

# HIGHLIGHTS

W E 20/09/2024

## BASILDON UPDATE



### SLIPPER SWAP LAUNCH EVENT

On 11th September, Basildon Hospital was host to the first of a number of Slipper Swap events in Basildon. The Slipper Swap project aims to reduce falls among older residents by providing them with a free pair of new NHS approved anti-slip slippers, promoting safety awareness, and connecting them with support services.

Through locally based pop-up events, older and frail residents can exchange their worn-out slippers for new pairs designed to prevent falls with secure fastenings and robust soles. The project also includes demonstrations of exercises to improve strength and balance, and partnerships with third sector and statutory services to offer comprehensive advice and support. This initiative seeks to enhance the independence and wellbeing of older residents, reducing the risk of falls and associated hospital admissions.

The launch event was a great success with 34 new pairs of slippers being given away, and 55 residents receiving advice and guidance on falls prevention.



### FIND YOUR ACTIVE BASILDON STRATEGIC LEADERSHIP BOARD

The Find Your Active Basildon Strategic Leadership Board met this week to discuss the developing Deepening plan for Basildon, setting out funding and delivery priorities for the coming years. A huge amount of work has been undertaken by the Operation Delivery Group to drive this work, with four key enquiry task and finish groups supporting this work; Active Environments, Communities, Children and Young People, and Health. The plans were presented to the group in readiness for the application being submitted next month, gaining their sponsorship.

Practicing what the Board preaches, it then participated in Sport for Confidence's adapted cycle programme that the Board had funded, learning about the great work that the organisation does and the difference that this particular programme is making.



### SUSTRANS REPORT ON FREE BIKE SCHEMES

The work on providing free bikes to staff at Basildon Hospital has been highlighted on a report from Sustrans that was presented to Parliament last week. The report outlines the issues of transport poverty, the positive impact of cycling on public health and the increased opportunities that free bikes can provide: [Improving the lives of people on low incomes and not in employment with access to a cycle - Sustrans.org.uk](https://www.sustrans.org.uk/reports/improving-the-lives-of-people-on-low-incomes-and-not-in-employment-with-access-to-a-cycle)

# BASILDON UPDATE



## E-BIKE LOAN PILOT

Through the Find Your Active Basildon Strategic Leadership Board, Basildon and Brentwood Alliance has received the donation of an e-bike from fellow board members Ford Motor Company, aimed at enhancing the mobility of our frontline primary care support staff. This generous contribution will significantly aid our team members in delivering essential one-to-one support within the community.

The pilot aims to provide a long-term, free-of-charge electric bike loan to individuals at the workplace. This initiative targets those who are among the most inactive and facing travel inequalities, with a long-term vision of sustaining active travel to the workplace. A limited number of electric bikes will be available for loan to those living and working in the Basildon borough for approximately six months.

Kelly, a dedicated Social Prescriber from the West Basildon Primary Care Network, has been selected as the first recipient of this e-bike. As a non-driver, Kelly faces unique challenges in her role, and this e-bike will greatly enhance her ability to reach patients and community projects efficiently. Kelly said:

*"I'm really excited about getting an e-bike today. This is going to transform my working day by enabling me to get out and about in the community, reducing my travel time and therefore giving more time to the people who count."*







# COLCHESTER UPDATE

## WOMEN'S ROUNDERS

With thanks to PlayRounders, we have seen the successful launch of an indoors women's only Rounders league in Colchester. Launching at the start of the Summer Holidays, the league now has 6 teams fielding 6 players each every week. Community360 have been particularly successful in this, fielding a team with a combination of staff and friends each week and have recruited 15 players in total and have only lost one game this season!

## RICE AND SPICE FESTIVAL

We were privileged to appear at the Rice and Spice Festival on Saturday 14th September, which played host to a number of organisations and hundreds of people in attendance.

As part of the Communities Can project, Community360 provided opportunities for visitors to participate in a number of activity drop-ins, whilst promoting all the wonderful services that we provide.

Available to the public throughout the day included Volleyball, Foot Volley, Air Hockey, Jenga, Cup Stacking, Four in a Row and bubbles! In total the activities welcomed 149 participants with a high number also receiving advice and signposting from the Community360 stand, a successful day overall!



## FIRST PUNCTURE REPAIR WORKSHOP A SUCCESS

In September, Essex Pedal Power Colchester hosted their very first Puncture Repair Workshop at the Greenstead Community Centre. The workshop was a great opportunity for local residents to learn essential bike maintenance skills, with a focus on fixing punctures.

The hands-on session, led by knowledgeable instructors, aimed to empower participants by teaching them how to handle common bike issues, helping them to become more self-sufficient cyclists. Attendees were able to practice step-by-step repair techniques, ask questions, and gain confidence in maintaining their own bikes.

The workshop was part of EPP's ongoing commitment to supporting the community by promoting cycling as an accessible and sustainable mode of transport. Feedback from participants was overwhelmingly positive, with many expressing interests in future workshops.





