healthwatch Essex

Being Well in North East Essex 2023

North East Essex Health and Wellbeing Alliance Community Asset Mapping

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Introduction

The Be Well Deep Dive is the sixth and final in a series of reports published as companions to the Community Asset Mapping refresh of North-East Essex, originally published in Spring 2021. Using the North East Essex Health and Wellbeing Alliance domains as a framework for each report, there will ultimately be a library of six reports:

- Start Well – published Summer 2021
- Feel Well – published Autumn 2021
- Be Well – this report
- Age Well – published Summer 2023
- Stay Well – published Spring 2023
- Die Well – published Winter 2022

The report has been produced by Healthwatch Essex, Community Voluntary Services Tendring (CVST) and Community360 (C360), working in partnership, and collaborating with a Steering Group, which has included the Be Well Domain Leads, representatives from District and County Councils, Essex Fire and Rescue, the Local Delivery Pilot, Integrated Care Board, ESNEFT and Age Well East.

Scope and Methodology

A clear outline for the report was shaped through consultation with the Steering Group and Be Well domain and involved topic specific specialists and relevant organisations.

It was agreed that the work would take into account key drivers and influences on people, using learning from the last 12-18 months and gathering information through a literature search and primary research which accurately reflects:

- A deeper understanding of what facilitates and what presents barriers to access to services and how to address them
- Key challenges with a focus on physical activity; housing; healthy food
- Local cultural factors and limitations

It was agreed to focus the citizen's voice work in Old Heath and The Hythe in Colchester and in Pier Ward, Clacton in Tendring, as these are areas of specific interest due to demographics, mortality and levels of deprivation.

There was a focus on the following issues:

- Quality of housing standards
- Community assets supporting people to be physically active and its impact on health and wellbeing
- Access to sustainable, affordable and healthy food

We would like to thank everyone who has contributed towards this report formally or informally, and hope that the content offers further insight into the experiences of local

people and organisations working in the voluntary and community sector. Data gathering and consultation was conducted between April and September 2023.

The review of relevant literature included local and national sources of data, and these are referenced within the text. **Appendix A** gives an overview of engagement activity carried out to support this work.

Acknowledgements

Healthwatch Essex, C360 and CVST would like to thank the organisations and residents who participated in all sections of the report, and notably as citizens' voices. Their experiences and data help to improve the understanding of this area of work.

Overview

Being Well in North East Essex is supported by a breadth of voluntary and community organisations committed to enabling people to maintain their quality of life for longer, engage in purposeful activity and connect into local networks. The examples, drawn together below, offer an opportunity to reflect on what is working well, and also what could be improved upon to reach those facing challenges to accessing available programmes. It highlights the varied nature of provision and the importance of this work to people in specific communities.

The report provides case studies and spotlights examples of good practice. It has a particular focus on physical activity, housing and food. Collectively, with the invaluable 'Citizen's Voice' gained from one-to-one discussions, focus groups and interviews with people living in Old Health and The Hythe in Colchester; Pier Ward, Clacton in Tendring, there are a number of enablers and barriers identified that affect accessibility to opportunities. They provide an important context for the detail that follows:

Enablers to accessing services – what works for residents of North East Essex

Housing

- Developing wrap-around support from different community-based organisations for example SHELLs Project. Using an empathetic, non-judgemental person centred approach
- Empowering people to find their voice by understanding their rights as a tenant/citizen and building trust, which takes time
- Giving positive support from all partner agencies and council staff, with more information sharing between health and social care and housing – use GDPR positively to remove harm or potential harm; focus on duty of care
- Responding to the differences in the level of support available to people in different living conditions – council housing, social housing, private rented sector housing and home ownership – all of whom can experience poor quality housing for different reasons but all of whom should expect understanding and responsiveness
- Using the learning from Housing Needs Surveys which gather information about people's current housing situation and their future housing needs and wishes

Physical activity

- Enabling access to affordable exercise and free/cheap food, e.g. Pedal Power, Park Run Essex ActivAte and HAF clubs
- Emphasising the positives in terms of blue and green space which are plentiful across north east Essex
- Having access to information and communication about physical exercise opportunities, making access available to all and ensure a warm welcome
- Adopting an ABCD approach – listening to what people want to do to be active – e.g. over 50s Ballet Barre Class (helping people to get fit in a relaxed setting)

Food

- Encouraging all food banks, food providers and cooking classes to work in partnership (where they don't already) e.g. Boaz Project, Food Bank and Salvation Army
- Providing grant funding for advice agencies to carry out outreach sessions
- Offering additional help with basic hygiene needs and clothing as well as food providing people with a route to be self sufficient
- Working in partnership with statutory agencies (e.g. police and social services) when necessary, understanding the duty of care to keep people safe
- Giving access to allotments, cooking classes gardening clubs, cheap seeds etc. through social prescribing and partnership working

What are the barriers and how can access to services be improved?

Housing

- Housing Teams are experiencing increased need and difficulty in filling vacant posts due to the current economic climate. If there were greater resources, this would improve customer response.
- Targeted marketing approach/conduct review of impact of marketing to identify any need for targeted marketing
- There are a lot of SHELLS leaflets which should be proactively handed out in areas of greatest need
- Developing welcoming spaces with a non-judgmental attitude
- Fear factor of stepping forward and putting complaints forward – fear of reprisal, retaliation, being served notice, some are too scared to mention anti-social behaviours
- Low-cost housing is difficult to find and more new and creative schemes for single people need to be developed
- Encouraging initiatives for landlords to maintain their properties, and offer timely repairs
- Recognising the importance of correct ventilation and encouraging tenants to be mindful when drying clothes indoors, especially living in flats
- Confidence issues about complaints, how they will be handled and potential retaliatory action from landlords
- Finding the right balance between landlords and tenants' rights

Physical activity

- Spreading knowledge about what exists, where and how to access it and its affordability
- Recognising what people want, to enhance the interest in the range and type of activities on offer
- Not knowing the benefits of specific activities until someone trusted (e.g. a friend) has attended
- Ensuring projects given initial funding can become sustainable – e.g. Seated Yoga for ethnically diverse women in Tendring: 100% of participants said their mobility improved but funding was only for a 12-week course
- Understanding it can be difficult to engage in mainstream activity especially if the participant is living with a disability, sensory impairment or culturally sensitive

Food

- Adopting an empathetic approach to foodbanks and working to remove the stigma e.g. friends and neighbours volunteering at foodbanks make it harder for people to use the foodbanks themselves
- Understanding family dynamics. Benefits have not kept up with inflation and waiting times for Universal Credit can stop people from being self-sufficient. In addition, wage levels haven't kept up with the cost of food, in some cases people who are waged still have to use foodbanks
- Inability to use the internet, and difficulties in filling in forms
- By offering people some basic living skills e.g. cooking and budgeting, they'll be empowered to help themselves

Be Well Literature Review

A very brief search of relevant research underpins the value of the wider determinants of health in relation to individuals' and therefore communities' health and wellbeing.

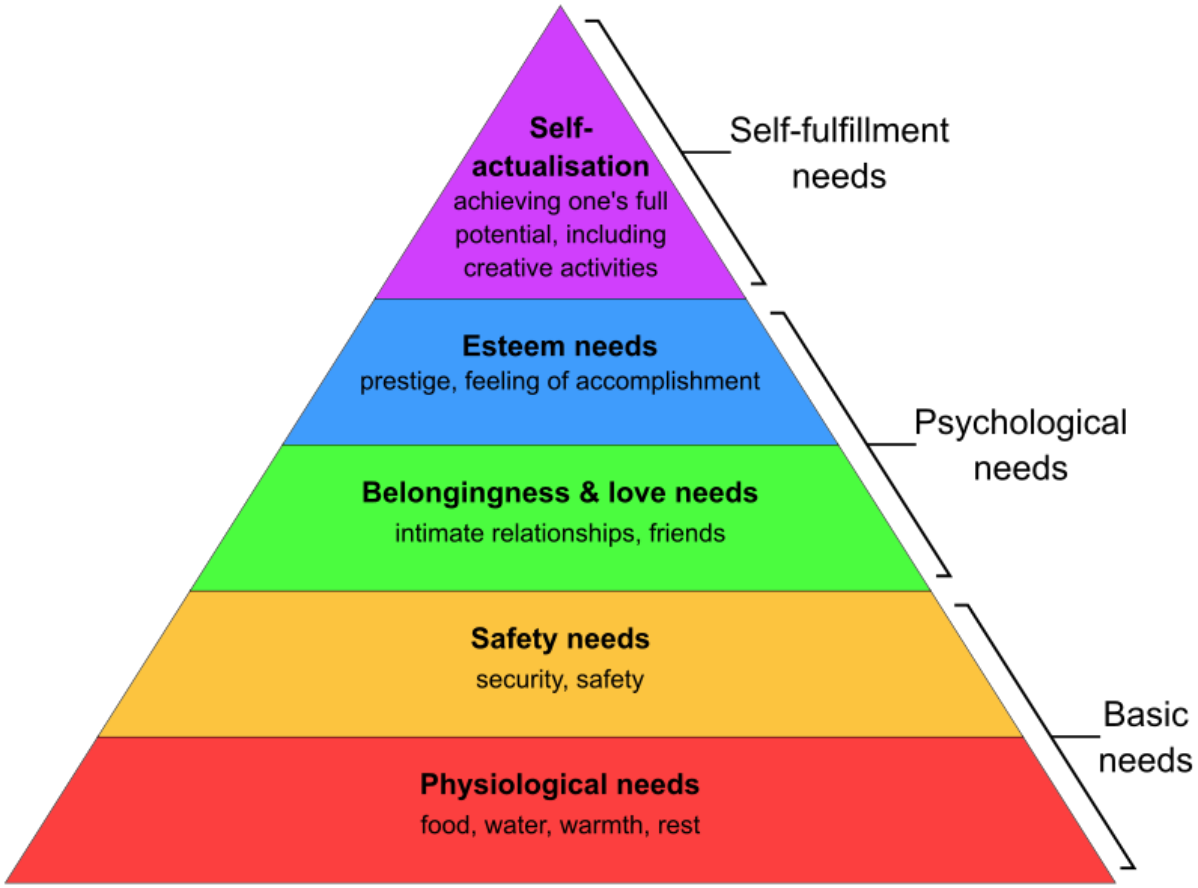
A Public Health Briefing from 2015[1], 'A guide to community-centred approaches for health and wellbeing' gives and overview and strategic direction to statutory authorities to work with communities and adopt community-centred approaches. This policy direction can often be hampered by the demand led services, such as acute hospitals and social care, which direct money away from early intervention and preventative services which may reduce demand, but would only do so over a number of years with changes in attitude, cultures and resource levels.

The Briefing stated: "Communities, both place-based and where people share a common identity or affinity, have a vital contribution to make to health and wellbeing. Community life, social connections, supportive relationships and having a voice in local decisions are all factors that underpin good health, however inequalities persist and too many people experience the effects of social exclusion or lack social support. Participatory approaches directly address the marginalisation and powerlessness caused by entrenched health inequalities.

"The assets within communities, such as the skills and knowledge, social networks, local groups and community organisations, are building blocks for good health. Many people in England already contribute to community life through volunteering, community leadership and activism. Community empowerment occurs when people work together to shape the decisions that influence their lives and health and begin to create a more equitable society. This is not about a DIY approach to health; there are important roles for NHS, local government and their partners in creating safe and supportive places, fostering resilience and enabling individuals and communities to take more control of their health and lives." This is what community asset mapping is intended to support, through the Asset-based Community Development model of 'what's strong not what's wrong' and to develop strengths and assets to build a stronger community. This deep dive is looking at how to empower and enrich the whole community to Be Well and thrive in 3 key areas of physical activity; acceptable quality of housing and food sustainability.

Maslow's Hierarchy of Needs (1943) is still relevant today as a model for understanding the motivations for human behaviour, with each level representing a different need which needs to be met, before the individual can reach their full potential. We know that some human behaviour may simply be reflexive, so it is not all about motivation. We also know that people who suffer from poverty or hunger can feel love and belonging at the same time – but the ability to feel is often compromised by the basic unmet need. This is not a model without challenge or potential flaws, but it does help with understanding human behaviour and emphasising the need for good quality homes, a good level of fitness and sustainable food sources.

[1] A guide to community-centred approaches for health and wellbeing, Briefing; Public health England, February 2015



[2]

The levels are in order of importance.

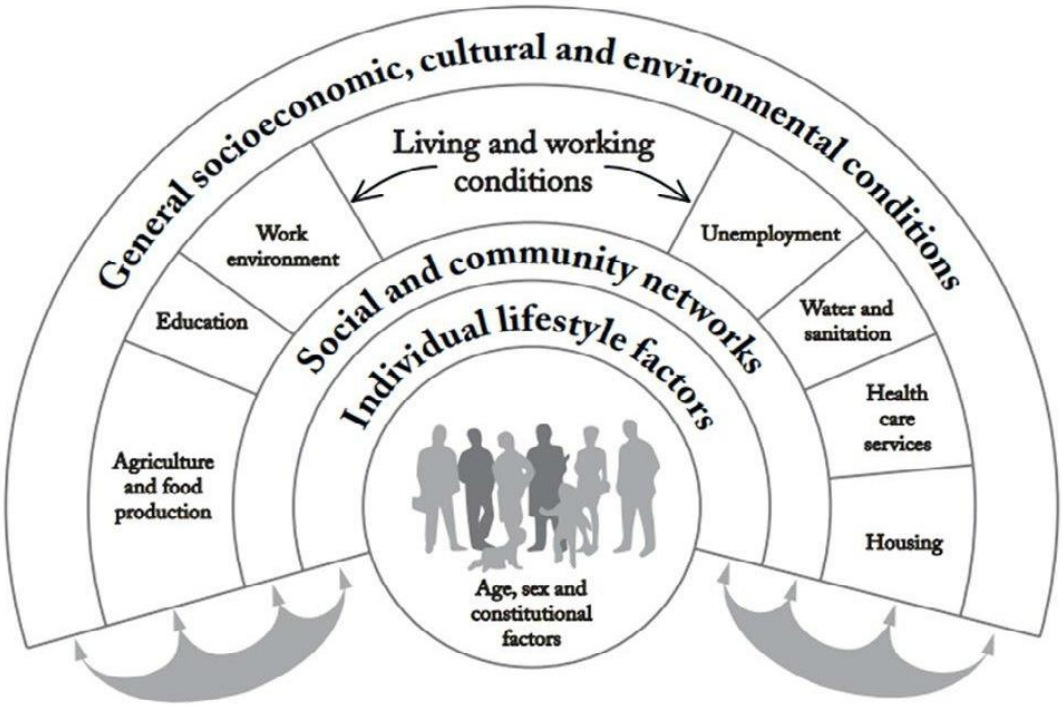
1. Basic needs, also known as hygiene factors. These include things such as breathing, food, water, and sleep.
2. Safety needs. This includes things such as feeling physically safe in your environment. It includes having a safe roof over one's head and feeling healthy. It includes feeling that you have enough money and supplies to keep you alive and well.
3. Social belonging. People need to feel love from others close to them, and they need to feel that they belong in society.
4. Self-esteem. To have esteem, you need to be confident in yourself. Also, you feel like others think that you are important.
5. Self-actualization. This level is about a person having the opportunity to use their talent, and a chance to go where those talents might lead.

Another well-used and adopted model is that of the wider or social determinants of health. Our physical and mental health does not just stem from our genetics and our physiology, it is greatly impacted by a number of factors including where and how we live, our education, our diet, our environment, our personal safety, social inequality, our sense of community, our income to name a few.

[2] Simple Wikipedia

The diagram below is often used to explain the determinants of health and identify all the factors which can impact on our wellbeing.

The Dahlgren and Whitehead model of the main determinants of health[3]



Source: Dahlgren and Whitehead

This deep dive only touches the surface of those factors which impact on physical and mental health and wellbeing. However, it does address some of those key factors which impact most on people living in some of the more deprived areas of North East Essex.

The Government Office for Health Improvement and Disparities has developed the Wider Determinants of Health tool to bring together available indicators at England and local authority levels on the wider determinants of health, with links to further resources.[4] It is designed to:

- draw attention to the broad range of individual, social and environmental factors which influence our health
- provide the public health system with intelligence on the wider determinants of health, to help improve population health and reduce health inequalities

Additional indicators are added as issues emerge which need to be monitored and acted upon. By way of example, in February 2023 the following indicators were added:

- Sickness absence - the percentage of employees who had at least one day off in the previous week
- Sickness absence - the percentage of working days lost due to sickness absence
- Domestic abuse-related incidents and crimes
- Adults with a learning disability who live in stable and appropriate accommodation

[3] Dahlgren G and Whitehead M (1993) Tackling inequalities in health: what can we learn from what has been tried? Working paper prepared for the King's Fund International Seminar on Tackling Inequalities in Health

[4] https://fingertips.phe.org.uk/profile/wider-determinants

- Gap in the employment rate between those with a learning disability and the overall employment rate
- Percentage of the population who are in receipt of long term support for a learning disability that are in paid employment
- Homelessness - households owed a duty under the Homelessness Reduction Act
- Homelessness - households in temporary accommodation
- Homelessness – households with dependent children owed a duty under the Homelessness Reduction Act
- Homelessness – households owed a duty under the Homelessness Reduction Act (main applicant 16-24 years)
- Homelessness – households owed a duty under the Homelessness Reduction Act (main applicant 55+ years)
- Social isolation: percentage of adult social care users who have as much social contact as they would like
- Access to Healthy Assets and Hazards Index

In April 2023, Food Insecurity – percentage of local authority population living in areas at highest risk of food insecurity – was added.

The quality of housing in the private rental sector has been an issue of concern for some time. A research paper by Hannah Cromarty, "Housing Conditions in the Private Rented Sector (England), published in June 2021 in The Commons Library, stated that 19% of homes in the UK are in the PRS and that, in 2019, 23% of those did not meet the Decent Homes Standard – more than owner occupier and social housing homes. In the 2021 Queen's Speech, the Government pledged to address the issues and in June 2022, the Government published its White Paper '**A fairer private rented sector'**[5]**, setting out** set out its plans to fundamentally reform the private rented sector and level up housing quality in this country. In his introduction the Secretary of State wrote:

"Everyone has a right to a decent home. No one should be condemned to live in properties that are inadequately heated, unsafe, or unhealthy. Yet more than 2.8 million of our fellow citizens are paying to live in homes that are not fit for the 21st century. Tackling this is critical to our mission to level up the country.
"The reality today is that far too many renters are living in damp, dangerous, cold homes, powerless to put things right, and with the threat of sudden eviction hanging over them.
"They're often frightened to raise a complaint. If they do, there is no guarantee that they won't be penalised for it, that their rent won't shoot up as a result, or that they won't be hit with a Section 21 notice asking them to leave."

Research undertaken for this Deep Dive demonstrates how these issues are highly prevalent in parts of North East Essex and how they impact on residents on a daily basis. The Renters' Reform Bill was published in May 2023 to address the issues identified in the White Paper and stop no fault evictions, develop a landlord register, so that potential tenants know who owns the property, end fixed term tenancies, sets out possession grounds for landlords, protect tenancy for at least the first six months, stop refusal of tenancies for people with children or adults who claim benefits, allow appeal against excessive rents, introduce a private sector ombudsman. There is some concern that this will further push landlords out of the market and restrict the sector and that it does not go far enough to protect tenants' physical and mental health and quality of properties.

[5] Department for Levelling Up, Housing and Communities published its White Paper 'A fairer private rented sector', June 2022

This is a very current issue which will impact on availability of private rental properties when there is already a shortage of property available and homes cannot be built quickly enough. An article in The Guardian in August 2023 stated *"A growing number of landlords have sold up as rates on mortgages surge, according to data that showed tenants facing sharply rising rents amid a squeezed housing market. Estimates by the estate agent Savills showed that 25,000 homes in the UK were sold by landlords between April and May, compared with 22,000 in the previous two months.*

"Official figures from HM Revenue and Customs – based on capital gains tax data – suggested that landlords sold 153,000 properties in 2021-22, 8.5% more than originally estimated."

Physical Activity

The World Health Organisation[6] defines physical activity as "as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate - and vigorous-intensity physical activity improve health."

There are many ways that people can be active, from increasing their activity either at home or out and about. North East Essex has a number of green and blue spaces which residents can use for physical activity as part of a group or as a solo activity. Examples include: walking, cycling, participating in sports, active play and dancing. This can be done at any level of skill and by everybody.

The WHO states *"Regular physical activity is proven to help prevent and manage noncommunicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being."*

Their factsheet gives recommended exercise levels for people of all ages, with or without disabilities or long-term health conditions and outlines the benefits of a more active lifestyle and the dangers of sedentary behaviour and the links to a number of health conditions.

The Mental Health Foundation[7] emphasises that physical exercise is 'good for your body and your mind' and states that *"Being active releases chemicals in your brain that make you feel good - boosting your self-esteem and helping you concentrate as well as **sleep** well and feel better. Not bad for something many of us can do for free!"*. It gives exercise suggestions and encourages people to exercise out of doors when they can, as there is a proven link between being with nature and feelings of wellbeing.

This report explores a number of means of getting physical exercise and promoting wellbeing in clubs, groups or alone, across north east Essex.

[6] https://www.who.int/news-room/fact-sheets/detail/physical-activity

[7] https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/physical-activity-and-mental-health

Current challenges to Being Well

In the United Kingdom, physical activity declines significantly as people age and sedentary activity, such as watching the television, increases with age. A decline in health, difficulties accessing forms of exercise and lack of understanding of the positive impact of physical activity can impact on any person's ability or motivation to take part in regular physical activity which include. People face similar in achieving and sustaining a healthy diet; factors such as disability and co-morbidities may reduce ability and motivation to obtain food and cook; difficulties in obtaining and affording healthy food or a lack of awareness of the impact poor diet can have on physical and mental health.

UK Active; Life in our Years; 2021 [8] looked at the challenges and barriers to getting older people more active and identified themes and recommendations to improve activity levels, Much of this applies to people of all ages.

Key themes and recommendations highlight that older adult's decisions to engage in physical activity through offerings is impacted by:

- How accessible activities are and how much they cater for older people's physical needs and goals
- How it feels to attend them
- How many opportunities there are for social interaction
- How they are led or instructed
- How they are categorised and promoted
- How they support physical health and integrated health care systems long-term following the pandemic.

