr Bikes, and Learn to Fix in Point Clear, St Osyth, Jaywick Sands, Copping Community Centre, Clacton & Walton Community Centre, also promoting the great Get Cycling crew who ride biweekly along the Cycle 150 route.

We hope this will be the first of many!

Learn to Ride sessions in the Active Essex funded Summer of Cycling event run by Community Voluntary Services in Tendring have been praised by one parent who was over the moon her daughter could now ride a bike.

She said: "Thank you so much for offering the learn to ride sessions. My daughter came along, she had been struggling with confidence and afraid to try riding her bike. But the Learn to Ride session was fantastic. I can't believe after just one session she is now riding her bike. It's so lovely to see and she's so happy - she's now asking to go and practice all the time. This is great for getting her active and I'm just so thrilled. Thank you so much!"



COLCHESTER UPDATES

EMILY WINGATE - NEW COMMUNITIES CAN PHYSICAL ACTIVITY OFFICER

I am so happy to have started with Community 360 and can't wait for the "Communities Can" project to really get going. The Communities Can project is an amazing opportunity for me to get out to communities and work with them and other partners to find and create the perfect activity that gets them physically active not just for a moment, but for life. Communities Can is all about facilitating our communities to reap the many benefits of physical activity and it is my job and pleasure to help the communities find that activity and create that healthy habit.

I'm an ex PE teacher and my passion has always been to help people get active, in whatever way suits them, so although this role may seem different to teaching, it isn't to me, I'm just doing it in a different way and it honestly suits me down to the ground!

My main hobby away from work doesn't fall too far away, I love my sport and physical activity and my main one is Netball. When I can, I play National League Netball for Billericay Netball Club, so my weekends are usually taken up by travelling up and down the country for games.

BASILDON UPDATES

BASILDON COUNCIL LEADERSHIP CONFERENCE

Jason Fergus, Director of Active Essex and LDP Essex lead, attend and presented at the latest Basildon Council Leadership Conference on Wednesday September 20th.

Jason spoke to the whole of the council's senior leadership team on the importance of equality, inclusion and diversity and the power of sport and physical activity in driving this agenda forward. He provided real life examples of Active Essex's approach and how the LDP in Basildon is continuing to drive this programme through taking an ABCD approach.

BASILDON COMMUNITY INVOLVEMENT NETWORK

Friday 15th September saw our 10th Basildon Community Involvement Network. Over 45 attendees gathered this time at the Beech Community Hub with presentations from Motivated Minds, Roar through Art CIC, Basildon Pedal Power, Signpost, Friends of the Wick Country Park and Lads needs Dads. As always there was plenty of networking, sharing and learning taking place. Big thanks to this events sponsors- Clarion Housing and to the CIN working group for organising another great event.



SPORT FOR CONFIDENCE CASE STUDY

*A Pseudonym has been used to protect the participants identity.

Brian is a 25-year-old man and has a diagnosis of autism and a learning disability. Brian is non-speaking and at time can display behaviours that challenge when he is trying to communicate.

Due to these behaviours Brian was taken to Byron Court, a learning disability inpatient unit and after 7.5 months was due to be discharged in June. Brian was referred by a family member to access a variety of exercise activities that are accessible and adapted to an appropriate level for him, to help build his confidence, lose some of the weight gained on the ward and to experience accessing the community again after his long stay. On his initial assessment it was found that Brian has a lack of risk awareness and has sensory preferences for large quiet spaces.

Brian has been attending cycling at the sporting village and has not shown any signs of behaviours that challenge. A grade approach to the session took place and now Brian enjoys cycling alongside others. This has now progressed and Brian also attends the dance session afterwards which is a busy session with a large number of people but is able to tolerate this due to being able to self-regulate outside in the cycling session.

The aim for Brian moving forwards is to support him with his recovery by accessing the community and support him with building a routine. A long-term goal will be to support Brian with his risk awareness whilst using the cycles which will hopefully then translate into other community activities such as accessing a car park.

Brian now lives in the community and is beginning to establish a new routine which supports and enhances his health and well-being.