# COLCHESTER UPDATE

## ZARA CYCLED 55 MILES TO RAISE FUND FOR CHARITY WITH ESSEX PEDAL POWER BIKE

Zara Hynes, along with her friend Ellie, successfully completed the 55-mile cycling challenge with her Essex Pedal Power bike during the London to Brighton Cycle Ride 2024 on 14 September. Together, they raised £2,660 for the charity 'Mind'.

The ride wasn't without its challenges. Zara faced one of the toughest parts of the course at Ditchling Beacon, a notoriously steep hill. Additionally, she accidentally went off-route at one point and had to turn around to get back on track, which added to the physical and mental demands of the race. Despite these obstacles, Zara's determination kept her going.

Having the Essex Pedal Power bike helped her build confidence, Zara decided to join the cycling event with her friend, to raise funds for the charity. She saw it as a great way to give back to the community. Zara said: "At the beginning, our goal was to raise £2,000 for Mind. We're surprised that we not only reached the goal but even exceeded it! We are so proud and grateful for all our sponsors so far, as their support has kept us pedalling, knowing we have so many people behind us."

Zara has set an excellent example of how bike recipients can do far more than just commute for a living—they can also give back to the community in meaningful ways. Well done Zara!



Image credits: Zara Hynes and Ellie Weaving







# TENDRING UPDATE

## MEMBERS OF THE ESSEX PEDAL POWER COMMUNITY TAKE ON ALTON WATER

The EPP Harwich & Dovercourt project teamed up with the EPP Clacton & Jaywick project for a large group ride around Alton Water Reservoir, located on the Shotley peninsula in Suffolk. It was a very peaceful 8-mile morning ride along the water's edge, and one for the more advanced cyclists; off road for the most part, with some tricky terrain as we cycled through the trees and along the footpaths. For some, the ride was a chance to meet new people from across the two projects, whilst for others, it was a chance to improve their cycling skills or an opportunity to get out of the house and on their bikes. After the ride, everyone enjoyed a well deserved refuel group picnic / BBQ.



## BIG BIKE REVIVAL

September has seen the final few Big Bike Revival events for EPP Harwich & Dovercourt take place, including drop in fix it sessions and led rides.

This month, 12 bikes have been fixed through Big Bike Revival, allowing more local people to get back on the road with their bikes. The next drop in fix it will take place on Saturday 28th Sept where we hope to support more people in getting their bikes road worthy once again.



## EPP HARWICH EXPLORE THE COASTAL PATH

Thursday 19th September saw not one but two events open to the local community take place, starting off with a drop in Fix It session in partnership with the local leisure centre, followed by a EPP led ride along the coastal path to Old Harwich where all enjoyed a picnic by the park.

It was wonderful to see lots of people enjoying their EPP bikes and talking about their cycle adventures and other local cycle trails, inspiring others.





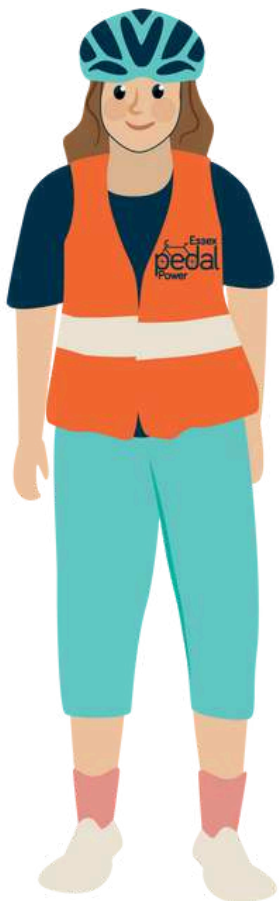
# TENDRING UPDATE

## EPP SUPPORT THE LOCAL LIBRARY

With the local library in the process of moving temporarily to the site of EPP Harwich and Dovercourt this month, allowing many people to use both services on site alongside the Harwich Arts & Heritage Centre, the team are thrilled to have recently been able to support several Librarians soon to be located on site with bikes to support them in getting to work.

## EPP SUPPORT THE LOCAL LIBRARY

Essex Pedal Power Clacton and Jaywick are currently piloting a new bike hire scheme at the Sunspot cafe on Tuesdays, 10am - 12pm, where local residents can hire a bike for a week for free. This is the link to the Facebook page: [Facebook](#).



## ACTIVE COMMUNITIES

The summer of cycling is continuing to run in Walton on the Naze with so many kids learning to ride, lots of residents turning up to ride together and successful Dr Bike sessions taking place, helping people fix their bikes and learn new skills.



At the NHS ICS Can Do Expo, on Friday 13th September, Becky and Shirley had both been nominated for different awards. Shirley was commended in the Healthier Lives award nomination and Becky finished runner up in the Innovation in Health award.

