

Place Partnership Expansion

BI-MONTHLY
BULLETIN

April 2025



Full Bid Submission

The full Place Partnership Expansion bids for Castle Point, Harlow and Thurrock were submitted to Sport England at the end of February, and are due to be awarded at the beginning of May.

Alongside the full bids, business cases, a plan on a page for each place, and risk registers were submitted. In total, 48 business cases were put forward; Castle Point 15, Harlow 17 and Thurrock 16. The 'Plan on a Page' gave a topline summary of each place, including the current state of play, barriers identified in the development phase, strategic themes, learnings from the development phase, and the shared vision.

The below diagram showcases the outcomes of the place partnership investment. It clarifies the overarching Explanatory Framework, showing how we work across different levels; physical activity alone, physical activity and reducing barriers, and tackling inequality. This will underpin our evaluation approach and ensure consistency across all of our Place Partnerships and aligns with the NELP 10 conditions of success.

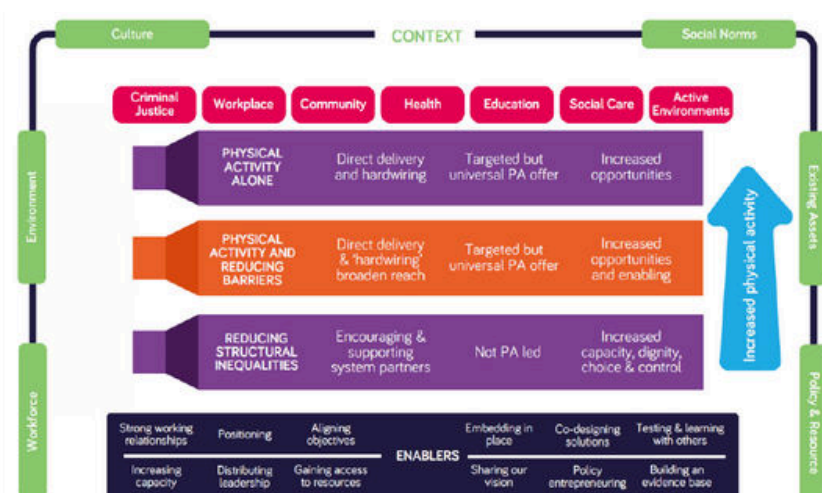


Figure 12 - Essex Explanatory Framework

Click an image below
to view place updates



Castle Point



Harlow



Thurrock

Wanting to find out more about place-based working? Check out [Buddle!](#)

Castle Point Place Partnership Expansion Network

Castle Point held its third stakeholder network event on the 30th April and 30 partners came together to collaborate. The event shared learnings from CPRSSP, Yellow Door, Bar n Bus, Let's Keep Moving and CPBC at The Paddocks, a key community asset recently reopened following refurbishment.

The day sparked great conversations and started the Castle Point Place Partnership's efforts to build effective networks around six key themes, which were identified in development phase.



Ready for School by the Sea

The Ready for School by the Sea project is helping families boost early literacy through outdoor learning. By combining reading, walking, and storytelling by the coast, the initiative engages parents and children in fun, educational activities.

In addition, they are also leading a training session - Making it REAL (Raising Early Achievement in Literacy) to support parents who are less involved in their children's education alongside a 2-day practitioners programme to support the delivery of the resource pack in the communities.

Seeing families learn together outdoors has been a major success, increasing engagement and confidence among parents. However, challenges such as ordering delays and promoting training opportunities have required problem-solving along the way. To reach more families, the project is working closely with schools, community groups, and volunteers, and as the project continues, more opportunities will be created to support children's literacy in a fun and accessible way with a larger parent event planned for summer 2025.

Kinder Essex and USP College

Kinder Essex, in collaboration with USP College's Digital Campus on Canvey Island, has launched an exciting new project aimed at supporting students (18-24 years) living with learning difficulties and/or disabilities. The project, which began in late March 2025, is designed to help students on the supported internship course increase their activity levels while also building confidence and encouraging independence in leading healthier lifestyles.

Many of the students on this course face challenges when it comes to accessing physical activities. Whether due to anxiety about entering a gym or class, a lack of confidence, limited local knowledge, or financial and travel barriers, these students often struggle to engage in sports and exercise. This initiative brings activities directly to them in a familiar and supportive environment, making participation easier and more enjoyable.