It highlights the benefits of physical activity in later life, as follows:

- Good physical and mental function,
- Reduction in falls and fall-related injuries,
- Improved sleep
- Opportunities for social interaction and reduced loneliness,
- Helping people to deal with their mental and physical health and long-term conditions or disease through feeling in control and responsible for their own health and wellbeing

The report identifies that physical activity also promotes positive economic and social outcomes, which can be achieved through the prevention of 900,000 cases of type-II diabetes and 1.5 million back pain cases every year, generating a total of £4.1 billion in healthcare savings every year as well as prevention of 30 million GP visits, reducing pressures on an already overstretched NHS. There is benefit across the health, social care and community economy from promoting and enabling physical activity.

The NHS publishes physical activity guidelines[9] for all ages which can help to guide bespoke activity programmes, to ensure that activity and intensity of activity is appropriate for the fitness level of each individual. There are a number of exercise schemes which can support and motivate people to get more active, including Walking for Health and Couch to 5K.

[8] Life in our Years Unlocking physical activity participation for older adults: UK Active
[9] https://www.nhs.uk/live-well/exercise/exercise-guidelines/

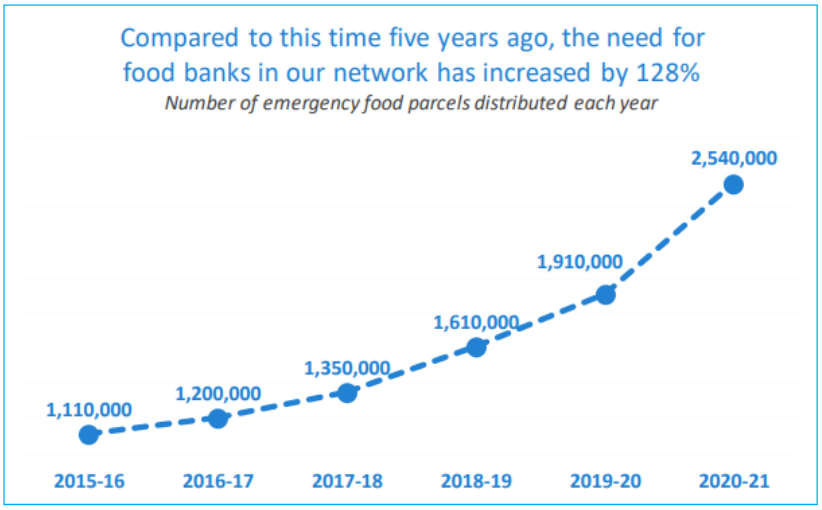
Food Sustainability

Finding sustainable food sources has been a constant challenge for those on low income who are struggling to pay rent and heat their homes. This challenge is not spreading to those 'just about managing' families who have been trying to manage their budgets in the face of increasing food and energy prices, and often increased rents and mortgages.

Many have turned to their own garden and allotments to 'grow their own' fruit and vegetables and community projects have been set up to encourage this activity. Many live in flats or in premises with no gardens so for them this is not a reality. Making food sources sustainable is difficult. An increase in the number of people using food banks illustrates the difficulty in making food sources sustainable.

The State of Hunger report from the Trussel Trust in May 2021 states *"To explore hunger within the UK, the State of Hunger focuses on household food insecurity and the number of parcels distributed by food banks in the Trussell Trust network. Hunger, measured as food insecurity, is detailed here as just one symptom of poverty."* There are many foodbanks and food parcel distributors which are not part of the Trussel Trust, so this is a minimum, not a complete figure. According to the report:

- 2.7 million (10%) households in England and Wales experienced food insecurity in the last 12 months in 2018
- 4% of households in England and Wales experienced severe food insecurity in the last 12 months in 2018. A significant increase from 2016.
- 1.5 million (5.8%) UK households in July 2020 reported food insecurity in the previous week.
- The risk of being food insecure was higher among younger people, single parents, social renters, ethnic minorities and people in poor health
- 700,000 (2.5%) of all UK households were supported by an independent food bank or a food bank in the Trussell Trust network in 2019/20 alone.



The report explores what is driving hunger and concludes that people need support because of a lack of income; most people referred to food banks do not receive enough income to afford the essentials. They looked at factors causing the need for food banks and food parcels:

Factors driving need for food banks:

Social security	Life events & health	Local support
1. Low levels of benefit income and deductions	1. Common challenging life experiences (e.g. becoming unemployed, homeless, divorced)	1. Lack of local support services
2. Other design issues, e.g. five-week wait for Universal Credit (UC)	2. High rates of ill health and disability	2. No, or limited support from family or friends
3. Administrative problems		3. Limited social networks

A Science Direct[10] paper on Food Policy, published in June 2022 looked at the sustainability of surplus food distribution (SFR) and questioned whether it was in fact a win: win scenario, longer-term. In the short term, distributing food to the hungry, those living in poverty and those in short-term need appears to be a very viable and positive way of dealing with food surplus. This is widely practiced now by food outlets and supermarkets and has had a lot of success in North East Essex. The paper explores four different scenarios and evaluates the characteristics and impact of each. The paper states *that "SFR is condemned as being a 'band-aid' solution that addresses neither the fundamental socio-economic causes of poverty, nor the systematic roots of food waste."* In the longer-term, the task is to tackle these two issues to be able to have a sustainable food chain, to stop over-producing, reduce poverty and equip people with the skills needed to be able to underpin their food security.

The literature reviews from the previous domains will also add some research based information which is relevant to this domain. These can be found at cvstendring.org.uk/what-we-do/community-asset-mapping.

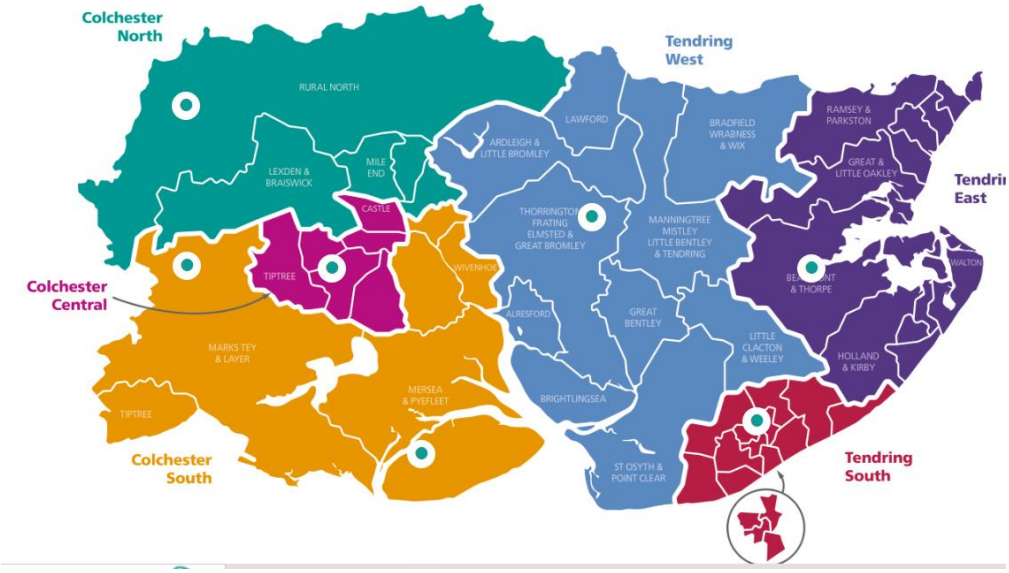
[10] The future of surplus food redistribution in the UK: Reimagining a 'win-win' scenario: Science Direct, Food Policy; Volume 108, April 2022, 102230

Local context for report

North East Essex is an area of very mixed fortunes. It has some highly affluent areas, alongside areas of significant deprivation, therefore relative deprivation is a big issue for many. The close borders between very poor-quality housing and large, residential houses amplify this.

Averaged out figures for the two districts therefore hide some of the deep deprivation that exists in some wards, averages between the healthy and well and those living with severe long-term health conditions or in poverty dilute what is happening. Neighbourhood work will help the development of a much deeper understanding of the levels of health and wellbeing across the area and support investment in those areas where the impact should be the greatest. There will always be the challenge of building trust and winning the hearts and minds of local people. However, with more integrated working and close partnerships between those who people trust in the community and those who commission or fund services, improvement should be possible, given the time needed.

North East Essex Neighbourhoods

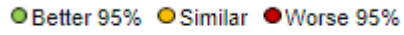


Exercise and access to sustainable, healthy food sources are key to good mental and physical health and wellbeing. Health and social care professionals will often factor exercise and nutritional advice into health and social care planning. There is a growing trend of obesity among children, and this is evident in North East Essex. Setting down a healthy blueprint for life at a young age brings with it better life chances and embeds healthy attitudes. If current obesity trends continue, the stress on services supporting health and wellbeing will grow and the pressure of primary care and acute services will grow over time as well, with increased prevalence of, for example, heart problems, diabetes, stroke, some cancers.

Food sustainability and exercise				
Indicator	**Tendring**	**Colchester**	**England**	**Comment**
Obesity	%	%		
Reception: prevalence of overweight (inc. obesity	26.1	22.5		
Year 6 Prevalence of overweight (including obesity)	38.3	34	37.8	

Reception: Prevalence of Obesity	12.1	9.7	10.1	
Year 6 Prevalence of obesity	24.3	19.7	23.4	
Percentage of adults (over 18) classified as overweight or obese	64.5	62.5	63.8	No trend given
Percentage of adults (over 18) classified as obese	28.1	27.2	25.9	No trend given
Food Insecurity				
Food insecurity (INDIRECT MEASURE) % of local authority population living in areas at highest risk of food insecurity	42	3.1		No England figure given

Compared with England averages.



If early intervention is the key to growing a healthier nation, then these statistics show that there is a need to focus on family health and exercise in the most accessible ways possible. For many the issue is motivation and changing habits, as well as knowing how to prepare nutritious food and how to gradually increase exercise levels without stress of going to a gym. Community walks and Walking for Health are very accessible and plentiful. There may be a marketing/communication challenge to encourage people to get involved. There are cycling options, walking groups, park runs for the more committed, park gyms, cooking classes – all known to social prescribers but are they known to the general public without asking? Neighbourhood teams and other projects are engaging with the public to understand attitudes and develop strategies to get NEE fed and moving.

The table below shows some of the key indicators on housing and homelessness from 2020 to 2022. This is the latest data available to us from fingertips Public Health data. However, the situation appears to have worsened across North East Essex as the Cost-of-Living crisis has deepened, mortgages have risen, rents have increased, and availability of property has reduced.

Be Well: Housing and Homelessness

Indicator	**Year of data**	**Tendring**		**Colchester**		**England**
		Count	Value*	Count	Value*	Value*
Affordability of home ownership (see below *)	2021	260,000	8.7	303,500	9.7	9.1
Modelled estimates of proportion of households in fuel poverty	2020	11,166	16.50%	10,465	13.40%	13.20%
Homelessness: Households in temporary accommodation per 1,000 households	21/22	135	2	203	2.4	4
Households owed a duty under the Homelessness Reduction Act, per 1,000 households	21/22	849	12.3	660	8	11.7

Homelessness: households owed a duty under the Homelessness Reduction Act (16-24 years), per 1,000 households	21/22	177	2.6	165	2	2.4
Homelessness: households owed a duty under the Homelessness Reduction Act (55+ years), per 1,000 households	21/22	137	3.4	68	2	2.8
Homelessness: households with dependent children owed a duty under the Homelessness Reduction Act, per 1,000 households	21/22	303	20.1	268	11.7	14.4

Better 95% Similar Worse 95%

**A higher ratio indicates that on average, it is less affordable for a resident to purchase a house in their local authority district*

Latest figures from Colchester and Tendring are as follows:

For the housing register as of the 31st March 2023:

Homeless figures for the quarter January to March 2023 – Colchester and Tendring		
	Col.	Tend.
Total initial assessment	212	212
Total owed a prevention or relief duty	194	203
Threatened with homelessness within 56 days – prevention duty	118	61
Of which – service of a valid s21 notice	13	33
Homeless relief duty owed	76	144
Not homeless or threatened with homelessness within 56 days – no duty owed	18	7

Tendring - Total households on the housing waiting list = 2115	
a. Households requiring 1 bedroom (or a studio flat/bedsit)	**Current year** = 953
b. Households requiring 2 bedrooms	**Current year** = 565
c. Households requiring 3 bedrooms	**Current year** = 383
d. Households requiring more than 3 bedrooms	**Current year** = 201
e. Households requiring an unspecified number of bedrooms	**Current year** = 13

There is a significant increase in the number of people making homelessness applications. Due to shortage of accommodation, it can only be given to those with the very highest priority need – and even they have to wait or accept far from ideal living arrangements.

There are 74,391 properties in Tendring district and approx. 20% are rentals (17,878). Some of the private rented sector have conditions that are below acceptable standards.

TDC reports that approximately 5% of complaints received have serious Cat 1 hazards, where formal enforcement action is taken immediately.
The remainder are dealt with informally initially, with enforcement action being taken where appropriate, should a landlord fail to comply with their recommendations.

The officers can score 29 hazards in the home using the Housing Health & Safety Rating System (HHSRS), although they only tend to score where they find there is a problem. e.g. no heating would lead to scoring Excess Cold, or dangerous electrics as electrical hazards. Unfortunately, their database does not give access to data that breaks it down to hazard type, but they can determine if it is Category 1 or Category 2 hazard. Category 1 hazards are where the officers have a mandatory duty to take action, and Cat 2 hazards are where they have discretionary powers to take action, usually if the hazard is deemed a significant risk to health. An investment in IT to provide more insightful data could help with prioritising activity.

The main issue of complaint in the private rented sector is Damp and Mould, increasing due to the publicity it now gets and the fact that people may see it as a way to be re-housed (controversial but evidence suggests that is the case). Many properties are of solid brick construction with no cavity. Therefore, the inside wall temp of an outside wall is cold, and any moisture is attracted to them, leading to conditions conducive to damp and mould growth and surface condensation. With plastic windows and central heating installed, these properties do not breathe as they once would have with timber sash windows and open fires, so the problem is not always solved with these improvements.

The last 5 years figures for complaints are as follows:

18/19 155
19/20 164
20/21 90 (pandemic slowed as people didn't want us in their properties)
21/22 149
22/23 162

There is a 15-year difference in life expectancy between Ardleigh and Frinton which are more affluent areas and Jaywick and Pier Ward which are the most deprived. This gap needs addressing proactively. With a shortage of low-cost affordable housing, people are now living on caravan sites, owners renting then renters sub-letting and taking monthly rents - no protection from eviction. There is also social relocation of tenants from London Boroughs (often extremely vulnerable due to domestic violence), causing a shift in demographics and lack of social networks – due to low rents.

Be Well – local community activity

While there are many funded groups and activities across North East Essex which support people to stay active, address poor quality housing and address hunger issues, there are many groups/activities which emerge within communities and support people living locally.

There are plentiful examples of local yoga classes, book clubs, mindfulness support, keep fit, parent and toddler groups and lunch clubs/coffee mornings which can be found on a quick web search.

Local churches are a great source of support for people within the congregation and for people who may have no direct link to the church other than living in the same locality. A quick web search was undertaken just to explore the nature of activities available.

See Appendix B for some of the local facilities in Tendring which are free or carry a small cost.

Hyperlocal funding

The Hyperlocal Fund across North East Essex was developed to address the following local priorities:

- Reduce the burden of deprivation and inequalities.
- Improve mental health and reduce suicide.
- Improve health & wellbeing, reducing isolation and loneliness.
- Improve physical health and management of long-term conditions.
- Increase physical activity to reduce obesity.

through the development of asset-rich, resilient local Neighbourhoods that improve health and wellbeing for local residents. This included funding for some projects and initiatives to address some of the key areas within the scope of this deep dive.

The projects funded were for a finite period/purpose and this means that they either ceased at the end of funding or were absorbed into existing programmes. See Appendix C for the impact of hyperlocal funding.

Social Prescribing

Social Prescribing is a new way to help people find support with their social, emotional and practical wellbeing.

CVS Tendring and C360 offer this free and confidential service, providing practical or emotional support via a team of Social Prescribing Link Workers.

- Connecting people to their local Community
- Welfare Calls
- Signposting and Referrals
- Non-medical health and wellbeing activities

The service wants to help people make positive changes to their personal wellbeing, identify and link people with appropriate support in the community, and assist people with developing personal goals.

Social prescribers take the time needed to listen and put people in touch with the community representatives and activities that might help them feel better.

Case Study

Referral received from GP - Gentleman very isolated who was overweight and was not looking after himself. He was invited to attend the My Weight Matters Clinic at the GP Surgery with the Social Prescriber (SP).

The SP spoke to the gentleman at length and established:

- He found it difficult to mix with people so agreed to meet him and take him to the befriending cafe.
- He had a faulty boiler and had no hot water. Referral made to TDC to apply for grant, this was approved.
- He did not have a working cooker. We purchased a slow cooker to encourage home cooked food and a new fridge.

As a result of attending the MWM clinics weekly and the befriending cafe, he was a lot more confident with people and was clean and tidy. He was eating properly and exercising regularly. He was so grateful to the Social Prescriber for all the care and support that was provided and stated that she saved him.

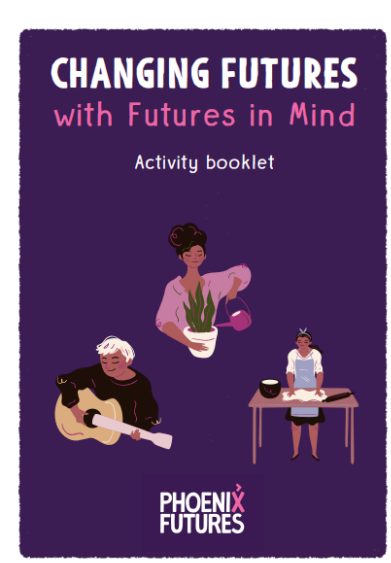
Phoenix Futures/Changing Futures

Phoenix Futures works with adults over the age of18 and is dedicated to helping individuals, families and communities recover from drug and alcohol problems. It aims to provide a service which moves away from traditional medical models of care to take a more person-centred and therapeutic approach to helping people.

Phoenix Futures has seven different services which all do different things for different clients with differing needs. The Full Circle team works solely with offenders with complex needs and there is another, the Essex Alcohol Recovery Community (ARC) which works with ANY individuals that require support with their alcohol use.

Although the services only support individuals over the age of 18, in doing so they also support families, but do not directly work with anyone under the age of 18.

Phoenix Futures supports clients to contact the relevant departments at the Colchester City Council or Tendring District Council, if they require help making the phone calls or completing any paperwork.



Full Circle is a service which incorporates Changing Futures (which is a separately funded project in collaboration with Essex County Council but is still part of Full Circle). Under its Changing Futures programme, Phoenix can provide help and referrals to food classes/allotment projects and other activities, including ACL, Abberton Rural Training and Active Essex.

Phoenix has run its own art groups and yoga sessions for those clients who are supported under Changing Futures (part of Phoenix Futures) programme and has been able to support some clients to access gym memberships to aid their recovery (with the cost covered by Phoenix).

Phoenix also connects with organisations such as the Vicars relief fund / Greater Change who can offer financial support which the client could then potentially use for numerous things in support of their recovery.

In Colchester area, the service regularly refers clients to sources such as:

- For Housing issues: Colchester Borough Homes Rough sleeper team, Beacon House, Joint referral panels to look at other accommodation options such as Sanctuary housing, YMCA, Nacro, Emmaus, Peabody drop ins (at C360) or through making Peabody referrals.

- For food - It issues foodbank vouchers and can refer people to services for issues such as school uniform/ petrol help.

In Tendring, the team works with organisations such as SUMMIT, CVST, Pedal Power, Open Road (new outside programme) and Anglia Care trust (mostly housing quality issues).

Housing quality

Tendring

Tendring District Council (TDC) is landlord for and manages over 3,000 dwellings (4% of all properties in Tendring), which vary from new to very old stock. As well as the Housing Officers, there is a private rented sector team which deals with private landlords and includes a health-funded Healthier Homes project based in Jaywick Sands. The Council's stock comprises mainly 1, 2 and 3 bedroomed homes – mainly houses and flats/maisonettes. There are also 10 sheltered housing schemes for people over 60 years of age and there are over 300 tenants living in them. Over 60% of tenants rely on Universal Credit. It is clear that household income has not kept pace with the cost of living. There is rising homelessness along with a shortage of private rented accommodation. Housing has become less affordable. The housing situation in Tendring is therefore challenging.

Tendring needs more affordable and social housing. There are **over 2,000 people** on the housing register, all of whom have housing needs. They are banded according to housing need.

The state of the private rented sector is challenging, with landlords selling up and moving out of the market due to rising mortgage levels and difficulties meeting regulatory requirements. The most common reason for homelessness (TDC has to manage

homelessness applications) is the ending of a tenancy, often due to the landlord selling up or eviction due to rent arrears.

NEE H&W Alliance gave TDC two-year funding for a team of 5 people and to pay for work around housing improvement, waste management and removal, fly tipping, improving public open spaces. There is a need to ensure services engage with the local population in terms of what they are experiencing in their lives and work in a collaborative way within and between organisations to support residents and empower them to find their voice. The team is trying to shift people's thinking to make complaining a good thing to do, with positive outcomes. They are trying to get people to talk to the team, liaison with landlords, trying to resolve issues quickly and without recourse to statutory notices. Unfortunately, not all landlords respond positively. The approach is very person-centred and takes a pragmatic approach to resolution.

The challenge is that the Jaywick Healthier Homes project has only 2 years of funding. This funding offers the opportunity to make a sustainable difference to a significant number of properties in the area whilst developing a stronger relationship with the community. The current financial situation is very challenging, if ongoing sustainable funding were available this would be incredibly powerful. On evaluation (the project is funded for 2 years) it could be possible to extend the project to other areas if the funding were available – e.g., parts of Harwich, Walton and Pier Ward.

There has been a focus on derelict properties and trying to bring long-term empty properties back into use. In Point Clear there is a high number of owner occupiers who live in difficult conditions, some are quite vulnerable. They cannot afford to maintain their property, and some have mental health issues. This can result in hazardous living conditions.

