



HIGHLIGHTS



W E 8/11/2024

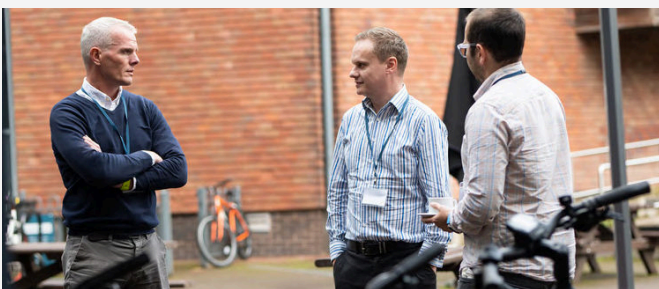
UPDATES

ESSEX LDP SEEKS FUNDING FROM SPORT ENGLAND TO DEEPEN IMPACT IN LDP AREAS

Sport England have created a £35 million fund to sustain and deepen the work of the 12 LDPs between 2025 and 2028, as part of their overall £250 million Place Partnership Expansion programme. Our Essex LDP submitted a funding request to Sport England for just under £5 million recently, offering match partnership funding of just under £24 million. The focus of our Essex LDP deepening work is on our test areas of Basildon, Colchester and Tendring, as well as the Essex-wide systems. We will know the outcome of the application in December. For further information, please contact Kerry at Kerry.McDonald@activeessex.org

SYMPOSHARE 2024: LAUNCHING THE NATIONAL FREE BIKES NETWORK AND SHARING BEST PRACTICES

On Tuesday 8th October, The Active Wellbeing Society (TAWS) hosted SympoShare 2024, the first in a series of symposiums focused on sharing best practices of free bike schemes and launching the National Free Bikes Network. The event began with keynote speakers; Lord Thomas Watson of Wyre Forest, Lisa Dodd-Mayne from Sport England, and Karen Creavin from TAWS. Afternoon breakout sessions included: 1) Data and Impact, led by Luke Thurley and Elizabeth Bamford from Volterra, examining the economic and social return on investment of free bike schemes; 2) Fearless Leadership in Times of Change with Mark Sears and Karen Creavin; and 3) Learning, Stories & Evaluation led by Susan Keung (TAWS) and Kerry McDonald (Active Essex). Organisations were invited to join the [National Free Bikes Network](#) to share learning and access resources.



BASILDON UPDATE



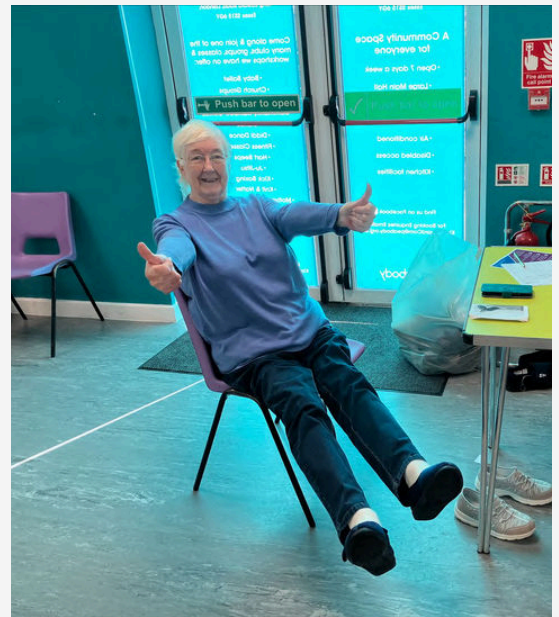
SLIPPER SWAP EVENT AT KING EDWARD COMMUNITY CENTRE, LAINDON

Basildon and Brentwood Alliance worked collaboratively with Peabody to deliver a slipper swap event at King Edward Community Centre in Laindon, where 35 pairs of slippers were swapped.

Through the slipper swap project, older and frail residents can swap their old slippers for a free brand-new pair which have design features to help prevent falls, such as secure fastenings and robust soles. Where necessary, residents will also be linked to other sources of support which could be beneficial.

Many older people are keen to stay independent at home, however walking indoors in worn-out slippers, barefoot or in socks can increase the risk of falls, slips and trips. This may result in spending time in hospital or receiving treatment at home which can make them feel less independent and more socially isolated.

Two more events are due to take place in West Basildon and Billericay in the New Year.



ESSEX PEDAL POWER PUMPKIN PATCH PEDAL

The EPP Basildon team spent a lovely afternoon at the Basildon pumpkin patch on Wash Road, cycling to the event from Gloucester Park. Travelling by bicycle is a fun, active and cost-effective way to get around. What activities or events in your local area could be accessed via bike?





COLCHESTER UPDATE

TABLE TENNIS AT ONE COLCHESTER COMMUNITY HUB

Community360's Communities Can Physical Activity project has expanded physical activity opportunities, including a successful Olympic and Paralympic-themed event featuring Table Tennis that drew over 200 participants to the Hub. Following its success, Table Tennis is now available all week at the One Colchester Community Hub on Long Wyre Street, open Monday to Saturday from 10am-3pm.

Since launching eight weeks ago, 164 participants have enjoyed the activity, with an average of 16 unique visitors each week, playing for at least 10 minutes, and some for over an hour. This initiative has broadened Community360 and the Hub's reach in Colchester, fostering new friendships and welcoming diverse users, from students on lunch breaks to staff and volunteers enjoying wellbeing breaks. For more, contact information@community360.org.uk.



