

# Mid Essex Asset Mapping 2021



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# Key Findings

Mid-Essex is home to many types of community assets, ranging from local social groups to borough-wide health and wellbeing support. There are many community venues across the districts that can be used in a variety of ways to support the community. And the community is supported by vibrant groups of volunteers who develop and lead activities which improve residents' quality of life.

In the development of this report we have identified more than 2,700 assets across Braintree District, Maldon District and Chelmsford and we will count many more as we continue to learn from local communities.

During and since the pandemic Mid-Essex has been growing and changing and the assets that we have identified have been growing and changing as well, as outlined in the Covid specific section of this report starting on page 44.

Throughout this report we can see that the assets are determined by the interests, strengths and needs of each local area. By making a connection between the assets identified, key demographic data about the different areas and our collective understanding and knowledge about these areas we can identify areas of strength, opportunity and concern.

Through the principles of Asset Based Community Development (ABCD) we focus on what is strong to develop the community further. Throughout the report we have highlighted some key assets in the different communities that exemplify this strength, but there are many more that have not been specifically named.

The assets that we have identified need to be acknowledged and supported through existing programs of work, and we need to understand their impact so that we can help them to accelerate this impact further. We have also outlined several detailed recommendations and future areas of work in line with this later in the report.

We need to work with key assets to enhance them in key areas, in particular around mental health support; community transport to ensure accessibility; extending availability and exploring costs of services to improve accessibility, explore further the support across the Age Well and Die Well domains, ensure that community venues, faith groups and health and wellbeing assets with physical (indoor and outdoor spaces) are being utilised to the greatest extent.

We need to ensure that there are infrastructure support, funding mechanisms and policy level support for many assets so that they can continue to function and support both people affected by the wider determinants of health and their staff and volunteers.

We need to consider the role of online assets, especially those that have moved online during the pandemic, and explore their nature further.

We need to consider how future community asset reviews might benefit from more nuanced detail such as time of day delivered, giving a better understanding of local provision demands as well as areas for development.

The report observes that community assets are often looked upon as a first port of call for people in the community and without them they would not know where to turn.

### Other key findings and points are:

- Trust is vital – citizens’ trust and engage with assets/service/activities when relationships are formed
- Knowledge is key – people need to be empowered to have the information they need and know where to find it
- It is not ‘one size fits all’ – it is important to use neighbourhood and local knowledge of what is needed to plan for services
- There are plenty of community assets, but are they sufficient? - Are they the right ones and in the right place at the right time? Likewise, having fewer assets does not always mean more is needed where those in place meet local needs well.
- Ownership within the community – when communities are actively involved in supporting their local assets, we can see sustainability. Community assets need time to embed – they cannot be expected to work straight away and longer term need support to grow.
- Voluntary sector sustainability- other than the ongoing need for long-term funding sources, access to training and development as well as retaining volunteers remains vital to the sustainability of the sector.
- We should collectively explore how we can enhance the local health and wellbeing offer in key areas and ways, particularly:
  - Mental Health support for all ages and at levels of support, including opportunities for peer-to-peer
  - Befriending and Social Isolation activities, especially where they may support working age adults, those who are housebound and offering buddying to help citizens to access social groups
  - Practical support in the forms of transportation and home help – Mid-Essex has some of the highest average travel times to access key services, particularly during evenings and weekends.
  - Support for children, young people and families across the health and wellbeing spectrum, also recognising that working families are often overlooked in terms of the support available to them
  - How we can create the conditions to enable citizens to better manage their own health and wellbeing as well as supporting their peers. For example, support for carers and those who are living with a long-term health conditions, i.e.. dementia
  - Develop a better understanding of local specialist area needs, such as, but not limited to, culturally appropriate support for the Mid-Essex Black and Asian communities.

# Background and Context

To provide background to this report, it is essential to place it within the current context and inter-related areas of health equity, the voluntary sector, and existing intelligence specific to communities in Mid Essex. Within the ongoing circumstances of the Covid-19 pandemic, this is a challenging task as much of the available information on such topics was collated and reported on pre-pandemic. Therefore, pertinent publications such as Health Equity in England: The Marmot Review ten years on (Marmot et al., 2020), NCVO UK Civil Society Almanac (2020) and various demographic trends in Mid Essex reported by the Joint Strategic Needs Assessments (JSNAs) were not in a position to account for the effects of Covid-19 nor the consequences of subsequent lockdown periods at the time they were produced, and more importantly, the impacts on our society are still very much ongoing.

Nevertheless, while these impacts are still being felt by communities across the world, early evidence suggests that the pandemic has further heightened the importance of and underlined the need to move towards greater equity in the social, economic and health domains. Accordingly, this report addresses pertinent issues such as inequality and community assets at a uniquely important time.

## Health Equity

[The Marmot Review ten years on](#) illustrates the health equity in England as a whole and the changes since the Marmot Review was first published in 2010. Michael Marmot, Jessica Allen, Tammy Boyce, Peter Goldblatt and Joana Morrison have provided stark messages, such as that 'increases in life expectancy have slowed since 2010', and 'inequalities in life expectancy have increased'. (p.13) Our health is intrinsically linked to our environment, and therefore the detriment of health also suggests the detriment of society. In analysing the prevalence of assets across Mid Essex, both geographically and according to the Live Well domains, we can take steps to help support our society and therefore the health of our communities.

The Marmot Review ten years on also confirms that areas which are more deprived have a shorter life expectancy (p.13). Mapping our assets is important in tackling this, both in terms of illustrating accessibility and the services which are provided. The Marmot Review of 2010 noted that action was required on 6 policy objectives, one of which is to 'Create and develop healthy and sustainable places and communities'. (p.7) This report aims to support this objective in Mid Essex through using the ABCD approach, identifying what is working well in our communities and building upon this. We also recognise areas of challenge, and our recommendations reflect this with suggestions of how we can move forwards in supporting health equity across Mid Essex.

# The Voluntary Sector Context

[The NCVO UK Civil Society Almanac 2020](#) provides a picture of the voluntary sector across the UK, addressing key areas such as how many voluntary organisations exist, the size of the organisations and their income and growth, and how many people are working for voluntary organisations. Page 10 of the Almanac addresses the question of what they consider the voluntary sector to be and organisations which sit within it. The Almanac acknowledges the limitations of the data and results presented; the data is from the 2017/18 financial year and 'paints a picture of a sector experiencing modest growth', before the context of coronavirus could be taken into account. However, the Almanac can of course give us 'an idea of where the sector was going before it came head-to-head with the reality of 2020'. (p.5)

This picture shows that earned income from the public made up a 'notable proportion' (p.5) of the growth of the sector, growing 'by 3% to £12.6bn' (p.7), which concerningly has been an area made particularly vulnerable by coronavirus. Whilst the number of voluntary organisations in the UK in 2017/18 is reported to have remained similar to the previous year, with only a small drop, the sector does seem to be transitioning towards bigger organisations based on income. However, NCVO has noted that inflation has impacted on organisations' income, but this inflation level has not been applied to the income bands used. Therefore, although the data depicts that small and medium organisations are receiving less of the sector's income than they were in 2012/13, the 'actual amounts have remained relatively stable since 2012/12' (p.6).

Government income for the sector has also remained stable, but with increasing investment from other sources this means that, as a proportion of the sector's total income, government income is 'at its lowest point'. Taking into consideration the impact that coronavirus will have had on many organisations, it is important to note that around 23% of organisations do not have any financial reserves, which may have put them in an especially vulnerable situation when coronavirus emerged (p.7). With 'nine in ten UK households' (p.8) having accessed voluntary organisation services, the impact of coronavirus on the organisations will also have been felt by communities in the UK.

The workforce of the sector has continued to grow since 2010, and in 2019 'almost 3% of the total UK workforce' were employed by voluntary organisations, with volunteering rates remaining largely stable (p.8). However, this data is likely to see changes as a result of coronavirus, with the impact of furlough and people losing paid roles creating more opportunities to volunteer, especially with national efforts such as the Covid vaccination programme requiring high numbers of volunteers. This could also impact on data for the type of volunteering undertaken, with many opportunities being short term or flexible as the ever-changing situation demanded, rather than people formally volunteering on a regular basis.

