

Place Partnership Expansion

BI-MONTHLY
BULLETIN

February 2025



SHARE AND LEARN WORKSHOP
13TH JANUARY 2025

Share and Learn Workshop for 6 Place Partners

“There was honest discussions on the process of embedding roles that support physical activity outcomes across different systems. The appropriate use of comms and language that resonates with local people shone through. I enjoyed hearing how leaders were having a shared experience that builds trust and empathy. Clearly, evaluation is being used as a ‘progress tool’ to change practice and make best use of resources.”

Ciaran Crean, Sport England

Partners from the 6 Place Partnership areas came together on 13th January for a workshop hosted by Active Essex for a set of discussions and sharing of such a large body of work across Essex to boost activity in our most disadvantaged communities. The Essex LDP Place Partnerships have already secured £17.6m match money from the system since 2018, and a further £4.99m investment from Sport England is expected to secure a further £23.9m from partners by 2028.

They were able to share insight with the three new Place Partners about their successes and setbacks over the past 6 years in Basildon, Colchester, and Tendring. Similarly, the three new Place Partnerships in Castle Point, Harlow, and Thurrock are off to a great start with their development phases, sharing exciting opportunities with health, transport, communities, active environments, leadership, workforce, communications, and evaluation.

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

Full Bid Submission

The three new Place Partnerships are working closely with Active Essex to co-design their 3-year full award funding submissions at the end of February. The full award submissions build on the development phases that each place has been running since the start of 2024, where they have been testing and learning different approaches to getting communities and target audiences more active, using innovation and collaboration across multiple partners and systems.

The development phases have gone well, ensuring that together we are ready to submit the 3-year grant funding submission to Sport England. Essex currently has three of fifty-three new Place Partnerships across England, and Essex will be the first to complete development phases and submit full award submissions. A decision is expected from Sport England in May 2025, seeking further funding until summer 2028.

Click an image below
to view place updates



Castle Point



Harlow



Thurrock



Emerging Themes for Full Bid

As we work towards our full bid submission, we are beginning to see some emerging themes of which have come to the forefront as from a range of networking, mapping, local insight and knowledge and our test and learn programmes. These are:

- Leadership, workforce development and learning
- Positive experiences for children and young people
- Walking and cycling
- Building local capacity and effective networks
- Activating local assets with inclusive opportunities

Behaviour Change Campaign

A resident survey was sent out to capture thoughts and ideas to help shape a healthier and more active Castle Point. Feedback highlighted that safety and maintenance were top concerns for residents, and more bike lanes and wheelchair accessible parks are needed. Cheaper fitness memberships are a priority and there is high interest in family-friendly events and walking/ running groups. This feedback will help shape the behaviour change campaign.

Save the Date - Canvey Festival

Sunday 6th July 2025, 12-5pm

King George V Playing Fields

Friends of King George V Playing Fields are organising a community fayre.

We have over 100+ spaces to fill, supporting local businesses, charities and community groups, and youth market, as well entertainment, live music, yoga festival, you can have a go at table tennis with Canvey Table Tennis Club, as well as the main feature, the opening of the King George V Tennis Courts. Hadleigh Park LTC will be supporting the tennis and encouraging people to have a go as well as promoting our Free Park Tennis and other coached sessions.

Supported by Castle Point Borough Council, Castle Point Leisure will be sharing all info on Leisure and other recreational services, along with the Sport England place expansion work.

For further info, contact:
tracy@kinggeorgescommunityfayre.org.uk

Updates

The Gunny Launch

More than 50 people gathered to launch the building works at The Gunny on Canvey Island at the end of November. Canvey Island Place Partnership members came together with Council leaders and residents to celebrate the commencement of the construction phase of the project, which will include a community building, outdoor gym, children's play area and community gardening. The site is due for completion in July and Trust Links are inviting individuals, groups and organisations to get in touch if they are interested in utilising the space when it is ready.



Wellbeing Programme at CPL

To start our journey to better health and stronger community connection, the Wellbeing Team has developed a unique and bespoke 6 Week Wellbeing programme designed to help improve physical mobility, enhance positive mental health, build meaningful connections, alleviate social isolation, Reminisce, replay and reconnect.

The FREE sessions include Chair Yoga, Breath & Meditation, Sporting Memories, Gentle Strength & Conditioning, Magic Molly for babies and toddlers, Kids and Adult Punchercise classes, Social Badminton, Adult Water Confidence lessons. Find out more [here](#).

We're excited to introduce the new team, dedicated to enhancing community wellbeing and social connection through the Castle Point Wellbeing Referral Campaign. Their mission is to raise awareness of the fantastic services offered by local partners and charities.



King George's Park Activate Session Feedback

The King George Park Activate project continues to bring people together through sport, with Free Park Tennis sessions proving popular even in the colder months. Volunteers have enjoyed working together to support beginners in developing their skills, creating a welcoming and inclusive environment for all.

As the weather improves, there is excitement about increasing attendance and encouraging even more residents to get involved. With well-maintained courts and dedicated volunteers, the project is helping to raise the profile of the park as a thriving hub for community activity.



