

LDP HIGHLIGHTS

W E 8th December 2023

UPDATES

ESSEX PEDAL POWER 'FAMILY' MEET TO CELEBRATE A HUGE SUCCESSFUL 2023

The Essex Pedal Power 'family', which now delivers across 5 places in Essex, met in Colchester last week to reflect on 2023 and plan for 2024. The networking event, led by Sylvia Gentleman and Julian Sanchez, was attended by over 30 people from over 10 organisations that work so well as a team to deliver Essex Pedal Power.

Essex Pedal Power has now impacted the lives of over 1,500 people through the gifting of a brand new bike and ongoing support and encouragement in the disadvantaged communities of 1) Clacton and Jaywick, 2) Harwich and Dovercourt, 3) Colchester, 4) Basildon, 5) Canvey Island. There are 2,500 more bikes to give away in 2024, with plans to also take Essex Pedal Power to Harlow and Thurrock. The event was a huge success, with people enjoying the Christmas and cycling theme.



JASON AND KERRY SELECTED TO BE IN FIRST COHORT OF TUTORS TO DELIVER THE NEW SPORT ENGLAND PLACE EXPANSION LEADERSHIP COURSE

Jason and Kerry attended a 3-day course at Loughborough last week to be trained in delivering the new Sport England Place Expansion Leadership course.

Nineteen people were chosen from across the 12 LDPs and other Sport England Place partners to be the first cohort to deliver the new courses and were trained by Martyn Allison and Ken Masser, who designed the 2-day course, and who successfully tested the course in Blackpool and Wirral over the summer. Andy Wright, former Chief Executive of Braintree District Council, and Karen Creavin, Chief Executive of The Active Wellbeing Society, were also chosen to be in the first cohort of new tutors.

The new 2-day leadership course will initially be delivered in the new Sport England Place Expansion communities during 2024. The purpose of the course is to create or expand a network that is driving system change in a place to tackle high levels of physical inactivity, tackle the worst inequalities, and encourage children to have a positive attitude to sport and physical activity.

For more information, contact Jason jason.fergus@activeessex.org or Kerry kerry.mcdonald@activeessex.org



UPDATES

THE ESSEX ACTIVITY AWARDS 2023 CROWNS THEIR WINNERS!

In an amazing, glitter filled awards ceremony last Thursday, Active Essex and partners crowned their 10 winners at the prestigious Essex Activity Awards ceremony, this year taking place at Prested Hall.

A record-breaking 700 nominations were received this year for the 10 categories, followed by over 3,000 votes cast by the public for 3 categories. With 150 guests attending the ceremony, it was great to bring different communities together and hear from so many inspiring individuals and groups. Congratulations to all winners and runners up for their outstanding accomplishments.

To read more about the winners visit: <https://www.activeessex.org/news/a-night-of-recognition-and-celebrations-at-the-essex-activity-awards/>



HANNAH AND AMELIA ATTEND SHARE AND LEARN EVENT IN YORK

Hannah and Amelia attend Share and Learn event in York. Sharing learnings from LDP's, Active Partnerships and Local Authorities in the Yorkshire region, it was a great opportunity to spend time understanding their approaches and discussing challenges. With over 60 attendees, it was fantastic to connect with people working in this space in a different geographical area and have open and honest conversations about what has and hasn't worked. Sessions included Active Withernsea's place based approach, North Yorkshire Sport and The Outdoors partnerships in Scarborough, City of York's Health Champions and North Yorkshire Sport's Active Communities place based approach.

For more information contact Amelia.hall@Activeessex.org or Hannah.Taylor@essex.gov.uk



LDP FUNDED YOUTH MENTAL HEALTH AND SPORT PROJECT IS RECRUITING A PROJECT MANAGER

The new Youth Mental Health and Sport Project, led by Active Essex Foundation, and funded by our LDP, is recruiting a project manager. Please can you share the job ad throughout your contacts and networks.

