

Report to the Council

Committee: Cabinet
Date: 25 July 2023
Subject: Community, Health & Wellbeing
Portfolio Holder: Councillor S Patel

Recommending:

That the report of the Community, Health & Wellbeing Portfolio Holder be noted.

RideLondon 2023

Sunday 28th May saw Epping High Street come alive with community celebrations in support of the Ford RideLondon-Essex mass cycle event. Crowds gathered along the route to cheer on the 25,000 riders taking part, with many riders pausing on their way to take advantage of the town being designated an official 25-mile rest stop. EFDC received £4,371 of County activation funding via the Essex Association of Local Councils (EALC) to deliver the community activities which were enjoyed by hundreds.

The community event in Epping, which was coordinated by the Community & Wellbeing team, demonstrated strong community cohesion and showcased excellent partnership working. The public enjoyed visiting stalls provided by Essex Police, Essex County Fire & Rescue Service, St Clare's Hospice, VAEF, Epping Youth Football Club, Active Essex, the Essex & Herts Air Ambulance and Open-Door Friendship Group. Nearly 100 faces were painted, and 185 pavement art creations were chalked! Family fun included "Come & Try" activities such as; Play in the Park, Trailnet's adapted bikes, Taekwondo, EFDC's Care to Move Project and fun Smoothie Bikes, all of which encouraged families to take part in physical activity on the day and beyond.

One of the highlights for this year's event was a live performance from the local Rock Choir which enhanced the community atmosphere. The Chairman of Council presented the winner of the community raffle with a bike, kindly donated by Cycle King. The winner of the online Instagram competition also collected their bike on the day, travelling from Tunbridge Wells to receive it.

Additional funding of £667 was secured by the team via Active Essex for the Care to Move Project. The aim of this project is to bring older people together by increasing access to physical activity for those who might normally find it difficult. The team also received an Essex Cycle Grant of £2,366 and has partnered with Essex Highways to provide a free, 2-day summer course for children aged 9+ teaching basic cycling and road skills. Two adult bike maintenance workshops have also been delivered in the district.

To date 38 wider organisations across the district have received Active Essex Find Your Active funding totally £82,337 as a direct result of RideLondon taking in the Epping Forest district.

Crucial Crew 2023

Crucial Crew is an interactive personal safety and health & wellbeing initiative based around key life skills for Year 6 pupils to prepare them for secondary school, addressing challenges and risks they may encounter in everyday life. It supports the health and wellbeing of students through encouraging physical activity, good nutritional choices and positive mental health. The project underpins the priorities and objectives set out in the Epping Forest Health & Wellbeing Strategy 2022 – 2026 to help ensure that children and young people have the best start in life.

The Community & Wellbeing Team were delighted to reintroduce Crucial Crew “Live” back into the district on 28, 29 and 30 June at the Civic Offices after two years of virtual delivery. Year 6 pupils from six schools attended the pilot days: Thomas Willingale, Roydon, Stapleford Abbots, Alderton Juniors, St Andrews C of E North Weald and Ongar Primary. Six topics were presented in an interactive scenario format including Safer Places delivering Healthy Relationships; Essex Highways delivering Road Safety; EFDC delivering Physical Activity and Nutrition; Mind in West Essex delivering Positive Mental Health; The Red Balloon Foundation delivering Online Safety and Youth Unity delivering the Dangers of Nitrous Oxide. Feedback gathered from pupils, partner agencies and teachers has all been resoundingly positive.

What’s On Brochure: July - September

Community & Wellbeing service’s latest “What’s On” brochure was launched digitally in early June. Hard copies are available at EFDC venues including the Civic Reception and EFDC social media can be followed for updates. Bookings for the C&W Summer Holiday 2023 Programme can be made on Bookings Live at <https://eppingforestdc.bookinglive.com/>

For budding performers, the musical Matilda will be recreated in a “Musical in 2 Days.” Multi-Activity Days will provide a variety of sports and arts & craft activities for children. Drop-in activity sessions will take place at the Museum and a full Disability Inclusion summer programme is offered.

Thanks to the support of Town and Parish Councils, Play in the Park staff will be travelling around the district again this summer, bringing free fun and games to local parks and green spaces far and wide.

Youth Council 15th Birthday Celebrations

The Epping Forest Youth Council marked its 15th Anniversary at the Civic Offices on Thursday 20 July 2023. It was an evening of celebrations and an opportunity for the Youth Councillors to express thanks to their numerous supporters and funders. Guests attending included The Deputy Lord Lieutenant, the Chairman and Leader of EFDC, Mayors of Epping and Waltham Abbey Town Council, Chairman of Ongar Town Council, and many other dignitaries.

