



W E 26/07/2024

## SPORT ENGLAND UPDATE

### 'GO FOR GREEN' PLEDGE

As part of ongoing efforts to promote environmental sustainability in sports, our Chair, Dr William Bird, has signed the Going for Green pledge which is part of Sport England's comprehensive sustainability strategy, 'Every Move', which aims to reduce the carbon footprint of sports and promote eco-friendly practices.

The 'Going for Green' pledge invites individuals and organisations involved in sports to commit to sustainable practices. By signing up, you can take actionable steps to reduce waste, conserve energy, and promote a healthier environment. The pledge is designed to inspire collective action, making a significant impact on our planet's future.

In response to this pledge we are working on developing our own climate change policy for all in Essex to build upon. Read more and sign the pledge [here](#)



## UPDATES

### ESSEX LDP DEEPENING AND NEW PLACE PARTNERSHIPS

We are privileged in Essex to have both a Local Delivery Pilot since 2018 and now three new Place Partnerships (2024-28). Both are major Sport England funded programmes, and both are led by Active Essex in partnership with a multitude of system partners and place partners. Great progress is being made on planning for the sustainability of the best elements of the LDP (which Sport England call 'deepening'), where we will seek funding until 2028 from the total deepening budget valued at £35 million.

The application will be submitted at the end of October, with a funding decision by Christmas. Similarly, there has been enormous activity this year to establish the work of the three new Place Partnerships in Castle Point, Harlow, and Thurrock. All three are in their development phase up until April next year, and £752,790 has been secured from Sport England to turbo charge the development phase work. Each of the three Place Partnerships will request a main three year award from Sport England to run up until 2028, from the total national budget of £190 million to fund up to 100 new Place Partnerships. For further information on the Essex LDP Deepening work and the x3 Place Partnerships work, please contact Kerry at [kerry.mcdonald@activeessex.org](mailto:kerry.mcdonald@activeessex.org).

# BASILDON UPDATE



## SEMPRA HOMES

We are happy to share that Sempra Homes are contributing £10,000 towards the Find your [Active Essex](#) Basildon Partnership to improve the health of the local community.

[Melanie Keys CIHCM](#), Services Manager at Sempra Homes said “We are proud to be providing this funding which will be supporting a range of projects, which will have a positive impact and make a real difference to the local community.”

A number of local projects will be supported through the funding, such as free activity sessions with [ParkPlay](#), life skill events with ATF's ([Achieve Thrive Flourish](#)) community sessions and supporting initiatives to help with reducing inequalities around access to food.

## BASILDON COUNCIL STAFF EVENT

Basildon Council recently hosted their annual staff wellbeing event.

The day saw glorious sunshine, and was attended by over 500 staff who come together, reconnect, and take part in a variety of fun activities.



## STRENGTHENING COMMUNITY COLLABORATION

The meeting underscored the importance of collaboration. By working together, healthcare providers, local councils, and community organisations can create a supportive infrastructure that makes it easier for everyone to stay active. This unified approach is essential for the initiative's long-term success. One of our local social prescribers from ATF talked about the armchair exercises initiative that is aimed to help those who are housebound or have mobility issues by encouraging movement in the comfort of their armchairs, this type of support by various organisations as good example of best practice sharing that can make a real difference to our patients.

## SPORT FOR CONFIDENCE BIG HEALTH DAY

LDP Partners, Sport for Confidence hosted 'The Big Health Day' event at Basildon Sporting Village to improve the accessibility of health and care services for individuals with a Learning Disability and / or autism in South Essex. Three hundred visitors were welcomed on the day.



## LAUNCHING A NEW ERA OF ACTIVE LIVING

On July 10, 2024, a new chapter in community health and wellbeing began as healthcare professionals, council representatives, and community leaders gathered for the inaugural meeting of the Active Practice Leads and Active Champions Network.

This exciting initiative aims to inspire and support patients and staff to embrace more active lifestyles, significantly impacting our collective health.

We had over 20 attendees joining together from various organisations in our commitment to improving the wellbeing and physical activity of patients and staff.