The six-week programme includes:

- Yoga sessions with a male instructor, attended by 10 male and 6 female students.
- Kung Fu self-defence classes, helping to build confidence, discipline, and fitness.
- Cycling at Hadleigh Park, with an easier version available at Waterside.
- Tennis & basketball at Yellow Door, providing an introduction to further opportunities.



By working with local sports coaches and exercise instructors, the project aims to provide a safe and positive experience for the students while addressing inequalities in access to sports and wellbeing activities.

While the project has received positive engagement, challenges remain in securing external opportunities and support.

After the initial six weeks, there are plans to support students who wish to continue participating. They will have the opportunity to fully integrate into local activity groups such as Yellow Door and Waterside, with some benefiting from a three-day pass to encourage sustained involvement.



Bar'n'Bus - Waterside Outreach Project

The Waterside Outreach Project, led by Bar'n'Bus, continues to make a meaningful impact on young people in our community. Operating from a bungalow, the project provides a safe and welcoming space for young people to connect, engage in positive activities, and access vital support. The initiative has delivered a range of services, from signposting to other youth-focused initiatives such as ATF and offering a space for children to feel comfortable to raise concerns with Youth Workers.



One of the biggest successes of the project has been the relationships built, not only with young people, but their families too. By fostering a strong sense of community, the project has helped divert young people from potential involvement in crime and antisocial behaviour. So far, around 20 young people have been engaged in the initiative each week.

One of the key learnings from the project is the importance of young people forming trusting relationships with youth workers. By fostering these connections, the initiative can better support mental wellbeing and encourage sustained involvement. The project is also looking at ways to add further value exploring opportunities for young people to take ownership of café sessions —empowering them with skills and a sense of responsibility.

ATF - Positive Futures

The Positive Futures project, delivered by ATF (Achieve Thrive Flourish), is making a real difference in schools across the area, providing young people with vital support around resilience, decision-making, and emotional wellbeing. The programme, which combines mentoring, education, and boxing, has seen strong engagement from students, with many reporting positive changes in their attitudes and behaviours.

“The boxing motivates me to hold my anger in for the week and then take it out on the pads.”
Young participant

However, delivering the programme has not been without its challenges. Many of the schools ATF works with are rated poorly by Ofsted, making structured delivery difficult. Over 18 months, the team has had to navigate inconsistent school engagement and logistical hurdles, including staff DBS barriers due to past convictions—despite lived experience often being what makes mentors the most relatable to young people.

Despite these challenges, Positive Futures continues to grow, demonstrating the impact of early intervention and positive role models. As more schools come on board, the programme remains a powerful tool for helping young people make informed choices and develop healthier coping mechanisms.



Contact Us

Lee Monk

Lee.Monk@activeessex.org

Relationship Manager,
South East Essex



CASTLE POINT

Harlow Capacity Building

The Harlow Capacity Building initiative has successfully delivered a series of impactful sessions on various topics including:

- Self Care: Emphasising the importance of personal wellbeing and strategies to maintain it.
- Recruitment: Best practices for attracting and selecting the right candidates
- Welfare and Safeguarding: Ensuring the safety and wellbeing of all individuals involved.
- Psychological Safety: Creating environments where people feel safe to express themselves.
- Our Networks: Building and leveraging professional and personal networks.

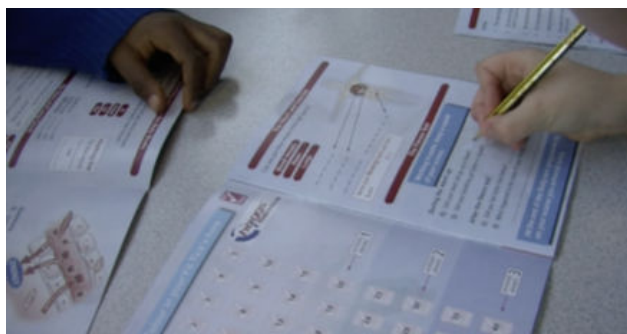
So far, it has been a huge success. One participant shared that the initiative has provided valuable support and insights into enhancing business mindsets, complemented by additional guidance and support from Sporting People.

Our last session will be on 7th May, focusing on coaching, mentoring, and planning for future development. If you haven't been able to join us this time around but would like to find out more about future opportunities, please get in touch.

The Bodycare Programme

The Bodycare Programme was a five-week cross-curricular health and fitness initiative aimed at Year 5 and 6 students. Schools who have been supported include Pemberley, Milwards, Potter Street Purford Green and Hare Street Primary. It integrated physical education with key curriculum areas such as science and mathematics, offering a structured yet engaging approach to learning about the human body, fitness, nutrition, and healthy lifestyle choices.