# Mid Essex Context

The sources of information from national and county level help to provide the bigger picture and to then focus on the Mid Essex we have utilised information from the Joint Strategic Need Assessments (JSNAs) published in 2019. This information does not provide a picture over the past year, as the JSNAs are currently being refreshed, but nonetheless provides important information for the background and context of this report. Please find a link to the JSNAs [here](#) – we have used information provided in the Maldon District, Braintree and Chelmsford JSNAs.

Of the three districts in Mid Essex, Braintree, Maldon and Chelmsford, Chelmsford was reported to be the largest local authority area, with an estimated population of 177,079 people in 2018. Braintree's estimated population in 2018 was 151,161, and Maldon District was the smallest with 64,425 and also the smallest local authority area in Essex. Regarding demographics, Maldon District's Old Age Dependency Ratio was estimated to be 426 people aged 65+ to every 1000 working age and therefore has a significantly higher dependency rate than the average for Essex and England. In contrast, Chelmsford's estimated dependency rate was below the average for Essex (but still higher than England's average). Braintree sits between these rates, with an estimated 330 people age 65+ to 1000 working-age people.

The access to services data from the JSNA's provides a useful picture for the three districts when considering the assets available in these areas; whilst there may be a large number of assets available, this does not necessarily mean that all residents in the district can easily access them. The JSNAs calculated average travel times by using distances to 8 key services. Of the three districts, Chelmsford was reported to have the shortest travel time, by walking or by public transport, to local services (17.9 minutes). However, it should be noted that the round trip from the city Centre to areas such as South Woodham Ferrers and some rural parts of the district can take up to an hour. By contrast, Maldon District residents were reported to have the highest travel times, with an average of 28.5 minutes. Braintree residents had an average travel time of 23.7 minutes, which was slightly higher than the 19.4minute average for Essex, not taking into account variation across evenings and weekends.

This report analyses the prevalence of assets within each of the Live Well domains, and a key area we have looked into is obesity and wellbeing. According to the JSNAs, Maldon District had the lowest percentage (57.88%) of residents over the age of 18 years who would be classified as overweight or obese in 2016/17. This was the second lowest rate across Essex as a whole. Braintree's rate was slightly higher, at 60.84%, but still lower than the average for Essex. Chelmsford's rate was again, slightly higher (63.32%), but similar to the average for Essex (63.56%).

Another area of focus within this report is mental health and wellbeing. When the JSNAs were published in 2019, the suicide rate among males was highest in Maldon District at 23.64, which was 61% higher than the rate for England as a whole (14.69) and Essex's rate of 16.90. Chelmsford and Braintree also had rates higher than the average for England, 17.97 and 17.61. Of the Essex CCG's, Mid Essex CCG had the second highest prevalence of long-term mental health conditions in 2017/18 according to the GPPS.

# Financial Wellbeing

To build upon this information and provide further context, it is useful to refer to Essex County Council's Financial Wellbeing report on Resident Vulnerability, published July 2021 by Essex County Council Strategy and Engagement. This report shows that between 2020 and 2021 there was an increase in lower income households. Households with salaries of less than £30,000 in particular increased in number significantly, reaching 222,164 households in 2021. (p11) Of the households with less than £30,000 total income per year, Braintree is identified as one of the areas with the highest growth, alongside Harlow, Tendring and Castle Point (p13). The report refers to 'discretionary income', which is the net income remaining after all of the basic necessities are covered, and there was a 4% increase in the number of households during this time period with less than £125 in monthly discretionary income (163,491). This number represents 28% of all households in Essex. (p12) The households most likely to be at risk of less than £125 in monthly discretionary income include: Those on incomes <£15,000, Working age households on <£20,000, Working age households with children on <£30,000. Furthermore, households who are new to the discretionary income category of less than £125 per month make up 30% of the total number, and include 'people who have been impacted the most by new job losses or change in circumstances since the pandemic and more likely to need help to 'bounce back' (p18). Financial wellbeing can impact on the overall health and wellbeing of our communities and therefore taking this into consideration when looking at the assets in the district is vital as it can affect their accessibility, perhaps due to the cost of accessing some of the assets or even the transport required to access them.

## 360Giving

In relation to the financial wellbeing of our assets, we cannot know all funds distributed to organisations across Mid Essex, but 360Giving provides some key insights on the funds they have recorded as being distributed such as the number of funders, the amount distributed, and the recipient type. Please find more detail [linked here](#). 360Giving provides a grants map, to show the areas in which funds have been distributed. This information can start to provide us with an idea of which organisations are accessing funding and from which funders. With the majority of recipients being registered charities, this could indicate that our smaller community groups are perhaps not accessing many of the grants available. This could be due to a number of reasons but providing the groups with the means to access funding where needed is key in the ABCD approach, so that we can support the assets which exist in Mid Essex.

## Essex Community Foundation

[Essex Community Foundation](#) provides vital funding to local voluntary and community organisations in Essex through donations from individuals, companies, charitable trusts and public agencies. They invest these donations so that year on year they can award grants and make a real difference to the quality of life of local people. During the pandemic the Foundation was very quick to respond to the emergency, being one of the first grant funders to fast-track funding to those local charities supporting people through Covid-19. Extremely responsive to community need, the Foundation is our largest local grant giver awarding around five million in grants to charities and voluntary organisations a year.

## District Authority Grant Funding

Support for the voluntary sector varies from district to district across Mid-Essex. Chelmsford City Council has retained its VCS grant giving which is vital to the local sector not just in terms of the actual grant but the confidence this brings to the charity when making applications to external funders. [The Community funding scheme](#) is available to voluntary or community organisations who work for the benefit of Chelmsford residents. It has three parts, each with different eligibility criteria, depending on the need for revenue or capital funding.



Braintree District Council provides several grants to support VCS partners in the district. Through the [Health & Wellbeing Panel grants](#) scheme they can support local priorities tackling specific themes, such as obesity, increasing physical activity, frailty and improving mental health and wellbeing. This is in addition to the [Councillor's Community Grants](#) scheme and specific funds that have supported a range of priorities from pandemic response through to community safety. Maldon District Council have a small grants scheme through the Livewell board and work with the sector to bring other funding opportunities to the District.

## Methods

In May 2021, the Mid Essex Alliance approached Community360 (C360), Maldon District and District Voluntary Services (Maldon and District CVS) and Chelmsford CVS in order to request this Mid Essex Asset Mapping report, similar to the [North-East Essex Asset Mapping Report](#).

Drawing on the approach of the North-East Asset Mapping Report, we have worked collaboratively across the Mid Essex CVS's to create the report. We implemented the same principles of mapping, in line with Asset Based Community Development (ABCD) approaches (Kretzmann & McKnight, 1993).

This approach aims to continuously recognise what is strong in the community and use this learning in an iterative way to inform existing and future work, drawing upon the value of pre-existing assets so that they are utilised to their full potential. This also means that services are recognised for the work they do. At the time of writing this report, community and voluntary assets have been stretched by years of austerity which has been exacerbated by the Covid-19 pandemic and the ever-changing landscape of the UK Government's response to this uncharted scenario.

[Nurture Development, a leading agency in implementing ABCD](#), cites five core principles:

- 1. Citizen-led** – residents must drive change and be active participants in making change in their communities
- 2. Relationship oriented** – by working together, residents and organisations can maximise their potential and utilise the skills and assets they have
- 3. Asset-Based** – identifying 'what's strong, not what's wrong'
- 4. Placed-Based** – surveying assets and opportunities at a neighbourhood level
- 5. Inclusion focused** – being flexible with our concept of boundaries that may exist

These principles drove our collaborative asset mapping, which in turn informs our neighbourhood level approach for understanding health and wellbeing. The aim of this is that we can help to build a picture of need, which enables early intervention and prevention in Mid Essex whilst supporting our communities to thrive.

As CVS's we began our mapping research from similar positions. At C360, when initially collecting asset data in Braintree District, methods of mapping had to be slightly different from our counterparts at Maldon District CVS and Chelmsford CVS as there is no existing service membership system as there is for Maldon District and Chelmsford. However, in all three areas the CVS's work frequently with a wide range of organisations and so collation of asset data was initially based on the organisations that we work with and then built upon with further research.

