

LDP HIGHLIGHTS

W E 24th November 2023

UPDATES

MEETING OF ALL 12 LDPS WITH SPORT ENGLAND IN EXETER

Rob, Amelia and Kerry represented the Essex LDP at a residential in Exeter for all 12 LDPs with Sport England and the focus was on how the 12 LDPs will share their learning with the wider sector and industry. Other key sessions focused on:

1. Deepening the current work of the 12 LDPs between 2024 and 2030
2. How the 12 LDPs will support Sport England Place Expansion and Universal Offer
3. The development of monitoring and evaluation.

Exeter were excellent hosts, and we visited the first Passivhaus Leisure Centre in the country in the middle of Exeter city centre. The high standard eco-centre saves over 70% on energy costs compared to other leisure facilities!

<https://www.passivhaustrust.org.uk/news/detail/?nid=1071>

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FINAL DAY (DAY 7) OF THE LDP TESTING OF A NEW LEADERSHIP

The LDP funded the testing of a new leadership course focusing on courage and empathy, designed by colleagues at Birmingham and Solihull LDP and The Active Wellbeing Society. 12 system leaders from our Essex LDP attended, from health, local authorities, community sector, and Active Essex.

Day 7 reflected on all the incredible learning from the first six days, with overwhelming evidence that the learning is being put into practice by all course attendees. The course is being scheduled to run again in 2024 aimed at a wider audience of people who have contributed to the great work of our Essex LDP.

For more information email: kerry.mcdonald@activeessex.org



CORMAC RUSSELL NEW PODCAST

Cormac Russell is a good friend of the Essex LDP and he is also one of the world's leading experts on Asset Based Community Development (ABCD). Cormac and his team at Nurture Development have walked alongside our LDP since 2019, supporting our comprehensive testing and hard wiring of ABCD into the Essex system, always with a clear line of sight to physical activity.

Cormac has recently launched his podcast. You can access it here: <https://www.tcc.show/>

AWARDS FOR ALL DOUBLES TO £20,000

The National Lottery Community Fund –the largest community funder in the UK - has doubled the amount of funding available to grassroots projects, in the biggest change in National Lottery funding for a generation. The change to [National Lottery Awards for All](#) is part of The National Lottery Community Fund's ambition to strengthen society and improve lives across the UK. With a new maximum award of £20,000, the funder is doubling the amount groups can apply for as well as doubling the time, to two years, that they can be funded for.

BASILDON UPDATE

ATF CINEMA EVENT

LDP partners ATF ran an outdoor cinema event showing a Halloween family film Hocus pocus at Briscoe and Vange Primary Schools. ATF provided popcorn, hot chocolate and pancakes (served by Mario and Luigi) AND attendees purchased these for £1 each in order to raise funds for Vange Primary schools new football goals, which are also to be used in community settings such as Park Play too.

The event saw 130 people attending and in total, £238 was raised towards the goals. Everyone had a fantastic time.



BASILDON ACTIVITY AWARDS

Wednesday 15th November saw the Basildon Activity Awards, held at Cromwell Manor in Pitsea. The annual awards ceremony brings together many of the wonderful partners and individuals working across the borough to increase health and wellbeing through movement, physical activity and sport.

Awards ranged from strengthening communities, to unsung hero, education provider and sports personality. There was a real LDP feel to many of the awards, with a number of the winners being recipients of many of the funds and support available through the LDP.



FIND YOUR ACTIVE BASILDON/ SAFER BASILDON PARTNERSHIP MEETING

A meeting took place on Tuesday 21st November, to better understand how the Safer Basildon Partnership, the Health system and Find Your Active Basildon can work more closely together. The conversation focused on how we can reduce duplication, better share information and cross commission work to align key priorities across the Basildon borough.

COLCHESTER UPDATE

ESSEX PEDAL POWER GETS CREATIVE WITH PLANS TO LIGHT UP THE HIGH STREET

The Lantern Building Workshop hosted by the Essex Pedal Power at the Greenstead Community Centre on Thursday 9th November, was a resounding success, infusing the local community with a spirit of creativity and anticipation.

Facilitated by local artists from 'Emergency Exit Arts,' the workshop ignited the artistic flair of participants and served as a catalyst for community bonding, ensuring that the Colchester Light Parade will be adorned with unique, hand crafted, EPP themed lanterns. The success of this workshop underscores the Essex Pedal Power project's commitment to fostering community engagement through innovative and inclusive initiatives.

Colchester City Centre was packed on Wednesday 15th November with residents and families gathered to witness the spectacle of the Light Parade, creating a lively and inclusive atmosphere. The Essex Pedal Power community, proudly carrying their hand-crafted lanterns and accompanied by an array of creatively decorated bicycles, captured the spirit of unity and eco-friendly enthusiasm. The parade was a vibrant and memorable event and has undoubtedly left a positive and lasting impact on the participating Essex Pedal Power families.



WAITING WELL

In early 2024 we will be launching a Waiting Well pilot programme based at the One Colchester Community Hub for anyone on a waiting list. The programme is hoping to be a weekly one-hour support group with weekly themes from guest speakers, around the typical barriers someone on a waiting list faces, such as social isolation, pain management and weight management, followed by a 15 minute physical activity session to finish catered to what they can do and help educate them in how they can stay active whilst they wait.

ACTIVE CHALLENGES

Each month throughout 2024, the One Colchester Community Hub will be hosting taster sessions of various physical activities (12 in total!) as an opportunity to showcase the many activities available within Colchester. Each event will allow people to try, for free, different activities with available exit routes should they wish to continue any of the exciting opportunities.

TENDRING UPDATE

ESSEX PEDAL POWER HARWICH AND DOVERCOURT

Two child seats have been given out to date, to support family cycling, with more to be given out in December.

Our 2nd Kids cycle fun session took place this week after school and was open to EPP child bike recipients and their friends to come along and enjoy cycling off road in a safe enclosed environment. It gave them the opportunity to make friends, have fun together and take part in cycling games. All children also received a nutritious snack and drink in this session.



ESSEX PEDAL POWER CLACTON & JAYWICK

16 bikes were given away to residents at the Adult Community College on a cold and frosty morning and it was great to see Grandad Antony and granddaughter Ava go off happily with their new bikes, as well as Jason who will be using his bike to get to and from work daily. We were supported by 3 volunteers Kacey, Ian & Kevin.

LEARN WITH KELVIN

Kelvin ran his first solo session where people could learn about Brakes and Gears, supported by our newly trained City & Guilds Level 1 Bike Mechanic Will Parker. There were 3 sessions across 2 different venues and all were well attended. We plan to run these again in 2024.