The Youth Councillors invited their Head Teachers along with active partners including; The Red Balloon Foundation, FoodBank, Essex Police, the Fire Service, NHS colleagues and the Jack Petchey Foundation, which is one of the Youth Council’s major funders. Youth Councillors spanning the past 15 years also attended. The evening was funded via a £1000 Jack Petchey Leader Award Grant received by Diane Butler, Young Persons’ Officer, earlier this year.

Community Champions

Community & Wellbeing’s wonderful Community Champion volunteers have supported a plethora of worthy causes in their communities over the last few months.

Champions from Nazeing, Waltham Abbey, Chigwell, Epping, Theydon Bois and Ongar took time out of their May Bank Holiday weekend to help support Sudanese evacuees. With little notice, they provided invaluable assistance to those arriving at Stansted Airport between 28 April – 1st May.

Limes Farm Colts Children's Football Club and Limes Farm Community Group (LFCG) were invited to attend the High Sheriffs' awards event to mark their successful grant award. The Chair of the LFCG and the Colt's football instructor are both Chigwell Community Champions. The funding received is helping to deliver diversionary activities to help reduce local children's risk of becoming involved in anti-social behaviour and potential criminality.

A Community Champion led weekly food pantry for the community now runs in the 'Social Space' session at Victoria Hall, Chigwell. A Defibrillator Training Seminar was organised by the Nazeing Community Champion for the public at Lodge Farm.

Many of the Community Champions enjoyed organising and celebrating His Majesty King Charles III Coronation. Twelve events were held across the district and included afternoon teas, a family fun day, fetes, and the painting of a village hall.

On 7 June, Exercise Stabos Emergency Training took place at Thornwood Village Hall, which involved councils and stakeholder coming together to practice procedures to tackle a serious emergency should it occur. Community Champions supported the event and served refreshments on the day. Community Champions also supported the team's "Stay Safe & Well" event on Limes Farm and RideLondon.

Dementia Friendly Communities Accreditation

Input from C&W, in partnership with wider stakeholders, has seen the Epping Forest district maintained its official Dementia Friendly Community Accreditation for another year.

A recent event coordinated by C&W's Dementia Action Officer to support local residents living with Dementia was the summer Memory Train on 5 July. Hosted by the Epping & Ongar Railway and funded by Epping Open Gardens, 91 people affected by Dementia had a wonderful day out.

Funding from the Community Safety Partnership for health & wellbeing initiatives

Funding from the Community Safety Partnership has been secured to enable the delivery of a series of health & wellbeing projects and key events in specific localities. £4000 will support four further Stay Safe & Well events for older residents: during October in the Oakwood Hill area and in Buckhurst Hill and in April 2024 in Ongar and a rural location.

Arc Theatre Company will deliver a roadshow called Broadcast Junior in ASB priority areas in the district. Debden and Ongar have been identified through crime data. The interactive performance deals with current issues affecting young people: chatting online, TikTok dares, going to meet people alone, current social media platforms and their dangers, coercive behaviour, sexting, grooming, how to seek help, support and the law. £3800 will cover 4 schools in these areas. As part of the Safer Streets Project, Arc Theatre has already delivered Broadcast Junior to Years 5 & 6 pupils in all 4 Waltham Abbey primary schools with excellent feedback from pupils and teachers.

The Limes Youth Club, delivered by Youth Unity at the Limes Centre in Chigwell on Friday evenings has proved to be a vital resource and extremely popular with local young people. £5075 will ensure that the Club can continue to run until at least March 2024.

As a result of the success of the two weekly Ninefields Youth Club sessions in Waltham Abbey, £2980 has been awarded to enable the sessions to run for another academic year from September 2023 inclusive of staff and materials costs.

£4025 will fund Stop & Think Roadshows for Years 7 & 8 pupils in all seven of the district's secondary schools. The interactive workshop covers 'Stop and Search' procedures and protocols, building positive relationships with the Police.

Epping Forest District Museum

The Museum opened its current temporary exhibition 'The Tiger Who Came to Tea' on Saturday 27 May. To date, seven school visits have been facilitated engaging over 250 children in education sessions inspired by the display. The exhibition has also been well received by the public with over 1,500 visitors in the first month and many families sharing their experience online via social media.

The Museum has received £5,000 from the Epping Forest Public Health Community Fund to support wider place-based health and wellbeing work on Ninefields Estate. A series of heritage-themed outdoor sessions will be delivered to schools in the area helping to enhance pupils' sense of place and to encourage the children and their families spend time in nature.

The Museum also recently received AIM funding of £12,000 for a Spradbery conservation project which will see 12 posters held in the collection restored.