

## Active Travel, Environments & Planning

### Policy + strategies/ guidance

- Park & stride
- Thurrock design code
- Local plan
- Bikeability (+scooters)
- Design charter (2023/24) / coding renewing local plan
- SE design guide
- Health & wellbeing strategy (specific on Active travel & Built environment)
- Health in all policies (transportation + 4 other)
- Corporate plan
- Transport strategy/ LTP4
- Climate change/ air quality strategy
- LCWIP CIC / S106
- Community safety
- Gear change LTN 1/-20
- Brighter futures
- SMOTS
- G&B infrastructure

### Orgs & Service providers

- Community groups/ 3<sup>rd</sup> sector
- Transport providers
- Gp/SP
- Local area co-ords
- Developers
- Local business
- Police

- Impulse
- Council
- Health alliance
- Wardens/park rangers
- Friends of groups
- Gamification (Beat the street)
- NGBs
- AE/SE
- School governors/ Academy trust
- Thurrock BC Thames Port L.A.

#### Audiences

- Low income
- Inactive
- Inclusion

Training + upskilling for organisations to be able to respond to applications.

#### Physical environments

- Green/ open spaces
- Leisure centres
- Public highway
- Libraries
- NCN
- Workplaces
- Bridleways
- Outdoor gyms
- Streetscaping

- Trails/ pavement
- Schools
- Community halls
- Churches
- Cycle racks
- Public rights of way
- Heritage spaces e.g., coalhouse fort

#### Social networks

- Cycle clubs
- Running clubs- the nomads
- Park runs
- Thurrock council newsletter
- Ramblers
- Gateway cycling
- Thurrock cycle marathon
- Forward motion (van)

## Community

### Audiences

- Everyone
  - o Focus on segments fro comms
  - o Inactive
  - o Low income
  - o Older people etc.
  - o Area focused

### Social networks

- Facebook groups (need to be aware of digitally excluded)
- After school clubs
- Neighbourhoods (street level)
- Faith groups
- Friendship groups
- Foodbank/ food projects like HAF
- Service need led groups
- Community hubs, family hub, community café
- Stronger together

### Organisations

- VCFSE groups & organisations
- Uniform groups (scouts, sports groups, schools)
- OCK/ Chadwell boxing club
- Tilbury football club
- Family hub

- Business bug
- Social workers
- Home ed organisations
- Education/ schools (informal setting)
- LAC, CHC, SP, CLA
- Police (neighbourhood teams)
- Fire service
- Safe houses/refuge
- Businesses, supermarkets
- Employment agencies
- Disability groups
- Community forums- Chadwell/ Tilbury SP

#### Physical Environments

- Parks
- Community centres
- Grange waters
- Country parks/ wildlife centres
- Forts, school gyms etc.
- Cherrywood condovers
- BT village hall
- TIL/OCK/CHAD/RTH- libraries
- Cruise terminal

#### Policy

- Reducing barriers to use open spaces
- Police policy- TCSP

- Better care together
- Physical activity policies or influences
- Internal policies within orgs
- H&W strategy

Active Essex

## Health

### Policy

- Health humanity
- ICB strategy
- Health & wellbeing strategy
- Fit for the future 2031
- Public realm design code- rules for developers when constructing
- Retrofitting existing streets
- Accessibility e.g. bench every som
- Uniting the movement
- Social & PA before medical or as well as
- Better care Together Thurrock strategy + Health + wellbeing strategy (levelling the playing field)
- Money follows patient to buy in PA/ social activities. Like a personal budget
- Local Plan- policies for new development of housing, employment & services, transport & active travel, parks, open spaces, ecology & biodiversity

### Physical Environments

- Dr Surgeries, hospitals
- Thameside, estuary
- Parks + open spaces- ensure minimal intervention for managing the first barriers to use, ie all services need a weather parks and benches
- Active Thames Fund, blue spaces
- Reduce physical barriers- Improve digital empowerment for specialist needs
- Coalhouse fort, tilbury fort
- Belhus park, south ock-Avely- becoming a heritage designation that can attract funding
- Community halls
- Scout hut martial arts village hall (Chadwell st Mary)
- Allotments
- Community Health + pharmacies
- Integrated medical centre

- Care homes & sheltered accommodation
- Flowers estate project for graving + Mollards Lans Sensory
- Impulse facilities

#### Organisations & Provisions

- Drug & alcohol services
- Friends of Grays Park + regeneration team led Town investment plan + youth club
- Active Essex (FYA Thurrock) – festivals
- Thurrock Council
- Integrated locality teams at PCN level ( networks across organisations)
- Voluntary, community faith & social enterprise orgs e.g. Healthwatch, Impulse Leisure, swimming clubs, scouts, sports sector
- Community safety partnership- mental health wellbeing
- CSP
- Linking people to active volunteering e.g. rescue centres for dog walking
- Schools educational settings
- Tilbury riverside project- heritage walks, picnic in the park
- Thurrock play network
- Pyramid centre
- Creative blast
- Arts Outburst
- Public health
- Library + hub at Chadwell St Mary- community garden + allotment
- Thurrock and Brentwood MIND

#### Social Networks

- Impulse services
- Public right of way forum (Thurrock)- horse user groups
- GPs/ social prescribers
- Big lunches



- Grange water S/O
- Parkruns
- Healthy families

#### Audiences

- Everyone
- Families
- Children & young people
- LTHC
- Elderly
- SEND
- People with long term conditions who may benefit from improved activity
- Policy makers
- Local providers
- Wider/national providers
- Community
- Workplaces
- LD
- High risk but not yet diagnosed
- Pre-opp candidates
- Carers
- Family hubs

