

ECC Report January 2024

New animation, Apple-y Ever After, to raise awareness of food waste.



Every year, food wasted in UK homes is enough to fill Wembley Stadium to the brim eight times over. Food waste spikes over Christmas. So, Love Essex and Deadline Communications have released a new film hoping to inspire everyone to reduce food waste.

The story follows an apple who wants to be eaten. In the first film '[What a Waste!](#)', Apple ends up in a general waste bin without fulfilling his destiny of being eaten. In the sequel, '[Apple-y Ever After](#)', he gets a second chance.

Councillor Peter Schwier, Climate Czar and Essex County Council Cabinet Member for Environment, Waste Reduction and Recycling, said:

Making the most of the food we grow and buy is something everyone can do to help save money and reduce the cost and impact of managing Essex's waste. We hope these fun films will encourage residents to reduce food waste.

The two videos mark the launch and the end of the [Love Essex, Love Food campaign](#), dedicated to reducing food waste in Essex.

The release of the Apple-y ever after video is an invitation for everyone to think of alternatives, before getting rid of food.

Watch Apple-y Ever After:

[Apple-y ever after](#)

New 1.75 million grant fund for unpaid carers launches in Essex.



A new grant programme has launched in Essex that will see £1.75million allocated to support unpaid carers of all ages, through local projects.

There are an estimated 124,000 unpaid carers in Essex, but we estimate this number is far greater.

Unpaid carers play a vital role in helping family and friends live independently.

Unpaid carers usually see it as their role to support relatives, friends and neighbours so they might not there is [help available](#).

The Carers Community Fund, funded by the Councils' Better Care Fund Allocation, aims to build localised community-based support for these carers.

Eligible groups and organisations will be able to apply for a grant between £1,000 and £30,000.

Applications open 28 November and close 30 January 2024.

Applications should demonstrate innovation and an inclusive approach to supporting carers in their communities.

Visit the [Carers Community Fund webpage](#) to find out who is eligible and to apply.

Cabinet Member for Health, Adult Social Care and ICS Integration, Councillor John Spence said: “Our new carers’ strategy for Essex is aimed at ensuring high-quality information guidance and advice, that carers know their rights and that they feel well supported.

“Grants from this fund will particularly help the last of these, as local organisations and charities will be able to identify those projects which will best enhance the lives of the carers in their part of Essex.”

If you are an unpaid carer, [support is available](#).

Unpaid Carers also have a number of rights. We recently launched a new [campaign](#) to raise awareness of these rights.

Eight more projects benefit from grant funding.



Eight more organisations will receive grants to launch projects designed to improve the mental and physical health of residents in Essex.

The projects will receive grants from our Public Health Accelerator Bids (PHAB) small grants programme.

The latest round will see the projects benefit from a total of £87,556.

The successful organisations are:

- **Acorn Village, Tendring:** to create a walk and talk wellbeing project, a one-year programme to help adults with learning disabilities with the management of their long-term conditions.
- **Open Road, Tendring:** to employ an engagement coordinator to support an open access service for those with dependency or misuse issues who are more susceptible to poor health.
- **Muscle Mind Care CIC, Colchester:** to offer free fitness classes for pregnant women and new dads facing mental health and health challenges. The classes focus on tackling health inequalities by targeting those with high BMI, gestational diabetes, PND, and preeclampsia.
- **Divine Assembly Ministries (Boaz Project), Colchester:** to run a project promoting positive health behaviours, focusing on improving both physical and mental health in Greenstead, particularly women and girls.
- **The Country Trust, Harlow:** to host a year of immersive food discovery sessions for three Harlow schools – including one alternative provision for children with complex needs.
- **Brighter Opportunities for Special People, Basildon:** to host 140 out and about sessions in the community for children and young people with disabilities. These will provide 840 places and 4,896 hours of specialist

support with fun, developmental and educational activities out in the community.

- **Enterprise East Group CIC, Uttlesford:** to run a series of weekly workshops covering topics of healthy eating, diet, exercise, and nutrition. These will include practical cooking lessons, led by trained chefs, which will teach participants how to plan and cook healthier meals on a regular basis. **Hadleigh Park Cycles, Castle Point:** to partner with NHS organisations, the Salvation Army and local schools to promote and provide activities that support healthy lifestyle choices. Other organisations will be able to signpost people with poor physical or mental health to activities.

PHAB offers organisations the opportunity to bid for funding across two grant funding streams - small grants and major grants over £15,000.