The Environmental Protection Team takes the lead, working with other agencies on hoarding or filthy and verminous properties, sometimes having to go back several times due to recurring problems.

Spotlight

With regard to the quality of housing – there are areas that require significant investment. There is funding for energy efficiency improvement and millions have been spent on upgrading homes but there is a marketing issue to make sure that landlords and owner occupiers are aware of grants available (equally they have to take into account the structure, load bearing and potential for more problems before proceeding to make changes).

Some grants are available for home improvements – e.g. leaky roof although the work has to be associated with adaptations or facilitating a discharge from hospital.

To improve quality of housing, the following was suggested:

- More responsive landlords
- Protection from retaliatory eviction if council serve improvement notice (but this can be for only 6 months) - tenants need to be empowered/enabled.
- Funding for energy efficiency improvements

- Surveys before improvement works carried out, to make sure that they are appropriate for the age, style and fabric of the property
- Giving tenants a voice – work is being done to make the Tenants Panel more representative of the tenancy population. There is no forum for the Private Rented Sector at the moment – TDC is working on setting up a landlord forum.

The Cost of living crisis and Covid have left people less able to do things for themselves – mental health problems are much more prevalent, with the Council having to deal with the person to be able to deal with the housing issue. A MH specialist from EPUT supports the Private Sector Housing Team and tenancy management.

What could empower/enable people?

- Tenancy sustainment work
- Budgeting support
- Addressing fuel poverty issues
- Basic household skills – e.g., cooking on a budget, cooking on a single ring; cleaning to prevent infestation
- Switch EE https://switchee.com/ shows a clear drop off in heating use – this could be used to target interventions
- More funding to be able to extend Jaywick Healthier Homes project to other areas and expand the Private Sector Housing Team to meet demand. *Due to the current financial climate sufficient funding is not available to deliver*

The Healthy Homes Initiative, Jaywick Sands

Healthy Homes is a project being delivered by Tendring District Council using inequalities funding from the Alliance to address housing and environmental issues in Jaywick Sands. If successful, this model could be rolled out further across North East Essex, taking the learning from this. There is not sufficient funding available to do this in the current financial climate. This is an example of a multi-agency commitment to improvement and wellbeing.

The project has three key aims:

1. Address poor quality housing issues through the creation of a new team of qualified Environmental Health Officers and Environmental Health Technical Officers. This should lead to a reduction in the number of Category 1 hazards to health from properties, reduce fuel poverty by aiding access to grant schemes and assist residents living in unsuitable housing.
2. Focus on improving the overall environment in Jaywick by carrying out a deep clean of the area and removing long standing areas of fly tipping. Educational initiatives in the local community will engage residents to have a sense of ownership to keep their area clean in the future.
3. Look to improve open and green space in Jaywick by engaging with residents to find out how they would like to use their spaces and work with the community to encourage maintenance through volunteering schemes.

Jaywick has a unique set of challenges, relative and actual deprivation is high. Many residents live in beach houses/chalets which were built as holiday chalets. Quality of landlord support varies – while some engage and look to support improvement, some do not know any better and some do not care. Advocates are badly needed, for many

educational level/earning challenges make it almost impossible to take on authorities with any confidence. Some landlords exploit poor mental health, threatening tenants with retaliatory actions. Psychologically there is something about pride in one's home – if it is a good place, most people will look after it; if it is a bad place, they may not care so much. Poor quality housing is known to impact on mental health and self-esteem.

There are deep cultural issues in Jaywick, most people are not working, they are retired, on benefits, long-term sick etc. and some think they do not deserve any better, others prefer to stay hidden for their own reasons. It was expressed like this *"with everyone in the same boat it is hard to climb out and be different."*

There are other issues for residents:

- All those working in Jaywick need to stop badging the area and keep focus on taking action
- Many people only complain when desperate – which may be too late – they need to be encouraged to come forward sooner
- Levels of literacy – a challenge for some
- Management agents cannot cope
- Absentee landlords and properties fading to dereliction.
- Educational issues – e.g. fly tipping; waste disposal – understanding the impact on the locality
- Trip and fall hazards
- Use of poor workmanship – e.g. bad/dangerous wiring; overloading (e.g. insulation on roof timbers which cannot take it)

Some people need to be helped to help themselves, with a positive attitude and encouragement, and the understanding that it takes time to build trust. There needs to be quick follow up after interventions to prevent recurring problems – e.g. hoarding, pest infestation.

Everyone needs to be on board with projects like this and work together towards positive outcomes:

- In the Council – planning, housing options; environmental health
- Police, health and social services
- There is a need for appropriate and relevant marketing and PR to help realise opportunities in the area with a positive mindset to change the way people think – both organisations and residents
- The project and partner agencies need to keep showing positive outcomes, however small to encourage take up of the support offers
- Real change takes a LONG time, not just two years but more like five to fifteen years

The Jaywick area is a strong, self-supporting community and that needs to be understood. It is sometimes blighted by prejudice and preconception. The support of the project has to be open, inclusive, positive and non-judgmental and residents have to be encouraged to be open to support. It is a huge challenge, but one worth taking up. In the words of the project *manager "I am positive and with the support of my manager and director (who share the same enthusiasm) will always try my hardest to get improvement."*

SHELLS Project

The SHELLS (Shelter and Health Enlisting Local Support) project offers help to those who are homeless or at risk of homelessness, as well as street drinkers or drug users in need of guidance and signposting with issues including housing, domestic abuse, debt and mental health. The project goes to places where people live to offer non-judgemental, open, informed and honest and support in a 'safe' environment. SHELLS is an excellent example of team working. It comprises a range of partners who work very effectively together, including Open Road (providers of the SOS bus which is the means by which most outreach is undertaken), Anglia Care Trust, MIND, Peabody, Phoenix Futures, CSVT – social prescribers and providers of some basic living equipment; and Citizens Advice Tendring – who, as well as providing housing, debt and employment advice, provide telephones to help people stay connected. It is a really strong model of multi-agency working on the ground, in the places where it is needed most.

The SHELLS Health Advocate for the homeless and those at risk of homelessness from SUMMIT works with people who are homeless or at risk of eviction. Her role is to navigate and support people with attending GP appointments to ensure individuals are listened to and receive the right care. As an advocate she aims to empower those without a voice.

Clients have a range of health issues – mental health and physical health - and they need help and support with homeless applications – the Jigsaw Homeless App, which is the means by which people in Tendring register as homeless, is difficult to navigate and complete. Many people need evidence of health issues, these are uploaded to their application, they then receive an assessment call from Housing. If people do not meet the criteria for High priority – i.e. they do not have complex mental or physical health issues – then they are placed in a priority order but all temporary and emergency placements are full. Clients cover all ages from 18-90 years of age.

The project is seeing more of homes in disrepair for example, black mould, damp, leaks, broken electrics, broken drainage and rat infestation. This causes major ongoing health

issues and mental health anxieties, not in just adults but children are suffering too. It is often forgotten that it is not just single people who are homeless.

The SHELLS health advocate attends Hope@Trinity twice a week, a day centre based at Trinity Church supporting those who are homeless or at risk of homelessness. If she hears clients have a home viewing or an interview for a job, she will prompt them to shower at the church and get fresh clothes from the donation pile, empowering people to be ready, as first impressions count.

Hope@Trinity is open from Tuesday to Friday from 10.30am, it receives donations from local organisations of sandwiches, fruit, crisps etc – there can be up to 100 people attending each session. People can access a cooked breakfast and hot drinks.

If accepted as homeless, people can go to temporary accommodation. However, some hotels/hostels have no cooking facilities, no microwaves allowed, so people have to source food elsewhere. For single parents it can be extremely difficult, trying to keep young children occupied in a confined space and to eat healthily. This added stress causes mental health issues to escalate. Some have had to escape abusive relationships and have nothing.

The project has seen a huge rise in Drug & Alcohol issues since three years ago. SHELLS does as much early intervention as possible within resources the available.

Case Study
Female-63yrs old. Complex mental health.
I was approached at the drop in, the lady was very distressed and not knowing who to go to. She stated that, due to her mental health and physical health, she is not coping. Within the conversations it transpired that she has not had hot water or a working bathroom for years. She is using a bucket for sanitary needs. Her bathroom is not useable through damp and a broken boiler. She cannot remember when she had a full wash or washed her hair. She also stated that her home is full of damp and decay. She was very tearful and said she would like to go into a care home. I am trying to get hold of her care coordinator to discuss what is being put in place. When asked if adult social care have been informed the lady stated that she has not seen anyone, or a care needs assessment has not been discussed. She has had many falls and she is worried that nobody would find her if something serious happens to her.
As an enabler, the SHELLS project empowers people to take control of their own situation and offers support, referrals and practical help to those who are often 'hidden' and unheard.

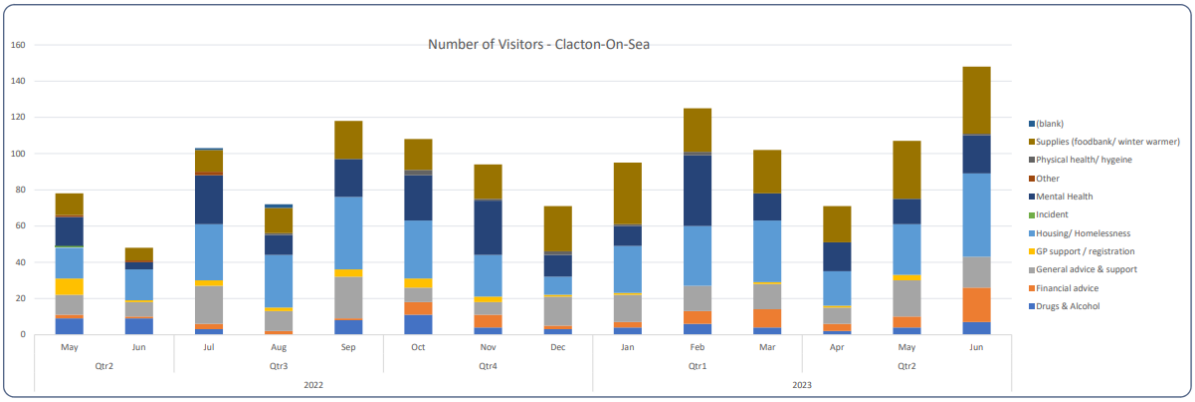
"We don't do it for the glory; we do it because we care."

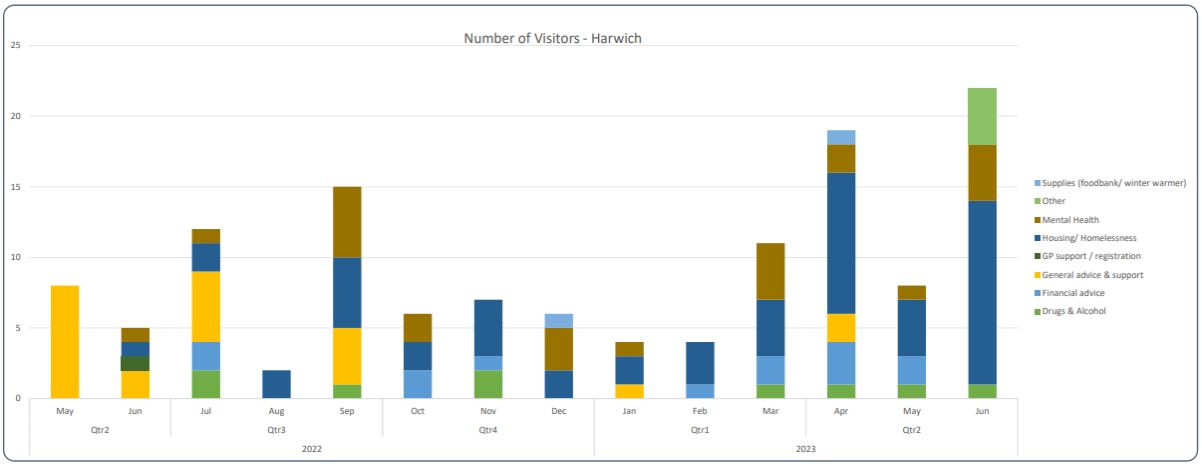
SHELLS worker

The SHELLS project is funded to 2025 – it needs to be fully funded and sustained to prevent a revolving door of homelessness and poor living conditions.

The SHELLS/SOS bus is starting to run pilot sessions in Jaywick, starting in August in Lotus Way. This will enable the local organisations in Jaywick to signpost to the Health Advocate, if there is a need for further engagement with local residents.

The SOS bus goes to Harwich on Mondays – enquiries are most often housing and mental health issues, there is not the same demand for support with drug and alcohol misuse. Harwich has a very hidden community – *"people look after each other"*.





Housing Colchester

Colchester Borough Homes is the largest organisation providing housing management and maintenance services to around 7,000 residential, commercial and public buildings across Colchester. National standards heavily regulate social housing and all properties managed by the CBH. The number of homes fluctuates due to the Right to Buy scheme.

Below is a table of the Active applicants registered with Colchester on the Gateway To Home choice register as of 1st September 2023.

	Bedroom need						
Banding	**1**	**2**	**3**	**4**	**5**	**6**	**Grand Total**
A	21	53	14	4			92
B	156	57	369	93	4	1	680
C	498	217	73	25	4	1	818
D	107	53	34	6			200
E	367	395	124	9	2		897
F	2	1	1				4
Grand Total	**1151**	**776**	**615**	**137**	**10**	**2**	**2691**

Properties let in Colchester from 1st April 2023 to 31st August 2023

Number of bedrooms	Number of lettings
1 Bed	75
2 Bed	89
3 Bed	38
4 Bed	4
Studio	8
Grand Total	**214**

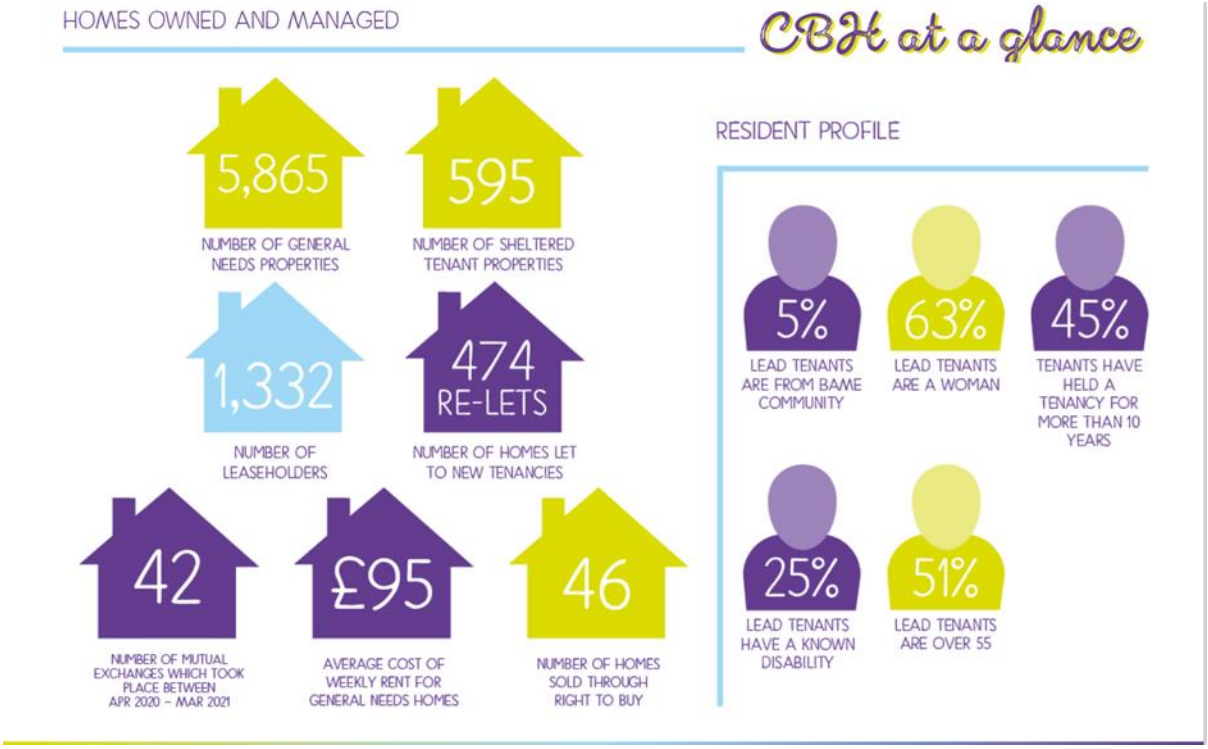
Properties let in Colchester via the Gateway To Home choice register from 1st April 2022 to 31st March 2023

Number of bedrooms	Number of lettings
1 Bed	250
2 Bed	272
3 Bed	131
4 Bed	27
Studio	22
Grand Total	**702**

CBH is committed to providing safe and good quality housing solutions to address any current and future housing issues Colchester residents might face. One of the main priorities for CBH, along with many housing associations, is the readiness to prepare to upgrade their properties to reach the Energy Performance Certificate (EPC) rating of C by 2030. This is a part of the government's Clean Growth Strategy. Improving the energy efficiency rating of rented properties will help reduce energy bills, increase property value and deliver carbon emissions reductions.

Technology will be a pillar for driving innovative solutions to improve existing properties and create greener homes in the future.

Assessing the energy efficiency of each residency is paramount to gathering data on gas and electricity usage and offering the best solution for the residents. However, the implementation of new technology is not always fully understood and welcomed by the residents due to various reasons, such as not fully understanding what data will be gathered and why, scepticism, fear of eviction, etc. CBH receives many refusals for improving the homes. This is a genuine concern, as some residents cannot afford to pay their energy bills. At the same time, in their effort to reduce energy usage, they may try unsafe solutions; for example, drying wet clothes in heated rooms may lead to dampness and increase the risk of developing mould.



Looking at the demographic profile of the tenants, a vast majority have complex needs, which in some cases may lead to hoarding and a general inability to maintain their homes, which adds another barrier for CHP to access and keep the homes. In addition, the properties are built to a different standard during the years and must be updated periodically. Access to the buildings is essential for the ongoing maintenance.

Private rented housing

As seen in the active applicant's list document, the shortage of social housing, especially with a D & E banding, which is unlikely ever to be housed through the register. The private

rented sector is proving very competitive, as a result of that. However, it could be more difficult for many people to find a landlord willing to offer tenancy on a social housing basis, however the shortage of housing and long waiting lists, makes the sector very attractive. Colchester City Council has a dedicated team of eight people looking after the privately rented sector and helping tenants. The team looks for the property's safety, along with how to improve the homes for people who need a handrail installed, for example. They work closely with the Occupational therapists to make the proper adaptation to ensure the property is accessible.

The biggest issue for the private renting team is the house in multiple occupations (HMO), usually used by students and the health sector workforce. Some private landlords choose to join a local accreditation scheme and meet specific standards, which ensures the quality of housing, but there are no obligations for them to do so.

The private renting team inspects the houses and prescribe improvement, which the landlord is responsible for. However, if a new boiler is required, usually the landlord has enough time to find sufficient resources to replace it, which causes tension between the parties.

Another barrier is the shortage of suitable homes; for example, what is needed for a family of four is completely different than what may classified as suitable for a young couple. There is a need for a variety of homes.

The profile of renters in Colchester also includes a significant student population, as such, there is a greater proportion of sharers and people moving in from outside the area.

Due to its location, Greenstead is an area of Colchester that attracts many students to seek accommodation. As part of the Heart of Greenstead project, C360 has conducted a survey with local students to gather their opinions and perception of the local area. On the question “Do you think Greenstead is a nice place to live?”, the majority of 68% responded ‘no’, highlighting that the main reason for that is that the local residents dislike students, followed by the students feeling disconnected.

The survey also looks at the safety of the students, 60% responded no. While there are clearly many barriers for the student to feel included, there are opportunities for strengthening the relationships between students and residents, for example, community projects that facilitate the skills of the students and some local projects. Although most students are transient, they are still active members of the social community.

Suffolk and Northeast Essex (SNEE) Nursing Workforce Housing

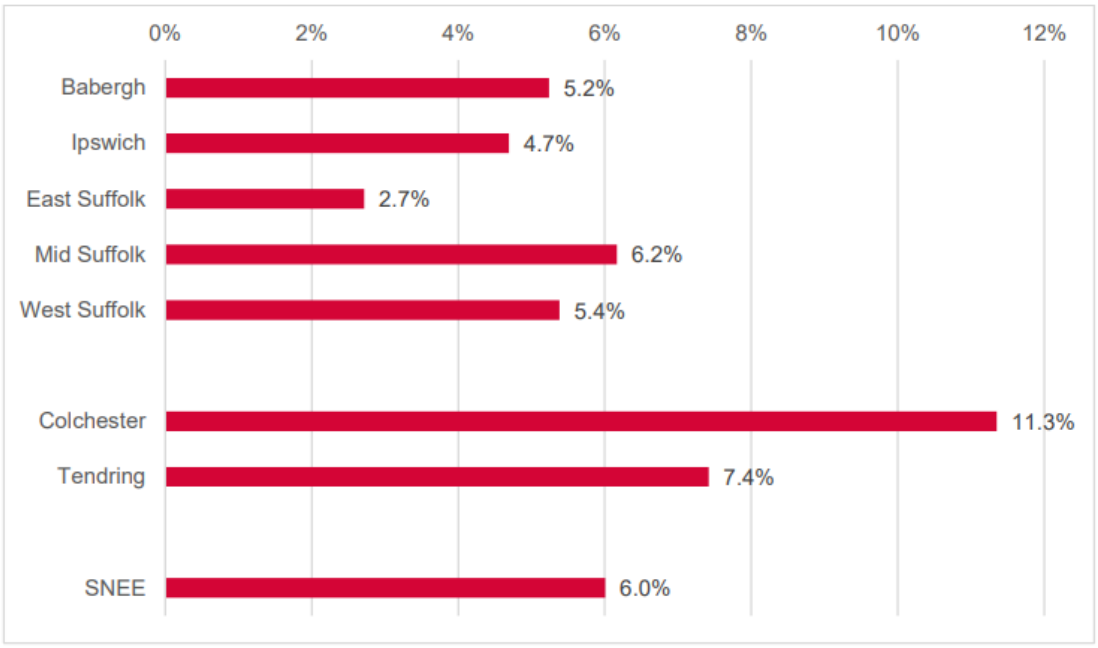
SNEE Integrated Care Board

SNEE has conducted a research report, which has been structured to analyse first the cost of a range of housing in Suffolk and Northeast Essex; along with an assessment of the need for affordable housing arising from the Integrated Care Board’s Nursing Workforce. The comprehensive report provides recommendations to the ICB to ensure the nursing workforce have greater access to housing, and in particular affordable housing.

