

LDP HIGHLIGHTS

W E 10th May 2024

UPDATES

NEW LEADERSHIP COURSES FOR 3 NEW ESSEX PLACE PARTNERSHIPS (LDP)

Using learning from the 12 LDPs, Sport England and the Local Government Association have created a new 2 day leadership course for all new Place Partnerships. There are up to 100 new places in England, 3 of which being in Essex.

The 3 new Place Partnerships in Essex are Castle Point, Harlow and Thurrock. Each place will run a 2 day leadership course before August, bringing together between 20 and 30 local people who want to play a key role in the new Place Partnership opportunity.

Active Essex Director, Jason Fergus, will tutor each course supported by a co-facilitator.

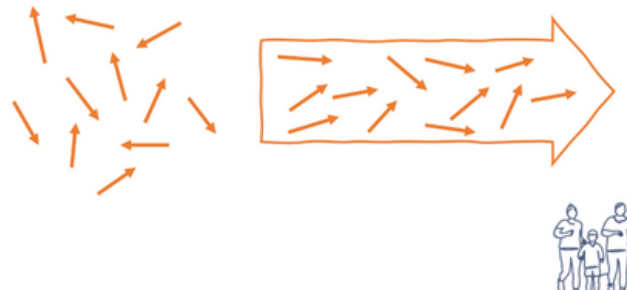
Contact Kerry for further information:

Kerry.McDonald@activeessex.org

Where does system innovation and system change happen?



Developing Shared Purpose



ESSEX PEDAL POWER LATEST

The Municipal Journal (MJ), the UK's market leading news, insights and analysis magazine, designed for the people who work in the UK local government sector, have recently published an article about Essex Pedal Power. You can read the article [here](#).

The cycling initiative has also been shortlisted for the Best Transport Decarbonisation Project award at the upcoming MJ awards on 21st June. The contributions of Colchester City Council and Tendring District Council to Essex Pedal Power has also been recognised by the Local Government Chronicle, being shortlisted in the Public Health category.

JASON BLOGS ABOUT SYSTEM CHANGE LEARNING FROM OUR ESSEX LDP

In his latest blog, Jason reflects on the learning from the Essex LDP around system change and how it can help create positive change as well as strengthen and shape future work. Read Jason's Reflections [here](#).



SPORT ENGLAND UPDATE

SPORT ENGLAND ANNOUNCE MAJOR NEW GRANTS PROGRAMME - NEW MOVEMENT FUND

The funding application process has been transformed to make it easier for sports clubs and other organisations who help people to take part in physical activity, apply for money. The fund, which is worth £160 million over the next four years, replaces the Small Grants Programme and Active Together Fund. [New Sport England Movement Fund](#)



BASILDON UPDATE

FIND YOUR ACTIVE BASILDON OPERATIONS GROUP

On the 23rd April we had the latest Find Your Active Basildon Operations Group meeting. This meeting focused on plans for the upcoming Find Your Active Basildon festival, which will take place on Saturday 21st September. We also had a presentation from the SHoKE project at Anglia Ruskin University, who are working with local partners to provide free student led consultations to develop initiatives and approaches to increase health and wellbeing in Basildon.

VOLUNTEER FUTURES

The Volunteer Futures Project has now come to an end; however, we are delighted to be able to share some very impactful evaluation data. The project supported 872 new long-term volunteers, 6 collaborative projects/ programmes and over 50 project partners. There were a reported 6,702 active participants with an audience of 21,744. A number of partners, including ATF and Trust Links, worked in collaboration to support this project.

BAR 'N' BUS

During the Easter holidays, LDP Partners, Bar 'n' Bus partnered with Active Essex's ActivAte programme to deliver an outreach programme in Basildon, which included a full day of activities and food at Swan Mead Park. The day gave young people the chance to get involved in painting an incredible mural on an old building – really lifting the environment – as well as football games and coaching, cornhole and craft on the bus. Lunch was provided for all, which was lovingly prepared by our friends from the Church at Swan Mead who supported the day as well.



COLCHESTER UPDATE

ACTIVE CHALLENGES - MARCH & APRIL

The Active Challenge was a little bit different for March, as we welcomed Essex Therapy Dogs to our Thursday Colchester Town walk. Three Essex Therapy Dogs (and owners!) joined us in the One Colchester Community Hub, before we set off on our walk with them around Lower Castle Park, alongside the Riverside Walk and through onto East Hill and back up to the Hub, led by our fantastic volunteer Janine. The Hub was filled with a buzz, plenty of “awws” and wagging tails, and the walk was filled with laughter and chatter. This proved so successful, so keep your eyes peeled for more dog walks in the future!

