

LDP HIGHLIGHTS

W E 8th March 2024

UPDATES

ESSEX LDP SHAPES THE PLANNING FOR 3 NEW SPORT ENGLAND PLACE PARTNERSHIPS IN ESSEX

The successes and ways of working developed through the Essex LDP have been central to the messaging being provided to 3 new Sport England Place Partnerships in Essex.

Following Sport England's national launch in November, we have been developing conversations with Castle Point, Harlow, and Thurrock. Last week, over 200 organisations attended 3 stakeholder workshops in these three localities, where discussions took place around how to successfully tackle physical inactivity in low-income communities, by following the learnings from the Essex LDP.

The next stage for Castle Point, Harlow and Thurrock is to use all of the insight from the workshops to shape an application for investment for the development phase, which is expected to run until the end of the year, after which the main three-year phase will commence.

For more information on place partnerships visit: <https://www.sportengland.org/funds-and-campaigns/place-partnerships> or contact Kerry kerry.mcdonald@activeessex.org



NEW ESSEX LDP SYSTEM LEADERS VIDEO



We are excited to share the highly anticipated LDP System Impact video, which truly demonstrates the positive impact that the Essex Local Delivery Pilot has had on the physical activity levels of people living in our priority neighbourhoods. The LDP has shown success in the hardwiring of physical activity and building connections across the system, to empower communities and ensure that everyone can enjoy the many benefits that an active lifestyle can bring.

This video is a development of the previous recording, which launched in May 2022, highlighting the journey that Essex has been on to help create positive lasting change in communities. It's been great to hear from key system leaders representing health, adult social care, community and voluntary services, local government, and Sport England in this video to highlight how physical activity is being successfully embedded into their system.

As we transition out of the world of Local Delivery Pilots, and into our place partner role, we will look to share our learnings across Essex to better understand our priority neighbourhoods. This video captures the journey up until this point, and lays the foundation to now build upon, as well as highlighting how Essex played a key part in Sport England's Place Expansion initiative, which launched on Canvey Island last November.

Watch the video here: <https://youtu.be/S867izATBfg>

BASILDON UPDATES

FIND YOUR ACTIVE BASILDON STRATEGIC LEADERSHIP BOARD

The Basildon Find Your Active Strategic Leadership Board met recently to see the Briscoes HAF programme in operation and to meet the staff, volunteers and children operating it so successfully. The board gained a greater understanding of HAF programmes and the important role they play in communities, entering into a discussion as to how the place partnership could further support and expand the local offer.

RESIDENTS ENGAGEMENT IN BASILDON

On Saturday 24th February colleagues from Basildon Council were at Ballards Walk in Lee Chapel talking to residents on their thoughts around cycle parking in their local area. Concerns were raised about storing cycles at home and also at destinations such as shops, Basildon town centre and Basildon train station.



HEALTH, CLIMATE AND CHANGE WORKSHOP

On Tuesday 27th February Tom Oliver led a workshop on 'Health, Climate and Change' as part of the Future Anchor event for the Mid and South Essex NHS Foundation Trust. This presentation used examples of how programmes like Essex Pedal Power and Street Tag are helping to understand the needs of local people and then working to address these whilst having a positive impact on health and climate. The NHS is responsible for nearly 6% of the UK's carbon emissions, with approximately 125kg of CO₂e per day for hospitalised patients, and 76kg of CO₂e per outpatient acute care appointment. Using physical activity to reduce the burden on the NHS has a clear cost and carbon saving.

COLCHESTER UPDATE

COLCHESTER ORBITAL ACCESSIBILITY

Rowena Macaulay (Walk Colchester, Colchester Orbital) and Aaron Ashwood (Active Environments Officer) have been working on improving the accessibility and inclusivity on the Colchester Orbital. Working closely with the Park Ranger team at Colchester City Council, works have started with the removal of the A-frame barrier into Lexden Woods Nature Reserve. The Colchester Orbital is a collaborative project between the community (Walk Colchester) and Colchester City Council. It is a circular 15 mile walk/cycle route around the urban area of the city, connecting some of the most important and beautiful parks, green spaces and off-road pathway networks. The route follows public rights of way, and links with cycle paths wherever possible and there are both walking and cycling orbital routes (see also the Orbital Cycle). It was identified through a barrier audit that there are many barriers around the orbital that make the route not very accessible and inclusive for the whole community to benefit.