**Our data collection was supported by information either shared directly by partners or publicly accessible online across Mid Essex, including but not limited to:**

- Braintree, Chelmsford and Maldon District Councils
- Active Essex
- Locally kept directories
- Essex Child and Family Wellbeing Service
- The Charity Commission
- Maldon District CVS and Chelmsford CVS membership lists
- Dementia Connects online services directory
- Family Information Service online services directory, Essex County Council
- Essex County Fire Service
- Essex Council for Voluntary Youth Services
- Essex County Council
- Parish Council Online Directories
- Wider Google search for meeting notes, for example.

A total of 2741 community assets, both organisations and activities, were identified across Mid-Essex and specifically 520 in Maldon District, 1187 in Braintree District and 1034 in Chelmsford District.

To ensure the approach to the information we collected on the assets was systematic and comparable, we worked collaboratively to make the most of the online database AideCRM, where each CVS enters data about assets using the same survey questions and the same set of predetermined categories of response. Therefore, most of the collected data was comparable across the CVSs and their associated geographic areas in Mid Essex.

## Key areas that we collected data on included, but were not limited to:

### ■ Type of asset and name

Such as a charity, community group, statutory organisation.

### ■ Size of asset

**Micro:** Annual income of <£10,000

**Small:** Annual income between £10,000 – £100,000

**Medium:** Annual income between £100,000 – £1 million

**Large:** Annual income >£1 million

**Major:** Annual income >£10 million

### ■ Who is supported

Using the options detailed in Appendix A

### ■ What services are provided

Using the options detailed in Appendix B

### ■ Where the asset is based

Maldon District CVS, Chelmsford CVS and Community360 have mapped their Districts and geographies within their areas using postcodes detailed in Appendix C

### ■ Live Well Domain

Using the following domain areas to categorise assets:

- **Start Well** – Giving children the best start in life
- **Feel Well** – Supporting mental wellbeing
- **Be Well** – Empowering adults to be active and make healthy lifestyle choices
- **Age Well** – Supporting people to live safely and independently as they grow older
- **Stay Well** – Supporting adults with health or care concerns to access support and maintain healthy, productive and fulfilling lives
- **Die Well** – Giving individuals nearing end of life choice around their care

### Additional categories

Recognizing the wide scale of the offer provide by community assets, in some instances additional categories have been used , such as Infrastructure, Social, Education, Animals, Heritage and others. See Page 58 for further detailed definitions.

*All information that has been collated is information that is publicly available.*

# Definitions of Community Assets

We drew upon [Dr Oonagh Corrigan's report 'Overcoming Barriers to Health and Wellbeing'](#) to inform our definition of an asset for this report:

*'People, places, open spaces, faith communities, arts and culture, volunteers, friends and neighbours, businesses, events and seasonal activities.'*

It would be naïve to say that this approach was always simple and straightforward. Whilst collecting our data, we continued to have bi-weekly meetings to discuss our progress and talk about any anomalies which may have arisen, and how to approach the mapping of these anomalies. Some assets do not specifically relate to a Live Well domain, which is why we have used other categories as well. This has provided insight on the services which our assets provide, even if it is not related to a Live Well domain. It was an interesting exercise in itself in that it provided insight into how the community might first experience finding resources. Relying on significant digital literacy, we could see where local groups may be known well in their community, there was not always a corresponding digital footprint for those not aware, such as being new to the area.

Alongside the data collection, we sent out a VCS survey across Mid Essex where we collected responses from organisations which provided more detail on themselves as organisations (such as staff numbers, volunteer numbers) and asked for their reflections on Covid 19 and how they responded to the pandemic as an organisation. The responses are insightful, and we would like to thank all of the organisations and groups who responded to the survey and provided us with this vital information.

Furthermore, our data collection is complimented not only by the survey responses, but also by the Community Voices which have been collected and utilised throughout this report. The Community Voices cover four thematic areas:

- **Mental Health**
- **Obesity and Wellbeing**
- **Children & Families**
- **Covid impact/response**

Each Community Voice is from an organisation, partnership, or individual and provides a voice on the various themes. Collecting this information is not only important for ourselves and our partners in order to learn more about the assets, but to give the assets a voice in this report and beyond around critical areas which continue to affect our communities.

**Whilst some organisations were repeatedly identified by different sources, the current mapping databases are by no means exhaustive. Continued work is required to identify more detailed information on the specific activities offered by larger organisations as well as additional organisations and individuals. Further work is required to keep this information up-to-date. This is particularly relevant at the moment given the difficulties that many of the smaller and indeed larger organisations are experiencing during the pandemic.**

# Assets in our Mid-Essex Neighbourhoods Braintree District, Maldon District & Chelmsford

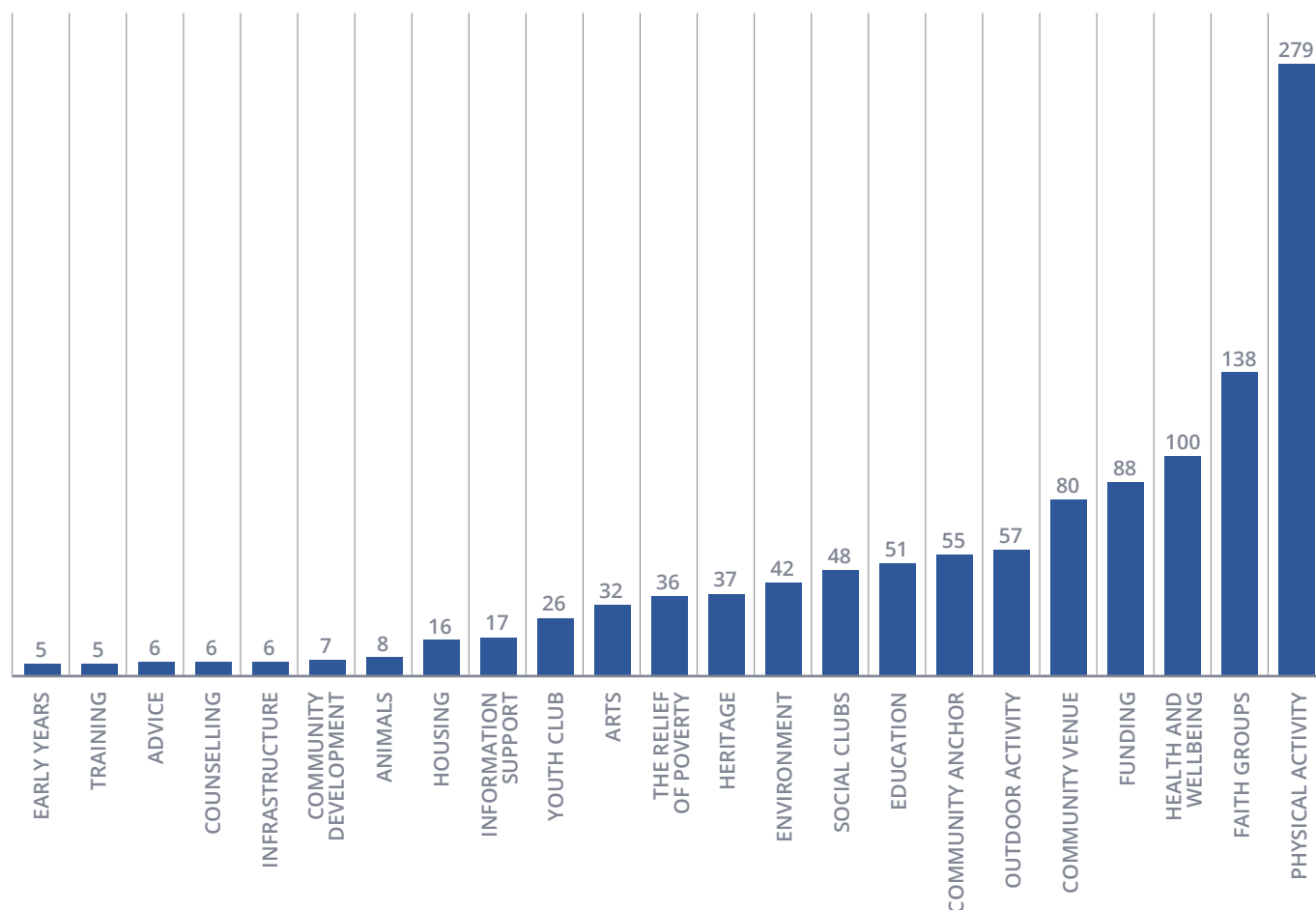
In this section of this report, we present our assets by services, the people they support and provide some insights across geography within each district.

