



W E 06/09/2024

## UPDATES

### ESSEX LOCAL DELIVERY PILOT TRANSITIONS TO 'PLACE PARTNERSHIP' TO TACKLE PHYSICAL INACTIVITY AND DRIVE SYSTEM CHANGE

Our Essex Local Delivery Pilot, which started in 2018, is now in full transition to adopting the new Sport England title of 'Place Partnership'. The LDP work in Basildon, Colchester and Tendring in the future will use Place Partnership to recognise the ongoing system change and place-based work happening to tackle population levels of physical inactivity in our communities of greatest need. Similarly, the system change happening at an Essex-wide level in systems such as active travel, sustainable transport, public health, levelling up and social care will link to the Place Partnership ethos. Sport England have set aside £35 million for 2025-28 for the 12 LDPs to deepen the strongest elements of work so they become fully sustained in the local systems. Essex will be submitting a deepening submission at the end of October, with a decision on the new funding before Christmas. For further information, please contact Kerry [Kerry.mcdonald@activeessex.org](mailto:Kerry.mcdonald@activeessex.org)



### NEW SPORT ENGLAND-FUNDED PLACE PARTNERSHIPS LAUNCHED IN CASTLE POINT, HARLOW, AND THURROCK TO COMBAT PHYSICAL INACTIVITY

The legacy of our LDP is shining in the roll out of three new Place Partnerships in Essex chosen by Sport England. Development work is fully underway in Castle Point, Harlow, and Thurrock, using the lessons and principles of our LDP. Each new Place Partnership has received initial Sport England funding to undertake discovery and development of stronger partnerships and collaboration, developing a clear shared purpose, testing new approaches, and enhancing evaluation and measurement methods. Once the development phase is complete, each place will seek a further 3-year grant from Sport England to scale up and embed the work to move the dial on the stubborn levels of physical inactivity in their underserved communities. Please contact Kerry [Kerry.mcdonald@activeessex.org](mailto:Kerry.mcdonald@activeessex.org)



# UPDATES

## ESSEX PEDAL POWER EXPANDS TO HARLOW, PROVIDING FREE BIKES TO LOW-INCOME FAMILIES AND JOB SEEKER

Essex Pedal Power is opening up in its 6th location this autumn in Harlow. The programme is already providing over 4,000 new bikes in Clacton, Harwich, Colchester, Basildon and Canvey Island, making a significant impact on cycling inequality, health, active travel, community cohesion, and net zero. Harlow will take advantage of being a New Town with 37 miles of dedicated cycle lanes, and the initial testing period will provide bikes for low-income families and people seeking employment. Please contact Kerry for more information: [Kerry.mcdonald@activeessex.org](mailto:Kerry.mcdonald@activeessex.org)



# BASILDON UPDATE



## BACKSIDE TO TRACKSIDE

Backside to Trackside have announced that they will be delivering an Autumn/Winter programme in Basildon starting w/c Monday 30 September 2024. Bookings are now open: [Backside to Trackside CIC - Booking by Bookwhen.](#)



## BASILDON ACTIVITY AWARDS

The nominations for this year's Basildon Activity Awards are now open [In the news: Nominations open for Basildon Activity Awards 2024 - Basildon](#)

Nominations will close at 23:59 on Sunday, 29 September 2024. You can make your nominations here: <https://forms.office.com/e/YkNPPywdrn>

## ESSEX PEDAL POWER SHORTLISTED FOR A HSJ AWARD.

Essex Pedal Power and the Mid and South Essex NHS Foundation Trust have been shortlisted in the "Towards Net Zero" category at the HSJ awards. The Hospital partnership has seen over 2,600 cycle trips and substantially reduced car journeys, whilst helping people be active and improving their health. The awards ceremony will be held in November.

## LCWIP ROUTE AUDITS

As part of the UK Shared Prosperity Fund, Basildon Council are working with partners and local residents/groups to audit strategic cycle and walking routes in the borough. This will culminate in a feasibility study to prioritise walking, wheeling and cycling improvements.