You can find the Orbital map at: <https://colchesterorbital.org/> and further Orbital information at <https://www.walkcolchester.org.uk/the-colchester-orbital>.

COLCHESTER UPDATE

WAITING WELL GROUP

We have now had 6 weeks of Waiting Well and have been so pleased with the progress we have made, the lessons learned and the lives that we have helped in the community with this project. Over the weeks we have had guest talks about Walking for Wellbeing, Weight Management, Technology Enabled Care, Dance Network Association, Trust Money Confidence and Adult Community Learning.

On week 5, Karen from Trusted was the guest speaker who was able to share some great life hacks for saving money, including saving small tubs of marmalade and a trick with a credit card and some chewing gum! This great presentation ignited some interesting conversations and sharing which lasted for most of the session. Karen also signposted us to their 6 week course to learn more, which had quite a few interested and signing up.

In week 6 we invited in Emma from ACL who shared with us all the wonderful courses that ACL can provide to help educate and upskill you in a whole manner of ways, from mental health and resilience, helping with career change and employability or even eating healthy; there is something for everyone. Emma had everyone enthralled by what was on offer, not just the participants, but volunteers and other neighbouring community groups were all deep in discussion after around what courses they could sign up to!

In week 7, Roz from CCC Financial and Employment Support Team joined the group to share their contact details and talk about the wide range of support they offer such as; housing, benefit claims, back to work support, cost of living advice and signposting. Sarah closed the group with some chair based exercises and a relaxing mindfulness session. Participants and volunteers were asked to share any feedback from the session they attended.

This Waiting Well project has given a wealth of success and plenty of learning, the team are so pleased with how it has gone and are all really excited to see where it goes next. For more information on Waiting Well, please contact emilywingate@community360.org.uk



ACTIVE CHALLENGES

February welcomed the wonderful Julia to the One Colchester Community Hub but not on her usual Saturday, this time it was on the last Thursday of the month to take over our monthly Active Challenge. From 12-1pm the Hub was pumping with great Afrobeats music and filled with many a red and smiling faces dancing Zumba-esque moves with Julia, we even had some budding participants giving instructing a go too!

Active Challenges is a once a month opportunity to try a different activity, and at the end we give you the information of where to go to continue it, if you liked it! The Active Challenge takes place on the last Thursday of the month at the One Colchester Community Hub, so far in 2024 we've had a Wellbeing Walk and Afrobeats, what will March bring? – Keep an eye on our social media and the whiteboard in the Hub to find out!

COLCHESTER UPDATE

FIRST GP SURGERY IN COLCHESTER HAS SIGNED UP AS AN ACTIVE PRACTICE

Creffield Medical Practice has become accredited as an Active Practice following some actions they've taken to promote physical activity and reduce sedentary behaviour in their patients and staff.

The practice manager was excited to share the initiatives already implemented, including a standing waiting area for patients, health and lifestyle posters around the practice, standing desks and under the desk pedals for staff, and the ongoing exciting development of building a gym within the practice for patients and staff. They are also planning to take part in On Your Feet Britain day in April 2024, start walking groups for patients, and become a parkrun practice once the weather warms.

Our LDP-funded Physical Activity and Partnership Officer Leeni is incredibly happy to see such proactivity in Creffield Medical Practice and will continue working with Primary Care across NEE to support others to promote physical activity to their patients and staff.

TENDRING UPDATE

ESSEX PEDAL POWER HARWICH AND DOVERCOURT

On Thursday 7th March EPP Harwich & Dovercourt held a led ride for child seat recipients which brought parents with young children in child seats together. This was a very welcomed opportunity, which allowed child seat recipients to meet new people and build confidence on the local cycle paths whilst cycling with a child in the frontal child seat. The ride took to the local cycle paths and along the promenade, to a local café. Interest in future led rides and events has been sparked by those who attended.



TENDRING UPDATE

WHEELS FOR ALL

Wheels for All were at Shorefields School in Half Term along with a mechanic from EPP to complete maintenance checks on the fleet of adapted cycles. We are getting ready to open up the sessions in March (pics attached)

We had a great session at Sailship last week using the accessible pathway. Both ladies who took part, struggle with strength in their legs but managed to complete a mile (6 laps of the track).

We also opened our first session of 2024 at Shorefields School yesterday, where we welcomed back 8 participants. They were all really pleased to be back cycling and the sun was even shining!