	Individual	Shared	Conflicting
Priorities	<ol style="list-style-type: none"> <li>1. Co-created by communities to ensure buy-in</li> <li>2. listening to the community on what they want</li> <li>3. Removing barriers to enable communities to be active</li> <li>4. Promotion of opportunities of buy-in from all partners</li> <li>5. Access to activities on the door step</li> <li>6. Everyone can be MORE active no matter your ability</li> <li>7. Quality of experience</li> <li>8. Cultivating healthier communities/ changing the landscape</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Co-creating positive experiences for the community that are high quality + relevant for all</b></li> <li>2. <b>Creating community movement by establishing what community wants, implementing this by building community trust + engagement</b></li> <li>3. Understanding the landscape/ stakeholders</li> <li>4. distributed leadership on a common outcome, but which also helps achieve the other outcome or solve issues</li> <li>5. Building relationships across the service as a whole to create better outcomes</li> <li>6. Bring community and community groups together to unite and create a movement</li> <li>7. Establishing what our community wants</li> <li>8. Implementing this</li> <li>9. Building trust + community engagement</li> <li>10. To enable &amp; empower local people to co-produce and co-win playful, fun,</li> </ol>	<ol style="list-style-type: none"> <li>1. Organisations all have their own agendas + priorities which will limit ability to participate regardless of individual willingness</li> <li>2. Scale of initiative</li> <li>3. Area</li> <li>4. Cultural</li> <li>5. Organiser</li> <li>6. Individual</li> </ol>

	<p>9. Offering quality activity &amp; opportunity</p> <p>10. Shared/ combined effort- not competition</p> <p>11. Reshape planning developments to support/ enhance wider determinants of health</p> <p>12. Reduce obesity</p> <p>13. Improve mental wellbeing</p> <p>14. Improve air quality</p> <p>15. increase PA in population</p> <p>16. Improving the highway infrastructure for walking + cycling</p> <p>17. To ensure physical activity is embedded in new commissioning strategy + implementation</p> <p>18. Use capacity to leave the program in the</p>	<p>enriching and creative shared environments</p> <p>11. Local ownership</p> <p>12. Inclusion/ all people</p> <p>13. Enabling</p> <p>14. Neighbourhood</p> <p>15. Understanding</p> <p>16. Creating environment</p>	
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	<p>best place possible to succeed</p> <p>19. Understanding hyper local changes that need to be supported to improve PA levels</p> <p>20. Creating a physical activity club on social media</p> <p>21. Empower individual + group enjoyment of public exterior space for multiple benefit- health-wellbeing crime</p> <p>22. Needs to be inclusive</p> <p>23. a single, shared understanding around the priorities for improvement at place</p> <p>24. Changing and improving the physical environment WITH people (locals)</p>		
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	<p>25. Change the narrative supporting system change into prioritising strengths of community sport + PA</p> <p>26. Getting the physical environment that enables activity in existing and newly built places</p> <p>27. Understanding + empowering communities (already exists)</p>		
<b>Concerns</b>	<ol style="list-style-type: none"> <li>1. Enough people to deliver</li> <li>2. Not council led</li> <li>3. Travel to activity</li> <li>4. There is not enough information/opportunities to meaningfully share developers opinions</li> <li>5. Listening/understanding delivering needs vs wants</li> <li>6. Resources available</li> </ol>	<ol style="list-style-type: none"> <li>1. Ensuring community involvement to prevent alienation and ensuring processes are streamlined not cumbersome e.g. reduce red tape</li> <li>2. Data/ information transparency sharing</li> <li>3. Losing momentum</li> <li>4. Capacity and resources in a time where people are feeling scarcity</li> <li>5. How are we going to prove change + then also sustain it</li> </ol>	<ol style="list-style-type: none"> <li>1. Evaluation and monitoring more important to statutory orgs/ funders than to providers</li> <li>2. Funding</li> </ol>

	<ul style="list-style-type: none"> <li>7. Disengaged communities + nothing changes</li> <li>8. Activities + project is 'done with and not done to' communities</li> <li>9. Conflicting demands/priorities</li> <li>10. Managing/repairing relationships</li> <li>11. Money/ affordability</li> <li>12. Reduce red tape &amp; barriers to help community just get on and do it!</li> <li>13. Are colleagues/ members up for this</li> <li>14. Not having the stakeholder + political support</li> <li>15. Getting family members more active</li> <li>16. Lack of funding to deliver projects</li> </ul>	<ul style="list-style-type: none"> <li>6. Everyone returns to wearing the badge and dealing with the mountain</li> <li>7. <b>Lack of conflict</b></li> <li>8. Ensure we co-produce inclusive and sustainable outcomes</li> <li>9. Resource</li> <li>10. Scale of voice</li> <li>11. Lack of process &amp; ownership</li> <li>12. longevity/ sustaining</li> </ul>	<ul style="list-style-type: none"> <li>3. Where to invest- level of facility, ownership</li> </ul>
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|  | <ol style="list-style-type: none"><li>17. Changing people's perceptions of <u>how</u> we can be active</li><li>18. Final solutions to collaboration whilst retaining business recognition and identity</li><li>19. Finding out who all the players are</li><li>20. My personal inactivity!</li><li>21. Making it appeal to all physically inactive</li><li>22. Lack of shared ownership respect cooperation share public open spaces</li><li>23. Capturing minority voice/ diverse engagement which can be more marginalised at place (community of interest) e.g. LD/Muslim voice</li></ol> |  |
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	<ul style="list-style-type: none"><li>24. Lake of care money maintenance of exterior- public spaces</li><li>25. Lack of coordination</li><li>26. Lack of legal planning mechanisms</li><li>27. It falls on deaf ears</li><li>28. Longevity + legacy</li></ul>		
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