## BASILDON SUMMER OF SPORT

Basildon have celebrated a Summer of Sport with a huge range of low and no-cost activities for all ages and abilities across the borough!

Cllr Jack Ferguson, Cabinet Member for Culture, Sport and Community, joined families at a number of activities over the summer, including: Vange's Parkplay, MyOTAS Woodlands Warriors, Wickford Memorial Park, La Danse Fantastique and The Human Kind Café.

Cllr Ferguson said: "It was fantastic to see so many people being active - it benefits both our mental and physical health. There is so much on offer across our borough, whatever your age and ability. I encourage everyone to try something new during this Summer of Sport - I look forward to getting active and participating with our residents throughout the campaign."





# COLCHESTER UPDATE

## NEW PARKPLAY AT KING'S MEADOW

A new ParkPlay is coming to Colchester! The third ParkPlay will be launching at King's Meadow, located at the bottom of Lower Castle Park, every Saturday starting from 21 September 2024. In partnership with the Urban Support team, this initiative aims to bring communities together and encourage more people to get active by enjoying free games and activities in a safe, friendly environment.

It's exciting to see ParkPlay expanding to more locations in Colchester, and we look forward to everyone coming together to get active and have fun. This means even more memories, happy faces, and opportunities for people to meet, move, and play at the heart of Colchester.



## ESSEX PEDAL POWER COLCHESTER TURNS 1!

Essex Pedal Power Colchester proudly marked its first anniversary, celebrating a year of transformative impact on the local community. On Friday 23 August, we gathered at Greenstead Community Centre to commemorate this milestone. Deputy Mayor Councillor Michael Lilley and Deputy Mayoress Miss Lyn Barton, together with the Active Essex team, volunteers, bike recipients, and instructors of Bikeability, joined to celebrate the special day.

Since the project's inception, Essex Pedal Power Colchester has distributed over 500 bikes to individuals in the Greenstead area, providing them with a sustainable and enjoyable means of transportation. Beyond bike distribution, the project has focused heavily on safety and skill development. Over the past year, we have conducted 120 bike training sessions, including 9 led rides, empowering 417 participants to ride confidently and safely. These sessions have been vital in building a community of responsible and skilled cyclists, fostering stronger connections with each other and the environment.





# COLCHESTER UPDATE

## BIKE RECIPIENT OF ESSEX PEDAL POWER COLCHESTER FUNDRAISES FOR CHARITY

The Essex Pedal Power Project has created more than just a focus on physical activity; it has built stronger community connections. Zara, one of the bike recipients, is participating in the London to Brighton Cycle Ride 2024, covering 55 miles alongside her friend Ellie to raise funds for the charity Mind. Zara's previous bike was stolen during COVID, making her hesitant to invest in a new one. When Essex Pedal Power offered free bikes, she applied and rediscovered her love for cycling. With newfound confidence, Zara is excited to use her Essex Pedal Power bike to give back through fundraising. Details of their fundraising goal: [Ellie Weaving is fundraising for Mind \(justgiving.com\)](https://www.justgiving.com/ElleWeaving).



## ACTIVE CHALLENGES PROJECT

The Dance Network Association joined our July Active Challenge at the One Colchester Community Hub, hosting a lively seated dance class that had everyone moving and smiling. With a mix of fun themes like "singing in the rain" and "kung fu fighting," the session attracted 15 participants, including three newcomers, all impressed by the activities offered. The Dance Network Association hosts a range of seated and standing dance classes across Essex.

This month's Active Challenge also featured Jo Bryant from Braintree, who led a motivating dance session, well-received by all, especially our Women's group, who requested Jo's sessions become a regular feature. Jo's Active Motivation sessions take place online every Friday morning, providing fun, movement, and music to all attendees.