Applications for the small grants scheme will be paused from Monday 15 January to Monday 12 February. Following this date, organisations will be able to bid for funding of up to £7,500 for their projects.

Find out more and [apply for PHAB funding](#).

Essex Year of Numbers



Essex Year of Numbers is a countywide campaign that aims to inspire a love of learning, with a focus on numeracy. It is a year of exciting learning opportunities, fun events and initiatives aimed at children aged 0 to 18-years-old. The events aim to give every child's maths skills a magic boost.

Parents can also access guidance and support through the programme to help build numbers and learning into homelife. Parents, caregivers and family members play a vital role in a child's education. You can support children at home with homework and number-based learning.

Low numeracy skills can disadvantage people later in life and lead to problems such as debt, unemployment and even poor health. Essex Year of Numbers will help people of all ages and backgrounds to improve their numeracy skills and feel confident using maths.

Winter Talks:

In December we held the Essex Year of Numbers Winter Talks in collaboration with the University of Essex. Families from across Essex enjoyed a fun interactive show which combined mind-reading tricks and games. Watch the intro to the Winter Talks below.

[Essex Year of Numbers, Winter Talks, full version - Essex County Council](#)
View the [full Essex Year of Numbers, Winter Talks](#) sessions.

Upcoming events:

Take a look at some of the upcoming events happening in your area. This section will be regularly updated, so please keep an eye out to see what's happening!

'Count Me In' music production and DJ skills sessions

Count Me In focuses on how numbers are used in music production and DJ skills.

Young people aged 10 to 18-years-old can learn DJ skills and get hands-on experience with the DJ deck. Essex County Council Music Service are hosting free two-hour sessions weekly at the locations below:

- Southernhay Youth Centre, Basildon – Mondays 4pm to 6pm
- Brentwood Youth Centre (The Hermit Club) – Tuesday 4pm to 6pm

- Hare Street Youth Centre, Harlow – Fridays 4pm to 6pm

For more information and to book contact essex.yearofnumbers@essex.gov.uk

Read and Count with Me Under a Tree:

Encourage your little ones to enjoy the great outdoors with Read and Count with Me Under a Tree bags. The bags contain picture books to share with your little ones to encourage literacy, numeracy and a love of nature from an early age. Titles include 'Mad About Minibeasts' by Giles Andreae and a selection of other outdoor themed stories.

[Borrow a Read and Count with Me bag](#) from your local library to use in green spaces across the county.

Download the Essex Year of... app

The Essex Year of... app will inspire you and your child to enjoy the magic of maths with confidence. You will find useful learning resources and information about upcoming events. Plus, you can join our countdown to Christmas, where we'll be sharing a daily maths puzzle throughout the advent period.

For more information on the Essex Year of Numbers advent competition and to take part please download the Essex Year of app.

[Download the Essex Year of app from the App Store](#)

[Download the Essex Year of app from Google Play](#)

The Lord Lieutenant competition

The Lord Lieutenant has launched a competition to kick-off the Essex Year of Numbers. We're inviting children and young people to create a 2D/3D display (maximum size 1m² or 1m³), with a short video presentation creatively showing the many ways numbers are used in everyday life.

Entries can include number patterns, diagrams, calculations, explanations, photographs and models. The competition offers students the chance to think creatively about maths and its everyday use. [Further information and terms and conditions](#) are available in our latest news article.

[Jennifer Tolhurst, Essex Year of Numbers Competition - Essex County Council](#)

Available support for parents:

By helping your child at home, you demonstrate the importance of learning, which makes a huge difference to your child's progress. There is a range of support available from education settings to libraries.

Your child's nursery or school is a great source of support. We encourage you to talk to your child's education setting about embedding numbers into your home life. This can be particularly useful if you are struggling with your child's homework and need help.

Staff and volunteers at your local library can also offer support with your child's numeracy. [Find your local library](#) online. If you are keen on developing your maths confidence, you can do so with our [Multiply programme](#).

Families can access support from the Nation Numeracy website. The [free family maths toolkit](#) provides a range of ideas and free activities to help families enjoy maths together.

If you have any ideas of what you might like to see for Essex Year of Numbers or if you have any questions please email essex.yearofnumbers@essex.gov.uk

And here are a few useful links:

Children, young people and families <https://www.essex.gov.uk/children-young-people-and-families>

Schools and learning <https://www.essex.gov.uk/schools-and-learning>

Adult social care and health <https://www.essex.gov.uk/adult-social-care-and-health>

Jobs and apprenticeships

<https://www.essex.gov.uk/jobs-and-apprenticeships>