



# The Pulse

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# Active Essex News

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NOTICE

- Everybody's mental health has been challenged by the lockdowns and insecurities of the last year and it's not over. We want to share the 'Can Do' challenge as part of **Men's Health Week**. There are five days of the week and five ways to wellbeing, so see what they are [here](#).
- Safeguarding is vital, so we're holding a Safeguarding & Protecting Children online classroom for young coaches aged 16-18 years old only. This interactive online classroom covers all the appropriate content to support younger coaches to recognise best practice and great coaching. Find out more [here](#).
- We're holding a Basic First aid course on 22nd June. The Basic First Aid course delivers basic emergency life support and includes the more common causes and treatment of bleeds, soft tissue and skeletal injuries. For further information, click [here](#).



Congratulations to our winning Nature Walk Photograph from Jim Howe! He took this wonderful photo of his walk down by the River in Chelmer!

# Local Delivery Pilot News

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- We're recruiting for a Local Delivery Pilot Physical Activity Coordinator (Basildon)! The role covers a diverse range of activities to support the delivery of the LDP, focusing on the Basildon local authority area. If you'd like to know more information or want to apply, click [here](#).
- The Community Initiatives Fund is now open and designed to help individuals, groups and voluntary organisations boost their local community. The £350,000 fund offers grants for bigger projects in the wider community and smaller micro-grants to help support grassroots groups.
- Basildon Simply Cycling, launched during Bike Week, by Scott Logan CEO of Basildon Council. Everyone Active, Sport for Confidence, Cycling UK and Essex Local Delivery Pilot worked in partnership with Basildon Simply Cycling. It was great to see so many residents attend the launch of this exciting, inclusive bike project.

# Essex Pedal Power

## First Bike Give-Away

Essex Pedal Power launches in Clacton and Jaywick Sands

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The community-led project, Essex Pedal Power, will make cycling more accessible for people living in Clacton and Jaywick Sands, as 1,300 free new bikes will be given to residents over the next two years.

In its launch event at the Jaywick Community and Resource Centre on the 12th June, the first bikes were handed out to successful applicants and arrangements are being made to distribute out the rest of the bikes in stages between now and 2023.

Essex Pedal Power is a £2.7 million initiative that will help people to benefit from the many rewards of cycling, from improved physical and mental health to accessing new employment, training and education opportunities by expanding their travel horizons.

It's an exciting time for Essex Pedal Power and our residents.

Find out more [here](#).



# Congratulations to Lyndsey & Stuart

## British Empire Medal awarded to Sport for Confidence and Achievement through Football Founder

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Active Essex would like to congratulate Lyndsey Barrett, Founder of Sport for Confidence and Stuart Long, Founder of Achievement through Football, on receiving a British Empire Medal in the 2021 Queen's birthday honours.

Jason Fergus, Head of Active Essex commented on Lyndsey's award; "We're so proud of Lyndsey and Stuart and what they have been able to achieve over the years and it's been great to watch the journey of Sport for Confidence and Achievement through Football, develop into established brands. Both Lyndsey and Stuart's work are vital in creating physical activity opportunities, that ultimately deliver positive outcomes which benefit other aspects of their participants lives. Congratulations to Lyndsey and Stuart their awards are well and truly deserved."

Read the full story [here](#).



# Essex ActivAte – Half Term

Last week Active Essex ran fun-filled ActivAte clubs across the county!

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Working with a network of trusted local organisations, the team provided a total of 2166 free spaces across 62 clubs, for children who are eligible for benefits based free school meals, as well as children from working families who would benefit from the extra support. This included 12 specialised hubs for children with SEND and 6 Mental Wellbeing hubs for young people who required a gentler transition towards community engagement. Active Essex also provided training for SEND and Mental Wellbeing ambassadors at each and every club, to ensure that all clubs were inclusive.

Each club provided physical and enrichment activities, ranging from team sports, cycling, martial arts and dance, to gardening, drama and arts & crafts, and even outdoor obstacle courses, survival skills, climbing and archery. Children also received a tasty, nutritious lunch and learned about nutrition through fun activities.

Alongside face to face clubs Active Essex additionally provided an array of activities for children and families to enjoy at home, through activity packs and virtual content. These activities included cooking, story time, arts & crafts, yoga, games, exercise challenges, gardening, creative writing and exploring outdoors!