<https://www.activeessexfoundation.org/news/essex-youth-sport-and-mental-health-project-lead>

Essex Youth Sport and Mental Health Project Lead

Posted by: Active Essex Foundation

£45,760

Full Time

3 years

January 2024

The Essex Sport and Youth Mental Health project is an exciting new 3-year project that has been funded through the National Lottery Community Fund Reaching Communities programme and the Sport England

Read more

More details



BASILDON UPDATE

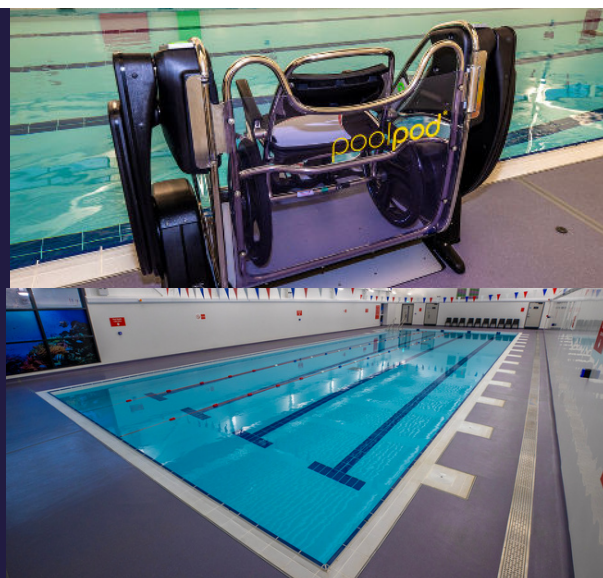
NEW SWIMMING POOL AT EVERSLEY LEISURE POOL

Recently we cut the ribbon to the multi-million pound swimming pool as an extension to Eversley Leisure Centre in Pitsea.

The brand-new facilities include a four-lane 25-metre pool, dedicated changing facilities and an extension to the existing car park, providing 50 additional parking spaces for those using the centre.

Thank you to our partners [Morgan Sindall Construction](#) and [Everyone Active - SLM](#), who in partnership with the council have made this project possible.

Together we are reducing health inequality in the borough and improving access to physical activity for more of our communities.



TACKLING HEALTH INEQUALITIES USING A HEALTH IN ALL MATTERS ASSET-BASED APPROACH

Grant Taylor from the Basildon LDP, alongside Mandie Skeat, Deputy CEO at Basildon Council, presented to the Essex Chief Executive Forum on the work taking place in the borough to tackle health inequalities using a Health in All Matters asset-based approach.

They showcased the difference this approach is making, highlighting the significant impact of the Find Your Active Basildon partnership in this and how it is influencing our wider community and wellbeing work.

FIND YOUR ACTIVE BASILDON OPERATIONAL GROUP

The Basildon FYA Basildon operational had its last meeting for 2023. Agenda items included:

- Review of funding request from Basildon EPP/ TAWS for required upgrades to their current workspace
- Review of remaining Basildon budget review and sign off of forward plan
- Discussion around how we drive Move with us campaign in Basildon
- Review of System Matrix results

We also sadly said goodbye and good luck to some colleagues who have been involved in the FYAB partnership and are moving on (Leah Douglas, Millie Downes, James Sparkes, Jay Robinson). Next meeting will be early Feb 2024

COLCHESTER UPDATE

RELATIONSHIP GROWS BETWEEN COMMUNITY 360 AND THE UNIVERSITY OF ESSEX

Following the recent launch of a case study on the partnership working between Community360 and the University of Essex. We continue to build on a collaborative relationship with the University of Essex, linking with the SRES team on a variety of projects to help bring physical activity to communities around Colchester. Recently, the second-year physiotherapy cohort designed, as part of their course, a home workout programme to go out with the Winter Packs we are distributing as part of our Winter Resilience project (photo attached). We have also met with Dr Chris McManus as we look to organise more sporting opportunities for refugees situated in Colchester to help with their mental health and wellbeing.

In addition we will soon be meeting with Dr Mike Rogerson to discuss opportunities for the use of VR headsets and hand cycles in care homes to measure the impact on health and wellbeing of residents. Meanwhile Dr Andrew Brinkley and Abi Onuoha, along with some of their students, are looking to come on board to our previously mentioned Waiting Well project launching in the New Year.



TENDRING UPDATE

HARWICH EPP

We have now given away 9 child seats in Harwich and Dovercourt which is incredible, with another 4 going out before Christmas. We also completed children's Learn to ride and level 1 on sat 2nd Dec which saw more children developing their cycling skills, road sense and learning to ride.

Sat 16th Dec we have our first led ride along the seafront and Cycle in cinema. This is free and open to anyone with a bike in the local area. You are of course welcome to join and please share with your networks.

EPP PARTNERSHIP EVENT TAKES PLACE EVENT TAKES PLACE

Essex Pedal Power hosted a Give Back & Give Thanks awards event on Saturday 9th December, to celebrate and recognise members of the community in Clacton & Jaywick. A range of awards were given out and all volunteers were presented with a certificate and medal for their time, dedication and effort to the programme. In addition, there was also a live band, food and refreshments, competitions and games to keep everyone entertained.

