

LDP HIGHLIGHTS

W E 19th January 2024

UPDATES

SPORT ENGLAND PLACE PARTNERSHIPS EXPANSION IN ESSEX

2024 is a very important year for Sport England as they roll out their £250m Place Partnerships expansion. In Essex, a key aspect of the Sport England Place Partnerships expansion is the deepening of our LDP work. This means that there will be new funds to sustain and scale up the most successful elements of our LDP testing in Basildon, Colchester, and Tendring, but also to sustain the LDP system change work at an Essex-wide level.

Two workshops have been set up at the end of January to start co-designing the priorities for LDP deepening in Basildon and North Essex (Colchester and Tendring). Active Essex will play a leadership role alongside Sport England to use the learnings from our LDP to start up Place Partnerships work in new places in Essex that meet the Sport England criteria for deprivation, physical inactivity, and social need.

For more information, please take a look at the Sport England information on Place Partnerships expansion: <https://www.sportengland.org/funds-and-campaigns/place-partnerships>

NEW SPORT ENGLAND PUBLICATION ON 'NAVIGATING LOCAL SYSTEMS'

The new publication follows three places (Liverpool, Luton and Wakefield) over a number of years as they sought to better navigate and change their local systems to 'increase physical activity within local communities where need is greatest'. The report identifies some fantastic learning that we can use in Essex as we seek to deepen and expand our LDP work.

You can read the report here: [Sport England Navigating Local Systems publication November 2023](#)



ESSEX PEDAL POWER

Essex Pedal Power went from strength to strength in 2023, expanding into four new places: Harwich, Colchester, Basildon, and Canvey Island.

Essex Pedal Power is already well established in Clacton and Jaywick, and is fast approaching the amazing target of 1000 bikes distributed to eligible residents in the most deprived areas. The Essex Pedal Power family has committed to distributing all bikes in 2024 and this is a huge undertaking – nearly 2,500 new bikes to be given out across our 5 places. This will mean that approximately 4,000 people will be cycling in our most disadvantaged communities who otherwise would not have been cycling. This will create a massive shift in the demographics of our cycling community in Essex.

For more information, contact Kerry: kerry.mcdonald@activeessex.org

BASILDON UPDATE

ESSEX PEDAL POWER BASILDON, REACHES 100TH BIKE MILESTONE

The 100th staff member at Basildon Hospital has now received a free bike, as part of the successful scheme in collaboration with the NHS, promoting sustainable travel and healthy commuting options.

The lucky staff member who received the one hundredth bike is Farhan Rashid Nabil, External Affairs Officer at the Trust, who said: "With my new bike at hand, I hope to explore more of Basildon, connect with other cyclists and improve my fitness. It also speeds up my journey to work. The bike scheme was one of the first few projects I was involved in when I started working at the Trust, so I was thrilled when I was asked to collect the 100th bike."

Read more here:

<https://www.mse.nhs.uk/latest-news/hospital-staff-saddling-up-for-successful-bike-scheme-hits-milestone-6696>



BAR 'N' BUS MOBILE DROP-IN SPACE IN LAINDON

Bar 'n' Bus started working in Laindon in 2020, providing a detached youth work programme which saw youth workers on foot engaging with young people gathering in public spaces. Youth Workers built supportive relationships with groups they met and, as necessary, young people were linked with positive activities, group work programmes and in-school support.

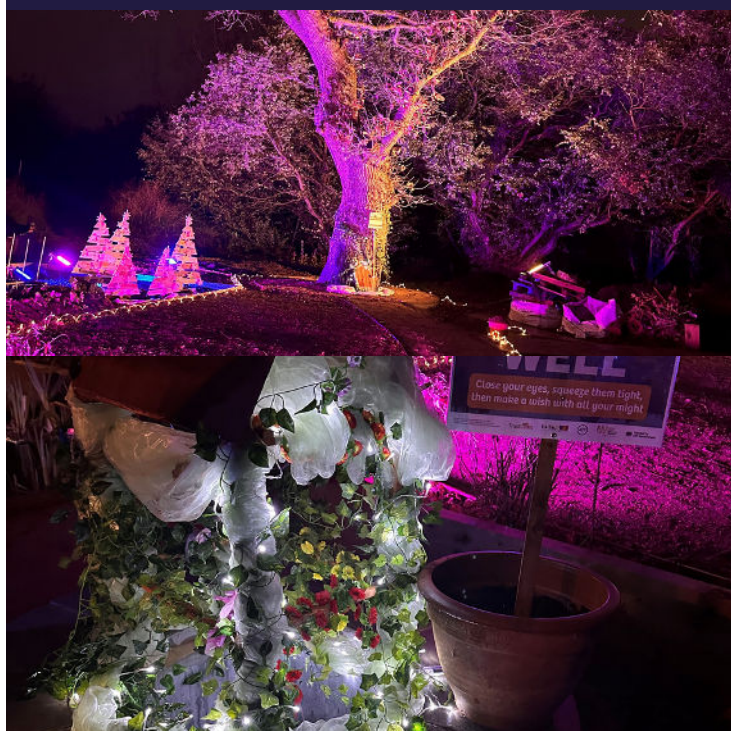
In 2022 Bar 'n' Bus received funding for a brand-new mobile youth vehicle to use as an outreach space for young people. Leading on from the detached team's work, the bus deploys in Laindon each week for young people as a afterschool space offering a warm drink, a place to chat and a range of fun activities. The project has grown throughout 2023, with a regular group of young people engaging who the team see on the bus, in the school and through other youth work programmes to offer a wide variety of supportive and inspirational engagements throughout the week.