This report is designed to be digitally interactive, with links to key sources of information, charities and voluntary groups throughout. Please do follow any hyperlinks links to find out more.



# Braintree District

## SERVICES ACROSS BRAINTREE



## Braintree assets by services

### An overview of community asset by service

We identified a total of 1187 community assets in the Braintree District. Although many assets were identified during the completion of this report (see some examples in Appendix A), this list is not exhaustive. There are many 'hidden' groups that are harder to identify at the grass roots level, but nevertheless provide vital services and support.

This graph outlines the services in Braintree, focusing on their primary service, but many of them also serve a secondary function. The table includes those services that have 5 or more assets in the area in order to show the strengths of this area. But there is also a range of assets beyond this that have 5 or less assets including: networks and partnerships, community safety, marketing and promotion, facilitation and representation, emergency services, befriending, mediation, foodbanks, day centres, community transport, bereavement, advocacy, voluntary and community sector support, support, self-help groups, residential/respite care, lunch/meals, international, independent living, holiday schemes, general charitable purposes, campaigning.

The table demonstrates that there are many health and wellbeing assets in the area, of those health and wellbeing assets 279 of them are delivering physical activity such as football, whilst 100 of them are supporting specific health conditions such as diabetes. In terms of physical activities there are a range of assets such as [Green Pilates](#) who are focused on encouraging everyone to exercise as part of their routine.

Within this category there are also 4 assets supporting those who have drug or alcohol dependency, and 37 assets supporting mental health needs. For example, Braintree [Rethink](#) is an art group in Braintree that supports people with lived experiences of mental illness by bringing them together through art. People are able to share their experiences and work together to fundraise and campaign.

# Braintree assets by services

Braintree District is a large authority with significant rurality around Braintree town at its centre. There is a range of assets reaching across the area of 612 square kms. As this is such a large authority Braintree residents often have slightly longer travel times to local services compared to the [Essex average](#). There are two assets dedicated to community transport in the Braintree district which may be making it harder to access the real range of assets across the area. Of those community transport assets, one is [BDC community transport](#) which offers help to access the local community and its services.

As many parts of Braintree are rural there is a strong amount of environment assets (42) and 57 that have been identified as outdoor activity. An example of one of these assets is the [Markshall Estate](#) which is focused on connecting people with nature and being leaders in conservation, education, research and climate action.

This can also be said of faith groups. There are a proliferation (138) of faith groups across the district, positioning them as a significant community asset, but from this categorisation it is not clear who these faith groups are supporting as many of them offer a range of services. There are also 80 community venues across the Braintree district, and 48 social clubs and 26 youth clubs that have been identified. Each of these assets serve a range of functions so it is important to ensure the strength of these assets is utilized to the full extent.

For example, [Witham BB](#) runs youth groups, that aim to develop and encourage young people giving them opportunities and skills that can develop their lives and the life of Witham. There are significant needs for younger people and in terms of mental health, 4 assets have been identified as specifically supporting children and young people with mental health needs, but many of the assets identified here support these groups as a primary or secondary function so it is important to ensure that they are accessible.

[Active Essex](#) Holiday Camps also offer a fundamental asset for children, young people and families by offering a variety of activities during the holiday that supports the physical and mental wellbeing of primary and secondary school children.

It was not possible to ascertain how many community assets operated outside working hours such as evenings and weekends. We would recommend this as an area for consideration for future reviews, such as linking community transport and safer community initiatives.



# Braintree Community Voice: Health and Wellbeing

## Active Motivation online sessions

The [Active Motivation online sessions](#) were set up to support those who were finding it difficult to get out, after the impact of lockdown and Covid related restrictions. They provide an opportunity for people to connect with others in a small group on Microsoft Teams whilst keeping active and having fun. Attendees can choose to be seen or remain unseen and also move as they are able, with music and a Walk Motivator from C360 to motivate them.

The online walks meet a variety of needs and have supported some individuals to move on to outside walks too, through increasing their confidence and rebuilding social skills that lockdown had affected, as well as supporting the attendees' overall health and wellbeing.

One of the attendees of the online Active Motivation sessions provided the testimonial below:

*As part of my weight loss and fitness programme I have attended free indoor online walking sessions on Fridays at 11:30 am and Tuesdays at 11am.*

*It involves walking for 30 minutes with an online group in time to music in your own home. It is fun and enjoyable and will suit all shapes, sizes and ages. Some of our members have mobility problems but they still join in while sitting down.*

*I am classed as obese with high BMI and the indoor walking has helped me achieve my daily goal of a minimum of 3,000 steps. I am currently on 3,632 steps for today and that is without stepping foot outside the door! (Hoovering is also classed as exercise!)*

*I look forward to my Friday morning sessions and would enjoy at least one more in-door walk during the week.*

*With your help, and the help of a pre-Diabetes Weight loss programme which encourages physical activity and watching what you eat, (not a diet!) I have lost 10lbs in the last 4 weeks.*

*My mood has also improved and I am happy to engage in physical activity (mainly walking) which I was reluctant to do before.*

*The social side of these group sessions is what makes them so important, we are able to give and receive encouragement and support and once our Club House opens again I will try to encourage club members to join you on a Friday using our big screen set-up.*

*There can be no doubt that I have benefitted greatly from the sessions and I feel motivated to continue doing so.*

*Yours is a wonderful group and I thank you and C360 for hosting and arranging them.*

# Assets in Braintree – People Supported

This tree graph illustrates the groups of people that are supported or have access to services across Braintree. If you hover over the tree map below you are able to see the amount of assets supported across each of the categories.

We can clearly identify that many of the assets can be accessed by the general public and it is important to note that many assets who support the general public will be supporting older people and health conditions. There is also strong support for children, neighborhoods and mental health needs. It is also a strength to show that there are specifically 24 assets focused on supporting females.

There are less assets supporting older people and health conditions which is notable because there is a higher Old Age Dependency Ratio (OADR) in Braintree than seven other districts in [2019](#).

There are 4 assets that support the mental health needs of children and young people, which is important because there is a slightly higher prevalence of mental health disorders among children in Braintree compared to the [whole of Essex](#).

There are 3 assets that are specifically focused on supporting homelessness in the Braintree Area. An example of one of these is [Hope House](#), who are seeking to break the cycle of homelessness through temporary accommodation for homeless adults. There are also multiple assets that support children, early years, and families including, for example, [Baby Stuff Braintree](#), which is a charity run by volunteers to provide free pre-loved clothing and equipment for 0-5 year olds.

As we can see from the graph, 3 assets specifically support carers, in the local area. For example, [Crossroads Braintree & Chelmsford](#) offers physical and emotional support to adults that provide unpaid care to others. They provide support to ensure that those being cared for can continue to live in their own home such as giving the carer a break and enabling them to look after their own physical and mental wellbeing.

The graph also shows that there are 5 assets that specifically support ethnic minority communities, such as [Isedale Wa](#), which is a non-profit based in the UK and Nigeria, dedicated to exploring a range of factors that influence African culture and Heritage.

# Braintree Community Voice: Children and Families

## Braintree Families Steering Group

The Families Steering Group exists to improve the quality of life for those families who are trying to maintain a decent standard of living despite struggling to survive.

The group comprises several partners:-

Community360, Family Solutions, Barnardos, Braintree District Council, First Stop Centre, Active Essex, Essex County Council, Eastlight Homes, Braintree Food Bank and John Bunyan, Beckers Green, Great Bradfords, Alec Hunter, Earls Colne, Colne Engaine, Elm Hall & Chipping Hill Schools.

Each partner plays an important role in the progression of the aims of the group.

Since July 2020 the group has supported over 300 families during school holidays and half terms by providing activities and food for the children. Since June 2021 half term all meals provided have been hot. During a part of lockdown it was not possible to provide activities so boxes of food were distributed to the families. On top of this most of the families have been provided with food bags containing not only easily prepared food but ingredients to encourage the children to take an interest in cooking.

The physical activities have been varied and interesting: football, tennis, dragon ball, obstacles courses have been included. The enrichment activities have included arts & crafts, dinosaur talks, 3D pen usage, basic cooking & amusing scientific experiments.

Activity weeks have been arranged and schools and associated educational personnel have been very helpful in providing referrals. One challenge that has been faced has been encouraging some of the families to attend and take advantage of the wealth of opportunities for them, and this is something we continue to work on.