Qualitative and anecdotal data suggests that a lack of affordable housing and issues of access to suitable housing are having a detrimental impact on the NHS in Suffolk and NE Essex to recruit and retain a nursing workforce, internationally, as well as British born staff. As already highlighted in the previous CAM Live Well reports, the overall population of the SNEE ICB area increased by circa 62,000 (6%) between the 2011 and 2021 Census.

The figure below demonstrates that around half of this overall growth has occurred within the Colchester and Tendring districts of NE Essex at 11% (19,643) and 7% (10,243) respectively. Further, the 65+ age group saw the greatest growth (influenced by increasing life expectancy). All data demonstrates that the demand for NHS services will increase significantly.

Figure 3.5: SNEE Overall Population Growth, 2011 - 2021



Source: ONS 2011 and 2021 Census

To minimise the impact on the services, the SNEE ICB has started an initiative to alleviate the shortage of affordable housing available to NHS employees in NEE. The project "Home For Me" can match those who need to rent a room with those who have a spare room to let. Using an exclusive online Marketplace built by Homestay.com just for SNEE staff, host individuals/families and renters can filter to find the partnership that best suits their needs. The next stage is to build up a bank of Host Families.

Eastlight Community Homes

Eastlight is the UK's biggest community-led housing organisation, providing 12,500 social homes in Essex and Suffolk. Their aim of putting power in the hands of local people has led to the creation of the All In Alliance, joining people with brilliant ideas to tackle the significant issues that communities face.

The project All In was created by Eastlight Community Homes in partnership with local people who want change in their communities. As part of the creative approach, the project Trusted Money Confidence in Colchester was developed, along with three other projects in Braintree, Witham and Halsted, all covering different community themes.

Spotlight: Trusted

Money (isn't) too tight to mention.

Trusted was developed during an Eastlight Community Homes incubator project in partnership with local people who want to see change in their communities. The focus was

the Cost-of-living crisis - finding a way to alleviate the effects within the community. Trusted is now an independent company providing 6-week peer-to-peer money confidence programmes, in Colchester and beyond, aiming to build a money-confident community through the power of structured, topic-led conversation in a comfortable environment, fostering active participation in getting back in control of managing money.
he project went through an extensive, 12-month research period, and it brings together two identified groups of participants: those who have money and are very worried about the imminent impact on mortgage rates, energy bills, etc. and those who have never had very much money and are very astute in finding the best deals and managing their money.

During the research, Trusted heard, "I don't need to be told how to be poor, I've been poor all my life!" That person's knowledge and experience could prove vital to someone just starting out on that journey. The programme gives confidence to those who have previously been unseen to share their knowledge with those who desperately need it. The approach allows the knowledge-sharing experience for everyone involved based on lived experience.

On average, those who attend the full programme make a difference to how they manage their finances of around £3,000 per year. And their reported wellbeing improves threefold.

Attendee quote

"I started the Trusted programme at the most perfect time of my life. I had hit rock bottom because my money problems had spiralled out of control. By being given the opportunity and encouragement to be open honest and pull my head out of the sand, I have made life-changing changes to my mindset about money. Before starting the programme, I used to dread payday; all I could think was ‘I’ve worked so hard for the month just to watch all of my bills/debt take it away with nothing left to do anything to enjoy life. I had resigned myself to depriving myself of anything non-essential (and made myself think I didn’t deserve to spend any money on myself anyway!). I have now had my first month in two years where I haven’t had to borrow money from an institution, ask family/friends for help, use my credit card, and still have a positive bank balance!

This programme has taught me that I am not my money mistakes; as important as money is, I do not need to let it control me and my mental health. I am in control now!

I am also slowly learning to talk to those around me about my thoughts and feelings, which I was always too anxious to do. This confidence and belief in myself allowed me to face new challenges with a positive attitude, which I didn’t think was possible for years!

I am so incredibly appreciative of this opportunity. The positive impact on my life is invaluable!"

A guest professional quote

We thought it was the most inclusive and informative group we’ve ever attended, and with no actual ‘teacher’ or ‘presenter’ it was quite something! In all my work experience I’ve never seen anything quite like this before. The ideas and tips we came away with, the stories shared, and the sense of collaboration, equality, and energy we felt was wonderful. If only life itself could be more like this!

Housing for refugees and asylum seekers

The risk of homelessness for a number of refugees in Colchester is massive and current. Refugee, Asylum Seekers & Migrant Action (RAMA) reported that the number of dispersed people in Colchester is around 300, mostly men and some women and families.

The efforts to clear the backlog of asylum seekers has put additional pressure on RAMA, as they have an average 11 people per week getting 'move on notices' form the Home office - often as short as 2 days' notice, meaning they have no ID in some cases, as the ID has not arrived yet, and if it does arrive at their home they will not be able to sign for it. They have also had no opportunity to get Universal Credit and may have no proof except their grant letter to enable them to access public funds - not sufficient for Colchester council. Most people have no disabilities or anything entitling them to a housing duty and so they become destitute and homeless at the same time as finally being granted status.

This has been raised on the NE Essex Homelessness Alliance risk register.

RAMA is trying their best to help people accommodated, currently (at the time we are producing the CAM Be Well report) they have three young Eritrean women who are at risk of becoming homeless on the streets of Colchester. These people have waited nearly 3 years for status. They have been learning the English language and are desperate for work but now are destitute.

Furthermore, there is the increasing number of people with no recourse to public funds, these include domestic violence cases, people who failed to make EU settled status claims, because of the Brexit. They have nowhere and no money or access even to healthcare for free. RAMA assists many of these people with hotels or immigration applications. Emmaus, the Night shelter, and the Beacon House, are also very helpful and supportive, trying to help these people, but this is not a sustainable and is become a growing issue.

The RAMA destitution payments of £40 a week have been going up constantly and is proving unsustainable as well.

Afghan refugees

Colchester City Council currently have five families, 48 people, who presented as homeless following the closure of the Marks Tey Hotel, and a sixth family who has presented to Colchester from the bridging hotel in Chelmsford. The Chelmsford family is in temp accommodation in Clacton, the Marks Tey families remain at the hotel which CBH procured as temp accommodation for 30 days.

CBH are currently trying to source alterative temp accommodation once this contract finishes, this is likely to be out of area.

One family has secured a house in Greenwich and will be moving out on the 7th September, a second has found a house in Clacton and is just waiting on the council to inspect the house and a third has been offered a house in Brentwood but this won't be ready until December. All families continue to be supported by Essex Integration, CCC and CBH. [11]

[11] Resettlement & Diverse Ethnic Communities, Wellbeing, Prevention and Partnerships, Communities, Colchester City Council

Bed poverty fund

C360 and CVST are administering the Bed Poverty Fund. 'Bed poverty' is a relatively new term that has been used to describe a situation where a child does not have their own bed to sleep in. This may be extended to any person or household where there is not suitable furniture to enable them to sleep. C360 has extended this definition to include access to resources that facilitate comfortable sleep. C360 hold a fund to enable:

- The distribution of grants for the above purpose to voluntary and community groups working with people in need.
- The purchase of bedding – i.e., duvets, pillows, duvet covers, blankets, sheets – for households unable to afford to do so.
- Associated costs linked to maintaining medical beds, especially utilities, in circumstances where households are unable to afford to do so – if this includes purchase of medical equipment – please consult with Community Accounts regarding viability of a bursary for this purpose.

Furniture is one of the most expensive items that people on low incomes are unable to purchase, and at the same time can have a detrimental impact on people's health.

Physical activity

Benefits of being well

There are many benefits of maintaining physical activity throughout life; regular exercise, of at least moderate intensity, five times per week can prevent a number of non-communicable diseases including diabetes (type 2), various forms of cancer, mental health problems and musculoskeletal conditions. Physical activity can:

- reduce the risk of cardiac death by 25% amongst people with diagnosed health disease
- strengthen and reinvigorate age-related muscle tissue weakness
- impact on depression and in helping to maintain mental health and wellbeing in later life

A planned and appropriate programme of physical activity has been demonstrated to reduce the risk of falls by nearly 30% amongst a population of older people at risk of falling.

Physical activity has also been shown to improve confidence, reduce anxiety and improve sleep, not least because it is likely to promote and support social contact. The English Longitudinal Study on Ageing (ELSA)[12] 23 identified a lack of physical activity as a significant factor in three of the seven domains of social exclusion, with a particular emphasis on exclusion from social relationships.

Volunteering at all ages has been identified as having a number of positive impacts on physical and mental wellbeing as evidenced by a wide range of researchers and organisations, including the Department of Health, WHO, Welsh Assembly Government, Marmot et al., Department of Work and Pensions (DWP) through, for example, continued

[12] https://www.ucl.ac.uk/epidemiology-health-care/research/behavioural-science-and-health/research/psychobiology/english-longitudinal-study-ageing-0

participation in civic life; sharing skills; making new relationships; mental stimulation and encouraging physical activity.

The Back to Health Scheme

Clacton Leisure Centre has a Fitness Instructor who specialises in supporting people needing extra help to stay active. A Back to Health scheme is supported by a Fitness Instructor and offers 12 weeks of fitness activity in 1:1 or group settings, due to diverse needs; any people need 1:1. Referrals are made to the scheme by GPs or other health professionals and social prescribers. If after 12 weeks a participant has attended at least once a week, then the centre offers a reduced cost package for a further 9 months to enable fitness to be maintained. If people turn up seeking access to this package, they are assessed against a Health Commitment Statement and may be sent back to their GPs to get a referral to the scheme. The Back to Health Scheme funds gym based Cardiac Rehabilitation, working with the clinical teams at the hospital, with the same activities. In addition, the Cancer Rehabilitation is working with the Cancer Wellbeing Centre, providing 15 classes of weekly circuit training without charge. These activities need continued funding to be sustained and have measurable benefits for participants.

There is also an Active for Life group of over 50s which meets twice a week and a twice weekly gentle circuit training course, (the average age is 60+), participants can buy a package of class and racket sports or class and swim.

The services mainly cover South Tendring, with about 4 people joining from the Harwich area.

Essex Pedal Power and Wheels for all

Essex Pedal Power is a community-led programme, one of the flagship programmes of the Active Essex Local Delivery Pilot (LDP), which aims to significantly increase cycling, active travel, and physical activity levels in low-income communities. It was first launched in January 2021 in Clacton and Jaywick Sands.

Of the more than 1200 free new bikes available in Clacton and Jaywick Sands over 800 have been given to eligible residents since the start. Cycling is a skill for life and yet not everyone has a bike. Giving away bikes for free helps to address inequalities and creates new and exciting opportunities for the local community.

Research has shown that the biggest barrier to cycling is being able to afford a new quality bike. Essex Pedal Power wanted to create more opportunities for cycling in areas of high deprivation, which had been hardest hit by the impact of Covid-19. Providing quality bikes is not just about how physical activity allows people to travel; it also provides cheaper shopping opportunities, better access to employment and training and reduces social isolation.

To improve transport connections and access to employment in the area, the project included upgrades to the existing National Cycle Network from Jaywick Sands to Clacton. Training was provided free of charge to help residents learn how to ride a bike and carry out basic bike maintenance.

As the scheme develops it is helping to create equal opportunities for social mobility across Essex, tackle growing health issues due to physical inactivity, and directly addressing the dangerous levels of air pollution rising in local communities. It allows for active travel, reducing the burden on the environment and enhancing Tendring's green agenda.

Essex Pedal Power has now been expanded including new schemes in Colchester and Harwich & Dovercourt with the first bike giveaways occurring from May 2023. Bike giveaways are progressing well both in Colchester (Greenstead) and Harwich and Dovercourt with over 200 given away here. In fact, the scheme in Greenstead is on track to give out its 100th bike in September 2023! The giveaways also include children's bikes for the first time. All bikes are provided with helmets and locks and in addition recipients are provided with skills on how to maintain their new bikes.

In partnership with Essex Pedal Power, Wheels for All (WfA - The largest National Inclusive Cycling Charity in the UK) has launched its first-ever rollout of Adaptive Cycle Giveaways for eligible Tendring residents.

Wheels for All (WFA) Tendring is the accessible cycling project running alongside Essex Pedal Power in Tendring. Hubs are being set up to facilitate cycling and for example following a successful open day, a new hub is being set up in Harwich & Dovercourt. WFA is increasing the number of sessions at another hub at WFA Shorefields in Clacton, adding Mondays to the regular Wednesday sessions to give people more opportunities to cycle safely and confidently on adaptive bikes.

Wheels for All Tendring has already supported 13 residents with free adaptive cycles suitable for their disability or health condition as well as providing another 2 bikes at their hub at Sailship. As well as cycles there will be a wraparound support programme for people to access such as, cycle confidence sessions, led rides and cycle maintenance with Wheels for All staff in partnership with the Essex Pedal Power team available to help. As part of Essex County Council's Safer Greener Healthier campaign, cyclists will also benefit from membership to Cycling diUK and access to safety items including tail flags and hi-viz jackets to increase their visibility on the roads.

The aim of WfA is to make cycling accessible to disabled people and those with health conditions, thus supporting each individual's health and well-being.

Essex ActivAte

What is Essex ActivAte?

Essex ActivAte is the name for the Holiday Activity and Food (HAF) programme across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education. Clubs are suitable for children aged 4-16 years old who are

eligible for benefits based free school meals or from 'low income' working families who benefit from this extra support. Some clubs may offer paid spaces that run alongside Essex ActivAte, however these can be limited. Essex ActivAte clubs offer mainstream primary and secondary provision across the county, also dedicated mental wellbeing and SEND clubs – the programme also reaches into different minority ethnic communities across Tendring and Colchester. Each club delivers a variety of physical and enrichment activities, fun food education and a nutritious meal. Family support is also available alongside the programme.

HAF programme runs in the easter, summer and winter holidays and is funded by the Department for Education. This is aimed solely at school children who receive benefits based free school meals during term time. Limited spaces are available for low income working families and other vulnerable groups who would otherwise not be able to afford holiday clubs. You can book onto our programme self-certifying.

Essex ActivAte run clubs during February, May/June and October half term for children on benefit based free school meals or from 'low income' working families, funded by Essex County Council.

What works well in HAF?

Overcoming barriers

The main barrier in HAF was with parents double booking their children into different clubs on the same day, leading to 'no shows', meaning that spaces were going empty when they could have been passed to another child. To get around this ActivAte now has a centralised booking system which will prevent parents from being able to double book. There are still some issues over no shows, but this may be due to the nature of the families being supported, many live chaotic lives. As clubs are free, some people may not appreciate their value and not turn up if they make different plans etc. If they had to pay, they might think differently about not turning up. Clubs are running as below:

District	Primary	Secondary	Primary & Secondary combined	SEND	Mental Wellbeing	Total
Tendring	16	2	2	3		23
Colchester	16	4		4	1	25

Clubs are located in the following wards, giving access in areas with higher level of deprivation and poverty:

Tendring	Colchester
Burrsville Bluehouse West Clacton & Jaywick Sands Dovercourt Bay Harwich & Kingsway Dovercourt All Saints St James Walton St Paul's Coppins Brightlingsea	Greenstead Shrub End Castle New Town and Christ Church Tiptree Highwoods Berechurch St Anne's and St John's

ActivAte also runs **food education programmes**, details as indicated in the table below. Families are able to keep the equipment (air fryer etc.) and meal after the sessions.

Aim	*To offer and/or conduct food and cooking programmes, funding holiday activity and food providers and other organisations supporting the targets groups below. Sessions to focus on cooking on a budget and will include low-cost food and energy usage.*
Target Group	• Holiday activity and food providers who have access to cooking facilities and can deliver the program • Other organisations and partners who have access to cooking facilities • Working with low-income families and free school meal children • Working with older people • Working with people with disabilities • Working with individuals • Working with young people
Program Ideas	• One Pot meal's/dump dinners • Batch cooking • Cooking up leftovers • Air fryer meals • Slow cooker meals • Soup maker meals • Asda yellow label challenge • Meat free meals • Portion control • Balancing healthy with affordable meals • Wok one pot meals

There are 14 Food Education programmes running across Tendring, supporting 259 families. In Colchester there are 13 programmes, supporting 251 families – the programme is having a significant and positive impact.

What works well in food education?

Overcoming barriers

Families can attend sessions to learn how to cook various meals in a supportive and non-judgemental environment. Making cooking fun and affordable for members of the

community. Something learnt from this funding is that some people attended just to get an appliance, showing no interest in learning how to cook or develop their cooking skills, some even attended more than one cooking program to receive multiple appliances. For the next round of funding food education programs on offer will be just about cooking, including skills around budgeting, which has been identified as a need through many sources. It may that air fryer cooking is a good alternative for some people, especially the less organised, as this equipment saves money and is more convenient to use, so some evaluation of the outcomes of air fryer clubs across north east Essex could be useful.

Seven HAF clubs were invited recently to attend the Jamie Oliver Ministry Of Food training, the focus being how to teach cooking skills to communities with messages on nutrition and budgeting given as part of the sessions, please see video here https://www.youtube.com/watch?v=5wZCzB6lCBo

The chosen HAF providers are already finding that the Jamie Oliver connection is really inspiring people, and they already have a waiting list of potential participants for a food program that is yet to be launched (launch is about to happen, ActivAte is just sorting out the finer details). By having the 'Jamie Oliver' branding people seem keen to learn cooking without the pull/draw of the appliance which was offered in the previous scheme.

Sustainable Food

Colchester Food Bank (CFB)

CFB is an anti-poverty charity with social goals to improve wellbeing. They work with FairShare – an anti-waste charity who supply fresh produce going out of date or which will be wasted – the CFB works against poverty and hunger and passes fresh fruit and veg on to their users. They have different opening times in different areas, including access to food at evenings and weekends in an emergency.

In terms of marketing and raising awareness of their services, CFB uses social media to raise their profile and help people find them or volunteer for them.

Prevention is the main aim of the foodbank – preventing children going into care and preventing homelessness, just by being there. Their aim is to prevent people falling through the cracks, to stop things getting any worse for them. The ultimate goal is not to need to exist as people will be self-sufficient but that seems some way off in the current economic climate.

> ***Colchester Food Bank Philosophy:***
>
> *"When you fall in the river, you need someone to hold onto to stop you drowning; when you are on the bank, you need help to stay on the bank and not fall in".*
>
> *CFB*

Demand is increasing, at present it is 20-40% higher than pre pandemic levels. Demand may increase further in winter. Some people have very complex and compounded needs – e.g., fleeing Domestic Violence; gambling: drug and alcohol misuse. The service is totally non-judgemental and supports people because they need it. Some people are now asset rich and cash poor, less able to sustain themselves.

- c 2,000 people per month are supported; over 40% (42-43%) of whom are children in highly vulnerable families
- c 300 volunteers – since pandemic there is more interest in helping out at foodbanks, but this may change in future

A CFB heatmap of their clients' locations shows that the greatest demand is in Greenstead, then the Hythe, then Monkwick; this correlates with the IMD. CFB works with other food banks across North East Essex when collaboration is helpful and to prevent waste/meet demand.

Things that make the CFB work well and empower people include:

- Foodbank works in partnership to avoid any duplication – refers on to others.
- Give a broader service to those who need it – a listening ear and referrals to further help.
- Grant funding for Citizens Advice to carry out outreach session in foodbank.
- Additional help with basic hygiene needs and clothing as well as food.
- Help available in the community people live in
- Work in partnership with statutory agencies (e.g., police and social services) when necessary – duty of care to keep people safe.
- Provide access to allotments, cooking classes gardening clubs, cheap seeds etc.

Some of the challenges which people face in accessing sustainable food sources appear to be:

- Retaining anonymity - friends and neighbours volunteering at foodbanks make it harder for people to use the foodbanks themselves, some choose to go to other foodbanks and explain.
- Loneliness, lack of interest in eating
- Family dynamics
- Wage levels are very low in some cases – some people are waged and still have to use foodbanks.
- Benefits have not kept up with inflation. There is a two-child limit – what about families with more than two children?
- Waiting times for Universal Credit
- Inability to use internet and/or difficulties in filling in forms
- Some of those most in need will not seek help for their own reasons

So CFB is not just a food source, it offers and delivers a whole lot more, as do many foodbanks across the North East Essex area. Foodbanks offer a good place for partnership working and bringing outreach services to people where they are going anyway. While this needs to be done in a very sensitive way, it could bring access to support to people who may not know where to find it.

Salvation Army, Clacton

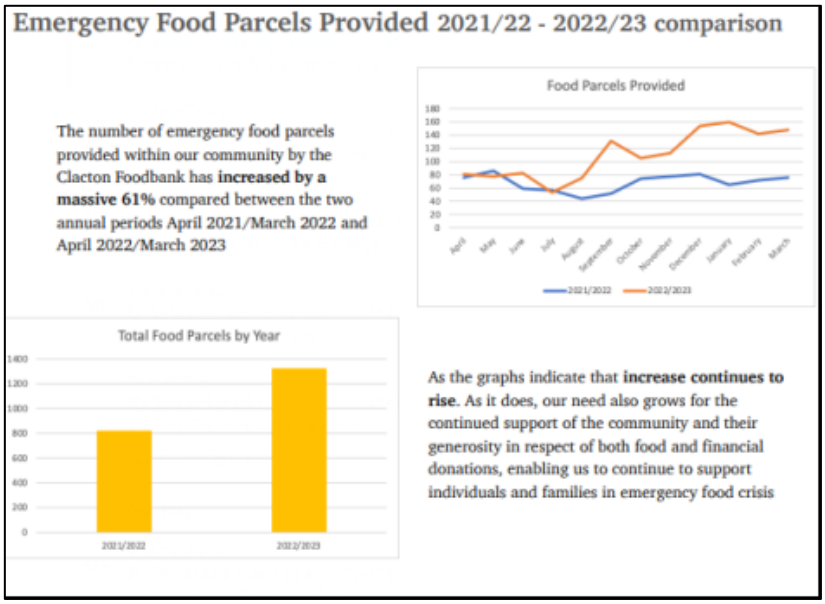
A solid example of churches supporting the more vulnerable in the community is the Salvation Army in Clacton (Pier Ward), which offers a significant level of support to people who are highly vulnerable and often hidden.

