

Annual Reports from Councillors Appointed to Outside Bodies 2019/20

1 St Johns Arts & Recreation Association – Sue Livings

Up until March everything seemed to be going really well at the ARC, we had Regular trustees meetings making sure that everything was running smoothly. The Arc continues to be used by a wide range of groups pursuing a wide range of activities. The lunch time music concerts continue to be well supported and offer a show case for young musicians. We are in the process of giving the centre a deep clean ready to reopen with the ballet school the first group to express an interest in returning when able to do so.

2 Active Harlow Partnership – Eugenie Harvey

Active Network for Harlow works closely with Active Essex (County Sports Partnership) aiming to increase and retain participation in sport and physical activity. It does not meet as a physical network anymore but there are a number of active social media channels through which residents and partners engage and hear about activity and opportunities. The Network also meets at the highly successful Active Harlow Awards held in October 2019 in a packed Council Chamber and there are many opportunities for networking at sector specific workshops. The following is a summary of 2019/20 delivery:

- FABS (Fitness, Aerobic, Balance, Strength) Training: Four individuals qualified as FABS Move it or Lose it Instructors. This course is endorsed by CIMPSA and UK Active and follows CMO and NICE guidelines. Two members of staff from Rainbow Services and two from The Leah Manning Centre (LMC) are now qualified to deliver FABS classes to residents aged 60+. Prior to Lockdown LMC were delivering regular classes and there was discussion with Rainbow about adding a community facing session at LMC.
- Five Sports Clubs Workshops were delivered: 1. Safeguarding and Child Protection. 2. Emergency First Aid. 3. Mental Health First Aid Awareness. 4. Funding. 5. Governance.
- Active Harlow Network Grant: HDC is able to access funds from Active Essex to either co-produce or fund highly targeted projects aimed at increasing physical activity levels. The following projects were delivered in 2019-20 but unfortunately due to lockdown some initiatives have not been able to proceed at the current time.
- Family Fit Dance (targeting low income families) and reached 29 participants. Said one participant; “The opportunity has given busy mums and dads the chance to spend quality time with their children in a safe and fun environment at both a suitable time and at an affordable price given

less fortunate families the opportunity to participate in a private sector environment". A 9-year-old girl who took part told us, "I've got stronger and fitter since doing it. I can do press ups on my toes!". From a 4-year-old boy; "I burn off energy. It keeps my body fit and well".

- 10 Minute Neighbourhoods: We developed this, but unfortunately full-scale delivery was curtailed due to the Covid-19 crisis. It has changed to a walking and mapping project. We have developed an app that residents will map things of value within their community. We will be scaling this work down from the initial ambition, but it will focus on groups within the Staple Tye to Bush Fair area.
- During the pandemic we have been supporting the Active Network for Harlow with access to the government funding (7 or 8 accessed RHLG) and emergency funding from Sport England - around £25K has been awarded to Harlow Physical Activity organisations which at the time was the second highest in Essex

I would like to acknowledge the hard work of Chris Purvis to lead on and deliver this activity.

3 Stansted Airport Community Trust Fund – Eugenie Harvey

The last meeting of the SACTF was in September 2019 after which the only activity has been the dispersal of £50k in grants to local charities affected by Covid-19 which did not require a meeting. It has been discussed that the Trust will be winding down although this has not as yet been confirmed.

4 Harlow Health and Wellbeing Board – Eugenie Harvey

Harlow Health and Wellbeing Board's purpose is the delivery of the outcomes set out in Harlow Health and Wellbeing Partnership Strategy 2018-28. The strategy focuses on three strands of work – Start Well, focusing on children and young people, Be Well, Stay Well and Work Well which focuses on working age adults and Age Well focusing on the over 65's. In this report we will highlight some of the achievement of the Be Well, Stay Well and Work Well strand.

- Work Well: Championing Health and Wellbeing in the Workplace Summit. Over 60 attendees. 40 leads were generated for speakers to have further discussions with businesses following the event.
- Time to Change Employer Pledge: Funded Mind in West Essex to engage with employers to facilitate them signing the pledge. 14 employers signed the Time to Change Employer Pledge. 140 employees in Harlow received Mental health First Aid Awareness Training. 40 employees received Mental health First aid Training. 2000 employees in Harlow engaged with the project.
- The Colour Project: Local artists, Creative Ways were funded to deliver a programme of online sessions during lockdown that explored the

relationship between colour and wellbeing. Quotes include 'It is the highlight of the week' and the participants have been socialising during the at the beginning and the end and sharing artwork despite not knowing each other before the project.

- Harlow Grows: Working in partnership with Rainbow Services and Herts & Essex Community Farm 550 Harlow Grows packs have been distributed to residents during the coronavirus pandemic. The packs included 3 plants along with signposting to Harlow Grows and Herts & Essex Community Farm social media channels which include videos on how to care for the plants, how to cook with the plants, advice from the wider Herts & Essex Community Farm community. There is the opportunity to engage with other people who have received Harlow Grows packs. Over 400 people follow Harlow Grows on Facebook and the videos have had over 1000 minutes viewed. Quotes include 'Thank you for our delivery. As we are all shielding in our house it has given us more opportunity to help educate our 3-year-old granddaughter! We decided to pot ours, looking forward to the harvest' and 'Thank you Harlow Grows, we were so excited to receive our grow pack today. Really looking forward to watching these grow and tasting the results! Home school activity with forever lasting life skills.
- Engage!: Rainbow services have been funded to work with women in Permitted development units to broaden their social networks and move them closer towards employment. Covid-19 has delayed delivery until October 2020.
- 10 Minute Neighbourhoods: Joint funded the development of the community resource map project with Active Harlow based on a 10-minute neighbourhood principle.