Let's Keep Moving

The Let's Keep Moving project has been making a real difference in the lives of Canvey Island residents, providing a space for people to improve their health while fostering social connections. Many participants were motivated to join after seeing information at their GP surgery or seeking ways to manage conditions like diabetes and long Covid. The sessions offer more than just movement - they provide a friendly, welcoming environment where members feel connected to others, often leaving the class feeling uplifted and energised. The variety of guest speakers sharing expert health advice has been particularly valued and residents have reported improvements in both mental and physical wellbeing.



Beyond exercise, the group strengthens community ties, complementing other local activities like Move It or Lose It. As Canvey continues to grow and change, the importance of safe, accessible spaces for connection remains vital, and Let's Keep Moving is playing a key role in supporting the health and happiness of the local community.



Health & Wellbeing Referral Scheme

Providing essential support for residents managing long-term health conditions is a priority and the Health and Wellbeing Referral Scheme at Waterside Leisure has started to make a meaningful impact.

One participant, referred via CAVs, joined to help manage COPD and emphysema and quickly found the sessions invaluable. Regular attendance not only improved their physical health but also played a key role in boosting mental wellbeing, helping them return to work earlier than expected. The knowledge shared by instructors, access to facilities like the treadmill and the welcoming environment all contributed to a positive experience.

While challenges such as shift work and colder weather affected participation, the residents highlighted the importance of flexible options for workers and a larger café area to encourage social interaction. Improving mental health for all, particularly among shift workers, is essential yet often overlooked, making this a key learning point and a potential area to focus future efforts. As Canvey continues to evolve, ensuring accessible opportunities for health and wellbeing remains crucial for supporting the variety of lifestyles in the local community.



Contact Us

Lee Monk

Lee.Monk@activeessex.org

*Relationship Manager,
South East Essex*



Emerging Themes for Full Bid

As we work towards our full bid submission, we are beginning to see some emerging themes of which have come to the forefront as from a range of networking, mapping, local insight and knowledge and our test and learn programmes. These are:

-  Active Environments
-  Children & Young People and Families
-  Accessible & Inclusive Opportunities
-  Health - Frailty and Falls
-  Communities - Safety
-  Leadership, Learning and Development

Essex Pedal Power Harlow



The first Essex Pedal Power Harlow bike giveaway took place on Saturday 21st December at the Downs Primary School. With support from Rainbow Services, Bike SOS, Hub and Spoke, and Bikeability, 12 bikes were distributed to eligible residents. Cllr Danielle Brown, Cllr Alastair Gunn and local MP Chris Vince attended to show their support for the programme and to give the bikes a try.

The community programme aims to make cycling more accessible in some of the most deprived areas in Harlow, specifically targeting families, people looking for work or at risk of losing their job due to transport issues, and people living with a long-term health condition.

“ I'm so happy that i'm a part of this amazing project! My daughter has fallen in love with our bike and her safe seat. My daily trips to the shops or playgroup have been made so much easier and quicker now.

Malwina, EPP Harlow recipient

”

To find out more, please email the team at: pedalpowerharlow@rainbowservices.org.uk

Harlow Capacity Building

With Sporting People

We recently communicated the opportunity for Harlow providers to come on an explorative journey with Active Essex and Sporting People, as there is a continuous need to support local capacity, particularly in organisational development related to people, culture, and skills. The opportunity is not to access funding, but to enhance ways of working more effectively as an organisation and with others within the system.

The Sporting People team are a diverse range of specialists, with some from the sporting world and others from community, charity, and business sectors. This diversity ensures the programme remains personable and can be tailored to the required knowledge and expertise stakeholders need.



We hosted our first session on the 22nd January with 17 attendees from 15 different organisations. This exploration session allowed like-minded organisations to discuss their excellent work and identify potential opportunities for development. We will continue to work with the cohort to tailor their learning journey, which may cover:

- Diagnostic access and feedback for a selected group of organisations
- Supporting a community of practice for leaders and senior decision makers in Harlow
- Providing bespoke and individualised organisational support
- Establishing a consistent learning huddle focused on core themes around organisational development needs



It's not too late to join this learning and development series around capacity building. If you are a Harlow-based stakeholder and would like to take part, please email:

emma.alderman@activeessex.org



Test and Learn Projects

Boxing Neurodiversity with Harlow Amateur Boxing Club

Delivery of a relaxed but structured programme of physical activity and boxing to include technique sessions, sparring practice, fitness drills, and personal coaching. Sessions are relaxed and suitable for residents with additional needs, and will be non contact for juniors aged 5-8, ages 9-16, and 16+.

“It’s great to see a diverse range of communities attend the project and it was lovely to hear the children so excited.”
Kevin Wooton



Mothers Moving with Parenthood

These postnatal yoga classes are designed to rebuild strength in areas of the body that may have been weakened. New motherhood can be a vulnerable time mentally, with baby blues affecting up to 80% of the population and postnatal depression affecting more than 1 in 10 people within their first year after giving birth. Practising yoga can help with the emotional ups and downs while offering a safe space to let go of some of the mental load that comes with having a young baby while reaping the physical benefits too! Classes will offer a community feel and I will encourage social connections and friendships to be made and taken outside of classes too.