The church provides a lunch club for older people on Wednesdays, Thursdays and Friday. They currently see around 30 people each day. The primary aim is to provide a freshly prepared 2 course lunch at an affordable price. The food is often secondary, as many come for company. Loneliness can be very debilitating and can exacerbate health

conditions. There is nothing better than hearing the chatter over the dining table, where friends new and old come together for lunch.

There is a drop in (Embrace Project) for those who are homeless or living in precarious circumstances on Monday mornings. This service has been running for 14 years and currently averages 35 people each week. Some people are 'regulars', who come as it is a safe space, they are not judged, they are supported – they have baked beans on toast, and a listening ear with signposting to services and access to a Peabody Outreach Support Advisor and a Salvation Army Employment Support Advisor. In addition to food, warmth and company, there are occasionally 'haircuts for the homeless' and podiatry, through the 'forgotten feet' sessions. The service gives people some dignity and respect when it is sometimes in short supply. A Parish Nurse attends the drop-in to make referrals, assessments and signpost to relevant services and activities. More health intervention and support would be helpful, connecting with people in the places they go and feel safe. It is a close community and people tend to support each other with empathy and understanding.

The Salvation Army has provided a Foodbank, in partnership with the Trussell Trust, for the past 10 years. The Foodbank is open for 3 sessions a week – Tuesdays and Thursdays between 9.30 and 11am and Friday afternoons between 2 and 3.30pm. Demand is very high and growing while donations are starting to drop as regular donors are fighting increased costs themselves. The Foodbank still receives donations but at a lower level. The SA manages it, constantly looking for funds and working in partnership with other agencies. In 2022/23 demand was up 61% on the previous year and in the first 4 month of this year demand was up 51% on the same 4 months last year. The service is seeing people presenting with multiple, complex issues at present. See the graph below[13], and the one in the Citizen's Voice Section of this report, which indicate the change in demand over the past year.



The foodbank works closely with Citizens Advice Tendring as partners and are planning to bring a Citizens Advice advisor in for two sessions a week – on Tuesdays and Thursdays –

[13] Clacton Foodbank Newsletter, April 2023

with extra wraparound time to deal with some of the very complex and multi-faceted issues faced by users of the service.

Harwich Salvation Army

The Salvation Army in Harwich has a number of projects and activities but there are more projects developing, as a result of listening to and working with the community what is required.

A project called The Lounge takes place in Esplanade Hall and is overseen a member of staff from Dovercourt Central Church. It is a wellbeing space with various groups using it.

On a Tuesday evening from 7 to 8.30pm and on a Thursday 10am to 2pm t, there is a joint project with Dovercourt Central Church, The Salvation Army and the Church of England which is part of 'Renew Wellbeing', an initiative which helps churches open spaces of welcome and inclusion in partnership with mental health teams to improve mental and emotional wellbeing. Ther are games, refreshments, a meal, arts and crafts, a jigsaw and more. It is a shared space where it is ok to not be ok. People make their own refreshments and do their own washing up! Everything is free and funding has been secured for the whole project via Levelling Up.
An Amaze family session is run monthly from The Lounge, on the first Tuesday of the month from 3.30pm to 5.30pm and includes arts and crafts, games and a meal.

On Fridays from 10am to 1pm the Salvation Army has 'Heart' where people can come for a drink and a chat and access advice (we have different agencies here different weeks but includes Citizens Advice, Peabody, Employment Plus, DWP, Family Solutions, Phoenix Futures, CVST plus the Health Visitors are going to start coming in). There is also access to food parcels.'

Family Worker (Link Role) in Harwich

This is a joint (ECC/TDC) funded post - 50% Family Solutions and 50% Community Development Lead for Harwich. The post has been in place for one year and a similar post has now been established in Clacton. The Family Worker attends the HEART project at the Salvation Army in Harwich on Fridays, along with a large number of partner organisations from Peabody, Citizens Advice, Job Centre, Phoenix Futures, District nursing etc. and through this, finds families who are 'under the radar' and works with them.

Having done a community mapping exercise, the Harwich Community Forum has been set up to meet three monthly, solely for the purpose of organisations hearing what other organisations are doing. Participants include Home Start, Harwich Connections, Heritage Art Centre, NEST and CVST. This has resulted in excellent joint working, e.g. on Christmas Hampers and strong links between organisations to provide a more holistic response to issues such as food poverty, physical exercise needs and housing quality issues.

Sailship

Sailship is a registered charity based in Clacton, which offers supported training and learning, providing a place to gain work skills, train towards employment/volunteering, learn new life skills, de-stress, improve mental health and wellbeing, recover/rehabilitate and take part in therapeutic sessions, in a safe and enjoyable environment, where

participants can access excellence in teaching, training and care. Sailship offers a person-centred approach and works with participants to explore their individual choices and needs, supporting them to learn new skills, while building confidence and self-esteem.

The Be Well domain funded Sailship's 'Fit4LifeTogether' project, provided in partnership with Open Road, in June 2023. The project is aimed towards the wellbeing of people with mental health support needs, and also focusses on men, (aged 30-50) who are at risk of suicide/self -harm/isolation and further mental health decline. The project supports "*everyone* to improve and maintain their mental health, self-esteem and build confidence and skills"[14]. The partnership with Open Road also provides an opportunity to take referrals from other agencies/organisations, whereby existing or new participants can attend the extensive (1.5 acre) Sailship site, to take part in a project that supports wellbeing and recovery for vocational and/or therapeutic outcomes. Participants will be supported to carry out land-based projects such as landscaping, general gardening, growing your own food, preparing/cooking together and sharing own grown produce, all the time being supported by Sailship staff. This will give participants a variety of ways to build their work-based skills, work in groups and support each other and build new friendships. Fit4LifeTogether supports well-being in a safe space for participants to socialise with like-minded people, bringing people together, helping to reduce loneliness and isolation and creating a sense of belonging, whilst tackling the issues of substance/alcohol abuse and other challenging mental health issues.

Staff have been recruited and are working together with Open Road to build attendance. The lack of affordable transport to and from the project is significantly affecting peoples' ability to get to it. Although Sailship is near Clacton Town (Rush Green area), many people with poor mental health are unable to make the extra effort to get there. Sailship is currently seeking funding for a mini bus or 8-seater car, or a sharing arrangement, so that participants can be collected and taken home. The transport would also act as a means for outreach visits, by Fit4LifeTogether staff, which may help people prior to attending the site, in support of their attendance and this may be seen as key to the success of the overall project.

C3 Church Colchester - making the transformational change via food and embracing imperfection to create art

C3 Impact is the umbrella for all Social Impact and Community outreach from The C3 Church. The Colchester branch is based at the former Abbeyfield Centre.

The C3 Impact in Colchester delivers several projects and programmes to support people in the Church Community and the wider local community of the city.

The main aim of Impact is to see people experience health and wholeness through physical, social, emotional and spiritual needs being met.

The church aims to make the food a transformational change, they are not relying on handing out food, they are trying to make every contact meaningful. The C3 at Abbeyfield is a well-being hub, and if people are visiting the hub, the C3 impact is looking to find out what has triggered the need for food. People are often lonely, but it could be related to family dynamics; for instance, a sudden death can shift and change how the family sustains access to quality food. Broader family issues can contribute to loss of income and

[14] Sailship website, https://www.sailship.org.uk/fit4lifetogether

the need to access food banks. By evaluating what has triggered the need for food, the church actively works with other organisations such as Peabody, CBH, Citizens Advice, etc.

C3 Community Market

The C3 church supports individuals who struggle to afford the basic essentials, food, toiletries, etc. They can shop with C3 each week for six months for £5 for four carrier bags of food, which on average costs £50. The community market runs weekly in Colchester.

Cooking on a budget course

The course is six weeks long, delivered every Monday. Currently there is a waiting list for the training.

Help with school uniforms

For the beginning of the new school year, C3 Church organised a fun weekend, offering free school uniforms and all essentials for the children starting school, along with free BBQ, drinks, and free bag packs. On the day, they offered 191 BBQ hot meals, 53 free haircuts, and free backpacks containing all essentials for the children starting school.

Foodbank

Emergency 3-day food support supplied by Trussell Trust Foodbanks. The Church Community Pastors can write vouchers at the Hubs in Colchester.

Hot Food

A 2-course hot meal is cooked and prepared weekly for those who need it most. It runs weekly in Colchester and costs £3 per adult; children eat free. The church supports, on average, 45 families per week, including one family with nine children.

Community Fridge

Food surplus is collected from supermarkets and retailers that would otherwise be binned. This food is put into the church community Fridge for individuals to help themselves 24/7. They collect from supermarkets twice a week across Colchester.

Kintsugi – using art for healing

Kintsugi is the Japanese art of putting broken pottery pieces back together with gold. The C3 Church uses the 400-year-old technique as a unique way of highlighting the scars in a beautiful, healing transformation that creates art. The art helps people going through grief. The art sessions are based on the idea that you can create a beautiful piece of art by embracing imperfections and broken parts. Every break is unique, and instead of repairing an item like new, it highlights the individual work. This is how the church sees every person that contacts the church.

Socio-cultural norms and the impact on food choices and health

Health patterns are different between ethnic minority groups and the white population, they differ between different minority groups as well, following the diversity of demographic, socio-economic, behavioural and cultural norms. People from ethnic

minorities in the UK have been affected disproportionally by the Covid-19 pandemic and as a response The British Heart Foundation (BHF) has funded extensive research to understand better how ethnic background affects the risk of heart and circulatory diseases and diabetes. [15]

Although the wider health inequalities picture is complex, the Race Equality Foundation is looking at the correlation between the health inequalities experienced by minority ethnic populations and the dietary differences. [16]

Ethnic minority groups in North East Essex have a diverse diet, heavily influenced by cultural and religious identity. Places of worship and community hubs are at the heart of the communities and provide opportunities for activities such as socialising and eating together, for example, in the Bridgeway Mission Hub in Colchester.

Local evidence is showing a new, emerging trend that the factors influencing cultural food choices are slightly changing and leadership groups are highlighting the need for healthy eating; for instance, the Bangladeshi Women's Association Essex cooking club, where the focus is on delivering cooking lessons on healthy and balanced diet.

A challenge however, gathered from feedback that we obtained during engagements with different ethnic minority groups is that the evidence of the nutritional diet data is very inconsistent. Cultural pride and protecting the authenticity of the culture are important factors affecting healthy lifestyle choices amongst ethnic minorities.

The most prevalent health conditions among ethnic minority groups, as cited in the health of people from ethnic minority groups in England research[17], carried by the King's Fund, include higher cardiovascular rates, type 2 diabetes and obesity. Food choices based on the influences of food practices, including household dynamics, community and socio-cultural norms are relevant, as is affordability and accessibility of food to a lesser degree.

Household food practices are connected to the socio-cultural and religious norms around cooking and eating. When speaking to the Nepalese Society, the group commented that they prefer to maintain and preserve traditional food practices and the social and religious value of food rather than focus on a nutritional and balanced diet. Another example is The Indonesia Cultural lover's community group. The founders of the group believe their food is healthy and balanced and wish to promote the food's delicious palate, infused by traditional spices and herbs, as this is what makes their food unique.

One of the successful applications funded by the Be Well grant is The Healthy Cooking Project by Skills and Training Engagement Programme (STEP CIC), which aims to tackle the health and social issues common in ethnic minority communities, such as obesity and diabetes. The project was developed as a direct response to the lack of confidence in participating in or attending different cooking programmes or activities, not only due to language barriers and social commitments but also because these communities have confidence in their cultural food and the process of preparing it. Community ambassadors will deliver the project in a safe and comfortable environment. The food will break that barrier and improve their engagement to tackle unhealthy eating and the cost of living but still align with their cultural values and needs. The healthy eating programme will

[15] How your ethnic background affects your risk of heart and circulatory diseases | BHF - BHF

[16] https://raceequalityfoundation.org.uk/health-and-care/healthy-eating-in-uk-minority-ethnic-households-influences-and-way-forward/

[17] https://www.kingsfund.org.uk/publications/health-people-ethnic-minority-groups-england

consider income, socioeconomic status, food availability and access, health, religion, food beliefs and the amount of time available for food shopping and preparation. Furthermore, healthy eating resources will be translated into the preferred language of minority ethnic groups, where applicable.

The project will also be based around family cooking for disadvantaged families and will even be delivered in the comfort of their homes if needed. The food will be on a budget, preparation time, and nutritious but still align with cultural values to tackle the cost of living. The STEP community ambassadors will develop various partnerships with other local ethnic groups, for example the African Families in the UK mothers and toddler's and daddies and toddler's groups. These groups will be the primary beneficiaries as they are already committed to meeting for social activities and sharing their experiences.

The ambassadors will be trained to promote the programme to wider audiences and reach others who are not engaged in any activities. The programme will include visiting the homes of those interested but unable to participate due to their commitments or any issue restricting them from attending the groups.

Citizen's Voice

To ensure that the citizen's voice could be gathered effectively and productively, the engagement method we used was a qualitative approach, implemented via two different work streams. We would like to extend our gratitude to the participants who kindly gave up their time to take part in the project. We hope you found it empowering to have your voice listened to.

Interviews

In order to gain a more in-depth understanding of barriers and to hear more detail about people's experiences, a number of 1:1 interviews were conducted. This involved reaching out to various organisations and individuals within the intended areas. Participants consented to taking part and having their conversations recorded. These conversations were then transcribed and analysed to produce some key themes for both geographical areas.

Case Studies

Case studies are used frequently throughout this report to spotlight services and understand community response to being well.

Through our engagement, the following themes were identified:

- Housing – the need for partnership working
- Making physical activity accessible
- Supporting people to equip themselves to ensure food sustainability

Who have we engaged with?

Citizen's voice work was concentrated in Old Heath, The Hythe and Pier Ward as these are areas of particular interest due to demand and demographics. Old Heath and The Hythe are one of Colchester southern wards, and Pier Ward is in Clacton. Both provide opportunities to explore the defined scope. See Appendix E for organisations cited within this section.

Housing quality

Pier Ward, Tendring

Pier Ward is one of 35 wards (48 councillors) in the Tendring district, comprising Carnarvon Road up to Marine Parade East. In Dr Chris Whitty's 2021 report into Health in Coastal Communities[18], Clacton was said to have the second highest Mental Health need in the county, with rates of Heart Disease, Kidney Disease and Mental Illness over 10% higher, even after deprivation and older populations are considered. This level of deprivation is further highlighted in the Indices of Deprivation data where in four years, the Pier Ward moved further up the top 10% of most deprived areas in the country[19]. Pier Ward has high levels of need, many houses of multiple occupancy (HMOs) and a high level of demand for support.

Voted in the top 10 most deprived areas of Essex in a 2019 article from Essex Live[20], Pier Ward suffers from low levels of income, employment, and housing. Statistically, seaside towns are known to be some of the most deprived areas, with little opportunity for the residents who live there.

"I think like a lot of seaside towns Clacton has suffered from a lack of investment. All the big seaside towns have problems because the work is seasonal and off season, people struggle to find something to do".

With Clacton being a popular retirement coastal town, with nearly a third of residents claiming state pensions, it has created a situation where a large proportion of the population does not work, leaving the local economy struggling.[21]

This impact means that many locals are priced out of the housing market, unable to compete. In the past many of the hotels, especially those within the Pier Ward, would act as holiday accommodation for many families. Pre-pandemic, attractions such as the local air show would generate an income of over £1million a day, according to a 2014 article[22]. There are a high number of houses in multiple occupation (HMOs) within Pier Ward.

"Just in Pier Ward, we have around four properties that are on our radar and also the hotels that are pretty much HMO's. We know that HMOs should be temporary until people are housed but some people are in there for a long time."

The organisations we spoke to understand that people need a roof over their head and an HMO does provide this. However, the perception of HMOs from local residents can be seen as those who are drug dealers or who commit anti-social behaviour.

[18] Chief Medical Officer's Annual Report 2021 - Health in Coastal Communities (publishing.service.gov.uk)
[19] Indices of Deprivation 2015 and 2019 (communities.gov.uk)
[20] The ten most deprived areas in Essex revealed - Essex Live
[21] Turning-the-Tide.pdf (centreforsocialjustice.org.uk)
[22] Bosses plan to boost Tendring's summer tourism trade | Clacton and Frinton Gazette

"There are many young people, single mums and those who have fled domestic abuse and violence who need somewhere to stay. It's almost like HMOs are spoken about in a hushed voice and then the people who live there feel degraded."

For some individuals, living in HMO is not their preferred choice and is sometimes out of their control, due to certain circumstances. However, because of the judgment from others and the constant perception of residents who live in HMO, this affects their confidence which impacts on their mental health.

"Your address, your postcode it can all be a barrier when accessing services or applying for jobs. If you had someone applying for a job, say like a mainstream restaurant, and they ask where you live, they could have that impression of 'I don't want someone coming from there, I don't want bed bugs'".

At a disadvantage already due to the lack of employment in the area, individuals in HMOs face another barrier when seeking employment within their postcode. Instead, they choose to keep it to themselves to avoid such judgement. Especially when it comes to local jobs, some individuals feel there is no point in applying because they would be judged as soon as they give their address. All these factors, stress of housing and not having jobs has a negative impact on an individual's mental health.

"There is this thing that when someone is homeless or in a HMO that it's due to poor decision-making or the fact that they have lost a tenancy because they have stopped paying the rent, can't manage their money or are irresponsible. They actually don't know the real reason because they don't take the time to listen."

A report from Essex University looked at the mental health of people living within an HMO and found that living conditions can have a significant impact on people. What's clear is that HMOs carry negative connotations that significantly impact an individual in vast areas with their health and wellbeing. Therefore, investments into providing more long-term housing for residents and working with local organisations to better understand the needs of people is important to support the improvement of mental health within the community.

SHELLS

As previously mentioned within the report, the SHELLS Health Advocate from SUMMIT works with people with an aim to empower those without a voice.

"As the health advocate supporting those who are homeless or at risk of homelessness, I witness a rapid decline within their health and wellbeing on a weekly basis. Engagement with families and individuals who are experiencing homelessness highlights the importance of having the right environment to thrive and look forward to a brighter future.

I come across inequalities in being accepted for housing through private landlords, individuals who are seeking accommodation who have been sleeping rough or sofa surfing that look unkempt are immediately withdrawn from the application process. Individuals have stated that the landlord looked them up and down and decided there and then that they didn't stand a chance.

Those that are housed in HMOs, who must share bathrooms and kitchens, end up not being able to use these facilities due to others not cleaning up after themselves. This causes illnesses i.e., sickness and upset stomachs due to lack of cleaning or food left to

rot in shared fridges and work tops, rubbish overspilling causing rat infestations and more. Depression is a big issue and can lead to substance misuse as a means of escape. Homes that lack the correct ventilation systems, causing damp mould and mushrooms to grow. This then causes respiratory issues amongst the young and elderly more so.

Skin complaints amongst the homeless.
On a recent visit to the local hospital, it was reported by senior staff members that the frequency of skin complaints is rising. Issues of bed bug bites, scabies, and psoriasis were being treated on a weekly basis. Treatment was given and creams prescribed, but due to lack of hygiene as those who are homeless find it difficult to get showers or washed, are returning with the same conditions as they cannot maintain a healthy care routine.

Illness goes untreated.
Many people of no fixed abode feel embarrassed to go to their GP so illnesses go untreated and undiagnosed. They feel as if people are looking down their noses at them. One stated that he sat down and the person next to him got up and moved seats. He left the surgery and hasn't been back. He was later tested for Hepatitis C by the mobile team, the result came back positive. He stated that he was sharing needles but too ashamed to admit that he was taking heroin. He has now been diagnosed with liver cancer.

The impact of homelessness or inadequate housing has caused a high level of mental health disorders. From depression and anxieties, this leads to, in many cases, substance misuse. Individuals are self-medicating to mask the reality of their situation. This in turn leads to stronger drugs and criminal activities to pay for them.

The impact of unaffordable or lack of suitable accommodation has had cases of ill health-substance misuse-criminal activities-mental health, rise to a level that organisations are stretched to the limits.

Many individuals who are struggling with daily issues, have expressed that they haven't got a purpose in life. When given opportunities to get into voluntary positions within charity shops, they are up against barriers due to their past offences and seen as too high risk. This then starts the revolving circle of events. Feeling unworthy and useless and so turn back to the life of alcohol and drugs.

As the health advocate supporting those who are homeless or at risk of homelessness, I witness a rapid decline within their health and wellbeing on a weekly basis.

Engagement with families and individuals who are experiencing homelessness highlights the importance of having the right environment to thrive and look forward to a brighter future."

Case study, Clacton

A family of four live in two bedroom flat which is council property. The two children are under twelve years though should not be sharing a room as are a different sex, the boy is nine years old. The husband had a brain tumour which was operated on but has left him paralysed down one side. He has recently been informed that the tumour has returned and is attending hospital next week for a diagnosis and an operation.

The council are aware that the flat, located on the third floor, is covered in black mould and damp but have not rectified the situation albeit committing to the family to move them out when husband was diagnosed with his illness.

The mother is very depressed and has been told she has very high blood pressure due to stress. Her son has now been diagnosed with a collapsed lung due to breathing the mould spores. The family have constant coughs. The school have concerns for their welfare.

The council has advised the family that they need to find private accommodation as no properties are available. The SHELLS Health Advocate is attending a home visit next week to obtain photos for evidence, also attending the GP with the mother to obtain her medical reports, to access help for her mental health and obtain a letter from her GP highlighting the health impacts the mould has caused. All this evidence will support the family to get re housed.

Case study, Clacton

A lady in her fifties, constantly in hospital due to Bronchitis, on visiting her home I found her to have black mould covering her bathroom walls, mushrooms were growing on her floor boards. She told me she had constantly reported issues to her landlord, but requests for issues raised were ignored. She also had rat infestations and had a GP recognise a rat bite to her upper thigh, she stated this must have happened whilst she was in bed asleep. She hadn't felt it as she was on heavy medication for her depression and anxiety.