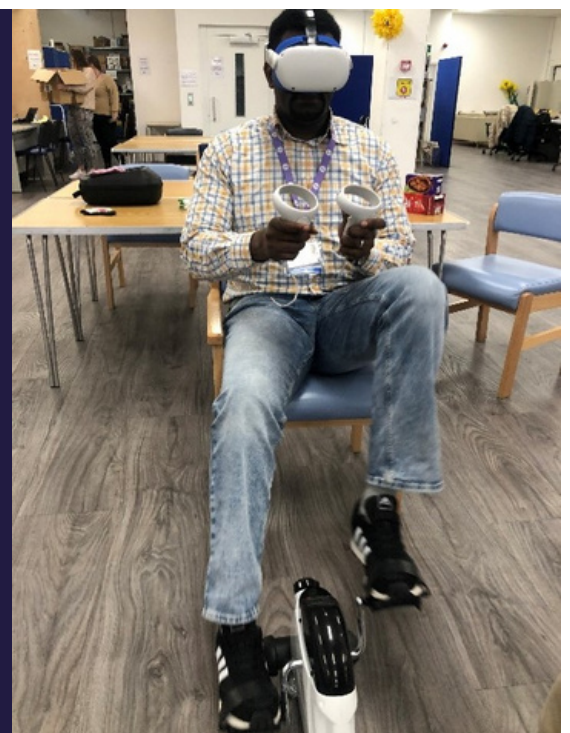
In April the Active Challenge took a different approach as we turned our hands to Table Tennis to welcome National Table Tennis Day that following weekend. From singles and doubles to a few different games, we definitely spotted some future talent between staff and the general public. We are in the process of making this a permanent opportunity, so watch this space to find out more in the future!

Active Challenge is a monthly opportunity to try a different activity, and at the end we give you the information of where else you can do it, if you liked it! The Active Challenge takes place on the last Thursday of the month at the One Colchester Community Hub, and so far in 2024 we've had a Wellbeing Walk, Zumba/ Afrobeats, Table Tennis and a Dog Walk. May will see Hub Netball kick off, but what will future months bring? Keep an eye on our social media and the whiteboard in the Hub to find out!



VR IN COLCHESTER CARE HOMES

In April, we started a new project looking at helping care homes to get active, except this looked a little bit different to what you're used to! We have been lucky enough to secure some VR equipment on loan to take into care homes and will be giving participants the opportunity to travel on any road they like – it could be somewhere they used to live, used to holiday, somewhere they've always wanted to visit, anywhere! We have a pedal exerciser and controllers, so they can try it either way, depending on what they are able and comfortable with. We have even tried it ourselves, so we know what to expect and are so excited to get started! So far, we've already visited the Eiffel Tower, Felixstowe and Southend seafront, Tenerife and Iceland, where will we go next? If you are interested in hearing more, want to get involved or know a care home that would benefit from this project, contact Emily on emilywingate@community360.org.uk



FUN FAMILY RIDE WITH KIDICAL MASS COLCHESTER

On Saturday 20th April, a group of Essex Pedal Power Greenstead cyclists joined Kidical Mass Colchester to promote safer family cycling. The atmosphere was lively, with over 60 riders enjoying cycling, cake, face painting, and other activities centered around bikes and cycling.

The youngest cyclist in our group was 7-year-old Nicole, who learned to ride in February when she received her Essex Pedal Power bike. We're all very proud of Nicole; this was her longest ride yet, and she still had energy left at the end!

The highlight of the day was celebrating the grand opening of the New Town Community Bike Hub, which will offer low-cost e-cargo bike hire to local residents.

Essex Pedal Power Colchester and Kidical Mass will cycle together again on Saturday 15th June, for a family ride around the Greenstead estate. Save the date and join us for a memorable day of cycling camaraderie.



WHEELS FOR ALL RIDES OUT

Our latest Wheels for All sessions are off to a great start! We have our new school, Chatton Free from Witham, cycling with us on a Monday morning. The students are thoroughly enjoying their sessions.

We've also kicked off a new session called Wheels for All Rides Out! This invitation-only experience focuses on riders who can follow instructions on our shared pathways. Feedback from participants has been positive so far and each ride includes a qualified leader, a first aider, and a few volunteers. Carers are also welcome to join.



TENDRING UPDATE

ACTIVE COMMUNITIES

One of our active communities' coordinators, Becky Dowling, organised a Ride Leader training session and has managed to train 12 new ride leaders to create and run group rides in the Tendring area. This training will help to encourage more people to get more active and make new friends.



ESSEX PEDAL POWER HARWICH & DOVERCOURT

Essex Pedal Power Harwich & Dovercourt came 3rd place in the recent Beat the Street 'Community & Workplace teams' category with a total of just under 108,000 points in the game that ran across March & April.

Essex Pedal Power Harwich & Dovercourt joined Essex Police local policing team, to offer cycle safety and security advice to residents across the local areas of Harwich & Dovercourt.



ESSEX PEDAL POWER CLACTON & JAYWICK

Three of our amazing volunteers, Phil, John and Billie, have been completing their Level 1 City and Guilds mechanics training at the Velodrome. Phil Cunliffe is one of our new ride leaders, who has created new rides every 2nd Saturday of the month, with Andrew Hobson. John Barnsdale is one of the members of our Bread Pudding Crew, who go on group rides every Tuesday and Thursday mornings. Lastly, Billie is one of our volunteers, who has helped at many Essex Pedal Power events.

