



@AE__Foundation



Active Essex Foundation

HAF

29 provisions delivered

24 LTO's delivering across Essex

4,572 HAF spaces filled across the summer holiday break

Click here to watch our summer 2024 HAF video featuring various visits and clubs!



Stories from the project

If you enjoy reading stories and testimonials, pen pictures, and case studies, Active Essex Foundation has compiled a unique collection. This collection highlights several examples where the efforts of sport and activity providers have significantly impacted young people. To read some of these stories, click on the Heyzine Storybook link below:

[STORYBOOK](#)

Sport and Youth Crime Prevention Conference

The past few months have been exceptionally busy for the Sport and Youth Crime Prevention team at Active Essex Foundation. Our primary focus was the conference held on 18th September 2024 at Colchester United Community Stadium. Numerous organisations, including the Police, Youth Justice Service, Probation, and the Essex VVU, collaborated with community-based providers to discuss the role of sport and activity in early intervention for young people. The conference featured substantial evidence from the young people themselves, alongside inspirational testimonies from Olympic Bronze Medallist Lewis Richardson, and support from (amongst others) the Police, Fire and Crime Commissioner Roger Hirst and the High Sheriff of Essex, David Hurst.

“

The sector on it's own can't fix the problems of youth crime. Magic happens through system change if implementation and actions within every sector.

Graham Helm - StreetGames

”



QUARTERLY NEWSLETTER

OCTOBER 2024



Sport and Youth Mental Health Project

£200,000 of project delivery planned for Essex, Southend and Thurrock

The Sport and Youth Mental Health Project are expanding their delivery across Essex, Southend and Thurrock over the next 12-18 months. This will support our existing locally trusted organisations already delivering, as well as work with new organisations who are keen to deliver programmes to support specific cohorts of children and young people experiencing low levels of emotional wellbeing through sport, physical activity and movement.

Further details on the delivery funding, including criteria and application form, can be found at the bottom of the project page on our website – [Click Here](#)

If you would like to find out more regarding this funding opportunity, please contact Sian Cleary at Sian.cleary@activeessex.org

Children and Young People being supported



To date, from the 6 provider surveys returned, 227 children and young people have received support through the project across Essex, consisting of an average of 22 sessions over the last quarter. 70% male and 30% female supported across ages 5-18, with majority aged 8-13 years old. 63 children and young people supported from ethnically diverse backgrounds

Launch of Team Charter



We held our first Sport and Youth Mental Health Delivery Group session on the 6th September, which will be a space for the project team and all delivery partners to come together bi-monthly to support, share and learn in a safe space. A Team Charter has been co-produced, which outlines the overarching mission, values and collective responsibilities of the team.

[Click here](#) for our Team Charter

Project Visits



It has been great to go and visit some of the projects that are going on, funded through the project, including Project Me, who are delivering at Ford End C of E Primary School. It was great to see one of the sessions in action which included yoga practice, relaxation and a workshop on having a growth mindset.



The project was able to attend JTD Performing Arts Award ceremony, where 5 young people were funded to attend sessions for an entire year that are currently going through low emotional wellbeing. It was a fantastic event and wonderful to see the young people so excited about being able to continue these sessions that otherwise, they would not be able to fund.



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Join our Mental Health Network



A 'Youth Mental Health – Sport and Physical Activity Network' has been set up to create a community of practice for people and organisations who have a shared interest and passion for improving the mental health and wellbeing of children and young people across Essex, using sport and physical activity alongside other support.

Our first networking event was held at Warley Park Golf Club on 18th October, which also included a fun and light physical activity for people to take part in during the day. Further details of this event will be shared in next quarter's newsletter.

If you're interested in joining this network, please contact sian.cleary@activeessex.org or luke.tandy@activeessex.org

Further Resources

[Kooth](#) - A free, safe and anonymous online platform that is delivered in partnership with the NHS

[Small Talk, Big Change Podcast by Mental Health Foundation](#)

[Moving Medicine - CYP patient information and evidence finder resources](#)



Reports This Quarter

During this quarter, Dr. Rowena Hawkins has compiled two comprehensive reports summarizing the outcomes of the Sport and Youth Crime Prevention Project. These reports detail the impact of the Sports and Lifeskills initiative across the county for the 2023-24 period. They include data on the number of young people reached and the levels of engagement achieved. Additionally, the reports feature compelling testimonials from providers and young participants, highlighting the unique ability of sports to engage youth and, when combined with mentoring and support from trusted adults, to transform lives.

Additionally, the second report emphasises the contributions of the Sport Enabler, an embedded role that collaborated with the Essex County Council Involvement Service during the same period. This report showcases significant positive changes for young people who were particularly vulnerable to exploitation and criminality. Through intensive efforts, these individuals were connected with community organisations offering sports and activity interventions. Both reports are highly recommended for reading. You can access them by clicking on the links below:

Sport and Life Skills Project Report [HERE](#)
Sports and Activity Enabler Report [HERE](#)



215

children and young people received mentoring



2023/24 Sports and Life Skills Project Report

The referral-based Sport and Life Skills project is part of AEF's Sport and Youth Crime Prevention Programme. The project is a collaboration between AEF and locally trusted organisations (LTOs) delivering 'Sport Plus' and 'Plus Sport' interventions in communities across Greater Essex.

[READ MORE](#)

UPCOMING EVENTS, TRAINING AND FUNDING



Youth Mental Health Awareness - 4th November Online

An introductory course, delivered by quality assured MHFA England instructors, designed to increase awareness of young people's mental health and some of the issues that can affect this age group. It covers the different skills needed to work more effectively with young people living with mental health issues and the different ways to support and relate to their experiences. This course is targeted at volunteers, young leaders and staff members who are new to the mental health support space.

Invites and information pack will be sent closer to the event.

Email sian.cleary@activeessex.org for more information.



Prevent Training

As you are aware, situations across the world are developing and, as a result radical views are on the increase. It is difficult to distinguish the 'truth' and 'fact' from misinformation and conspiracy theories, which stir up discontent and, in some cases lead to serious incidents. If we find it difficult, our young people must be even more confused.

Active Essex Foundation have teamed up with the Safer Essex Community Safety team to provide you with free online training sessions around the PREVENT agenda, specifically how this relates to sport clubs and places where young people gather. Click on our [Active Essex Foundation | Workshops Listing](#) to book a place for you and your staff.

Workshops and Training

[Click here](#) for upcoming courses that you can attend!



Funding Opportunities

[Click here](#) for our full and in-depth page regarding different funding opportunities that can be applied for and shared with wider networks.



NSPCC Parents Survey - Opportunity to create a safe culture for our young people

As part of the campaign, the Child Protecting in Sport Unit at the NSPCC, have developed a Safe in Sport Parents Survey, with the aim to support the sport and physical activity sector to create a caring culture, where children and young people are safe, and thrive in sport. It would be greatly appreciated, if you could forward this to any relevant audiences that you have connections with, so that we can gather as much information as possible, to create true change. The survey will remain open until 7th November.

You can access the survey [here](#)