# BASILDON UPDATE



## A SHARED VISION FOR A HEALTHIER COMMUNITY

Maria Medina kicked off the Shared Vision for a Healthy Community meeting by outlining the network's ambitious vision: to foster environments where physical activity is seamlessly integrated into everyday healthcare practices.

By doing so, we aim to enhance the wellbeing of our communities and support new active practices joining our mission.



## CHAMPIONING LOCAL AND NATIONAL INITIATIVES

William Bird, a key advocate for physical activity in healthcare, shared insights into both local and national efforts.

He highlighted the impactful work of the Active Essex program and the Active Practice Charter, which encourages GP practices to make physical activity a priority.

Additionally, Bird discussed the continuation of the Physical Activity Clinical Champions program, which has been instrumental in promoting exercise among patients.

## EMPOWERING HEALTH CARE PROFESSIONALS

A crucial part of the meeting was the emphasis on training for GPs, nurses, and practice managers. By equipping healthcare professionals with the knowledge and tools to promote physical activity, we ensure that the benefits of an active lifestyle reach every patient. This ongoing education is vital to our mission's success. There is a wealth of resources in the virtual view pages that are aimed at staff getting knowledge support and signposting but also for them to join physical activities sessions that have been developed for staff to also take care of their wellbeing.



## ADDRESSING CHALLENGES AND PLANNING AHEAD

The discussion also touched on the challenges we face, such as maintaining momentum and ensuring sustained commitment from all practices.

By identifying these issues early, we can develop strategies to overcome them. The meeting concluded with clear next steps: continuing training, enhancing community engagement, developing monitoring and evaluation mechanisms, and planning regular follow-up meetings to keep the initiative on track.

## LOOKING FORWARD

The energy and optimism at the meeting were palpable. With a shared commitment to fostering a culture of physical activity, the Active Practice Leads and Active Champions Network is poised to make a significant impact on public health.

We look forward to seeing the positive changes that will come from this collaborative effort.





# COLCHESTER UPDATE

## FINALIST OF LGC AWARDS

It's great to see Essex Pedal Power Colchester and Tendring as finalists in the Public Health category at the LGC Awards in June, recognised for the impact that the free bike scheme is having on the health and wellbeing of local residents.



## COLCHESTER ORBITAL IMPROVEMENTS

Part of the Places and Spaces fund see Salary Brook Nature Reserve Path Improvements for the Colchester Orbital (East B route) to become more accessible and inclusive for local residents has been completed. The path now allows wheelers access to the boardwalk around the nature reserve.



## ESSEX PEDAL POWER COLCHESTER'S LARGEST GIVEAWAY EVENT

Essex Pedal Power Colchester achieved a milestone on 20 July, with its largest bike giveaway to date. Over 30 bikes were distributed to new owners, alongside 12 participants who benefitted from free cycle training. The training included a mix of Learn to Ride courses and a Road Confidence Course.

The project continues to thrive with a high volume of applications, exemplified by Jeffrey and Christine, a couple who received their free bikes over the weekend. They are eager to use their new bikes to get fit and explore the locality at their own pace.

As the summer holidays approach, Essex Pedal Power Colchester plans more children's cycle lessons and bike giveaways. Soon, the total number of bikes provided to Greenstead residents will exceed 450, promoting active lifestyles and helping individuals commute to work, school, or training sessions.





# COLCHESTER UPDATE

## PLANNING ON PHYSICAL ACTIVITY, HEALTH AND WELLBEING

Aaron Ashwood, Michelle Tarbun and the Colchester City planning team met with ECC public health, planning and (SNEE ICB) colleagues on 20 June to discuss a new vision for the Colchester Local Plan putting the physical health and wellbeing at the forefront of planning for the future of the city.

It is critical that planning and health colleagues come together collaboratively to discuss how the future of homes, communities and future places and existing spaces are designed to be as accessible and inclusive for all; to have the opportunity of improving health and wellbeing and reducing inequalities. Aaron is collating evidence for a report to go back to the group for the next meeting in the next couple of months.

## COMMUNITY360 WELLBEING DAY

On Tuesday 23 July Community360 opened their doors to a number of opportunities to support the community's wellbeing. Throughout the day we welcomed Pranice Healing, drawing, therapy dogs, sewing crafts and a walk for wellbeing; as well as our usual community groups assembling.

