

Monday 2nd  
December

14:00-15:30pm

LAUNCH OF...

# Essex Transition Age

## MENTAL HEALTH AND PHYSICAL ACTIVITY

### PROJECT

We are pleased to announce that Essex County Council Public Health team have provided funding to support the development of an Essex transition age mental health and physical activity project.

Are you a **voluntary or community-based organisation in Essex**, using sport or physical activity to support young adults **(17-25 year olds)** with low levels of emotional wellbeing? Or are you keen to develop your offer to include this cohort? If so, please join us at this launch webinar session to find out more about this exciting and innovative new project, including:

- **Overview of the 3-year project**
- **Target cohorts**
- **Funding criteria for delivery partners**
- **Grant application process**
- **Evaluation requirements**
- **Q&A**



To secure a place, please contact: [admin@activeessexfoundation.org](mailto:admin@activeessexfoundation.org) and you will then be sent a Teams invite for the session.

The project team at Active Essex Foundation look forward to seeing you there!

\*Please note this is funded through Essex County Council so this funding is for partners working in the 12 Essex County Council districts and unfortunately does not include Southend or Thurrock.