Since inception, the group has helped many children and families to ease the pressure on their everyday life.

What has been most surprising is the number of grateful messages we have received from parents who have benefited from the group's actions. This is especially seen in an email from a single parent who has been physically and mentally abused by her ex-husband saying what a help and relief it was to know there were people out here who cared and wanted to help.

# Services and People Supported by Geography

We need to look further at an organisational level at what the organisations that do exist in this space are doing.

In connection, we can see that there are many assets that support physical health and wellbeing. It is important to utilize these assets further because they will have an impact on childhood obesity. It is unclear how much support these services are giving to children and families, and it is also yet to be determined the price point of these services. Working with them to ensure that they are accessible to the wider community is important and will have an impact on these health determinants.

Across Braintree there are many Be Well assets, so it is important that we maximize these assets. There is also a high prevalence of faith groups which are supporting a range of communities and undertaking a range of activities, that are an untapped resource for health and wellbeing and support for the communities across different faiths and beyond.

## Central Braintree

Of the 1178 assets identified in Braintree, 396 are in central Braintree, which is the most of all the geographies identified. In terms of services, 76 of the assets are physical activity assets, and 57 are faith groups. There are fewer community venues identified in Central Braintree than other central locations in other districts (20) but there are also multiple outdoor activities (29). These assets support a range of activities in Central Braintree. There are the most youth groups in central Braintree (10). There are strong health and wellbeing assets in the area (30) that are focused on supporting specific health conditions and therefore will be able to support people from across the Braintree district and beyond.

## South Braintree

We have identified 370 assets in South Braintree. Of all of the districts South Braintree has the most physical activity assets (122) but it is not always clear of the cost of access to these assets. In comparison to the other geographies they have fewer faith groups (36) and the same community venues as central Braintree (20). They also have the least support in terms of education (12) but have the most social clubs (17).

Central and South Braintree are the most urban areas of Mid-Essex. It is surprising they have less community venues than Northern Braintree. This may relate to higher rental prices or multiple community assets using a small number of community venues.

These are strong areas that have a lot of assets to develop and which need support. It was not clear from the review to what extent community assets link to offer mutual support – This may be a focus for future review.

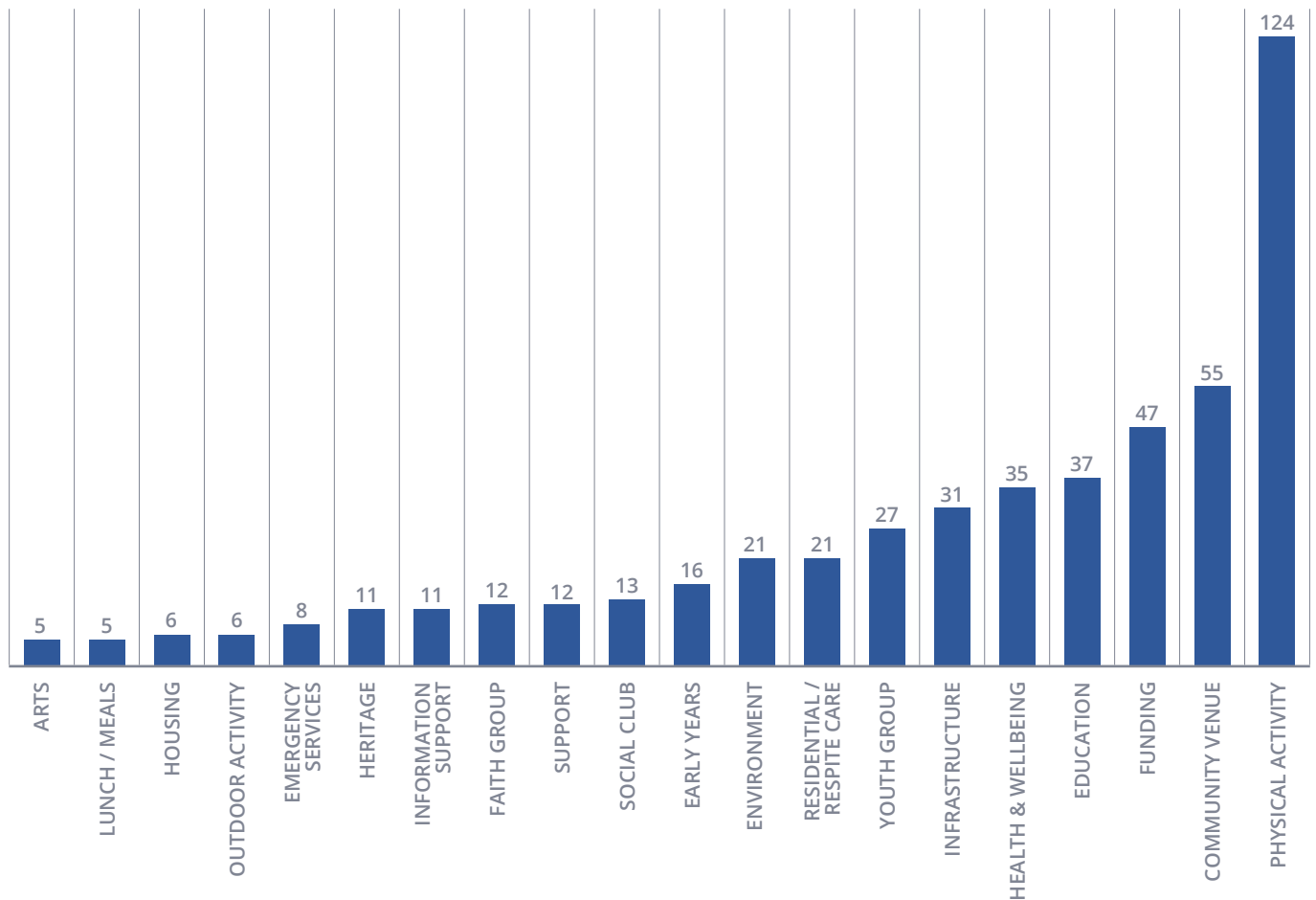
## Northern Braintree

Northern Braintree has double the community venues of the other areas. As this is the most rural part of Braintree there is a lot of work that could be done to utilize these community spaces and ensure that isolated individuals are supported. Northern Braintree also has the most education assets (20) and community anchor assets (20). There are fewer youth groups (4) and social clubs (14) in Northern Braintree in comparison to other areas, so the strong amount of community venues may need to be further utilized. Considering that Northern Braintree is the most rural area it is valuable to see that there are many housing focused assets (21) in comparison to other areas. There were no heritage assets identified in North Braintree so far.



# Maldon District

## SERVICES ACROSS MALDON DISTRICT



## Maldon District Assets by Services

### An overview of community asset by service

We identified 520 assets in Maldon District. This graph outlines the services in the district, focusing on their primary service, but many of them also serve a secondary function. The table includes those services that have 5 or more assets in the area in order to show the strengths of this area. But there is also a range of assets beyond this that have 5 or less assets including: community development, animals, relief of poverty, community transport, volunteering support, mediation, day centre, community safety, campaigning, befriending and other.

Although many assets were identified during the completion of this report (see some examples in Appendix A), this list is not exhaustive. There are many “hidden” groups that are harder to identify at the grass roots level, but nevertheless provide vital services and support.

This table demonstrates that there are many health and wellbeing assets in this area. Of those health and wellbeing assets 124 of them are physical such as football, sailing, tennis and golf clubs whilst 35 are focused on support for specific health conditions such as MS, diabetes or disabilities. Within this category there are 3 assets supporting those who have drug or alcohol dependency, and 3 assets supporting mental health needs. There are also 6 outdoor activities, which also have an impact on health and wellbeing, such as the [Great Braxted Outdoor Gym](#).

# Maldon District Assets by Services

Many of the health and wellbeing assets that are physical activities may have a significant price attached to them, particularly sailing clubs and golf clubs, so the cost of access for these assets may create barriers for the community, and therefore could be worked with to develop a more accessible offering.

Additionally, there are only two community transport assets identified, so there may be issues across the community with access to services, particularly because Maldon District has very rural areas. Overall, residents of Maldon District have higher travel times to local services than the [Essex average](#) and the longest travel time in the county, so this is access to the range of services identified requires further exploration.