Pranice Healing was available throughout the day for individual 10-minute sessions, at the end of the day they also gave a meditation taster session to those who returned from the walk. Tina Bullen led a group in a drawing class where we saw beautiful landscapes, band logos and colouring. Vikki Walsh had us stitching calming heart-shaped lavender bags. And to top off the day, Essex Therapy Dogs joined us for some fluffy cuddles in the Hub and then on our Walk for Wellbeing around Castle Park! A brilliant day was had by all visitors and staff at the Hub and we can't wait to see what's next!

The day welcomed over 55 people to the One Colchester Community Hub, with over half of those staying the entire day to truly benefit from all that was on offer.





# TENDRING UPDATE

## WET BUT JUST WONDERFUL

As part of Cycling UK's Big Bike Revival summer programme, on Tues 9th July, EPP Harwich took several bike recipients and local cyclists from Essex to Suffolk; Harwich to Felixstowe via foot ferry. Despite the drizzly weather, it was a warm day and the cyclists enjoyed the sites of Felixstowe Dock container port as we arrived in Felixstowe on the beach, and took in the views along to the touristic Felixstowe seafront, heading towards Bawdsey Ferry for a refreshment Pitt-stop.

We were joined by our local Cycling UK rep, Ian Small, who was able to share some of his cycling stories with the participants and hear about how cycling and having access to a bike has helped them in so many ways. On the return journey, everybody stopped off for lunch and a slice of birthday cake to celebrate the birthday of one of our bike recipients, and now volunteer bike builder and ride leaders.



## SUPPORTING LOCAL PRIMARY SCHOOLS

This month we have continued to support local primary schools with bikes and maintenance for their Bikeability training, supporting children in gained cycle confidence on the road. We were also approached by a school to run an in-school Fix it session and cycle fun session to encourage cycling to school and get bikes back on the road that require some maintenance. 14 bikes in total were involved in these sessions, including children and teachers with bikes.

## EPP HARWICH GROUP RIDES IN THE SUNSHINE

There was a great turn out on weds 17th July for the Essex Pedal Power Harwich led ride along the Dovercourt and Harwich seafront to Harwich museum, followed by a history tour and private talk, delving into the seaside town of Harwich's rich history!





# TENDRING UPDATE

Jj is a beaver at the Ramsey & Oakley Beavers and whilst attending to complete his cycling badge, we were told he had outgrown his current bike, which was affecting his cycle ability. He was lucky enough to borrow a bike from Essex Pedal Power to complete his cycling badge and also learn to ride a bike with gears. He was thrilled! Now he has been offered a loan bike from Essex Pedal Power so we can continue to do our weekend rides in the countryside as a family and he will cycle to beavers each week. Massive thank you to Essex Pedal Power, JJ is so excited to ride his new bike.



## CLACTON ESSEX PEDAL POWER

On Wednesday 24th July, we had 6 Jacob volunteers down in Clacton and Jaywick to help clear the Clacton to Jaywick cycle path from the sand, that has blown over from the beach. After the sand clearing and a bit of lunch at the sunspot, the group also had some lessons on bike building in the Clacton workshop.



## CLACTON PARKPLAY

Clacton ParkPlay also launched on Saturday 6th July. The sessions are now getting quite a lot of families attending.



## ACTIVE COMMUNITIES

Street Tag community game finished on Tuesday 9th July and the schools game finished on Tuesday 23rd July.

### Harwich school stats:

This season's leaderboard recorded a total of more than 9 million steps, with 25,777 tags collected and a cumulative distance of 10,123.5531 active miles covered.

### Walton School stats:

This season's leaderboard recorded a total of close to 5 million steps, with 12,060 tags collected and a cumulative distance of 5777.2027 active miles covered.

### Community stats:

This season's leaderboard recorded a total of more than 22 million steps, with 73,154 tags collected and a cumulative distance of 40,378.7152 active miles covered.

Street Tag are also doing a Street Tag Summer Olympics at the beginning of the next season on Tuesday 6th August at Harwich and Walton.