The Active Challenge project offers free monthly taster activities at the Hub on the last Thursday to promote the many free activities available in Colchester. For more information, contact Emily Wingate.





# TENDRING UPDATE

## WHEELS FOR ALL

We welcomed Tendring Stroke Services to cycle with Wheels for All at the Clacton Leisure Centre at the beginning of August and introduced around 12-15 participants to the different adapted cycles.

We received a lot of positive comments and are now slowly introducing many of the participants to cycle with us regularly at different hubs across the region, to help build strength, confidence and increase well being.

We were delighted to loan a trike to a chap in Dovercourt to help with his weight loss and better health journey.

Our participant has been unable to access 2 wheels due to various health issues. He was advised to lose weight and that cycling would be a great way to do this.

EPP in Dovercourt passed his details over to WFA to support him on his journey, but he will now also be able to join EPP Dovercourt on their led rides.



## ACTIVE COMMUNITIES

The Summer of Cycling returns to Tendring from August 3rd to October 30th, featuring 14 activities in Clacton, Point Clear, Jaywick Sands, Walton, and Harwich. Organized by Community Voluntary Services Tendring and Essex Pedal Power, and supported by Active Essex and Cycling UK's Big Bike Revival, it includes Learn to Ride, Learn to Fix, and group ride sessions. On August 30th, CVST's David completed a 12-hour Street Tag marathon around Harwich, raising £882 for the Electric Palace. He walked 24.5 miles and took 56,000 steps, starting at 7:10 am and finishing at 7:11 pm.

Season 2 of Street Tag for schools in Harwich and Dovercourt and Walton starts on September 11th. Here are the Stats from the first season:

### Walton Schools leaderboard report from 3rd Jun 24 to 23rd Jul 24

1. Total Miles covered: 5,777.2
2. Total no. of players who did at least one scan/step: 36
3. Total no. of teams who did at least one scan/step: 5
4. Total no. of scans: 12,060
5. Total no. of steps: 4,820,500
6. Total number of referrals by residents: 0

### Harwich and Dovercourt Schools leaderboard report from 3rd Jun 24 to 23rd Jul 24

1. Total Miles covered: 10,123.6
2. Total no. of players who did at least one scan/step: 86
3. Total no. of teams who did at least one scan/step: 7
4. Total no. of scans: 25,777
5. Total no. of steps: 9,391,097
6. Total number of referrals by residents: 6



# TENDRING UPDATE



## ESSEX PEDAL POWER C&J

Clacton and Jaywick celebrated their 3 year anniversary, with live music, cake, badge making, smoothie bike and so much more!

Essex Pedal Power Clacton and Jaywick Sands have created a cycling community by handing out free orange bikes to help people get active, find employment, and visit family and friends.

On Sunday 1st September, Essex Pedal Power celebrated its third anniversary at the Sunspot Market, with a Big Bike Revival treasure hunt from Clacton's Christmas Tree Island and along the seafront to the Sunspot where the rest of the celebrations continued.

Lucy Chapman, who is an artist, teacher and Central Saint Martins alumni from The Future is Now project, come to the celebration to make hag stones and personalised badge making.

The Future is Now is part of an ongoing series of collaborations between Central Saint Martins College and residents of Jaywick, supported by Essex Council. Residents also got active at the event, with some aerobics, games and a bike smoothie challenge, where residents competed to see who could make a smoothie the fastest by riding a bike.



## ESSEX PEDAL POWER H&D

In August 2024, marking a year for some families with Essex Pedal Power Harwich & Dovercourt bikes, over 270 U18s have benefited from the project. Active Essex and EPP hosted a children's bikes focus group and Family Cycle Fun Session, featuring cycle games, skill-building, and story-sharing. The session highlighted increased family time and bike use for school transport. Cyclometer data showed impressive usage, with one child cycling 5 miles in two weeks and another 260 miles since last year. All participants received a cycle accessory as a gift.



On a very hot and sunny 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!

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.

