

LDP HIGHLIGHTS

W E 10th November 2023

UPDATES

ESSEX LDP RECOGNISED IN SPORT ENGLAND NATIONAL LAUNCH OF £250M PLACE EXPANSION

Active Essex and the Essex LDP were proud to host the national launch of the new Sport England £250m Place Expansion on Canvey Island, on Monday 6th November.

Tim Hollingsworth, Chief Executive of Sport England, made many comments at the launch stating that since 2018, the LDP programme has provided a lot of thought-leadership to create the new Place Expansion programme.

Key members of the Essex LDP were present, including Pam Donnelly, Rory Doyle, Michelle Tarburn, Tom Tayler of Colchester City Council, Pam Green of NHS Mid Essex Alliance, Paul Brace and Grant Taylor of Basildon Council, Ian Davidson and John Fox of Tendring District Council, and Jason Fergus, Rob Hayne, Louise Voyce, Kerry McDonald, and Neil Coggins of Active Essex. A special thanks to Holly and Grace from Active Essex for working hard to make this event successful.

Read more information here: [activeessex](https://activeessex.org) and [sportengland](https://sportengland.org)



ESSEX PEDAL POWER WINS HIGHLY COMMENDED RECOGNITION AT UKACTIVE AWARDS

Essex Pedal Power, shortlisted at the UKActive Awards for the most innovative project in the UK, received a Highly Commended recognition and status on the night. Essex Pedal Power was highly commended for showing outstanding innovation in levelling up cycling participation in deprived and low-income communities. Representing Essex Pedal Power at the awards, were Rob Macdonald, Julian Sanchez, Karen Creavin, Grace Hilton, and Kerry McDonald.



ABCD TRAINING PROVIDED FOR THE ESSEX PEDAL POWER TEAM

All of the learning from the LDP in developing and applying asset based community development (ABCD) in Basildon, Colchester, and Tendring, was shared with the Essex Pedal Power 'family'. The response from the Essex Pedal Power representatives was very positive, as they recognised a great deal of the ABCD approach in their work with disadvantaged communities in Jaywick, Clacton, Harwich, Dovercourt, Colchester and Basildon.

For more information, contact Louise Voyce Louise.Voyce@ActiveEssex.org or Jamie Rhodes Jamie.rhodes@activeessex.org



SPORT ENGLAND UPDATE

THIS GIRL CAN LAUNCHES WINTER SAFETY CAMPAIGN

Let's Lift the Curfew highlights the concerns women feel when getting active outdoors after dark and follows a parliamentary roundtable to address the issue.

<https://www.sportengland.org/news-and-inspiration/girl-can-launches-winter-safety-campaign>

SWIMMING POOL SUPPORT FUND KEEPS LEISURE CENTRES AFLOAT

Sport England have distributed £20.3 million of Government money to local authorities to ensure swimming pools stay open.

<https://www.sportengland.org/news-and-inspiration/girl-can-launches-winter-safety-campaign>

BASILDON UPDATE

BASILDON COUNCIL MEETS WITH REPRESENTATIVES FROM THE PLAY INDUSTRY

This week officers from Basildon Council met with representatives from the play industry and a local resident with lived experience of disability, to talk inclusivity in the industry and to advocate for improved design and innovation to enhance equity of experience.

Building on our LDP funded ABCD training; the avocation for improvements in the industry and supporting those who feel their important voices are going unheard, is of high importance in order to ensure all can more easily 'find their active'.

This follows on from the recent site visits to parks and countryside sites in the borough alongside disability groups and representatives to look at how we can improve these and their access through an active environments' focus.

ACTIVE DESIGN WEBINAR

Earlier this year Sport England launched their [Active Design 3 guidance](#) - an essential design guide applicable for a range of partners who can help create healthier environment for our communities. Active Design 3 guidance is underpinned by 10 principles and has been updated/ designed to make it more applicable and links to other agendas such as climate change, biodiversity, economic benefit, and active travel.

We put on Active, Inclusive and Sustainable Community Design Webinar to showcase some of the ways Active Design 3 guidance is already having a positive influence on active environments in Essex and were joined by over 65 Essex colleagues from health, sustainable travel, Local authorities and more.

COLCHESTER UPDATE

ESSEX PEDAL POWER CELEBRATE 100 BIKES

Exciting news for Essex Pedal Power Colchester, as we distributed our 100th bike last week, which is a huge milestone! The Colchester programme will distribute 700 free high-quality bikes to residents living in eligible postcodes within Greenstead, providing a low-cost and sustainable mode of travel, to increase access employment, education opportunities and key local services.

Essex Pedal Power has already had a positive impact on the lives of many Greenstead residents. Participants have shared inspiring stories of going on group and family bike rides, using their bicycles for commuting purposes, participating in the Clacton carnival, a mother bonding with her young autistic son through cycling, and a resident experiencing improved fitness and mental health during stroke recovery. To find out more, visit: <https://www.activeessex.org/essex-pedal-power/essex-pedal-power-colchester/>

ESSEX PEDAL POWER COLCHESTER SITE VISIT

This Monday, the Essex Pedal Power programme management team and Colchester ground team, met to discuss some key challenges, operational updates, as well as visit some potential premises around the Greenstead estate. There was also an opportunity to meet some of the volunteers and observe a bike build, and hear some of their inspiring stories.



TENDRING UPDATE

DAY OF HALLOWEEN FUN FOR ESSEX PEDAL POWER FAMILIES

Harwich and Dovercourt Essex Pedal Power hosted a Halloween themed fun day with crafts, cookies and free children's bike checks on the 24th October for all children with Pedal Power bikes to enjoy.

Families had the chance to bring their kids bikes down to the Harwich Arts and Heritage Centre for maintenance checks, which are important to identify any potential safety hazards and keep bikes running smoothly.

While the children were waiting for their bikes, they had the chance to play Halloween games including pin the eye on the monster, do Halloween colouring, word searches and word scrabbles, make your own ghosts, cookie decorating and more. They could also make their own 'Vampire Smoothies' by pedalling a special bike attached to a blender.

Other active challenges included how many jumps can you do on a trampoline in a minute or how far can you ride in a minute. There were also donations from supermarkets of fruit and granola bars for the children.

NEW PARKPLAY LAUNCHES IN JAYWICK

Families are invited to join in free Saturday fun activity sessions across Tendring as the latest event launches in Jaywick. ParkPlay runs in Harwich and Walton every Saturday morning, and on November 4th will start in Jaywick Sands.

Supported by The National Lottery and Sport England, ParkPlay is a two hour long play session, every Saturday, for the whole family to enjoy.

Its aim is to give families the chance to connect with others in their local area while being active with sessions run by local communities for local communities, offering people of all ages and abilities the chance to play together and connect in a relaxed, safe, and welcoming setting.

There are ParkPlay sessions in Harwich every Saturday, from 10am, at Lighthouse Sports and Social Hub, Lower Marine Parade, Dovercourt, as well as in Walton at 11.30am, at Jubilee Playing Fields, Naze Park Road.