Colchester

Worsnop house, a Colchester Borough Homes (CBH) property, located in Old Heath Road is a sheltered housing scheme which includes 31 self-contained modern apartments, available to people aged 55 and over. Set in attractive gardens this scheme has communal facilities on its ground floor including guest room facilities for friends or family and all apartments benefit from a balcony or terrace space.

The rental charge varies dependent on the size of the property and the weekly charge includes a service charge for heating, electricity, water rates, maintaining the facilities, a visiting officer team and the alarm call system. Those on a low income may be entitled to help with their housing costs.

Every person applying for an apartment must do so using the online Gateway to Homechoice which is a choice-based lettings system, where social housing properties are advertised weekly in the local authority areas of Babergh, Braintree, Colchester, East Suffolk, Ipswich, Maldon and Mid Suffolk. All vacancies advertised through the scheme are

owned by councils or housing associations. Once evidence and documentation has been collected from the applicant, CBH conducts a sheltered housing assessment and once a person's online application is active and approved, they will then be added to the housing register and given a banding indicating their level of need. Even if allocated a lower banding, so deemed in less need, they still may be housed – apartments becoming available regularly due to the age demographic if the residents. CBH has 18 schemes in Colchester, with a new property currently being built, Elfreda House in Shrub End.

There has been a large shift in the last few years where the term 'sheltered housing' has been replaced by 'independent living', the emphasis is now on the residents to organise their own activities and be active within their own community rather than it being led by the Assistant Housing Officers. This empowers the residents to be proactive which in turn, may avoid resources being wasted if organised activities are not well attended by residents. Importantly, it removes the assumptions of what activities residents may want to be involved in, e.g. many 60 year olds may still be working, have very active social lives and a clear idea of activities they wish to be involved in.

Covid has had a huge impact where all activities across the CBH schemes were paused. Post covid, Community 360 have a team who talk to residents, having recently visited the Mary Frank House scheme, to support and encourage the residents to set up a program of works to include one activity per month for one year. The varied lists of requests from residents include: going on outings; bowling on the Nintendo Wii, community gardening; setting up a residents' association.

Dance Network Association (DNA) is a dance charity that provides opportunities for people to improve their confidence, physical well-being and enhances friendships through social interaction. They provide weekly 'Dancing with Older Adults' 90 minute classes at CBH's Enoch House, Greenstead. Residents at Worsnop House agreed that this dance class would be welcomed in all CBH's schemes.

The Three Clubs Bowling Club is located at the Recreational Ground on Old Heath Road and adjacent to Worsnop House so residents utilise this club when it is open between May and September. They agreed that they are aware of the numerous health benefits of bowling, such as improving fitness, coordination, increase confidence and self-esteem, an opportunity to meet new people and overall, enhance mental wellbeing. The nearby Go4 café, located in the Old Recreation Ground, is also utilised by residents.

Physical activity

Colchester

Essex Police have teamed with Colchester-based Basketball Club, the Essex Rebels, to offer free basketball sessions for children and young people across Colchester, 'Ballin' with a Bobby'. Led by top coaches from the Essex Rebels, based at the University of Essex, they are joined by police officers from Colchester's Community Policing Team, who began this initiative three years ago.

"It is an excellent community initiative which provides young people in Essex with the chance to take part in safe and accessible basketball." [23]

The initiative gives the opportunity to build positive relationships with younger community members, to break down barriers between police officers and young people and challenge any preconceived opinions they may have about the police.

[23] Colchester: Ballin' with a Bobby is back | Essex Police

"We also hope that it will give young people the confidence to talk to us. Whether that's about concerns they might have, advice on staying safe, or ask general questions about policing. We want to encourage them to make good life choices and choose to do something positive over becoming involved in crime or antisocial behaviour."

Ballin' with a Bobby has also helped to improve local basketball facilities across Colchester with the help of Basketball England's Project Swish campaign – the mission being to improve outdoor basketball courts across England.

Basketball sessions take place at the Old Heath Recreation Ground in Colchester, and making the sessions available to both children and adults allows a greater reach of people and families to enjoy a free activity during the summer holidays. This was particularly welcomed by families with no disposable income and met with the expensive cost of clubs during the six weeks school holidays, which can be challenging.

Many of those attending sessions are not residents of Old Heath, many being university students. Of the fifty attendees over four sessions, many attended more than one session. Posters and word of mouth are the communication means of advertising the sessions.

With university scholarships available it gives young people, particularly those living in more social deprived areas, an opportunity to gain a university education through sports. In turn, keeping active playing sports coincides with keeping people out of trouble and diverting them away from crime. Basketball is an accessible sport given that all is needed is a ball and a basketball hoop. Basketball courts in Colchester are plentiful and most parks have a hoop so the aim is trying to encourage younger people to use parks as appose to areas that are less adolescent friendly. The benefits link directly to lowered levels of antisocial behaviour. A lot of young people enjoy the culture around basketball, the hip hop music, the Jordan brand, they already wear the clothing so the Ballin' with a Bobby sessions introduces them to the sports side of the culture – the healthier aspect as appose to the negative parts of the culture, i.e. hip hop music's association with drug taking.

At the end of every Ballin' with a Bobby session, ten minutes is be spent discussing a police force related topic, e.g. stop and search or knife crime. This is an opportunity for the police to listen to peoples' experiences of police encounters, and the important aspect of communicating why the encounter happened from a police officer's perspective, i.e. to keep people safe. This communication opportunity allows for the trust and confidence in the police to be increased.

During the last three years, 150 children have engaged in the Ballin' with a Bobby sessions, several of which have now progressed and gone on to play basketball at a high national level. Free tickets are given to children to watch the games which in turn may incentivise them to become more active in the sport.

The Ballin' with a Bobby sessions is accessible to wheelchair users, basketball being one of the more inclusive sports for those with disabilities. Colchester has a particularly close link to wheelchair basketball from when the GB basketball team came third in the Paralympics and the coach, a local Essex man!

During their first year of Ballin' with a Bobby sessions 52% of their attendees were from the black and ethnic minority communities.

Due to its levels of deprivations and antisocial behaviour (ASB) Greenstead in Colchester benefits from these basketball sessions, Stanway is a new area for this year as has been identified to have an increase in ASB figures.

News article, 5th July 2023: Essex Police are teaming up once again with Colchester-based Basketball Club, the Essex Rebels [24]

Blossome

Blossome is a free self-care group for all who have lost a loved one to alcoholism or addiction. The focus is on self-care and self-compassion, healing and recovery of the person left behind who's experienced the trauma by offering support to those feeling alone, exhausted, and guilty.

"I had an awful weekend but managed to put myself first."

There are currently 12 free activities offered through a 12 week self-care programme including water therapy, including Sunrise Dips at Walton-on-the-Naze. The impact of this session to a person's wellbeing is that it gives them an opportunity to 'find the courage in yourself to be yourself'. The swim is followed by hot drinks and breakfast at a beach hut. The programmes are 12 weeks in duration to ensure that they're meaningful as it takes time to heal properly. Programmes run over a shorter period of time, i.e., six weeks, focus on just one specific activity allowing an opportunity to go deeper into the activity, that way a difference can be made.

"It makes me feel like me."

Project participant

The Mindful Gardening session located at Heath Road (three miles from the Old Heath area), is a two-hour session of connecting with nature and connecting with self-care. Every activity is a component of learning to be in the present moment.

[24] Slam Dunk Success for Colchester's Community Policing Team | Essex Police

The Expressive Art activity takes place in a treehouse.

Blossome's Nia Dance is a barefoot, feel-good fitness practice. It blends movement and mindfulness through a combination of dance arts, healing arts, and martial arts. The dance is set to music that is inspiring, invigorating, and playful, making it easy to be fun and enjoyable for everyone. Nia is ageless, limitless, without judgement and can have a transformational effect on the way a person feels, looks, thinks, and lives. Additional positive effects on a person are alleviating anxiety and depression while strengthening cognitive abilities. Sessions are free and take place at the Lakelands Centre, Stanway, Colchester.

Case study

"I knew I had something good (Blossome) but didn't know how powerful it was and now in collecting the data and the feedback that I receive, can see that it's so life changing. I'm determined that self-care and self-compassion can end the cycle of addiction and alcoholism in families. I lost my husband to alcoholism, my kids lost their dad which is where this drive and passion has come from. I'm determined that nobody should have to go through this. Blossome is the pathway to it. After the sunrise dips 97% felt a boost in their mood on the day; 95% felt connection with others. These are such important statistics given that due to the stigma and shame surrounding the addiction, many group members often feel isolated and alone.

Most of the funding is allocated to specific programmes but doesn't cover the core costs so support will be appreciated to help expand the organisation and service offered."

97% of members felt a boost in their mood on the day.

95% of members felt a connection with others.

Singing Mamas

Singing Mamas are a grassroots movement of women including mothers, nurses, doctors, midwives, musicians, teachers, and community workers who are all committed to improving wellbeing through singing. They exist because suicide is the leading cause of death for women during pregnancy and one year after birth and because singing is clinically proven to reduce symptoms of postnatal depression faster than the usual forms of treatment. A study highlighted that 73% of mums who took part in a ten week programme of group singing recovered from postnatal depression, and that participating mums also reported an increase in self-esteem, confidence and bonding.[25] Group singing reduces symptoms of postnatal depression faster than the usual forms of treatment.[26] Following on from this study, talks are currently taking place with Colchester's perinatal team for the consideration of this class to be offered on prescription.

"This is the only class available just purely for the mother, unlike other perinatal classes where the baby is the focus."

The Singing Mamas approach uses the NHS five ways to mental wellbeing framework alongside the Maternal Mental Health Alliance guidelines for peer support as benchmarks for service delivery. In essence though singing supports the following:

- Improves breathing, posture and muscle tension and contributes to mothers' physical wellbeing
- Releases endorphins which deliver pain relief and improved mood
- Reduces stress hormone levels, benefiting the immune system
- Stimulates cognitive function through learning new songs
- Helps forge social bonds particularly quickly, improving social networks amongst mothers'
- Creates a positive shared experience between mother and infant and increases mothers' confidence in her parenting abilities

A participant agreed that the music session had a positive impact on her, given that she was still in the early days of grieving as her partner had recently just died. The music was enabling her to access her grief.

"The classes are very chilled and relaxed, you don't have to have a singing ability. Some may just want to soak in the atmosphere and mindfulness."

Singing Mamas class were due to be held in the Hythe Community Centre but due to a lack to availability at the desired time, they will be held at Abbotts Community Hall.

The class due to start in September 2023 have generated plenty of interest but with only two people facilitating the Essex groups, support with publicity will be gratefully appreciated. Moving forward the aim is to start an additional group in another area of Colchester, for new members to experience the sessions. Funding will be required to facilitate this. Perhaps costs can be supported by member's donations and part funded. Though being mindful that many women who find themselves in this situation of needing support due to feeling very low, are often unable to access money for themselves. Mothers who are feeling depressed will not respond to their babies and singing can break through this to help them then bond with their babies. This in turn is helping the child.

[25] About Us (singingmamas.org)

[26] Findings are taken from a 3-arm randomised control trial published in the British Journal of Psychiatry in February 2018 (authors D. Fancourt and R. Perkins)

"Building a community of women as well who can all support and help each other is really powerful."

GoodGym

GoodGym Colchester is about getting fit whilst also supporting the community with the work they carry out. The charity's aim to support isolated older people, helping local communities and improving physical and mental health. Facilitated by an Area Activator and Taskforce Volunteers, they are available Monday to Friday 9.30am–6pm, a group of residents run, walk, or cycle to help out community projects and older people in Colchester.

"GoodGym combines doing good with running, which helps me forget I'm even exercising. It's great!" [27]

Tasks can vary from improving the gardens and courtyard for residents at CBH's Charles Smith House located in the Old Heath area, to visiting Nayland Lodge care home, Mile End, to support residents and the local community to grow their own fruit and vegetables.

"From hanging curtains for Mr H because he can't manage it on his own, to shovelling a tonne of compost for the Food Growers Group so they can grow vegetables - every GoodGym session is different."

Group runs, missions and coach running are now available in Colchester, being all inclusive sessions, no one is left out – whatever a person's fitness.

Healthworkz Neuro Fitness and Movement Therapy Studio

HealthWorkz is a community based Neuro Fitness and Movement Therapy Studio, located in Greenstead, Colchester, that has been developed over the past 10 years of working with those living with long term neurological conditions. Their aim is to ensure people affected with long term neurological conditions can get active and mobile in a comfortable and supported environment, relative to their own personal levels of ability and associated needs. The Healthworkz team helps people with;

- Multiple sclerosis
- Stroke
- Parkinson's
- Cerebral Palsy
- Acquired brain injury
- Spinal injury
- Other neurological conditions

[27] www.goodgym.org

Through specialised equipment like the balance trainers, Thera-bikes (upper and lower body cycling), vibration platform and Functional Electrical Stimulation Cycling, the equipment allows people with varying levels of disability the opportunity get active and engaged in a positive environment, supported by exercise coaches. Being part of a larger activity and fitness facility, the studio setting allows people to feel part of a wider community. Healthworkz promotes social interaction, wellbeing as well as activity. They have café facilities and large reception area with full access to amenities all on the ground level which helps people feel comfortable in a fitness environment and a place to catch up with your friends after a session.

Case study

My husband has been attending Healthworkz since it opened post Covid. He goes twice a week. Prior to that he attended MS-UK's facility, Josephs Court, where he was under their care and guidance. He was diagnosed with MS in 1992 and has been in steady decline for several years. The help he gets from Healthworkz has been invaluable, and without it I have no doubt he would be in a wheelchair permanently. He has access to a Functional Electrical Stimulation machine, Thera bike, weights, vibe plate, parallel bars, balance trainer etc. he also has the expert knowledge of please insert staff role?, ably assisted by another professional, again same here? Not clear who this is?. They are constantly coming up with ideas to help him keep moving and realize his potential. All this has helped with his wellbeing and each session is a social occasion as well, making it seem less like hard work.

We live in Brightlingsea but there is nowhere comparable in the Tendring area. A transport service from Tendring to Colchester would be helpful. I know a lot of people attend Healthworkz from the Tendring area. This would also give me a few hours of respite each week, which would be very helpful and much needed.

Community Halls in Partnership

There are seven halls located in Colchester with this partnership which include three in the Hythe area: Old Heath Community Centre; Hythe Community Centre; and Abbots Community Hall.

The Hythe Community Centre is a modern and welcoming multi-purpose community centre is a much needed resource in the Hythe area, providing community centred health, educational and leisure facilities. The centre is a two storey fully accessible building, is located on a bus and train route to/from the town centre including a private free car park. It is a popular, modern facility providing a varied choice of rooms, each with their own kitchen facilities, additional storage if required, disabled facilities, baby changing and toilets on each floor.

MissFits

MissFits Workout classes held at the Hythe Community Centre include MissFits Workout - a dance based workout for people who don't feel at home in the gym, the focus being to find the joy in movement and exercise. Some classes include optional chair based routines or stretches and there is no floor or mat work as this can be a great struggle to people with limited mobility.

"This class is honestly the most fun I've had since COVID took over the world - thank you so much and I can't wait for Monday!"

Project participant

Face to face classes include: MissFits Monday at the Hythe Community Centre, and Midweek MissFits at the Abbotts Community Centre. These 55 minutes workouts cost £6 per session. The facilitator also hosts three MissFits Workout Playground group training sessions per week, held in her garden using hand weights, resistance bands and other small pieces of equipment. The cost of 5 hours is £50. An online only MissFits Friday Funtimes is available via Zoom. These 55 minutes workouts cost £5 per session.

"I haven't moved for a long time and I very nervous and anxious beforehand, but Becky's messages really helped and the classes themselves are super fun…they don't feel like exercise!"

"I don't feel pressure to be perfect, instead I feel encouraged by just moving my body for the first time in years and actually enjoying it (I might have even smiled the whole way through too!"

Project participants

It is clear to see the positive impact the MissFits Workout classes are having on members' health and wellbeing. Their responses include:

'Motivated me to continue to keep fit'
'Feel really good afterwards'
'Helped me feel more active and more confident'
'I can feel my flexibility improving which in turn helps my back condition'
'Helped me embrace joyful movement without pressure, compared to negative experiences with gym membership'
'They give me routine, and help me enjoy moving my body, it's also supported me in recovery from an injury'
'I have a much more positive relationship with exercise! I now exercise purely because I enjoy it, and it doesn't have the negative associations I used to attribute to exercise I've started trying other exercise outside of dance'
'I feel fitter and healthier generally'
'I like the focus on joyful movement'
'Helped with my fitness level'
'I feel better about myself after these workout classes, my body feels looser, and I hope it'll keep getting stronger!'
'Made me feel so good about myself'
'Improved fitness, greater flexibility, now feeling part of a community'
'I feel more confident, fitter and generally happier'
'This class has become a safe space away for the madness that is my life'
'Given me more confidence'
'Confidence increased, helped with coordination, makes me feel better and happier during and after classes'

Abbott Activity Centre

Abbots Activity Centre is used by over-fifties groups, including blood donor sessions and stroke survivor meetings.

Different Strokes Colchester Exercise and Peer Support Group

Different Strokes is a place where stroke survivors can meet other people affected by stroke and take part in group exercise sessions. The weekly activity, free to participants, is held at the Colchester School of Gymnastics, in north Colchester though two attendees of the exercise class live in Old Heath. It is only possible for them to attend thanks to community transport. Virtual meetings are held twice monthly on Zoom for younger stroke survivors. Sessions are led by physiotherapists and exercise instructors, reflecting the large variations in stroke survivors' physical condition and mobility post-stroke.

"When I arrived at my first exercise class, I just cried…I was so elated that there were people just like me who understood about coping with life after a stroke."

Project participant

A second group is held in the Old Heath, a conversation group, providing communication support in one to one, and small group settings, social support, and brain exercises for stroke survivors. Of the two classes available, the exercise based class comes at a more significant cost: £45 for the trainer; £15 for the gym room and £15 for the lunch room. This session consists of firstly having lunch together, a chance to chat and catch up, then onto the gym where their own room is allocated for stroke specific exercises on a soft floor.

"There is a constant slight worry about the costs for the exercise group."

Project participant

ParkPlay

Active Essex and the Essex Local Delivery Pilot have agreed to support ParkPlay in Essex through to spring 2025, to help improve people's physical and mental health, by bringing communities together. It is about building stronger, healthier, connected communities nationwide through the life-changing power of play.

ParkPlay started in Essex in Spring 2021 to encourage everyone to be more active outdoors. Since then, 16 have been successfully launched in Essex, Colchester's first ParkPlay launched at the Old Heath Recreation Ground in August 2022 and sessions are now held every Saturday morning from 9.30am offering two hours of play in the park

for free. With active and inclusive games, all generations can play together. It offers a safe, welcoming, and inclusive way for people to connect and have fun.

"We are really excited to host the first ParkPlay in Colchester and to get the community around the local area of Old Heath joining in with some fun games, which are suitable for everyone. The great thing about ParkPlay is that everyone can join in, and you can join in as little or as much as you like. Come and meet new people, whilst enjoying the fresh air and having fun. There are so many benefits to exercising and moving outdoors; it's great for relieving stress, boosting your mental health and your immune system which is so important. It enhances your self-esteem and it's also safer than being inside a studio." [28]

Old Heath ParkPlay

The closest ParkPlay session for residents of Pier Ward is located at Brooklands Gardens in Jaywick, Clacton.

Walk For Wellbeing, The Hythe

Facilitated by Community360, Walks for Wellbeing offer supported, guided walks that are accessible to all, offering an opportunity to enjoy nature, meet and chat with new people whilst getting some gentle exercise. Starting at Tesco Superstore, The Hythe, at 11am, there are various routes in green spaces. All walks are free and last for around 60 mins to 75 mins.

Holiday Fun

Holiday Fun currently runs every school holiday to help families facing holiday hunger, as well as providing a free day out. The programme started in 2017 and has run continually since – including a take-out option during the COVID years. In February and March 2023, Firstsite trialled an expansion to cover every weekend, in addition to Holiday Provision. As part of the weekend project, they have hired four Holiday Fun Champions to promote the project. Champions were either parents/carers from the Holiday Fun Programme or those from areas facing deprivation. Since May 2022 the programme worked with community groups to staff the kitchens with women who have been struggling to re-enter the workplace. They have ownership over the curation of the menu, which has vastly improved the food offer!

This summer the project provided 140 canteen spaces a day, inviting the whole family to eat for free. The programme also offers sports sessions, including rugby, drumming, street dance, Zumba, and skateboarding (in collaboration with the Dry Skate Project). Drop-in art workshops are also offered.

Total participations Summer 2017 – May 2023
Sports and Movement: 9,982
Total Meals Served: 19, 592
Art Workshops: 28,872

[28] Old Heath – ParkPlay (park-play.com)

Case studies from a report conducted in collaboration with the University of Essex:

- My son loves to break-dance at the Centre, and there is no way that I could afford to take him for break-dancing and this is his opportunity to do that. And I think a single mother wouldn't be able to afford to do that.[…] Things like that art class and most of the parents who we work with will not be able to afford that. And so it's given them the opportunity, the kids to go to school and tell other kids, 'I did this' to the kids that say 'we went on holiday, we went here'. They can say 'I did this too'.

- We struggled to spend quality time with our kids because, inside the house, it's like they feel like they are trapped here. They want to run and jump and do other things. But we don't have the ability to go inside the house. So yeah, first, I tried to take them out to the parks, but there are not many here, […] especially in the rain and snow. So, when we go to this centre, I say we feel safe. It's like a safe, child-friendly space. And there's a roof so they won't get wet or cold.

- I was afraid at first because of the meat meals because we are from Muslim culture. So they assured us that they provide halal meat, so it was a very good option for us […]. We struggle sometimes to provide, like, proper meals for our children and for us. So providing these meals during the weekends, or during the holidays, was very good for us. And the type of the food is very good, also, like they provide the main meal and salads and dessert. So, it's like, full for me, for us and for the children.

- I think it is good for them to link it, not only are they coming for food, but they are coming to do other activities. So yeah, the whole experience.

- What I found was that different, warm welcome every time I entered the building it was like the whole family was there - everyone I know. So, when they started their holiday fun it was fully inclusive of every culture I think under the same roof. That's a very global picture I can see here and a very homely environment.

