

Active Essex Investment 2022-23

(April 2022 - March 2023)

£9,365,955



Together Fund £214,091



Working with not-for-profit groups and organisations to provide Sport England funding for physical activity delivery projects

30 Physical Activity Delivery Projects

9 receive bespoke resilience building support programmes

39 Organisations Funded

1592 People Engaged from:

- Ethically Diverse Communities
- People with Long term Health Conditions
- Disabled People
- Lower Socioeconomic Groups

Children and Young People £169,311



Essex School Games creates opportunities and experiences that young people will enjoy.

27 Inter-School events run by SGO's as part of their School Games offer

546 Participation in Inter-School events run by SGO's as part of their School Games offer.

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog.

361/544 ECC Schools signed up to The Daily Mile

Local Delivery Pilot £2,793,848



18 LDP invested projects target inactivity in deprived communities of Basildon, Colchester and Tendring

577 players collected 14,197 tags over 8,148 in Street Tag Colchester

1000 bikes given away to a target population of 12,826

50 young people who are most at risk of offending or re-offending in criminal behaviour engaged & supported using Physical Activity interventions

Holiday Activity & Food £4,845,705

Active Essex is managing the holiday activity and food (HAF) programme on behalf of Essex County Council and Thurrock Council

41063 free spacs provided over 160 including 23 SEND clubs and 19 Wellbeing hubs

Through the Department for Education funding programme, we have provided 18,000 free spaces and nutritious meals across the February, May, and October half term

5,352 individual young people where supported across 81 clubs.



ECC Levelling Up £553,000

Supporting people living in priority areas of the county to benefit from the same opportunities and life chances as the wider Essex population.

7500 engaged with resident with disabilities and long-term health conditions in regular cycling.

3614 children and adults took part Beat The Street in Clacton and Jaywick covering over 6-week period June/July 22 to help address health equalities and improve mental wellbeing.

300 New pre-school physical literacy breakfast clubs for of the most disadvantaged reception aged children and their families in Canvey Island.



London Marathon Foundation - £790,000

granted to Active Essex following the success of Ride London Essex to get more residents active

17,866 unique individuals in Essex are estimated to participate in activities through the funding opportunity

14 Community Skate Jams took place accross Essex

41 Essex Pedal Power led rides since the beginning of April

31 schools have been supported to implement active travel initiatives



Active Essex Investment 2022-23

(April 2022 - March 2023)



Together Fund - £214,091

Supporting ethnically diverse communities, disabled people or those living with a long term health condition and lower socio-economic groups

Bridgeway Mission, with support from Active Essex, set up physical activity sessions for female refugees from age 20+ in Colchester, to improve health, wellbeing, communication, and confidence.

25

women became active by attending the activity sessions

“Thank you for all the exciting moments of the project, it was a magical experience for the refugee ladies with Hijabs. So, thanks for supporting and believing in us even though we are a relatively new organisation.

A Bridgeway Mission volunteer



Ghana Union Harlow

Members of the Ghana Union community had been asked by their GP's to attend fitness classes due to various health issues. Thanks to their led walks, individuals have seen a great improvement in their health.



Essex Cultural Diversity Project



Children and Young People- £169,311

Essex School Games 2022



The Essex School Games continue to provide events, leadership, confidence building and exciting competitions for children across the county, and this year saw additional investment from the Commonwealth Games coming to England

FA Girls Football School Partnership



Working with the Youth Sports Trust, Active Essex have been leading this work across the county to ensure more girls can have equal access and positive experiences of playing football at school and in their local community.

The Daily Mile



The Daily Mile is a free and simple initiative that aims to increase the physical activity levels of school children to help them access the physical health, mental health and wellbeing benefits every day.

“Almost all of our pupils enjoy the Daily Mile, with most asking teachers to do it every day. We've noticed an improvement in fitness. Children feel good taking part, chatting to one another and enjoying each other's company. I think it's a great opportunity for teachers to chat to the children and all enjoy the nature around them.

Thomas Willingale School and Nursery staff Member

Active Essex Investment 2022-23

(April 2022 - March 2023)



Local Delivery Pilot- £2,793,848

Project:ME

Taking place on the Greenstead estate in Colchester, Project:ME have been supporting children and families who lack confidence in getting involved with physical activity. Through funding from the Essex Local Delivery Pilot (ELDP) since April 2022, the initiative has been helping residents who live in deprived areas and those who are unable to access physical activity due to the lack of support and funds.