Each student received a Bodycare booklet to track their physical activity, nutrition, and self-improvement. The sessions were designed to be inclusive, fun, and educational, with activities ranging from fitness circuits to creative game design. To date, 240 students have completed the programme, with 60 more expected next term.



Let's Dance Campaign

The national dance campaign, "Let's Dance," provided an exciting opportunity to unite dance communities and celebrate the joy of dance in Harlow and across West Essex. Our Physical Activity Coordinator, Kelly Church, and our Find Your Active Place Navigator Mirka Marri, collaborated with local community groups to raise awareness about the campaign. They encouraged these groups to share their regular activities, which could be promoted as part of the weekly campaign, and to offer taster sessions where possible. These taster sessions aimed to reduce financial barriers and encourage new participants to try something new.




Beyond raising awareness, the campaign also provided a wonderful opportunity for dance groups to learn about each other's offerings in the local area. The goal was to inspire even more people to get moving by fostering connections and collaboration among dance communities.

“Working with Mirka has been a pleasure. The launch day was fantastic, with 53 attendees at the first session, bringing together various communities under one roof in a joyful atmosphere. This week has been filled with exciting dance activities, culminating in a performance at the Playhouse in Harlow on Friday evening.”

Kelly Church, Rainbow Services

The Great Get Together

 Saturday 21st June 2025

 Harlow Town Park

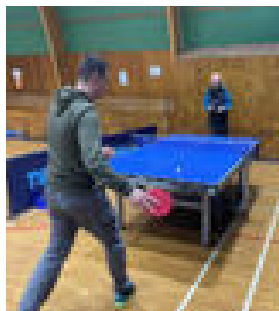
The Great Get Together organised by Rainbow Services is a community event designed to bring people together and celebrate unity.

This event is inspired by the late Jo Cox MP's belief that we have more in common than that which divides us. Attendees can look forward to a variety of family-friendly activities, including games, live performances, and community stalls. It's a wonderful opportunity to enjoy a fun day out while strengthening community bonds.



Fella's Forum Wrap Up

The Fella's Forum by HealthWatch Essex was dedicated to reducing social isolation, encouraging men to talk, and improving their mental and physical health. Through creating a sense of community, embracing nature, and experiencing new activities, the forum supports men in various ways. Sessions have included visits to Rileys Pool, Fishing with Fishing in Mind, and Table Tennis at BATTS, all aimed at fostering connections and enhancing wellbeing.



“Tonight was great learning about other men's support sessions, meeting new friends. The lake is amazing, it is so relaxing here. With the pegs being so close to each other I can be alone but also wonder over and talk to people at next peg.”

Participant

Achievements of the Harlow Fella Forum:

- Established the start of a network for men's health and wellbeing.
- Positively impacted attendees' physical activity levels and mental wellbeing.
- Highlighted available support for men.
- Improved referral pathways for men's wellbeing services.
- Demonstrated the power of collaboration.
- Encouraged men to talk and connect.

Free Family Fun in the Park

Launching 4th May 2025

Time for Change Kids are holding a new free initiative; Free Family Fun in the Park, which will take place on Sundays offering residents a free opportunity to get moving in their local green space, at The Stow Park.

The initiative aims to bring the community together while promoting positive health and wellbeing. Time for Change Kids is addressing key community needs such as accessibility, family engagement, and free activity, reacting and informing some of the needs and asks captured from the community within our place based journey.

Get involved, sign up and spread the word!

 The Stow Park, Harlow

What 3 words: care.brief.middle

 10am Every Sunday

 07884251662



Contact Us

Danielle Warnes

Danielle.Warnes@activeessex.org
Relationship Manager, West Essex



ABCD Workshop

The Active Essex Foundation have been offering to deliver further training sessions to interested teams across Thurrock. This month, we delivered an introduction to ABCD at the Thurrock Inclusive Leadership Meeting with various health partners, and a half day workshop for Homecare provider staff.



If Sport England accept our full 3 year Place Partnership Expansion proposal, we will have budget to help deliver more ABCD workshops in Thurrock. If you're interested in either signing up to a future course as an individual, or for a whole team please email: Juliette.raison@activeessex.org

With this investment, we are also keen to train local guides to help create a more sustainable model for the workshop delivery. Thank you to Jacqui Payne from Thurrock CVS who piloted this approach with us by supporting the delivery of the half day workshop.