- I think the people, I feel a lot of warmth from the whole team. I have never seen anybody discriminating against anybody, because people from all sorts of backgrounds and cultures come to Firstsite. I have personally never met such caring people, locally at least. So definitely, they are really amazing. I think the team and the people is the best thing about Firstsite for me.

- We must bear in mind a lot of the ladies have started cooking in the kitchen, they haven't actually done any sort of paid employment work or any volunteering work, you know, in their time in England. So that was their first opportunity, we started doing some training and empowering the women to be able to go out and look for work. So, for a lot of them, this was their first opportunity to be in the kitchen to actually do some work and get paid for the work as well.

- We've got three members who are regular chefs put it that way. All of them have got children. So, we babysit the children, there's a place where we sit down and babysit. And then the others from the group come and join in and they take a seat, and then bring their children and ask to come and have and enjoy the food that their mothers cooked. And the kids are proud as well that their mom, 'my mom cooked this food'.

- So we have three ladies cooking at a time each day. Every half term, we usually sit down with Firstsite and we look at the menu, who's going to cook when and what will be cooking.

And that seems to have worked out really well for the ladies. They're really enjoying it. They feel like they're at home at Firstsite. And I think they just overall the holiday fun club is something that they really sort of want to be involved with. They know they're helping the community at large and it's been having a huge benefit on the local community.

Tendring

Physical activity interventions for pre and post treatment [29]

Due to patients suffering significant delays to diagnosis and treatment during the Covid-19 pandemic, it was identified that colorectal cancer patients would benefit from physical activity interventions to improve their outcomes, reduce length of stay in hospital and improve their experience and quality of life.

The pilot has been made possible, by the collaboration of East Suffolk and North Essex NHS Foundation Trust, Colchester Leisure World, Clacton Leisure Centre, Cancer Wellbeing Centre, and Active Essex, with funding from the Sport England Tackling Inequalities Fund.

Focusing on psychological, physical, and nutritional wellbeing, patients were educated on leading a healthy lifestyle and could attend weekly exercise classes in Colchester and Clacton leisure centres. The projects development plan was designed to ensure patients were in good physical shape before surgery and to continue the exercise classes for a total of 15 weeks once they were fit enough post-surgery and treatment. Prehab exercise classes, swimming classes and rehab exercise classes were offered to patients, alongside the option to participate in the other fitness initiatives that the Cancer Wellbeing Centre in Colchester provided.

"I was referred by an Oncology/Gynaecology Specialist Nurse and I look forward to attending this class each week. I feel more energised afterwards and feel supported. My confidence in my ability has increased and it has given me the chance to meet new like-minded people. I find this really helps, as I am surrounded with people who understand the difficulties physically and mentally to overcome surgery following a cancer diagnosis."

Participant

Essex Pedal Power

Essex Pedal Power, the successful community cycling initiative that launched in Clacton and Jaywick Sands in June 2021, is now introducing a new scheme, Re:Cycles, which supports more residents access to a free quality bike. Locals can donate either an old or unwanted bike, and mechanics will upcycle and recondition the second-hand bikes, so that they can be redistributed to the community.[30]

In addition, the Essex Pedal Power Wheels for all project provides cycling opportunities for people with disabilities and long-term health conditions across Tendring.

"For my mental health I tried doctors and medications but bicycle riding was definitely the best medicine."

[29] North Essex Cancer Prehab & Rehab Pilot (activeesseximpact.org)

[30] Essex Pedal Power Re:Cycles - Active Essex

For residents of Clacton and Jaywick Sands, Essex Pedal Power and Big Bike Revival are offering free sessions to those wanting to learn how to ride a bike, build confidence on the road or keen to learn bike maintenance, a succession of 'Learn to Ride & Ride Together' and 'Dr Bike & Ride Together' sessions are available in the Tendring area. The closest session to Pier Ward residence will be Jaywick Sands or Holland-on-Sea.

"There are days when I've got no money and nothing to do but now I have a bike I can head off cycling and not worry about anything. It's very fun!"

"I never thought I would meet and go out socialising with people from Jaywick. There's a big community built around them and then you've got loads of splinter groups that have come off from that."

"We go cycling together twice a week and we have great fun. It lifts your mental state."

Free bike recipients [31]

Sport for Confidence

Through utilising the knowledge, skills and expertise of Occupational Therapists and Coaches, Sport for Confidence can support those who require additional support to people outside of the home environment addressing physical inactivity, wellbeing, and independence.

'Only 61% of adults in England and 59% of adults in Essex do 150 minutes or more of moderate intensity physical activity per week and certain groups have an even higher prevalence of physical inactivity, including individuals with disabilities and/or long-term health conditions.'[32]

"The resident had a pressure sore but wanted to sit in her room all day, so with this project and the walking club and everything we encourage, this person is now walking confidently and the pressure sore healed." [33]

Care Home Staff

The Prevention and Enablement Model (PEM), now renamed Reconnect, is a test and learn initiative in Essex that launched in August 2020 with Adult Social Care at Essex County Council, Active Essex, and Sport for Confidence CIC as key strategic and delivery partners. PEM also brings together a diverse range of wider partners across Adult Social Care, the NHS, and the third sector (e.g. local councils, Essex County Council teams, Provider Quality Innovation Team, and care homes) in a whole system approach to improve the lives of people living with disabilities and/or long-term health conditions. Its overarching theme is to encourage and support people to be more

[31] Clacton and Jaywick, Essex Pedal Power (activeessex.org)
[32] About Sport for Confidence - Sports Workshops Essex
[33] Testimonials | Sport For Confidence

active and is delivered via a system of unique partnerships across the county's Adult Social Care sector, with four interrelated workstreams: Care Homes, Community Partnerships (Reconnect), Physical Activity in Occupational Therapy, and Strength and Balance.

The impact to those people who accessed PEM services experienced a number of benefits including enhanced health; wellbeing; confidence; skills; routine and structure; independence.

Essex's Prevention and Enablement Model (PEM) independent evaluation report by the University of Essex concludes that the positive impact of embedding physical activity into a whole system approach to adult health and social care could deliver £58.72 of social value per £1 invested. [34]

The Strength and Balance pathway, now overseen by a lead person in both Colchester and Tendring, facilitates the transition of people from the NHS pathway, into the Sport for Confidence pathway and then from there, signposts people to utilise community services. Most referrals, though not exclusively, are the older age demographic who have recently been discharged from hospital, particularly those at risk of falls, engaging them in physical activity to help with muscle tone, endurance, physical ability, therefore reducing the risk of falls. This 12 week pathway sees more significant results longer term support. Session sizes may have to be capped depending on the venue size and so NHS referrals are prioritised which will be a barrier to people who are self-referring. If this is the case, alternative community services can be suggested.

Sport for Confidence sessions at Clacton Leisure Centre include:

Love to Move (aimed at older adults and people living with Dementia) - Tuesday
Multi-Sports - Tuesday
Inclusive Dance - Tuesday
Swimming - Friday
Boccia - Friday
Fun Fitness – Friday

These sessions are held weekly at a cost of £3.50 per session. Places are limited so advance booking is required.

Sport for Confidence sessions at Colchester Leisure Centre include:

Fun Fitness – Monday
Creative Dance – Monday
Racket Sports – Monday
Supported Gym – Monday
Cycling (takes place at Northern Gateway, cost of session is £5) – Tuesday
Love to Move – Wednesday
Boccia – Wednesday
Multi-Sports – Wednesday

[34] Prevention & Enablement Model (sportforconfidence.com)

Sport for Confidence place an Occupational Therapist and Coach into a leisure centre to make reasonable adjustments and break down barriers to enable everyone to participate in sport and physical activity.

"I would like to see more affordable community transport available so I can attend more Sport for Confidence activities. I'm not eligible for a free bus pass yet so it costs me a total of £11.50 to attend one exercise class. I can't afford to attend more than two classes a month."

Project participant, Clacton

Becoming sporty!
Becoming a sporty person was not on J's radar, however now a member of Sport for Confidence playing sports has led to friendships, improved communication skills, hope, increased quality of life and in general believing in herself and her future. J describes Sport for Confidence as 'more than sport' as she also has hand therapy sessions with occupational therapists, in which they play games to help straighten her fingers increasing her fine motor skills. These benefits help her play more sports but also in managing everyday life.

Thriving not surviving
A new challenge recently completed by J was a fundraiser called the Superhero Challenge in which she had four weeks to complete 26 miles. They completed the distance mainly via a wheelchair and a smaller part was completed by swimming. J raised money towards a new church ramp. This prodigious achievement shows J's strength and hard-working nature which has been established from a difficult but very special and unique journey.[35]

Case study: Reflections from a Community Partnerships/Reconnect servicer user

Since joining Sensory Swim, Mondays are my new favourite day of the week. To be able to get out of the wheelchair and into the pool is such a feeling of freedom and physical ease and support, and the session is great fun. There is such a wonderful vibrant energy with all the participants having an enjoyable time. The occupational therapists and coaches are supportive and helpful. Full of encouragement. Working with you to find the best flotation devices to support what you are looking to achieve. Taking time to go over all information about equipment so you are safe.

I have noticed various improvements in my body since I began these sessions. I have recently moved into a new property with a steep-ish ramp. I had been suffering pain and discomfort in my spine from pulling the wheelchair up the ramp with my arms and bars. The swimming using a noodle and a hand held float allows me to stretch my spine and build up strength in the spinal muscles at a better angle and my back is no longer hurting. I also usually pull my wheelchair around the house with one good leg but since swimming has allowed my body to use different muscles in two legs whilst being supported I noticed that my body is returning to often using two legs to move the wheelchair around the house. I've also been able to practise walking in the water and doing various leg exercises as I'm fully supported by floats and water.

[35] Testimonials | Sport For Confidence

I have recently joined in with the Stronger My Way session. This is so much fun. The games really make me laugh, which is very beneficial. There are some games that at 47 are not quite as easy for me due to the wheelchair and I can feel a bit sad, however, the team always find a way for me to be included, so, if they can find a way to say 'yes' to me being included, I find a way to raise my spirits and find my 'yes' to joining in. It's always worth finding a way to make it work. I've noticed that this session acts as a warm up for the swimming after it. I have managed to complete much more improvement in swimming since beginning this class.[36]

Open spaces

Pier Ward boasts several parks and open spaces that provide ample opportunity for physical activity. These include Holland Haven Country Park, Martello Bay Country Park, and Clacton Seafront Gardens, which offer walking and cycling paths, as well as facilities for outdoor sports and recreational activities. The community has a range of sports clubs and facilities that promote not only physical activity but an opportunity for community engagement, e.g. Pier Avenue Bowling Club; Clacton Leisure Centre and Clacton Golf Club, which offer various sports and fitness activities for all age groups.

Get Moving, Clacton

This walking group activity is delivered by CVST as part of the lottery funded Healthier Independent Longer Lives (HILL) project. A free weekly activity that's designed to help people lead healthier, more independent, and active lives whilst making and building friendships, enjoying being both outside and the local area. This friendly group is a great way to get outside and enjoy the local area. There is a refreshment stop during the walk.

The area benefits from a network of walking and cycling routes, such as the Tendring Way and the Frinton Road Cycleway, providing safe and scenic pathways for residents.

Community Cycle Ride

This free weekly activity facilitated by CVST. The approximate one hour ride starts at the RNLI Clacton-on-Sea Lifeboat Station, Hastings Avenue, and welcomes riders of all abilities.

Clacton Rhinos Walking Football Club

The walking football clubs offer a slowed down version of the sport in a supportive, friendly, and relaxed environment with no pressure. Held at the Clacton Leisure Centre, Clacton Rhinos Women's over 40's football sessions are held weekly on Tuesday evenings between 6pm-7pm. For all walking football sessions, the first session is free, thereafter £5 per session. All abilities are welcomed.

"We had a great ladies session this evening…
A lot of fun and great banter as usual…"

Clacton Rhinos Men's over 50's Walking Football sessions are held weekly on Friday evenings 7pm-8pm. First session free, thereafter £5 per session. A new session available for over 65s are held weekly on Thursday afternoons between 2pm-3pm.

[36] FINAL PEM evaluation report Aug 2022.docx (sportforconfidence.com)

Community centres

Participants agreed that they miss Coppins Hall Community Centre in Clacton, which was destroyed by an arson attack in 2020. The centre housed baby and toddler groups, bingo, sports, health support groups and youth and drama groups.

"It took me over half an hour to walk to Coppins Hall Community Centre, but I did that twice a week because the groups really helped with my mental health."

Participants agreed that a community centre, closer to the seafront in Pier Ward is much needed.

"I do think Pier Ward is missing a community space, a place to bring a group of adults into."

Sydney House is located next to Coppins Hall and is devoted to family activities. Since writing this report Coppins Hall has now become occupied solely by Inclusion Ventures which is devoted to children and teens.

Albert Edward Hall Community Centre is booked mainly by groups running physical activities – will little available for those who are isolated and lonely or the elderly. It is about 30 minutes walk for those living on the Cann Hall estate.

CVST runs three cafés in Clacton and these friendship cafes are weekly get togethers for anyone who host weekly groups in their Clacton hub including: Bereavement and Friendship Café, held on a Friday, cost is £1 which includes refreshments; Fun and Friendship Café, held on a Monday, cost is £2 which includes refreshments; Dementia Café, held on a Wednesday, cost is £1.50 which includes refreshments.

Food Sustainability

CVST facilitates a community allotment in London Road, Clacton, an opportunity to share skills and knowledge, plant and harvest fresh produce and enjoy the social aspect of working with like-minded people.

FoodCycle

Whilst a national charity, it's secular in its nature and uses a variety of venues for its Projects e.g. community halls, school halls depending on where the facilities are. Based in the Baptist Church in Pier Ward, FoodCycle runs community meals where they invite people to come and sit with them around a table and enjoy a hot, nutritious three course meal, free of charge. Meals are provided on a Monday lunchtime with guests arriving at midday. FoodCycle's philosophy is:

> To provide community meals where there is a level of need, food poverty, homelessness, housing challenges and tackling isolation to try and build a sense of community.

The Baptish Church is used purely because of the functionality – a well equipped kitchen and a large hall used as the dining space. To offer dignity and respect, meals are served at the table by volunteers in a welcoming environment and this weekly community dining service not only helps tackle food poverty, by making good use of surplus food, but it also helps alleviate loneliness by bringing the community together. Regardless of a person's background this all-inclusive space is for people from all walks of life who are made to feel welcome. Between 35-50 guests are accommodated per sitting.

"Coming to a place like FoodCycle, having a nice, safe space where you can eat an amazing meal with new friends, old friends are just a really valuable thing at the moment."

FoodCycle volunteer [37]

Serving only meat-free food means their meals are accessible to people of all cultures and religions. They are only able to accept food donations from supermarkets, small independent grocery shops and markets. They take fresh produce, e.g., fruit, vegetables, bread, and dried goods, e.g., pasta, lentils, and spices. They are unable to accept ready-prepared foods such as doughnuts, sandwiches, and microwave meals. FoodCycle have a team of collectors whose sole job is to collect surplus food from supermarkets, stores, and allotments etc.

"It's not just the food, it's the people as well…it's great for mental health. I feel really happy when I've left the Project."

FoodCycle guest [36]

After service, any uneaten food is packaged and given to guests as they leave. They have a register but only to encourage participation and to alert people to any changes to their service.

And to support people's health and mental wellbeing weekly 'Check-in and Chat' conversations are offered by FoodCycle. Volunteers telephone people who are socially isolated and as the service users often live alone, this has been of great benefit to many during the Covid lockdowns.

Communication for making themselves known in the community is through leaflets, community outreach, connecting with local organisation is the area and word of mouth.

Together We Grow CIC and the Big Friendly Gardeners

Set up in 2017, Together We Grow CIC is a not for profit social enterprise, improves the lives of communities and individuals by focussing on issues such as health and wellbeing, the benefits of the natural environment and the importance of bringing the community together. Supported by 40 volunteers who help with the running of the garden, education sessions and wellbeing programmes, as well as an outreach work in the community and local schools. They work with a range of funding partners to joint fund this work. The organisation's focus is:

- Physical and mental wellbeing
- Training
- Education and community - creating edible, education gardens and delivering curriculum focused sessions, clubs and wellbeing activities. Working with schools and community groups to increase awareness of the benefits of food growing and accessing nature to both physical and mental wellbeing.

[37] FoodCycle | Leading Food Charity | Nourishing Communities in the UK

- Improving lives through increased physical activity in a natural environment. Working with groups and individuals from a variety of settings, reducing social isolation and improving mental health at the same time.

They run the Big Garden at High Woods Country Park and the aim of the two-acre garden, which is like one very large allotment, is to provide the local community with a space that they can use as their own throughout the year to grow delicious veggies, be in friendly company and take part in well-being programmes.

Community Cafe Project

Operated by Go4 Enterprises CIC, and as part of Community Cafe Project, the community cafe is ideally situated in the old tennis pavilion between the playground and the community garden on the Old Heath Recreation Ground. A Council initiative in refurbishing the disused pavilion to benefit park users and following public consultation and refurbishment, the café opened to the public in May 2016.

In addition to offering refreshments, the café is a hub for the community, bringing people together and serving local needs. For those feeling socially isolated, this is a place to connect, whether looking for a friendly place to sit and relax or needing help with food and support. Keeping residents informed and up to date, the notice board lists details about events and volunteering opportunities.

"Help keep the heart of the community beating – support Go4 Community Cafe today!"

Go4 staff and volunteers

Despite facing numerous challenges due to COVID-19, the cafe continued to serve hot meals, provide food parcels, and offer a safe space for the most vulnerable neighbours. The facilities available include indoor and outdoor seating, toilets available for the public and an outdoor serving hatch. Their menu features a range of options to suit every taste, including healthy options and seasonal specials. Locally sourced ingredients are used whenever possible and local farmers and producers are supported. Buffet catering or sit-down meals can also be provided, accommodating up to 25 people at the café and taking into account dietary requirements i.e. gluten-free, vegetarian or vegan.

Go4 Enterprises' mission is to create volunteering, work experience, training and employment opportunities for unemployed people whilst providing quality support and help to increase their skills, employability, and wellbeing. The Go4 community support includes a: larder; garden; bike kitchen; and Hong Kong welcome hub.

The GO4 Community Larder is regularly topped up with donations, available to anyone facing food insecurity or just needing a little extra support. The larder is well stocked thanks to the generosity of the community and local businesses. A place for people to come together and grow their own food where all gardening abilities are welcomed. Tools and resources are also provided where people can work together to create a beautiful, thriving garden.

Bike Kitchen Workshops are available at the community hub, a place to learn about bike maintenance and help people to fix their own bike. The Bike Kitchen is an open, safe, and friendly space for people of all backgrounds, races, genders, orientations, and beliefs. With access to work stands, tools, and some spare parts, whether a beginner or an experienced mechanic, everyone is welcomed. With an open-kettle policy there's an opportunity to just connect with others whilst enjoying a hot drink amongst a friendly, supportive environment.

The Hong Kong Welcome Hub supports the Hong Kong community in their journey to settle into their new home. The hub offers a variety of service to help people find work and adjusting to a new country. Training programs that are designed to help people prepare for the job market and learning the local language. English lessons taught by experienced and qualified teachers. The cafe provides a community base for Hong Kongers, where they feel safe. The cafe is staffed by volunteers who are also making a new life in the UK.

In Colchester, volunteers like who?(Y) have started their own businesses, such as online bakeries, to make a life for themselves in their new homes. The decision to settle in Colchester was often made because of the good schools and supportive community.

Go4 runs a Skills for Life project which aims to teach young people to learn basic skills such as cooking, budget management, sewing, clothes washing, house maintenance, how

to paint walls, change light bulbs and planting and growing vegetables. This initiative can also help them to save money with their shopping and eat healthily.[38]

Colchester, with its excellent chess clubs, is now branching out to street chess. *'ColCHESSter'* is promoting chess for everyone, from the chess-curious to the dedicated hobbyists, on the street and in cafes, pubs, and other venues. The Go4 Café on the Rec have a chess set which customers are welcome to use.

Boaz Project

The Boaz Project started in 2018 and is the community outreach arm of Divine Assembly Ministries, a registered charity and local church located in Greenstead, Colchester. The main aims of the Boaz Project are to reduce poverty and hunger, reduce waste and to improve wellbeing. Services are open to every member of the Colchester community regardless of any characteristics. Food parcels are provided for those in need and people are signposted to other services where needed. The culture is warm and welcoming, not a place where there is a requirement to fill out forms on arrival and for many, often the humiliating reason for their need, but to enjoy a sit down meal with others. Lunch is served on a Sunday, and everyone is made to feel welcomed whether they are there for the food or just the company.

"I know what it takes for somebody to leave their house to go and get food support to then turn up, fill in forms and explain everything, why you're there."

"How undignified it can feel knowing that a person is doing something for you because of your (food) crisis."

The community fridge works very closely with the Colchester Foodbank. Once people have received dry food provisions at the food bank, they can be signposted to visit the community fridge for chilled or frozen food, fresh fruit, and vegetables. This approach of organisations sharing food avoids food wastage. Prior to lockdown, 16 families were being supported and that number rose to 70 when lockdown started.

A community supermarket, due to open in Greenstead in October 2023, is a new initiative as part of the levelling up agenda funded by Essex County Council. The purpose being to move away from free food to a more sustainable model. The food sold will be sold at a cheaper price than the cheapest local supermarket. The ethos of the community supermarket is to encourage community spirit, not a 'cheap shop for people on low income', therefore removing the stigma. A shop run by the community, for the community where investment is then put back into the community.

Salvation Army foodbank, Clacton

Based in Pier Ward, the church provides a freshly prepared two course lunch at an affordable price, three times a week. Also offering an opportunity for those who are lonely to enjoy company.