Falling for a Fitter Future with Harlow Judo Club

Harlow Judo club are taking the fear of falling and causing injury away from the older generation, specifically over 65s, over a series of 5 weeks.

Judo players are experts at falling and more importantly getting up again. The aim of these sessions will be to teach attendees exactly how to protect themselves from falling but if they do, how to survive a fall without injury.



Click here to check out their video!

Bounce PT

A free 20 week programme using a trampoline for simple exercises, which are tailored to any fitness level and ability. The sessions are targeted at parents, over 65s, teens and people with limited mobility or a disability and so far, Bounce have run 5 sessions with over 60 unique attendances.



“Bounce is such a great community, to now be fully inclusive for all abilities is amazing. Harlow needs something like this and because it’s free opens it up to a lot more people. It has been brilliant to see my friend who is 82 and has Parkinson’s be active and feel safe and part of a group/ community.”

Participant



Contact Us






Danielle Warnes

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



Emerging Themes for Full Bid

As we work towards our full bid submission, we are beginning to see some emerging themes of which have come to the forefront as from a range of networking, mapping, local insight and knowledge and our test and learn programmes. These are:

-  Activating Neighbourhoods and Spaces
-  Active Travel
-  Communities
-  Creation of an Active Wellbeing Service
-  Leadership and Workforce Development

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 Projects

Test and learn programmes have been vital in gaining an insight into a variety of audiences and communities within Thurrock, and local conversations have helped us to understand the need for physical activity provision in the area.

Over the last few months, surveys, visits and interviews have been conducted with organisations. Here are some updates on projects which Find Your Active Thurrock has seen along the Development Phase journey so far.

Thurrock Swimming Club

Thurrock Swimming Club have teamed up with social services to provide 6 months free swimming lessons to 15 young carers within the community. The swimmers will swim at Blackshots Leisure Centre and will learn key life skills to help them develop their swimming, confidence and wellbeing.

“The opportunity for Thurrock Young Carers to learn to swim is essential. A lot of young carers have complexed caring responsibilities and are often putting their own needs to the side. Swimming is an essential life skill for our Young Carers to learn, some are unable to go to lessons/go swimming with their families or attend their local swimming pool due to their caring role, so the opportunity that has been presented is greatly appreciated.”

Thurrock Swimming Club and their partners Impulse Leisure, continue to play a major part in the wellbeing of children and adults within the community. This project is a great opportunity and thank you to Active Essex for their support.

Liam McLennan, Young Carers Project Coordinator

T100 Walk

T100 is an annual free walking and talking festival in Thurrock, which is supported through the Thurrock PPE Test & Learn Pilot. On Monday 13th January, Find Your Active Thurrock collaborated with T100 to host a group walk across Chadwell St Mary's, exploring different areas such as the Chadwell Hill viewpoint and the Cemetery. The walk started and finished at The Pyramid Centre, where everyone had the opportunity to have a chat and a hot drink. It was a great chance to speak with locals and enjoy the many benefits a social walk can bring and being active together outside.





Organisation Support Project

The Organisation Support Project is an exciting way we can start building movement from the ground up by joining forces with local organisations who are engaging with Tilbury residents. We want to pool our resources and explore how we can use physical activity as a positive driver towards achieving our organisational goals and aims together. As part of the project, we will discuss and explore opportunities together, and then look to offer organisations support and resources required to help them implement the suggested physical activity opportunities within their organisations.

So far, we have three organisations who will be involved and discussions are taking place. There are two projects which have been confirmed and are moving into stage two. A walking group has been setup to support local residents to be active together and make new friends. The second confirmed project will invite residents to a Family Activity and Learning Day with lots of take away items and knowledge for local families to utilise after the event.

Beat the Street

South Ockendon and Aveley

Beat the Street is a free, fun initiative that will see South Ockendon and Aveley transformed into a giant game! See how far you can walk, cycle, run, scoot and wheel in just 4 weeks. There are great challenges to enjoy and prizes up for grabs.

The game is due to start on Wednesday 12th March 2025 and end on Wednesday 9th April 2025.



Watch the video to see how you can play the game!



CYP Outreach

Engagement with CYP is a strong focus within Thurrock, and we have many opportunities for feedback via: MIND Youth Ambassadors, Healthwatch Youth Ambassadors, Move with Us Ambassadors, Parents Panel, Youth Voices and Thurrock Youth Cabinet.

We are really keen to highlight the physical activity opportunities for children and young people across Thurrock and also to hear their views on physical activity provision in their local area. We are exploring different ways in which we can do this, by visiting education settings and planning engagement sessions. A consultation session was held with the Young Ambassadors group within Thurrock and Brentwood MIND on Tuesday 28th January and we have two upcoming Parent Panel's in where we can engage with family groups in Tilbury and Ockendon. Additionally, Find Your Active Thurrock are excited to be hosting a session with the Thurrock Young Healthwatch Ambassadors, to get them involved in activities and gathering vital feedback.



Contact Us

Juliette Raison

Juliette.Raison@activeessex.org

*Relationship Manager,
South West Essex*

