



W E 16/08/2024

SPORT ENGLAND UPDATE

MORE PEOPLE IN ENGLAND USING LEISURE FACILITIES

Leisure facilities in England are playing an increasingly important role in their communities, as a new study has revealed, that more people are using them compared to a year ago.

The [Moving Communities Impact Report](#), released this week, highlights the significant achievements of leisure facilities and the people who run them, in fostering community engagement despite a variety of challenges.

The report reveals that participation and throughput to leisure centres have both increased, with the average number of participants per site up by almost a thousand people (7%) and overall visits growing by over 10,000 per year (5%).

The growth in leisure centre usage by economically disadvantaged groups is notable, with visits from users in the most deprived 20% of areas increasing by 9% (100,000 people). Read more [here](#).



UPDATES

MEMBERS OF THE ESSEX LDP TAKE ON MAMMOTH CHALLENGE

John Fox, Rory Doyle and Michelle Tarbun who are part of the North Essex Health & Wellbeing Alliance Team, are taking on the Yorkshire 3 Peaks challenge on Friday, 6 September - [2024 Challenge - Public Sector Challenge](#). It is a mixed team consisting of staff from Colchester City Council, Tendring District Council and the IBC. They will be raising money for Cancer Research UK - [NEE Health & Wellbeing Alliance Team \(cancerresearchuk.org\)](#). On Sunday 18th August, the team got together for a long training walk and to take some team photos! Rory guided the team through the Suffolk countryside for a 11 mile walk, including some hills! As far as we're aware this is first ever Health Alliance to take on this challenge. The power of partners working together!



BASILDON UPDATE



BASILDON HOSPITAL CYCLE USER GROUP

Following engagement with the Basildon Hospital Cycle User Group, ECC have installed a new streetlight on the approach to Basildon Hospital. This shared use footway/cycleway is one of the most used parts of the Basildon cycle network and improvements will increase the safety of all users, particularly in the winter months.



SPORT FOR CONFIDENCE

This quarter we are pleased to have grown our fleet of cycles and widen the opportunity for more people to take part in therapeutic cycling, to work on their goals.

There has been an addition of two hand cycles as well as adaptive and lumber support seating for trike bicycles. This means participants who require a hand cycle, and those with postural and balance needs, are now able to enjoy the experience of cycling on an appropriate cycle, suitable for them.

We have welcomed a new participant – her first time on a cycle since a biking accident thirty years ago. A step by step graded exposure and co-approach was taken to help support the client to become confident to consider cycling as a safe and enjoyable option. The client was introduced to the fleet on the first visit and discussed safety steps with the OT. Following this, an appropriate cycle was selected and the seating was adapted as the client cycled alongside the therapist with breaks, managing two laps of the track.

ESSEX PEDAL POWER BASILDON

Essex Pedal Power Basildon participated in the Basildon & Pitsea Carnival parade on Saturday 27th July 2024.

We had 16 participants, including staff, volunteers, bike recipients, representatives from other community groups and one recumbent tandem bicycle!

It was a fun day for everyone involved – we decorated our bikes, adorned face paint, and handed out cycle maps along the route. There was a great sense of community along the procession route.





COLCHESTER UPDATE

OVERVIEW OF CASTLE PARK PLAYGROUND ENGAGEMENT

On 10 August, Active Environments Officer Aaron Ashwood, along with Stephen Kane (EDI), joined David Carter and Rob Fairweather at Castle Park to directly engage with the community.

In addition to the Castle Park engagement, Aaron also attended the Maze Group meeting, as well as a SEND (Special Educational Needs and Disabilities) session at Go Bananas in August. These sessions have allowed us to gather diverse perspectives and ensure that our approach to accessibility and inclusivity is well-rounded.

As part of our ongoing efforts to improve accessibility and inclusivity in our parks and open spaces, we initiated a community engagement session for Castle Park playground with local primary school students in July. We have also received significant input from the community through our consultation survey, with a total of 1,200 responses to date. This feedback will be instrumental in shaping our plans and ensuring that our parks and open spaces meet the needs of all community members.

The engagement activities conducted so far have provided a strong foundation for our focus on accessibility and inclusivity in parks and open spaces. We will continue to work closely with the community to address these priorities.



OLYMPICS FUN

Inspired by the Olympics, Community360 played host to a number of Olympics-themed activities at the One Colchester Community Hub. Throughout the two weeks of the Olympics, from Badminton to Volleyball, Archery to Air Hockey, we had a whole manner of opportunities on offer for anyone and everyone.

