

The Pulse



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Active Essex News



- Everyone's health is unique to them as are the things that will help improve their wellbeing. There are lots of tools, tips and resources to help you take care of yourself and support your health and wellbeing with the new My Health Matters MSE campaign from Mid and South Essex CCG. Visit their [website](#), for more information!
- Think you know Essex? Then think again! Essex is full of surprises and hidden gems, not to mention it's diverse people that are always there with a warm and friendly smile to welcome you. Watch this brilliant short [film](#) about the real Essex. #ThisIsEssex campaign has been shortlisted for the PRCA Dare Awards!
- It was great to see over 80 Essex schools join in England Does the Daily Mile on Friday, as well as Basildon schools taking part in the Basildon Schools Relay. Head over to our Twitter to see lots of photos and videos!
- Sheffield Hallam University are carrying their second national conversation about how it can be easy to be active, with a health condition. They will listen to your ideas, and use your collective insight to co-create resources to help organisations to make it easier to be active for those of us with health conditions. The second conversation opens 10th-31st May, so register [here](#).

News



- We recently heard from Catch 22 who have received investment from the LDP, and are doing remarkable work with vulnerable families in Colchester and Tendring. Catch 22 use physical activity as an important tool to enable families to keep a positive mindset and tackle their issues effectively.
- An important LDP project in Tendring is 'Clacton 150' will create a physical activity trail along the coast that celebrated the heritage of this stunning coastline. Clacton 150 launches on 18th July incorporating Street Tag, Octopus Ahoy, and a new trail featuring augmented information boards and talking seats. Clacton 150 will work closely with Essex Pedal Power to encourage cycling on the new heritage trail.
- The LDP team helped Carla and her wonderful team at Motivated Minds in Basildon secure a grant to help sustain the work of Motivated Minds for the next few years delivering a range of community mental health support to people in Basildon and beyond.

Essex ActivAte

Our Summer Programme Webinar was a great success!

Last week the Essex ActivAte team hosted a informative webinar for all delivery partners interested in being involved in our Summer Programme. After a scaled back approach, in keeping with Covid safety practices, for the Easter holidays and summer Half Term, we are gearing up for an extensive range of activity clubs during the summer holidays, with between 80-100 delivery partners expected to be involved!

The webinar went into great detail about the aims and requirements for club providers, with each member of the Essex ActivAte team presenting interactive slides and discussing their areas of expertise. Within the presentation the team also revealed their first video of some of the best moments at Easter clubs this year! Watch the video [here](#).

Summer Delivery Partner applications are now coming in thick and fast, with the deadline on Friday May 7th. To find out more about how schools and organisations can apply, and take a look at the best bits of Easter Clubs, head to the [Essex ActivAte Partner Hub](#).



ActiveEssex

Essex Pedal Power

We are delighted with the response to the opening of our applications for Essex Pedal Power.

We have received over 500 applications so far, and we are busy working through them. This does mean that we will be creating a waiting list because of the demand, but we will keep all applicants informed about developments.

We have a limited number of bikes available to giveaway initially, due to unprecedented demands for new bikes across the world, but have secured a large quantity for later on in the year. Therefore, if you are unsuccessful in this first phase, your application will automatically be carried over into the next round.

In the meantime there is still lots to get involved with, including free cycle training and led rides where we can lend you a bike to take part. There are lots of opportunities to volunteer in bike building, supporting training and led rides, or to help build a local cycling club, so please keep an eye on Active Essex's social media for future details of how to get involved.



Case Study

How has return to play been for Greater Essex?

COVID-19 has taken a toll on our physical and mental wellbeing over the past year, so seeing a small return to some normality has been a huge relief for many.

Members of our sporting communities have shared with us their experiences of returning to play, in a bid to help others to feel confident in joining them.

As with all areas of life over the past year, COVID-19 security measures have rightly reigned supreme in efforts to return to play. Making sure that others feel safe has been key for Rachel Garfirth of Southend Hockey Club. She said: “We’ve had to make sure that our return to play enabled us to play the sport we love but in the safest possible way. To make sure that we’re doing the right thing by our members, we asked for feedback from all areas of our clubs before arranging our sessions.”

Whenever you feel ready to enjoy sport and physical activities, clubs, groups and facilities across Essex are ready to help ease you back into your routine and to keep you feeling motivated. Check out our website and social media feeds for updates and news on opportunities near you.

Read the full story [here](#).



National Walking Month




Lots of people plan to keep walking to maintain their physical health and mental wellbeing, with a third of people planning to keep the car at home to reduce their carbon footprint! Join in #WalkThisMay

Walking is good for our minds, our bodies and our neighbourhoods and has been a lifeline during the past year, helping people stay active and connected. That's why we want everyone to keep going and pledge to #WalkThisMay!

Health experts recommend a brisk daily walk as an easy way to improve your health with a 20 minute walk being shown to reduce the risk of a number of preventable health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

To find out more ways to get involved, visit the website [here](#).


Event



LIVE

Understanding the impact of Covid19 on those who face barriers to being physically active

THE NEXT WEBINAR AS PART OF THE **ESSEX HEALTH SERIES**



Thursday 27th May, 9:30-10:30am

To book your FREE space, visit:
www.activeessex.org/webinar-understanding-the-impact-of-covid19-on-those-who-face-barriers-to-being-physically-active/

We are contributing these images to itaticon.com

The next webinar in our Essex Health Series, will be about understanding the impact of Covid-19, on those that face barriers to being physically active. Hear from the Activity Alliance about some of their findings from their annual activity survey which has shown that Covid19 is having a significant impact on disabled people, their lives and their ability to be active. We will also be joined by Sport for Confidence who will identify how they are breaking down these barriers and enabling people to live independently in their communities. Click [here](#) to sign up for free.