



HIGHLIGHTS



W E 11/10/2024

UPDATES

A MESSAGE FROM ROSIE, OUR ESSEX PEDAL POWER CLACTON & JAYWICK COORDINATOR

"It has been a tremendous privilege to bring Essex Pedal Power to life. As the first LDP Essex Pedal Power, we have come so far. These past three years have been filled with countless stories, valuable lessons, and immense joy that my work has given me. The people this project has brought together have become lifelong friends. It's truly been a privilege to see how Essex Pedal Power has not only empowered individuals but also fostered a strong, supportive community. The bonds we've formed, the laughs we've shared, and the achievements we've celebrated together have all contributed to a sense of unity and joy that I will carry with me forever.

But the time has come, as the walrus said, for me to join Inclusion Ventures as their new Development Lead. This is an exciting new role, and I hope we will continue to collaborate to serve our community. My last physical working day will be the 25th of October. For all things related to Essex Pedal Power Clacton & Jaywick Sands, please contact the Essex manager, Marie-Ann Capps, at Marie-Ann.Capps@theaws.org."

We'd like to say a massive thank you to Rosie for all the hard work, time and commitment she's given to the Essex Pedal Power programme since its creation. Without her unrivalled enthusiasm and passion for supporting others, the programme wouldn't be where it is today.



BASILDON UPDATE



WEBINAR HIGHLIGHTING THE SUCCESS OF THE GROWING TOGETHER PROJECT

Grant Taylor spoke as part of a webinar with Trust Links which focuses on establishing a therapeutic community garden and the success of the Growing Together project in Basildon.

[Establishing a therapeutic community garden: insights, experiences, impact. - YouTube](#)

BASILDON WELCOMES BACK THEIR COMMUNITY ENGAGEMENT AND PARTNERSHIPS OFFICER

The Local Delivery Pilot team in Basildon also welcomes Linzi Young back from maternity leave. Linzi is the Community Engagement and Partnerships Officer within the Basildon and Brentwood Alliance. This embedded role has been a major success of LDP work in Basildon and will form part of our application for deepening.

In the same time we also thank Maria Medina for her time as maternity cover. Maria has received an excellent post within the Alliance and will continue to be involved. We also thank Kerry Hunter, the Public Health Improvement Practitioner who has moved to a new role within Basildon Council.





COLCHESTER UPDATE

NEW PARKPLAY AT KING'S MEADOW

A new ParkPlay area has officially launched in Kings Meadow at Lower Castle Park, complementing existing locations in Greenstead and Old Heath. This brings the total to three ParkPlay areas in Colchester, offering more opportunities for outdoor play and recreation for families and children. Emily Swaep and Rob Clark from Urban Xtreme expressed their excitement, stating;

"We're thrilled to introduce the third ParkPlay in Colchester."

Local resident Morvern attended the inaugural session with her children and appreciated the two hours of free activities. The Kings Meadow ParkPlay area promotes community spirit and encourages families to come together for fun and active experiences.



COMMUNITIES CAN ACTIVE CHALLENGE CIRCUS SKILLS!

A slight change, but still just as fun and engaging, Community360 welcomed Circus Skills with Beef Wright to the One Colchester Community Hub for September's Active Challenge.

Usually, these sessions focus on the more traditional physical activities, but this time around we welcomed a new and exciting activity that tested the mind and body. From diablo to juggling, spinning plates to flower sticks, this session had everything!

Although at first, participants were hesitant and nervous to try something so new and untried, by the end we saw a whole new group who were confident in throwing flower sticks around and balancing plates. The whole event was a wonderful opportunity for our service users to try something new and we look forward to welcoming more sessions like this into the Hub in the future.

If you have any questions about Circus Skills or the Active Challenge project, please contact Emily at emilywingate@community360.org.uk





TENDRING UPDATE

ACTIVE COMMUNITIES

We finished the Walton edition of the Summer of Cycling 2 weeks ago where 20 bikes were fixed, 20 children learnt to ride a bike and 6 people joined us for a group ride in the town.