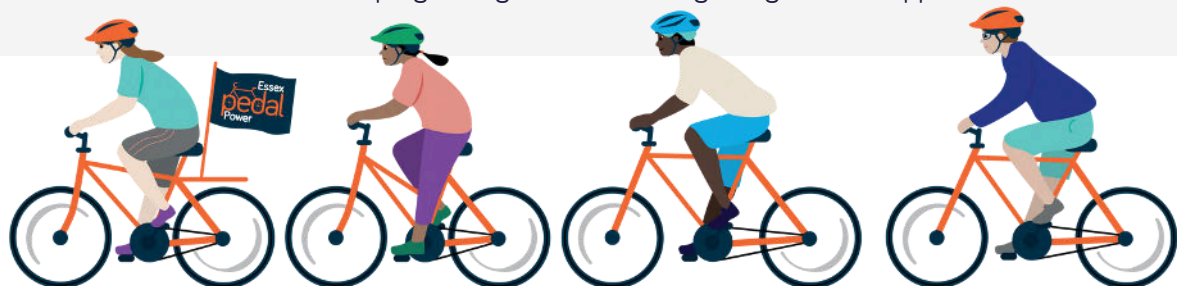
A WEEK OF COMMUNITY CONNECTION AND CYCLING FUN

Our latest week has been filled with activity, with over 20 hours of community events in partnership with Elim Church, The Community Supermarket, Unity Primary Academy, Greenstead Community Centre and Firstsite. Together, we've created spaces for skills-building, family fun, and seasonal creativity, bringing together our community for learning and connection.



ADULT LEARNERS PEDAL FORWARD

Thursday saw a milestone moment for a group of adults taking their first steps (or pedals!) toward learning to ride a bike. Under the careful guidance of Lily, an experienced Bikeability instructor from the Essex Pedal Power Team, two beginners discovered their balance and were soon cycling around the car park on their own. They'll continue lessons over the next few weeks to build their confidence before progressing to on-road riding. A big round of applause for our adult learners!





COLCHESTER UPDATE

NEWLY CERTIFIED CYCLISTS! BIKEABILITY SUCCESS FOR 10 LOCAL CHILDREN

We're thrilled to share that 10 young cyclists successfully passed their combined Level 1 and Level 2 Bikeability courses over the Monday and Tuesday of October half-term. These children now have vital road cycling skills to help them ride confidently and safely—skills that will benefit them for years to come. Well done to all our newly certified cyclists! In the afternoon, Alex hosted a Bike Repair Workshop at Greenstead Community Centre as part of The Big Bike Revival. Participants learned the basics of bike maintenance, including how to mend a puncture and check over their bikes for safe riding. Thanks to Alex, more riders in our community are now equipped to keep their bikes in top shape.



CRAFTS AND COMMUNITY AT KELLY'S CAFE

To round off an exciting week, Essex Pedal Power joined Heart of Greenstead for a cosy, seasonal arts and crafts session at Kelly's Kafe. With hot drinks and snacks, community members came together to get creative, connecting over art and a shared love of our local area. Thank you to everyone who joined in for a memorable, festive session.





TENDRING UPDATE

CLACTON & JAYWICK ESSEX PEDAL POWER

Essex Pedal Power have been working with local schools teaching young people to fix, build and ride bikes. Since 2022, Essex Pedal Power in Clacton and Jaywick have been working with Compass Academy and most recently Jaywick Lane Marketfield School.

Marketfield Students completed the park tool new rider maintenance course last week. Taylor, one of Essex Pedal Power's volunteers who used to study at this school, then gave a presentation about Essex Pedal Power to the students.



HARWICH AND DOVERCOURT EPP

Essex Pedal Power (EPP) launched monthly lunchtime rides to promote year-round cycling and connections among local cyclists. The first ride in October drew five participants for a blustery yet warm seafront outing, with waves crashing against the seawall. The group had a fantastic time, with some arranging independent rides afterward. One rider, who had recently completed cycle training, joined a group ride for the first time in over 50 years.



The 70th Harwich Guy Carnival, themed "Beside the Seaside," celebrated Harwich's rich maritime heritage. EPP hosted a craft workshop on October 18th to prepare decorations, culminating in a lively procession on October 26th with 22 floats.

On October 21st, EPP H&D led a commemorative ride to Shotley, visiting Commonwealth war graves at St. Mary's Church and creating a poppy wreath from a bike wheel, honoring fallen service members.

WHEELS FOR ALL

Wheels for All Tendring, have been shortlisted to win an Essex Activity Award in the Strengthening Communities category. The winner will be announced on the 5th December.

They also recently took some adapted cycles to Dovercourt to cycle along the Seafront – some feedback we received

"Thank you for an awesome afternoon. The boys were incredible, making sure we were safe and happy. Weather was glorious and the conversation for me was delightful".



Determined Deborah – Wheels for All participant Deborah recently achieved an incredible milestone on her recovery journey. Since June 24, she has been cycling with Wheels for All to regain strength, stay active, and support her recovery following a stroke. When she started, Deborah completed 6 laps (1 mile) of the accessible pathway at Sailship Training and Learning for Life, Clacton. On 19th Sept, she accomplished 24 laps—covering 4 miles one of our adapted cycles. An amazing achievement—well done, Deborah!