Another important point to note here is that despite there being a number of community venues (55) there are not many social clubs identified across these spaces (13), so it is important to consider how these community venues are used and undertake further research to see if there are other social clubs that have not yet been identified, as these can also play a strong role in health and wellbeing, particularly the feel well domain. For example, [Maldon town hall](#) has many local groups that make use of the space and there are many performances and events. Another key venue in Bradwell on Sea is a [community shop](#) that supports the local area and local residents not only to ensure that they have access to a shop in the local area but also to give local residents the opportunity to purchase products at a reduced price.

There are also some prominent faith groups (12), such as [Burnham Baptist Church](#). In Maldon District we have identified 11 heritage assets. An example of these types of assets is [Stow Maries Great War Aerodrome](#) which is the largest known surviving group of RFC buildings on a WW1 aerodrome which has not been used for further military work. It is a unique resource with a strong collection of objects and activities.

There is also strong need in this area in terms of mental health support in [Maldon District](#) in particular, so it is important that people are made aware in these areas aware of these assets. However, the influence and reach of these assets needs to be explored further to understand the impact that they have or could potentially have in the future. In-depth consultation and engagement with communities is needed to understand impact of the assets in-depth.

# Maldon District Community Voice: Health and Wellbeing

## Places Leisure – Blackwater Leisure Centre and Dengie Hundred Sports Centres

[Places Leisure \(PfPL\)](#) is a national company which runs leisure facilities across the UK mainly on behalf of local authorities. In Maldon District it offers two facilities; Blackwater Leisure Centre and Dengie Hundred Sports Centre on behalf of Maldon District Council. The aim is to attract more people into their leisure facilities, getting more people, more active and more often.

Dengie Hundred is a dryside sports centre offering gym, multi-activity rooms and main hall facilities, whilst Blackwater Leisure Centre is a multi-functional centre offering wet and dry facilities – a dance studio, interactive studio, a large gym and swimming pool. As well as offering their own services they work with 3rd party providers to offer services such as swimming sessions for adults with disabilities, gymnastics group, cancer rehabilitation sessions, holiday club facilities and the My Weight Matters programme. They have recently been tasked to provide rehabilitation support to people experiencing medium to long term Covid symptoms. They also run external programmes to support activity and fitness in the community at local schools and care homes.

The pandemic has had a major impact on PfPL with their leisure facilities having to close during the lockdowns and then facing the challenge of re-opening safely whilst encouraging people to come back. The achievement that they are most proud of during this period has been their flexibility as an organisation in offering safe activity whilst adapting to ongoing changes in government guidance as well as working effectively with their local authority partners Maldon District Council.

The pandemic forced them to innovate their services quicker they might otherwise have done, they have adapted their systems and processes accordingly. They offered an online membership during lockdown, and on re-opening changed their booking systems and session times and their safety measures as necessary. As they said, ***“We are being fluid, we are following government guidelines, we are still maintaining the cleaning standards that we did right at the very beginning but we are making it easier for people to come in and to take part in the activities and in addition to that we are growing our activities again ... So, whilst it has been a horrendous time there have been positives that we can pull out to make improvements.”***

During lockdown PfPL were unable to run swimming lessons. This meant that those 3 and 4 year olds who normally would have started lessons were unable to, whilst many 10-year-old children were unable to reach the national standard of being able to swim 25 metres by the time they go to secondary school. However, since opening they have successfully been able to identify those groups to put redemptive measures in place and this area of their business has made excellent progress in recovering to its pre-pandemic level.

An unexpected outcome of the pandemic for PfPL was the increase in mental health issues amongst both the facility users and staff. As a member of staff pointed out, ***“It has shown me how non-activity, non-work has impacted on people’s lives and the different impact on people’s lives has been huge. The company’s support packages for that, the training we had in place for that and the time that we put in for both staff and public has been amazing.”***

PfPL feel that their organisation is very accessible for local resident of Maldon District, offering a varied programme of activities and memberships to suit all ages, abilities and interests, although they feel that they should always strive to be more inclusive. They are currently working closely with Maldon District Council and other organisations to identify funding support which would help them fully recover as a business and so continue to support the people of the Maldon District and surrounding areas through this rebuilding phase.



## Assets in Maldon District – People Supported

This tree graph illustrates the people that are supported or have access to the services across Maldon District. If you hover over the tree map below you are able to see the amount of assets supported across each of the categories. Visually we can see that there are many assets that position themselves as supporting the general public, and also strong support for older people, children, early years and adults. There are then more specific assets that support those with health conditions, male adults, people with disabilities and volunteering focused support.

Despite having the lower proportion of children and young people in Essex than the [Essex average](#) there are a number of assets that can be classed as supporting children and young people in the district – children (67) and early years (41), however, most of these are education based and not necessarily extra-curricular. For example, [Maldon and District sea cadets](#) give young people adventure, personal challenge and fun to support their personal development through learning new skills and working as teams.

The percentage of older people in Maldon District is higher than the [Essex average](#), and there is a strong amount of assets directly targeted for older people, adults and the general public. However, this percentage of older people is expected to increase so further exploration into these assets and the support that they offer is required. There are assets in Maldon District that support older people (49) and specifically retired people (2). For example, [Dengie and District U3a](#) supports people in their third age, which is not defined by age but instead a time in their life when full time employment has ceased, developing knowledge, experience and learning for enjoyment.

As we can see from the graph there are also 7 assets that support males in the Maldon District in particular. For example, [Maldon men's shed](#) support men through being able to undertake practical activities and being in the company of like-minded individuals. This serves a primary function in terms of activities but also a secondary function of mental health support.

Additionally, there are assets that support people with specific health conditions (9), such as [The Dengie D-Caf dementia support group](#) which has been established to promote quality of life for those with Dementia, supporting not only those diagnosed but also their family and those who care for them.

It is important to note that there is only one asset categorised as supporting the LGBTQ+ Community, so they may be excluded and there are no assets identified for the black, Asian, minority ethnic community.

# Maldon District Community Voice: Children and Families

## Cirdan Sailing Trust

[Cirdan Sailing Trust \(CST\)](#) is a small, Maldon District -based charity. It has been running since 1983 and it operates large sailing vessels that take disadvantaged young people aged 12-25 years to sea to provide them with life skills and personal development – building their self-esteem, confidence, motivation, resilience, team-working skills and improving their general wellbeing. They also sometimes work with adults with special needs and mental health difficulties, as well as offering experiences to young people undertaking their Duke of Edinburgh gold award.

Over the past couple of years, they have seen a dramatic reduction in the number of young people accessing their service. This is due both to the pandemic and a general decline in the number of youth organisations and groups through which young people can access their service.

During the pandemic the CST had to suspend all voyages during the lockdowns, whilst the infection control measures made re-opening quite complex, with some trips cancelled due to the crew having to self-isolate. In turn, their potential client base has decreased by reduced numbers of youth organisations applying due to reasons including lack of funding, pandemic closures and more youth work being undertaken through schools. In 2020 all their income from youth groups was lost due to the pandemic – approx. 40% of their total income. Whilst this year, staff estimate that they supported about half the number of disadvantaged young people than they did previously in 2019.

The CST workforce is made up of a permanent team and a seasonal sailing crew. Their biggest challenge and achievement in 2021 has been keeping the sailing vessels operating and everyone safe from Covid19. They feel that ***“It has been purely the dedication and determination of the staff and crew to deliver the service to young people that kept us going.”***

As there have been fewer youth groups using their service, CST have offered more voyages to young people undertaking their Duke of Edinburgh gold award. This has resulted in an unexpected outcome for them, as they said;

***“Our work is aimed at helping those who suffer disadvantage in their lives and the DofE Gold Residential voyages have a different objective. We would not expect the students to be telling us how the voyage has helped them with [the] mental health side of things because normally it would not even crop up... What this has shown is that it does not matter what walk of life they have come from or what their attainment level they have all suffered through the pandemic. And they all desperately need positive activities preferably something physical like going on the boat to help them move on.”***

CST feel that their service is fully accessible. They adapt each voyage to suit the needs of the clients who are coming on-board, to suit their physical, mental health or social and behavioural requirements. CST only charge groups what they can afford and make up the difference through external funding sources. As they said, ***“We will make sure that if people would benefit then we will try to get them involved.”***

The main additional support that CST requires to continue supporting young people is funding. They felt that the government funding available during the pandemic was not particularly helpful for them as a charity. Most funding streams were only available for organisations that were operating during the lockdowns, which they were not. Whilst the business rates and VAT holidays already in place did not apply to them, they were able to get a £10,000 grant from Maldon District Council on their second application attempt, were successful in a bid to CAF and they were able to furlough their staff. However, they did find the furlough scheme restrictive as staff were then unable to work for their organisation. And there was still work to do, they felt it would have been helpful if the furlough scheme could have been used to pay staff wages whilst they were unable to operate their income generating services to continue to work on the upkeep of the sailing vessels and other vital jobs which would enable them to re-open and so save them money in the future.