We also awarded the winning banners and certificates to the schools for season 1 of the schools Street Tag. The Walton school's winners were Rolph C of E Primary School with 1,721,080 points, which is over 1,200,000 more points than second place Walton Primary School. This Walton school season saw a total of around 5 million steps, with 12,060 tags and a cumulative distance of 5,777 miles covered.



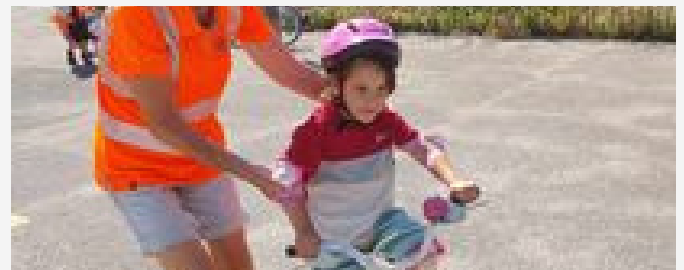
The Harwich and Dovercourt school's winner were St Joseph's Catholic School with 4,304,300 points, which is over 2,200,000 more points than second place Mayflower Primary School. This Harwich school season saw a total of around 9 million steps, with 25,777 tags and a cumulative distance of 10,123 miles covered.



Season 2 of the community game finished on Tuesday. This season's leaderboard recorded a total of more than 21.5 million steps, with 83,041 tags collected and a cumulative distance of 48,722.7155 active miles covered. The first-place team, who won £100, in the second season is Alton Crew. The team was made up of 3 residents and won with 6,878,720 points, 2,864,785 points ahead of second place.

CLACTON & JAYWICK ESSEX PEDAL POWER

The Essex Pedal Power team have been keen to upskill and create meaningful community work experiences for the community. Since 2022, we have been working with Compass academy and more recently Jaywick Lane Marketfield School, to help some of the kids learn about bikes, learn how to fix and build bikes and some learnt how to ride. It is a 6 week course, where the children come in 1 morning a week to work and learn with Kelvin, our mechanic. In the previous group two of the children even built their own bikes to take home with them, helping them with travel to school every morning.



HARWICH AND DOVERCOURT EPP

So far, we have given away another 12 bikes during the start of October, with around 40 more going out in half term alongside children's cycle training.

We recently introduced a monthly lunchtime ride to encourage cycling as the weather gets colder. This initiative provides an opportunity for people to enjoy their lunch breaks, especially those who cycle to work, while meeting like-minded individuals and building their cycling confidence. Our first ride in early October saw five participants enjoy a windy yet warm ride along the seafront. Riders had a great time and even arranged to meet for another ride, with one participant riding for the first time in over 50 years.





TENDRING UPDATE

EPP HARWICH & DOVERCOURT VOLUNTEER REACHES 100 HOUR MILESTONE

Our wonderful bike build volunteer kelvin completed his 100th hour of volunteering with us at the start of this month. Kelvin is a regular volunteer who supports us one day each week with bike builds and has recently been supporting with the children's bike build's ahead of half term cycle training and bike giveaways.

"I just love everything about this project!.. The great community aspect, being able to give something back to the community, it's great for everyone's wellbeing and those working locally. I have heard of many success stories with local families and lots of other positive stories . Thank you to this great project and for helping me to develop my skills with in this great team."



ESSEX PEDAL POWER HARWICH & DOVERCOURT UPCOMING EVENTS

Friday 18th October – carnival creations workshop, 3.30pm-5.30pm at the EPP Harwich office

Open to all, in preparation for the Annual Harwich Guy Carnival.

Craft activities and refreshments available

Saturday 26th October – Harwich Annual Guy Carnival, now in its 170th year. Open to all who have a bike.

Dress code: Light, bright and colourful

Meet outside Thompson Cooper at 6pm

Half term

Children's cycle training; 30th, 31st October and 1st Nov. consisting of Learn to ride, bikeability level 1, 2 and 3, building cycle and road confidence, for U16s.