Free and Low-Cost Activity Booklet

Updated and shared monthly by Thurrock's Physical Activity Coordinator, this monthly booklet provides information on activities from organisations within Thurrock that are either free or low cost, to encourage local communities and residents to find an activity that is right for them. Please contact Melissa Huggins - melissa.huggins@thurrockcvs.org to be added to the mailing list.



Click the image to view the booklet!

Test and Learn Project Update

Visits to some of the test and learn projects have taken place, and it's great to see that they are targeting many demographics across Thurrock.

A weekly gentle exercise class that takes place in 4 different locations across Thurrock is a great example of listening to what the community needs. The Stay Active, Stay Well session in The Flowers Community Hall in South Ockendon, was tailored following feedback from the group.

Due to funding, the sessions are currently free to attend, but the group are already discussing ways to ensure sustainability of the class, such as asking for a small fee each week to help purchase equipment and instructor costs.



Beat the Street

South Ockendon and Aveley

We are excited that South Ockendon and Aveley will soon be transformed into a giant interactive game, thanks to the Beat the Street initiative! The game will run from 23 April to 21 May 2025 and aims to encourage people of all ages to get outdoors and be more active.

Prior to the game launching, the team have been busy engaging local schools and communities with resources to ensure they know how to get involved and make the most of this great opportunity on their doorstep!

We want as many people to get involved as possible, so if you can support us in sharing the word about the game through social media, leaflet distribution or displaying posters in your local spaces, please get in touch!





Organisation Support Project

The organisational support project initially started by reaching out to Tilbury-based organisations to give them an organisation health check, to enquire about their current physical activity initiatives and also to gauge their interest in embedding more physical activity elements into the work they are already doing.

Following discussions, it became apparent that there could be a benefit in bringing together organisations who are supporting tilbury residents to work more collaboratively. The first Tilbury Network meeting has taken place which included some key discussions and opportunities for feedback around topics such as PPE, local barriers to physical activity, lack of venues in the area and methods of consultation. The group agreed to give feedback forms to their participants to ensure they have the opportunity for their voice to be heard and then we'll look at what we can do together to create local solutions.

Another project we are excited to launch soon is the start-up of a Tilbury Walking Group from the Community Hub. The plan is to use this as a trial and if it goes well, it can be used as a model to replicate into other libraries across Thurrock with the support of the Thurrock Libraries Engagement Officer.

Supporting Park Tennis



Park Tennis is an initiative that hosts free Tennis sessions on a Saturday or Sunday morning 10-11am for people in the community. Sessions are open to any standard of player and equipment is provided so anyone can get involved and play either on their own or as part of a group.

Mel has been visiting the 3 outdoor Tennis courts in Thurrock, with West Thurrock, South Ockendon and Blackshots currently carrying out consultation with local people to find out if they think Park Tennis is a good idea for their community. There is also an exciting opportunity for people to sign up as volunteers, and will receive relevant training as well as a DBS check to ensure they are ready to host the sessions, within their community, for the community.

Plan for Big Lunches

After the huge success of the Thurrock Big Lunches in 2024, we are pleased to say that plans are underway to deliver multiple Big Lunch events across the borough in 2025. Upcoming dates are as follows:

- 📍 **South Ockendon - Monday 28th July**
Dilkes Park, Fairham Ave, South Ockendon, RM15 5NN
- 📍 **East Tilbury - Thursday 31st July**
Gobions Park, Princess Margaret Rd, East Tilbury, RM18 8TN
- 📍 **Chadwell-St-Mary - Thursday 7th August**
Pyramid Resource Centre, Heath Rd, Grays, RM16 3AP
- 📍 **Purfleet-on-Thames - Wednesday 13th August**
On the Green (by the Beacon), Centurion Way, Purfleet-On-Thames, RM19 1QA
- 📍 **Blackshots - Monday 18th August**
Impulse Leisure, King George's Field, Blackshots Lane, RM16 2LP
- 📍 **Aveley - Friday 22nd August**
Recreational Ground, High St, Aveley, RM15 4BX
- 📍 **Corringham - Thursday 28th August**
Corringham Town Park, Springhouse Rd, Corringham, SS17 7LF



Contact Us

Juliette Raison

Juliette.Raison@activeessex.org

*Relationship Manager,
South West Essex*