CST acknowledges that their service is expensive to provide and that youth groups are experiencing funding restrictions. CST would find additional funding both for themselves and groups helpful as well as some way of communicating the effectiveness of their service in order to encourage more schools and youth groups to use them.

# Services and People Supported by Geography

## Maldon District Town & Heybridge (Central)

Of the 521 assets, 187 assets can specifically be located as offering services in Maldon District Town and Heybridge central, which is the most of all of the geographies identified. In terms of services, 9 of the assets can be identified as Health and Wellbeing Assets and 57 as physical activity, 10 faith groups and 19 funding organisations, all of which support and develop a range of activities in Maldon District. Maldon District Town and Heybridge are the most urban parts of Maldon District so it is not surprising that many of the assets are located in these areas. Heybridge is a large village and Maldon District is a town.

These are areas that have a lot of assets that develop, support and network across these spaces, and also support some of the more rural areas of Maldon District. We can also see support for children (29) and early years (12) across central Maldon District and a range of assets that can be accessed by the general public (87). There are some assets that are specifically focused on men and people with specific disabilities or health conditions. There are also 21 assets focused on older people.

The subsequent geographies are all rural geographies. Across the whole of Maldon District only two assets are identified as community transport, one of which is [C360 community transport service](#). Given that these areas are so rural it is likely that there is difficulty of accessing the assets across these locations. In particular the Rural South-East geography is considered to be the most rural, especially regarding transport in the Dengie, but after Maldon District Town and Heybridge, Rural South-East does have the most assets of all of the rural geographies identified. It is important moving forward to ensure that access to these assets is possible across this location including timings of accessibility such as evenings and weekends.

## Rural South-East

Of the 521 assets identified in Maldon District, 136 assets can specifically be located as offering services in "rural south-east". Across these assets there are 36 Health and Wellbeing Assets, 18 community venues, 18 funding organisations that raise and/or distribute funds, 11 youth groups, 8 infrastructure organisations, 10 education assets, 7 residential or respite care assets and 4 social clubs. In Rural South-East Maldon District there is a similar range of support for different demographics including: 6 assets targeted at adults, 21 for children and 9 for early years, 76 for the general public, 12 for older people, 4 for voluntary community organisations, 2 for males, 2 for people with disabilities and 4 for volunteering organisations.

## Northern Rural

Northern Rural Maldon District has the least amount of assets of all the areas in Maldon District but does have a significant number of community venues (9), infrastructure organisations (10) and health and wellbeing (18) assets that may be supporting a range of activities across the area. There are also 7 youth groups in the area particularly relating to scouts and girl guiding. Given that there are fewer assets overall in Northern Rural there is also less of a range of people supported by those assets in Northern Rural. There is still however a strong amount of assets for the general public (39), support for children (9) and early years (10), older people (7). There are also some organisations that support specific groups, such as: mental health needs (1) people with learning disabilities (1) health conditions (1) and adults (1).

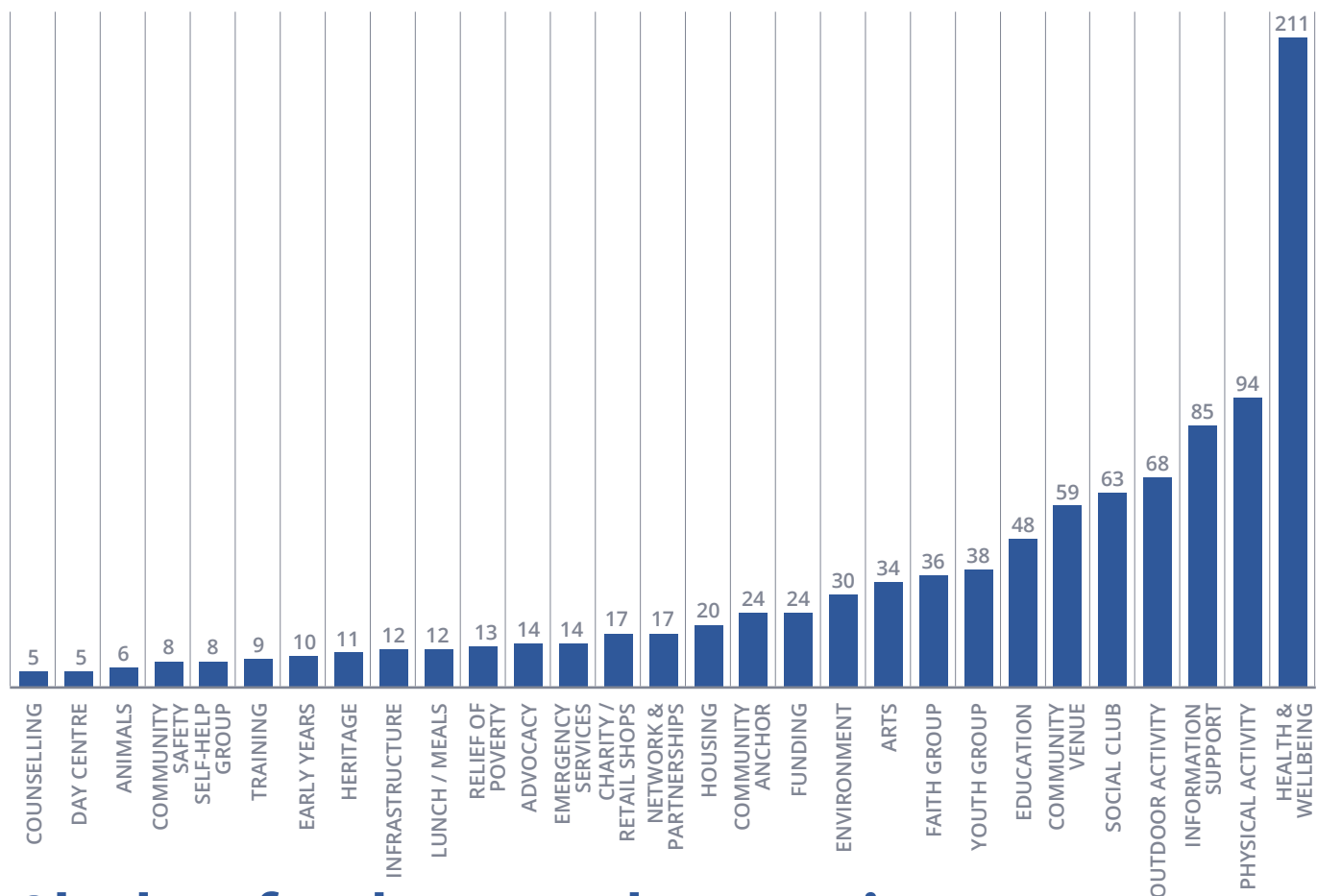
## Rural South

Again, there are fewer assets overall identified in Rural South Maldon District, but there is still a significant number of community venues (20), health and wellbeing assets (16) and infrastructure assets (11) identified in rural south Maldon District. Despite there being a number of community venues there are only 3 social clubs identified across this space. This may be an impact of the pandemic, that these have not been identified yet, or that the community venues are not being utilized to the full extent, or probably a combination of these. There is a slight shift in Rural South in terms of who is supported as there are 6 assets that are focused on adults and 5 that are focused on older people. Again, there is a considerable amount of assets that support the general public (45), 10 that support early years and 7 that support children. There are also some assets that support particular groups: female (1), neighbourhoods (2), people with disabilities (2), and volunteering support (2).