TRUSTLINKS VANGE ENCHANTED GARDEN

On the 7th December, TrustLinks Vange hosted an Enchanted Garden Event which was co-produced with the organisations involved in Volunteer Futures. The event featured Christmas lights, music, workshops, and food, all free of charge to the community and was enjoyed by all.

In addition, as from the 20th November, the TrustLinks Garden in Vange has opened 2 days a week. This second day is for new members, to increase the number of people they are able to reach via the service.



TENDRING UPDATE

ESSEX PEDAL POWER PROVIDES JOB OPPORTUNITY FOR BIKE RECIPIENT

Rae got her bike in February 2023 in Clacton and Jaywick. She is now involved with EPP, working as a Project Support Officer in Colchester and distributing free bikes to the local community. About EPP, she said

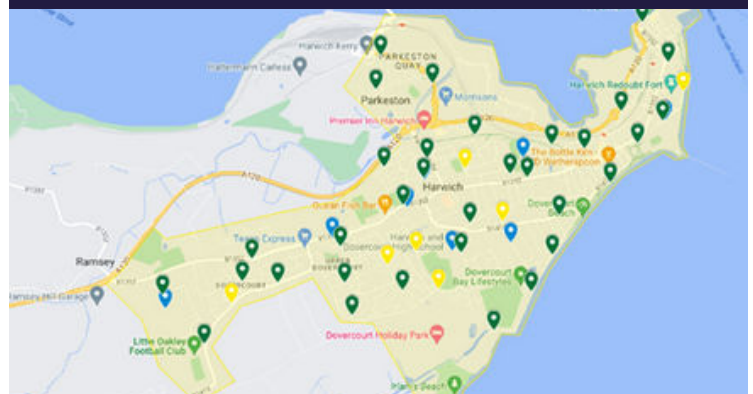
"Working for The Active Wellbeing Society has allowed me to make a positive impact on the mental, physical well-being of others and the environment. Prior to becoming a Project Support Officer for Essex Pedal Power - TAWS, I was working in the charity sector in my previous role, we worked closely with Essex Pedal Power Clacton & Jaywick, after a chat I was eligible and applied. Receiving my own Essex Pedal Power bike transformed my life, my commute to work was much quicker, I lost weight, mentally and physically I could notice a difference. Being such an amazing project, I was eager to participate where I could, when I saw the job role for a new project in Colchester for Essex Pedal Power Greenstead Colchester - TAWS, I knew I wanted to be part of the project and applied for my current role. My love for my job stems from the transformative power it holds and is proving to have with each participant. Witnessing the positive changes in people's lives, both big and small, is incredibly gratifying. My journey in the charity sector has been shaped by empathy, compassion, dedication, and a genuine care for the mental and physical well-being of others. Together, let us continue to create a world filled with empathy, compassion, and care for those in need."

Rae, Essex Pedal Power Participant Clacton & Jaywick & Project support Officer for Essex Pedal Power Colchester.



BEAT THE STREET TO RETURN TO HARWICH AND DOVERCOURT

New funding from the LDP and Essex County Council Public Health Accelerator Bid fund means that Beat the Street will take place for six weeks in Harwich and Dovercourt between March 13th and April 24th. The game will be managed by CVS Tending in partnership with Intelligent Health, Active Essex, and Tending District Council. The game is expected to attract over 2,000 players out of a total population of 18,500, all competing in teams to tap as many of the 40 Beat the Street boxes as many times as they can.



ESSEX PEDAL POWER IN LINE FOR AWARD

Essex Pedal Power Clacton & Jaywick are due to receive the Pride of Tending Award for their work in the area.

The nomination, received by Cllr Peter Kotz was made thanks to impact the initiative has had on the residents of Tending such as improvement to fitness and physical health, but also to employability and the local economy.