42 young people have been supported through the programme

Essex Pedal Power



Over 500 bikes have already been distributed in Clacton/Jaywick, with clear evidence already of a positive impact on physical and mental health, as well as bringing the community closer together through new cycling groups and led bike rides.

PoolPod



A pool pod is a lift which was fitted to the side of the pool at Basildon Sporting Village to allow individuals living with dementia, long term physical, sensory, intellectual, and mental health conditions to now access swimming on an equal basis to their peers

Holiday Activity & Food - £4,845,705

In 2022, Essex ActivAte ensured that most clubs delivered between 4-8 hours each day, offering extra support for working parents and providing a range of exciting activities for young people to enjoy, decreasing the holiday activity deprivation that many families face.

Summer 2022

Following the summer programme, three mental wellbeing, family-fun festivals were also held to promote positive mental health and encourage family wellbeing activities, engaging over 400 young people and their families.



Winter 2022

400,000 meals including breakfast, lunch and dinner, to support eligible children, reducing food poverty and family hunger.



Food Education Programme

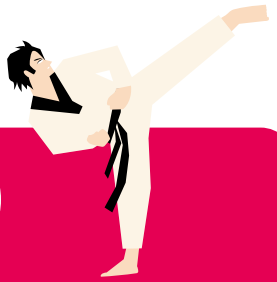
The Household Support Fund supported the Essex ActivAte delivery by providing Food Education programmes to households across the county, including children and young people. Local communities came together to learn different recipes and how to cook a healthy meal on a budget. At the end of the programme, each family was funded an air-fryer or slow-cooker to take home, supporting them with their energy bills.



1160 households supported

Active Essex Investment 2022-23

(April 2022 - March 2023)



ECC Levelling Up - £553,000

Physical Activity is paying a key part in the ECC Levelling Up programme in 2022 with key projects such as:

Beat the Street - Clacton & Jaywick

Beat the Street took place in Clacton & Jaywick in June and July and an evaluation report has been produced by Intelligent Health.

A total of 19 community and workplace teams took part, a mix of running/cycling groups, community groups and workplaces. Many of the players reported that they had met new people when out playing, chatting to other players with some leading to new friendships. The programme also brought community groups together, such as two cycling groups who were previously unaware of one another.

Some parents commented that they had spent time together playing Beat the Street as a family that they might not otherwise have done.

91%

of players live in a deprived area (IMD 1-4)

Inclusive Cycling

Disability offer by the mainstream cycling community in Tendring. Enabling independent cycling by people with disabilities and LTHCs through the offer of a free bike to own.

“My condition varies from day to day so it's quite difficult to plan regular rides. I really appreciate having the bike on my premises so I can access it at anytime. Cycling with my daughter has been good fun for both of us, we have found routes that are as safe as possible and we can reach quiet areas within 15 minutes. Cycling gives me a feeling of positive energy.

I feel a sense of freedom, being able to travel around to places where it's peaceful.

Daniel T - Disabled (Multiple Conditions)



“

I'm pleased that we are being proactive about Levelling Up here in Essex, and that physical activity is seen as an important part of the work. Active Essex has ambitious and exciting plans for place based expansion over the coming years, and I am positive that these plans are directly aligned with the future aspirations for Levelling Up in Essex. Exciting times ahead!

Cllr McKinlay, Essex County Council Deputy Leader

London Marathon Foundation - £790,000

Mini Case Study - Health, Fitness and Kinesiology

Small Grants Funded £3,500 for weekly Qigong classes in the community for those with mental health complexities.

“I have anxiety so just getting to the class is difficult for me, this dose however help my mental health when I get to class.”

“It's given me more purpose in times of personal uncertainty and doubt. It's helped me focus, with decision making. This started off with a suggested activity, which in theory sounded like what I needed, but with some uncertainty I at least tried it. Then it has gone on to be a regular activity for me providing benefits, emotionally, physically, psychological and maybe spiritually! I didn't expect it be of such benefit. This helps me stay focused and stable, in times of struggle and uncertainty.”



Woodville Primary School Funding Awarded - £2,040

Woodville were funded £2,040 Active Travel grant to help fund a new bike storage shed and have achieved Modeshit Platinum award.

“Receiving the Active Travel Fund has been amazing for helping our school to encourage students to get physically active on their travels to school. The funding has meant we have had a bike shelter installed in the school's ground and has meant parents and guardians have been more open for their children to cycle to school as they know there is a safe place for their children to leave their bikes. day. Since the shelter's installation, we have already seen an increase in children cycling to school.”

Deputy Headteacher of Woodville Primary School

