

LDP HIGHLIGHTS

W E 14th June 2024

SPORT ENGLAND UPDATE

SPORT ENGLAND LATEST UPDATES

Read the latest Sport England news and updates [here](#)



BASILDON UPDATE

SPORT FOR CONFIDENCE

We have received a wonderful story from Sport for Confidence who currently have a 97-year-old lady attending their inclusive cycling sessions with her son. The project has offered her an opportunity to return to her passion of cycling. She has been managing 4 laps in the tandem bike and has progressed with graded support to complete 1 lap on a trike!

MOTIVATED MINDS AND ESSEX PEDAL POWER

Motivated Minds recently coordinated a group cycle in Partnership with Essex Pedal Power. The group all met at Chalkwell station and rode to Shoeburyness where they stopped off for a hot drink supplied by Essex Pedal Power, before returning back to Chalkwell. Despite the rain, the event had a good turnout, and the day was enjoyed by all.

TIME TO LEARN EVENT

Over 150 attendees came together to attend the Time to Learn event at Basildon Sporting Village. As a result of this event 38 GP staff/ NHS have signed up to follow up on joining our physical activities (Walks, rackets sports, heritage walks, etc), Tennis table competitions and future events. We had around 20 people on the day engaging at various stages, spaces and times.



NEW BASILDON AND BRENTWOOD ALLIANCE WEBPAGES

We are pleased to report that since our new pages were launched, we have had over 400 engagements and connections via them. After the Time to Learn event, we have also seen that we have had people downloading items, reading the news and accessing the information more widely.

[Basildon and Brentwood Active Practice Network](#) | [MSE Virtual Views \(ics.nhs.uk\)](#) engagement 186 downloads 46

[Basildon and Brentwood Active Alliance](#) | [MSE Virtual Views \(ics.nhs.uk\)](#) engagement 74 downloads 21

[Active Alliance fund and resources](#) | [MSE Virtual Views \(ics.nhs.uk\)](#) engagement 49 downloads 9 (under one month for this one)

COLCHESTER UPDATE

THE DRY SKATE PROJECT AND ESSEX PEDAL POWER COLCHESTER SUPPORTING FORD RIDELONDON-ESSEX CLASSIQUE

What an incredible day on 24 May 2024! Ford RideLondon Essex 2024 has wrapped up, and we couldn't be more thrilled! A massive shoutout to the Dry Skate Project and Essex Pedal Power Colchester, who came and showed their support by joining the activation zone at Castle Park, making the event even more fun and exciting! In addition to their enthusiastic participation, the teams from Dry Skate Project and Essex Pedal Power Colchester engaged with the public and provided valuable information about local community activities, encouraging more people to get involved.

In addition, Essex Pedal Power Colchester riders were given a special opportunity to cross the RideLondon Classique finish line before watching the elite female cyclists finish the first stage of the Classique. Enormous congratulations to some of our riders, along with staff from Active Essex, who crossed the finish line with big smiles on their faces. The smiles on their faces proved that they all enjoyed this once-in-a-lifetime experience.



BRIGHT LIVES CIC SPORTS EQUIPMENT DONATION

Bright Lives Social Enterprise CIC are a learning disability and autism service for Colchester, providing specialist support for people with Autism and additional learning needs. At the heart of Bright Lives' provision is the Independent Living Resource Centre – a centre focused on enabling real life progression in a facility that has been purpose built to develop the skills that lead to greater independence.

Bright Lives Social Enterprises CIC were looking for Football and Tennis equipment to provide a more well-rounded provision to support their students in developing life skills and independence. Bright Lives recognised the importance and necessity of showing their members how to look after their own health and wellbeing through physical activity and through discussions with the students identified a need for Football and Tennis equipment especially to help achieve this. Due to C360's Essex Family Support Services cease, some brand-new Football, Tennis and Badminton equipment they had was now not being used and we were looking to donate this somewhere that would truly benefit from it and Bright Lives CIC seemed the perfect fit.

Bright Lives Social Enterprise CIC are now the proud owners of a variety of Football, Tennis and Badminton equipment and use it frequently to support their students.



TENDRING UPDATE

ESSEX PEDAL POWER PROGRAMS SUPPORTING EACHOTHER

Ahead of Essex Pedal Power Harwich's biggest giveaway to date at the Tour De Tendring, volunteers of the Clacton & Jaywick Essex Pedal Power programme supported Harwich building a large number of bikes ready for the big day!



ESSEX PEDAL POWER CELEBRATE 500TH BIKE

Alongside the Tour De Tendring which sees all levels of cyclists cycle around Tendring, starting in Dovercourt, EPP Harwich & Dovercourt gave away more than 30 bikes, including the 500th bike for the project, given to a family. The family included parents, and their two children who will be using their bikes to get to and from school and work, a 6+ mile round trip. The family said 'It will make getting to school and work much easier and we can get out on the bikes as a family too'. 'I cant wait to cycle to secondary school from September on my bike, when I start in year 7.'



ESSEX PEDAL POWER PROGRAMMES SUPPORTING EACH OTHER

A number of EPP bike recipients and volunteers across the projects; Colchester, Clacton & Jaywick and Harwich & Dovercourt took part in the 20 & 60 mile cycle rides for Tour De Tendring on Sunday 19th May. One of our dedicated and wonderful volunteers, Kelvin, who cycled to Tour De Tendring, built an EPP bike for his partner and step son, who collected their bikes at the TDT event on Sunday 19th May.



ACTIVE COMMUNITIES

David and Shirley have set up two new groups recently. David has started an outdoor gym session in cliff park in Harwich on Wednesdays at 10am. Shirley has also started a Litter Picking group to help clean up around Harwich at 2pm on Tuesdays.

ESSEX PEDAL POWER AT TOUR DE TENDRING

Clacton and Jaywick EPP also had a presence at Tour De Tendring, helping anyone how needed help fixing their bike along the route outside Kingscliff hotel. Clacton had a few volunteers and rider and a member of the community did the 60 miles

ESSEX PEDAL POWER BID SUCCESSFUL

Harwich and Clacton have been successful with Big Bike Revival fund this summer. So, they will be hosting events throughout the summer along the Sunshine Coast. Including group rides, Dr.Bike sessions and Learn to Fix a puncture session.

ESSEX PEDAL POWER BIKE RECIPIENTS TAKE PART IN FORD RIDELONDON-ESSEX 60

After receiving their Essex Pedal Power bikes a couple of years ago and catching the cycling 'bug', Andrew Hobson and Denise Birch wanted to challenge themselves to cycle 60 miles in the mass participation event, which began in London, continued through the Essex countryside and finished back in the city, with the finale on Tower Bridge. Read the full blog about their journey [here](#).