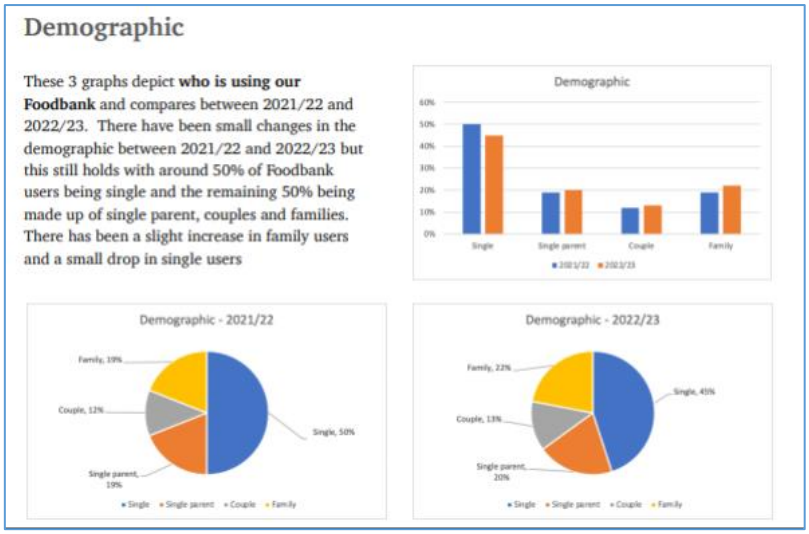
"The foodbank was there when we really needed it, it was an absolute lifeline."

[38] Colchester City Council

"Without the foodbank, I don't think I would be here today."

"The people at the foodbank were wonderful, they understood and saved us."

In June and July 2023, the service fed c260 people per month, with c130 food parcels. June figures were up 53% on the 2022 and July figures were up 136%. It seems everybody is increasingly struggling with the cost-of-living crisis. People are no longer 'just about managing', and they are very proud about asking for help, so it is difficult. The over 60s are underrepresented at the Foodbank with less than 3% of all food parcels going to over 65's, and the service is working with Age Well East to try and encourage people to get support when needed. Pride often gets in the way of wellbeing and nourishment. The chart below illustrates the demographics of Foodbank users.



Clacton Foodbank works with 60 organisations who refer clients into the Foodbank, around 12 of which are key partners, without whom it would be difficult to provide a service. This network and partnerships are crucial in providing holistic support. The information sheet (see Appendix D) of support available in the locality is given out by all partners to assist people to find support. Where help is needed to contact services, it is given.

Foodbanks should be an emergency or crisis provision. This operates on a voucher system, with three given in a six-month period, extended only for valid reasons and as an exception. It is hoped that they are an interim measure while people sort themselves out. It is vital to ensure that they go to those who need them most.

Some referrals come through or go to the SHELLS/SOS bus which is at Christmas Tree Island on Fridays and offers a more holistic assessment with many partner agencies working together.

To be able to provide service and commission support which will make a difference, people need to be enabled to have their voices heard. Surveys do not work – it is more practical and plausible to visit and use the places which vulnerable people trust, to work with the providers of safe spaces. There needs to be some evidence of genuine interest and engagement with health service commissioners and District Councillors to find out what is working and what is not. As expressed by Clacton Foodbank representative:

"If you want people to move forward, you need to make them part of the journey. Ask, listen and act on their needs, we should never assume we know the solution."

Summary

Moving forwards communication and partnership working are critical in developing a positive attitude to local residents wherever their housing location may be. Housing quality is a major issue across the private rented sector across north east Essex and whole systems working will help to facilitate process change.

Making physical activity accessible allows people to exercise easily. The number of physical activities has increased, and people are gradually engaging with them, e.g. the HILL project which has encouraged people to start walking, cycling, using the park gyms in outdoor spaces, swimming in the sea – Blossome project. There are projects which greatly promote health and wellbeing and with the small local groups making the difference it is important to ensure they are sustained. There is a need to look at partnership working so transport can be shared between areas - route planning for individuals will be helpful.

To ensure food sustainability there is a need to support people to equip themselves with the skills to buy the right food and cook it whilst on a budget.

This report has highlighted a thriving community spirit which needs to be underpinned with a partnership approach.

Recommendations

Housing Quality

1. Prioritise holistic assessments of need to include wider determinants of health - attention given to improve a wider system working approach within the housing sector.

   Call to Action: Housing is usually linked to many health issues, and it will be helpful if professionals in the whole system can investigate further, not just focussing on their own area of expertise. The Neighbourhood Multidisciplinary Teams work well, consisting of professionals exploring different topics. Sharing information freely, understanding each other's priorities, including safeguarding. They can investigate and offer further solutions if a housing case is presented.

2. Empowering the community residents' groups to generate more meaningful engagement among residents and offer a safe platform for people to share their experiences. Organising community events and promoting togetherness.

   Call to Action: Encourage communities to set up their own safe space - local tenants/residents' groups or to use local residents' group to feedback to authorities. To ensure private sector tenants have a voice through private sector tenant forums.

3. Educating residents – programme of public information required, e.g. as per 2022 Winter Resilience pack leaflet about preventing damp and mould, as well as identifying wider actions that can improve the quality of housing (informing landlord before issues get out of control!).

4. Increase multi agency door-to-door knocking in vulnerable areas, including housing maintenance where issues can be fixed quickly. This has been trialled in Greenstead last year, and through the Winter Resilience teams with successful results in both areas.

   Call to Action: Partnership working works well and delivers results when done in a truly collaborative sense. Increased investment and focus on partnership projects should produce more positive results, e.g. Winter Resilience, Eastlight, SHELLS and the SOS bus.

5. Pursue sustainable funding to ensure the longevity of services which offer long term stability for local people. Short term investment doesn't allow enough time to build sustainable change.

   Call to Action: To invest in local delivery of assets over longer periods of time, providing structure and the time needed to build trust from the local community.

   Call to Action: To encourage attitudinal change within authorities. The Heart of Greenstead Project and Healthier Homes Project in Jaywick can only succeed with a positive mindset and a belief that long term change is possible.

6. To facilitate engagement and resolution of housing quality issues, include housing advocates in projects such as the Healthier Homes project in Jaywick.

7. Some neighbours experience much worst housing issues than others and so can be a possible deep dive for some neighbourhoods in future.

Physical Activity

8. Supporting smaller, independent organisations – information, advice and signposting to raise awareness of groups amongst communities.

   Call to Action: Local Neighbourhood Teams to be encouraged to understand and recognise the value of smaller less funded community services. There's a need to in-reach into drop-ins so as give people an opportunity to engage in voluntary projects to give them a sense of purpose, e.g. in different activities with simplified registration.

9. Adopt a spectrum approach to our understanding of 'Be Well' - to broaden promotion and understanding of good physical health across a wider spectrum to encourage earlier uptake and access to services. Social isolation is a strong feature and an area of increasing need.

   Call to Action: Ensure there are enough resources, i.e. Social Prescribers, and to encourage people to seek out group led activities. Use social marketing as a tool to highlight benefits of good health to reduced health risk. Marketing needs will differ within neighbourhoods and targeting in a suitable way for those people.

10. To gain a better understanding of the community's priorities and networks and create neighbourhood action plans, which make the best use of the local assets.

    Call to Action: Work across the domains to provide responses to crosscutting themes – especially 'economic stress'. Improve the provision of information for practitioners, including the asset map, by supporting the development of tools that can be trialled within the Local Neighbourhood Teams.

11. Increase capacity and manage resources smartly within the voluntary and community sector through partnership working and knowledge sharing, making the best use of scarce resource.

    Call to Action: Use the Neighbourhoods' Multi-Disciplinary Teams, including VCSE partners, to encourage access to appropriate pathways – this will be overseen by the domain steering group. Use the One Colchester and Tendring Together Boards to facilitate knowledge sharing and development of cross-referral routes.

Food Sustainability

12. Tackling the stigma around vulnerability – a sensitivity of communication and body language surrounding people in need is required.

    Call to Action: Training in awareness of the challenges of some of our more vulnerable communities and the impact of actions and behaviours on people seeking support.

13. Promote and coordinate awareness and access of community allotments.

    Call to Action: Wider offer of basic cooking classes and home budgeting skills courses (C3 Church course has long waiting list, which demonstrates that the need is there).

14. Addressing food sustainability issues

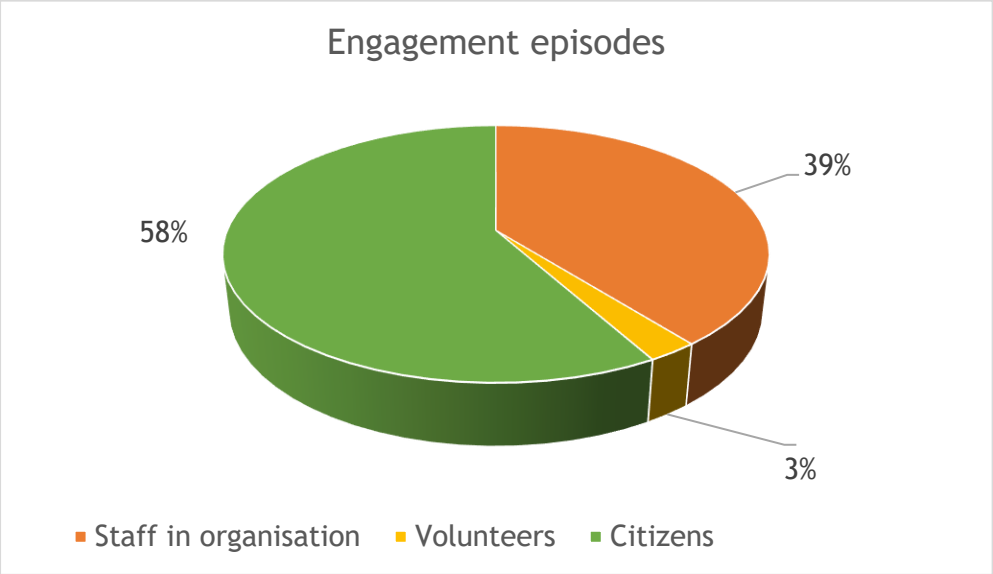
Call to Action: To develop a local strategy to address food sustainability, raise awareness of the possibilities for preparing food on a budget and understanding the health risks of some prepared and processed foods and understanding the benefits of using fresh produce.

Call to Action: To develop a food forum for those working in food supply and sustainability to connect with a broader network and collaborate for long term planning.

Appendices

Appendix A - Engagement Reach

Engagement episodes were primarily in the three focus areas of Old Heath and The Hythe and in Pier Ward. However, there were a number of broader interactions across Colchester and Tendring with both organisations and individuals.



Appendix B – Examples of local community facilities and groups in Tendring

Please note this is not comprehensive.

Place	Examples of Activity
Venture Centre, Lawford (owned by local Scouts)	Rainbows, Brownies, Guides, Beavers, Cubs, Scouts; Weightwatchers, Slimming World, Pilates, upholstery, singing, diddidance, sewing, flower arranging and so much more – all in the timetable on the website
Great Holland Methodist Church	Monthly Social and Stroll – first Saturday in the month. Open for an informal chat and refreshments in the hall and the opportunity to join others in a gentle walk
Pier Avenue Baptist Church	Weekly Coffee Shop on Saturday mornings. Open for coffee, chat and cake
St John's and St Mark's, Great Clacton	Last Saturday in the month – coffee morning – 9.30 to 11.30 Tea, coffee, cake ad company Craft group – last Wednesday of each month – inc tea and coffee
St James' and St Christopher's, Jaywick	St James' – coffee morning at 10am every Tuesday St Christopher's – community coffee – every Thursday at 10am
Christ Church URC, Carnarvon Road, Clacton	Coffee morning on first Saturday of each month, 10-12noon Coffee and chat – Thursdays 10-12noon, coffee, cake and fellowship Regular Film evening at 4pm (check church diary for dates) – Adults £5, children £3.50; film, popcorn, drink, fish & chip supper
CVST Lunch Club 99 Carnarvon Road, Clacton	Runs Monday – Friday, 12pm. Meals must be booked before 10am on the day, contact 01255 475 913 or 07510 930 601 and ask for Julie The lunchtime also provides meals for peoples discharged from hospital for the first few days if needed
Frinton Free Church, Connaught Road	Community Café, no set charge, just voluntary contributions, ta, coffee, snack and access to Wi-Fi, Monday – 9.30am to 12 noon Tuesday –9.30am to 12 noon Thursday – 9.30am to 12 noon Friday – 9.30am to 12 noon Dementia café – for those living with dementia and their cares – second and fourth Tuesdays, 2-3.30pm Host Narcotics Anonymous every Friday evening at 7pm Host Alcoholics Anonymous every Monday at 7pm Host Pilates, Slimming World, Wellbeing, Craft Groups
Cliff Park, Harwich	Weekly 5km times park run, every Saturday at 9am

Appendix C: Impact of Hyperlocal Funding in Tendring

The projects which provided food programmes, physical activities, help to the homeless/those at risk of homelessness and cooking and food sustainability were as follows:

Project	Purpose	Outputs	Outcomes
Firstsite - Harwich Holiday Fun	day-long activities during school holidays in Harwich – providing a hot, nutritious meal and creative activity for the whole family and physical activity for children.	69 attended; 115 hot meals served; 75% of children in receipt of FSMs; 40% of families required additional support in holidays; 40% adults were p/t and 20% unemployed	86% felt less socially isolated; 75% reduced concerns about feeding family; 92% programme helped financially during school holidays 93% programme has positive impact on mental wellbeing. Activity and nourishment during school holidays
Hope@Trininty Day Centre	To increase day service to 4 days /week and 4 hours/day offering homeless and vulnerable people hot food, packed lunches; shower facilities; clean clothes and safe space to socialise and seek support – including access to nurse for those with no GP access	40-50 people attended daily, ages from 18-75 Hot meals; bedding; cloths washed; showers. Worked with other agencies to support attendees.	Reports from attendees that centre was great support; good place to have a meal; welcoming volunteers; lifted spirits; gave hope; a social hub; improved mental and physical health. Continues but ongoing funding needed.
Inclusion Ventures – Nourish and Flourish	A fully equipped catering space to enhance social groups by making and eating nutritious food together. A safe place to meet, eat and socialise Cooking lessons and opportunity to grow food.	Sessions ran for 18 weeks with 35 attendances; 14 parents attended cooking sessions; 1 parent attended 12 out of 18 sessions; the remaining people attended between 1 and 4 sessions; attendance at each session increased from 10 to 18, building a social group; 617 meals provided through 2022	A mutual support group has emerged with families supporting each other
Mistley Kids Club	SEND Saturday Club, working alongside the afterschool and holiday club	45-50 children attending; age range 4-19 years; fully inclusive; children safe and cared for 6	Comments from parents: “This is my lifeline”; SEND children can access activity and

		hours on a Saturday, allowing parents time to themselves.	social opportunities with trained support; Parents have 'free' time. Ongoing funding would enable this to continue for one or two Saturdays per month.
Tendring Specialist Stroke Services	Project enables hiring of counselling and physiotherapy services for stroke survivors to enable increase in confidence and independence	82 people supported to access crisis/immediate support. 82 improved health 76 neuro physiotherapy support 68 emotional counselling and improve mental strength. 45 immediate supports	Improvements in physical fitness and mental health. Confidence and reassurance. Improved health: organisation hopes to continue service through other funding streams
Your Living Room	User-led support groups in Tendring East and Tendring South for the mental wellbeing of the hoarding community	120 beneficiaries over 2.5 years in 2 areas * See case study to illustrate how these groups benefit people.	Support group in Clacton to help people who are hoarders or supporting someone with hoarding. Working connections between other agencies in local areas to help people in crisis situations with their homes.
Uturn4Support	Aims to advance a young person's social and emotional skills via sports-based sessions to create better outcomes and awareness of issues of violence-based crime	10 young people regularly attended (all excluded from mainstream education or at risk of offending or criminal victimisation. At least 30 benefitted from night-time economy sessions supported by Essex Police	Mental and physical wellbeing improved through physical activity and emotional support; increase in crime reporting confidence, personal safety awareness and dangers and consequences of crime and offending.

Appendix D – additional relevant information from reports

Clacton-on-Sea Welfare Facilities there are similar facilities across Colchester City Council area, these are by way of example.

Feeding		
Day /Time	Location	Remarks
Monday 0930-1100	Salvation Army	Beans on toast & hot drinks
Monday 1200-1300	Baptism Church (food Cycle)	Vegetarian lunch
Tuesday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Packed lunch, hot food in winter months
Wednesday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Packed lunch, hot food in winter months
Thursday 0930-1100	Baptist Church	Toast and hot drinks
Thursday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Packed lunch, hot food in winter months
Friday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Packed lunch, hot food in winter months
Saturday1900-2000	St James Church	Dinner- Soup & Sandwiches
Sunday 1200	Redeemed Christian Church	Lunch and hot drinks – every other week

Self-Care		
Day/Time	Location	Remarks
Tuesday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Laundry /dryer, Cost of £2 per load, must be booked in advice
Tuesday-Friday 1100-1300	Hope @ Trinity's (Trinity's Methodist Church)	Washing facilities. Showers must be booked in advice
Thursday 0930-1100	Baptist Church	Shower facilities
On referral	Summit Services	Wash kits

Phone Charging		
Day/Time	Location	Remarks
Tuesday-Friday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	You require your own charger

Clothing/ Bedding		
Day/Time	Location	Remarks
Tuesday- Friday 1030-1300	Hope @ Trinity's (Trinity's Methodist Church)	Warm clothing & sleeping bags
On referral	Summit Services	Sleeping bags
On referral	CVS Tendring	Winter Warmers / warm clothing

Open Rd Meetings		
Day/Time	Location	Remarks
Saturday 1900-2000	Open Rd,132 Wellesley Rd Clacton	NA meeting
Sunday 1500-1600	Open Rd32 Wellesley Rd Clacton	AA Meeting

Peabody Drop In		
Day	Time	Location
Monday	10:00-12:00	SOS BUS – Harwich – Kingsway, Dovercourt Harwich – CO12 3JR
Monday	09:30-11:00	Embrace Salvation Army, 103 Old Rd, Clacton-on-Sea CO15 1HN
Tuesday	10:00-12:00	Foundry Court, Colchester Road, Manningtree
Wednesday	10:00-12:00	Harwich Job Centre, 164 - 168 High St, Harwich CO12 3AT
Thursday	09:30-11:00	Enfold Baptist Church, Pier Ave, Clacton-on-Sea CO15 1NJ
Thursday	11:00-13:00	Trinity Church, 84D Pier Ave, Clacton-on-Sea CO15 1NJ
Friday	10:00-12:00	SOS BUS – Clacton – Opposite McDonalds in Pier Avenue Clacton on Sea, CO15 1QN
Friday	10:00-12:00	The Walton Community Centre, Standley Road, Walton on the Naze, CO148PT
Friday	14:00-16:30	Clacton Job Centre Plus, 55 Station Rd, Clacton-on-Sea CO15 1RS

Addresses and Phone Numbers	
Age Concern	0800 055 6112 8am-7pm
Baptist Church	117 Pier Avenue, Clacton-on-Sea, CO151NJ. Tel 01255 474391
Clacton Police Station	101-non emergency 999 emergency only
Citizens Advice Bureau Tending	18 Carnarvon Road, Clacton-on-Sea, CO156QF. Tel: 01255 377080
Crisis Café	Tel: 0300 330 9492
CVS Tendring	22 Rosemary Road, Clacton-on-Sea, CO151NZTel: 01255 425692
Essex Social Care	O845 603 7630-out of hours 0845 606 1212
Job Centre	55 Station Road, Clacton-on-Sea, CO151RS Tel: 0800 169 0190
Mental Health Crisis team	111 0pt 2
Night Shelter Colchester	01206 549885-Overnight for a maximum of 28 days
Open Road	132a Wellesley Road, Clacton-on-Sea, CO153QD.Tel: 01255 434186
Peabody	Tel: 0800 288 8883
Phoenix Futures	Tel: 01376 316126
Redeemed Christian Church	Sadds Yard Skelmersdale Road CO15 6BP
Samaritans	24 hours confidential emotional support-116 123or 01206 561 234
Salvation Army	103 Old Rd, Clacton-on-Sea, CO151HN. Tel: 01255 431760
Shelter-Homeless support	0344 515 1860
SOS Bus- Support to Access local services for housing and Wellbeing.	Monday 10-15.00 Harwich, Kingsway-Drop in Friday 10am-15.00 Christmas tree Island Clacton-Drop in
St James Church	Tower Road, Clacton-on-Sea, CO151LE. Tel: 01255 429896
Summit Services	14-16 Orwell Road, Clacton-on-Sea CO151PP. Tel: 01255429778
Tendring District Council Offices	90 Pier Avenue, Clacton-on-Sea, CO151NJ. Tel: 01255 686868
Tendring Rough Sleeper Outreach Officers	Mark. Tel: 07823418289
Trinity's Methodist Church	Pier Avenue, Clacton-on-Sea, C0151NJ. Tel: 01255 688224
Women's Refuge	01206 500 585

Appendix E – additional relevant information from report

The organisations cited within the citizen's voice were as follows:

Website addresses	
SHELLS Health Advocate - Summit	Advocacy | Summit (summitservices.org.uk)
Worsnop House	wors - Colchester Borough Homes (cbhomes.org.uk)
Dance Network Association	HOME | Dance Network Assoc (dancenetworkassociation.org.uk)
Three Clubs Bowling Club	Contact - Three Clubs Bowling Club, Colchester (threeclubsbc.co.uk)
Ballin' with a Bobby - basketball	Ballers and police officers unite for summer | University of Essex
Blossome	Self-care Community - Blossome
Singing Mamas	Singing Mamas CIC
GoodGym	GoodGym - Do Good, Get Fit | Colchester
HealthWorkz Neuro Fitness & Movement Therapy Studio	HealthWorkz-Neuro fitness & Movement Therapy | England (healthworkz4u.co.uk)
Community Halls Partnership	Our Halls - Community Halls In Partnership (colchestercommunityhalls.org.uk)
MissFits	MissFits Workout
Different Strokes	Colchester Exercise & Support Group | Different Strokes
ParkPlay	Jaywick – ParkPlay (park-play.com)
Essex Pedal Power	Essex Pedal Power - Active Essex
Sport for Confidence	Sport For Confidence
Clacton Rhinos – walking football	Clacton Leisure Centre • Tendring District Council Leisure (tendringleisure.co.uk)
Get Moving, CVST	Home - CVS Tendring
FoodCycle	Find a Meal | FoodCycle | Free Community Meals
Together We Grow	· Colchester City Council
Go4 Café	GO4 Enterprises | "Cafe On the Rec" – Nourishing Community, Together at Go4 Cafe.
Boaz Project	Boaz Project/Outreach | Colchester | Facebook
Salvation Army	Clacton-on-Sea | The Salvation Army