

# CHANGING **1 MILLION** LIVES TO GET **ESSEX ACTIVE**

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## Alternative Formats

The information contained within  
this document can be translated,  
and/or made available in alternative  
formats, on request.





## Our Vision

is that everyone in Essex has the opportunity to engage in physical activity and sport in order to live to their full potential.

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## Our Mission

Our Mission is to work in partnership with local organisations to engage harder to reach communities and under-represented groups including, individuals and families living in areas of deprivation, low income groups, at risk young people, those with poor physical and mental health, people with disabilities, women and girls, BAME groups, faith groups and LGBT communities to address inequality and improve outcomes through sport and physical activity.

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# Why we do it



320,000 of Essex residents **do not** take part in at least 30 minutes physical activity per week.



## ADULTS ARE OVERWEIGHT

or obese which exceeds the national average.

The difference in life expectancy between the most and least affluent area is:

**13.4 YEARS**  
FOR MEN

**16.1 YEARS**  
FOR WOMEN

People from **lower social-economic groups**, those with disabilities or a life-limiting illness, the unemployed and women are all less likely to lead active lives.



**1 in 12** people in Essex are currently **NEET** and **8.4%** of residents have no educational qualifications.

**50,720**

children (**17%**) live in poverty in Essex.

## VOLUNTEERING

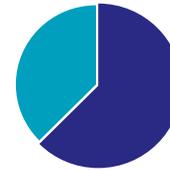
for sport is in decline with only 1 in 10 adults volunteering at least once every 4.



**Harlow, Tendring and Thurrock** have significantly higher in-actives than the national average.

**16.6%**

of residents have a disability or life-limiting illness.



**2/3**

**Basildon and Tendring** contain two-thirds of Essex's most deprived areas.



Jaywick is the most deprived area in the country.



Anti-social behaviour is the highest rated crime across **Essex**, significantly above the country's average.



over 200,000 people in Essex suffer from a mental health disorder



Basildon has the highest number of people receiving housing benefits in the county; closely followed by Colchester, Tendring, Southend, Thurrock, Braintree and Chelmsford.

# Our Aims

are to use sport and physical activity to:

- Inspire communities to become more active, therefore leading healthier, happier, more positive lives.
- Raise aspirations, confidence, skills and knowledge, improving employability and enabling individuals to reach full potential.
- Strengthen, unify and improve community cohesion, breaking down barriers and addressing inequalities.
- Improve physical and mental health wellbeing.
- Impact on the reduction of crime and anti-social behaviour.





## We will deliver this by;

- Working with and through the **Essex eco-system** to increase opportunities for people to take part in physical activity and sport in their community.
  - **Gain insight** into activities local people need, and engage with communities to ensure that we can deliver this offer.
  - **Growing capacity locally** to sustain activities beyond the life of projects.
  - **Work with agencies** in the sector to access resources for the benefit of the population of greater Essex.
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# You can get involved!

**The Active Essex Foundation is keen to work with partners across the county to support and develop projects and ideas which use physical activity and sport to engage communities.**

So if you are interested in working with us, have an idea that you need support in developing however big or small, or want to work with a wider network of grass roots organisations then please get in touch!

**Contact:** [rob.hayne@activeessex.org](mailto:rob.hayne@activeessex.org)

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