With 22 activity sessions and more than 170 attendances over the two weeks, we were able to welcome plenty of new faces to the Hub as well as our regular service users and staff giving each of the activities a try. Most of them staying for at least 20 minutes to try one or more of the sports.

The activities have proven so successful, we are now looking to the future and planning more great opportunities such as these to help get more people active and enjoying themselves!





COLCHESTER UPDATE

EPP COLCHESTER REACHES MILESTONE: 100TH CHILDREN'S BIKE GIVEN OUT TO TRIPLETS!

EPP Colchester is thrilled to announce the milestone of distributing its 100th children's bike during the summer holiday season. The 98th, 99th, and 100th recipients were a set of triplets from Greenstead, marking the completion of the bike allocation from the Town Deal and London Marathon fund.

The triplets, all six years old, received their bikes and spent nearly two hours training with Bikeability instructors. This initiative is part of EPP Colchester's commitment to encouraging cycling within the Greenstead community. Another young girl in the photo, who had previously received her bike, also participated to gain additional confidence with the instructors.

Training sessions will continue over the coming months, catering to all ages. These sessions include open practice sessions, Learn to Ride, Road Confidence, and Led Rides. It was brilliant to see so many happy faces during the bike training sessions and we're excited to keep the momentum going and get more people in Greenstead cycling.

For more information on upcoming training sessions and how to get involved, please contact colchesterepp@theaws.org.



TENDRING UPDATE



HARWICH AND DOVERCOURT EPP

With August 2024 marking a whole year for some families of Essex Pedal Power Harwich & Dovercourt since receiving their bikes, and over 270 U18s to date receiving Essex Pedal Power bikes through the local project, it was a great pleasure to work with our partners at Active Essex to run a children's bikes focus group and Family Cycle Fun Session.

The session was run by the EPP core team alongside some of our valuable volunteers and data analysts at Active Essex. The children and their families enjoyed lots of cycle fun games run by valuable volunteers, many learning some new skills such as balance and signalling, and were able to share their stories of their EPP bikes and how they are being used.

It was evident through the session that more families are spending time together since receiving their bike, and many using bikes as a means of transport to school. At the session, data from the cyclometers on the children's bikes was recorded; one child aged 5 had cycled approx. 5 miles in the two weeks he had received his bike, and another, over 260 miles since receiving his bike last year. All children who took part in the session were gifted a cycle accessory for their bikes.



EPP HARWICH AND DOVERCOURT GOES TO THE CINEMA!

On a very hot and sunny day on the 15th August, 12 EPP riders came together to enjoy a coastal led ride along the promenade of Harwich & Dovercourt before making their way to The Electric Palace Cinema – one of the oldest purpose-built cinemas in the UK, still working today, to enjoy family friendly movie, Flushed Away!



EPP HARWICH & DOVERCOURT X WHEELS FOR ALL

Essex Pedal Power work very closely with Wheels For All, in support of inclusive cycling. This month, EPP Harwich & Dovercourt were thrilled to be able to work in partnership with Wheels For All Tendring to get an adaptive bike on loan to one of their former bike build volunteers.





TENDRING UPDATE

ACTIVE COMMUNITIES

Street Tag kicked off its second season with 2 weeks of Olympic themed events. The first week in Harwich saw so many families enjoying a sports day, record breakers, silly walks, treasure hunt walks and more. The second week in Walton also saw families turn up to boxfit sessions, sports day, treasure hunt walk and record breakers.



ESSEX PEDAL POWER AT THE CLACTON CARNIVAL

The Clacton Carnival was a blast with around 40 members of the Essex Pedal Power group joining the festivities.

The community event was a hit, starting with a shared meal. Kerry and her team of crafty volunteers put in a stellar effort to create costumes for everyone. It was a delightful time of making crafts, indulging in cake, and enjoying the camaraderie.

On the day of the carnival, the weather was perfect, new faces appeared, and everyone was reminded to smile, wave, and support the local RNLI charity, which holds great significance for the community.



ESSEX PEDAL POWER X BIKEABILITY

Essex Pedal Power, in collaboration with BikeAbility, has been helping to get children in Clacton and Jaywick on bikes.

The week commencing 29th July, training sessions took place to empower young cyclists and give them more confidence while riding.

These sessions not only equipped the children with the necessary skills to navigate the roads safely but also instilled a sense of confidence to ride alongside family and friends. After the training, the kids were given a gift by Essex Pedal Power!