# Chelmsford

## SERVICES ACROSS CHELMSFORD



## Chelmsford assets by services

### An overview of community asset by service

We identified 1034 assets in Chelmsford. However, it is important to note that during the research timeframe not all Chelmsford and districts assets could be included, and we also recognise that some assets may have been paused or even closed at the time of the mapping process. This graph outlines the services in Chelmsford, focusing on their primary service, but many of them also serve a secondary function. The table includes those services that have 5 or more assets in the area in order to show the strengths of this area. But there is also a range of assets beyond this that have 5 or less assets including: Campaigning, Community Hub, Project delivery, Resources, Shops, Other, Befriending, Community Development, Community Transport, Independent living, Volunteering Support, Advice, Holiday Schemes, Residential/Respite Care, Bereavement, Facilitation and Representation, Foodbank, Safeguarding.

Although many assets were identified during the completion of this report (see some examples in Appendix A), this list is not exhaustive. There are many “hidden” groups that are harder to identify at the grass roots and parish level, but nevertheless provide vital services and support.

This table demonstrates that there are many health and wellbeing assets in this area. Of those health and wellbeing assets 94 of them are physical such as football, sailing, tennis and golf clubs whilst 211 are focused on support for specific health conditions such as MS, diabetes or disabilities. Within this category there are 9 assets supporting those who have drug or alcohol dependency, and 34 assets supporting low level mental wellbeing.

In Chelmsford, two community transport assets were identified, one of which, [Chelmsford Community Transport](#) is a vital lifeline for the district operating throughout pandemic to get people to their appointments and offering social connections beyond just transport from place to place. Although the travel time for those living in Chelmsford is lower than the Essex average and may not be seen as significant, there are many rural parts of Chelmsford outside of the urban centre, including the major town of South Woodham Ferrers, that need to be considered as it can take an hour to travel there and back by car. Public transport journeys are clearly going to be longer, out of reach in terms of cost by many, and in some rural areas there is limited if no public transport available.

# Chelmsford Assets by Services

In Chelmsford there are many community venues (59) and many social clubs identified (63), both of which can also play a strong role in health and wellbeing, particularly the Feel Well domain. It should be noted that at the time of data collection many community based face to face social activities were paused due to pandemic so may not be included.

People in Chelmsford have high mental health issues across young people, females and males in comparison to the [averages across England](#). Given that there are a lot of services that support mental health and wellbeing as a primary and secondary service we can see that there is support in these areas, that needs to be explored in greater depth. ***The majority of local services are to help maintain wellbeing.***

There are also 20 assets that are focused on housing and the multiple vulnerabilities that contribute to people becoming homeless. For example, [CHESS](#) is a homeless charity that works to support people who find themselves homeless in Essex through a hub with a 9-bedroom shelter, facilities and support.

During pandemic, hyperlocal communities have become better connected through neighbourhood mutual aid groups and there has been increased focus on individual creativity and activity to maintain good mental health. Volunteering for health has seen an unprecedented level of interest, and the discovery of outdoor settings has been very much encouraged.

People in rural Chelmsford do cross out of the district to access services that are not available in Chelmsford if they are able to get there and also if the offer is virtual. We have seen village based voluntary care schemes established by neighbors, hyper local assets and mutual aid groups to provide emergency voluntary support. This has included activities such as car transportation to appointments, however these can be short term and rely on the availability of volunteers.

People living in Chelmsford have access to a wealth of outdoor spaces that they can use for a range of recreation facilities. Allotments, public gardens, parks, rivers, canals, organised walks, bike lanes/routes, play spaces, outdoor sports facilities, reservoir, estuary, [RHS Hyde Hall Gardens](#), [Essex Wildlife Trust reserves](#), [National Trust](#) common and woodlands to name just a few. Even the City's High Street can be booked for a range of activity.

During pandemic we have seen citizens restricted from coming together as wider communities in the usual ways, with most people following their own regime and path when taking activity outdoors. Some of the existing assets such as [Heart and Sole Walks](#) were paused during restrictions but the 14 weekly walks have since restarted.

However, some services such as [HomeStart Essex](#) took their activities outdoors in more ways than ever so that they could still have their family group meetings when access to indoor space was severely limited.

We have seen a number of new assets that could capitalise further on the outdoors were developed such as: [Chelmsford 100](#) new wellbeing project. A mobile celebration of community, creativity, environment and volunteering, C100 takes its inspiration from the areas waterways and outdoor spaces, aiming to celebrate some of the hidden gems, collaborations and community connections.

New family friendly walking and cycling routes to [Explore Chelmsford](#) and encourage continuance of outdoor activity for families, are being developed by the City Council and these will be added to the asset map for future iterations.

# Chelmsford Community Voice: Health and Wellbeing

## City of Chelmsford Mencap

Queens Award winning local charity, [City of Chelmsford Mencap \(CCM\)](#) provides services for people with a learning disability across mid-Essex. Learning disability is a reduced intellectual ability and difficulty with everyday activities which affects someone for their whole life (often confused with learning difficulty and mental health issues). Learning disability can be caused by specific conditions, such as Down Syndrome, birth trauma or early childhood illnesses; may be mild, moderate or severe and people may also have associated sensory and/or physical impairments.

People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complex information and interact with other people. With the right support, most people with a learning disability can lead independent lives.

When lockdown hit CCM were faced with supporting a cohort of people who usually attend the Centre and its activities for their wellbeing and most of their interactions with others. Many were also on the clinically vulnerable list and with the tough restrictions laid down at the time the Centre was unable to open for physical sessions. Rather than close down completely, the charity determined to rework their offer and continue to support all of their service users. Very quickly they devised an online offer – a Virtual Academy – which included activities their students would usually do in person at Mencap Centre. They also set up tailored support including regular wellbeing checks, delivering food and other essential items and checking in on anyone they felt was becoming isolated.

Throughout the challenges of pandemic, CCM's Outreach Academy ran a variety of lifelong learning courses which help develop social, work and life skills, maximise wellbeing and independence, including; cooking, Active in the Community and Environment, Music, Independent Designs, Seated Dance, expressive and creative art, Functional Skills (focus on communication skills, and science in everyday life). Their posts on social media were inspirational to see and be part of and as soon as it was possible to do so they set up a hybrid offer enabling those students that could come back to the Centre to do so in small groups whilst still interacting with those at home.

CCM is facing the challenges of the past two years and embarking on an exciting period of development, including the extension of its Outreach Academy programme and the introduction of Discover Health, an innovative initiative that will directly address the low life expectancy of people with a learning disability. They make the most of every opportunity for fun, learning and realising their members potential; their motto: Life's for living, live it well.

## Age Concern Chelmsford

Age Concern Chelmsford runs a Day Centre and [Lunch Club](#) in central Chelmsford that is a lifeline to older people. During pandemic the Centre was unable to offer physical support by opening as usual but were determined to continue to help their vulnerable client base. Utilising volunteer delivery drivers they set up a 'Meals on Wheels' service five days a week so that they could continue to ensure their members had a good meal and face to face connection throughout restrictions. They also used the opportunity to carry out a major extension to their premises to create a new city centre community hall that would be ready when the Centre was able to reopen fully.



## Chelmsford Assets by People

This tree graph illustrates the people that are supported or have access to the services across Chelmsford. If you hover over the tree map below you are able to see the amount of assets supported across each of the categories. Visually we can see that there are many assets that position themselves as supporting the general public, and also strong support for adults and children. Chelmsford is in line with the [Essex Average](#) for amount of children and there is a slightly higher percentage of 16-64 year olds in Chelmsford, which is important to note as there is a strong number of assets focused on these groups.

There is also strong support for people with specific health conditions, young adults, older people, rural communities. There is a strong need in the area for mental health support and a significant number of mental health support assets were identified. However, the majority of these assets offer low level support, such as social, physical or preventative wellbeing activity. There appears to be a lack of specialist mental health support locally available, particularly for serious mental illness, and the impact and reach of these assets needs to be explored further to understand the impact and gaps.



# Chelmsford Community Voice: Children and Families

## North Avenue Youth Club

[North Avenue Youth Centre \(NAYC\)](#) is a small charity-based youth centre in the North-West of Chelmsford (one of the most deprived urban areas just outside the City). They provide young people with a safe, affordable place to go, supporting the development of young people's physical, mental and spiritual capacities so they may grow to full maturity as individuals and members of society and their conditions of life may improve. NAYC began 2020 with plans to build on all that had been established, the previous year. Plans were also underway to increase the opportunities for the young people to engage in. Then, like all other activities considered 'non-essential', NAYC had to close its premises in mid-March to help prevent the spread of the Covid-19 virus.

However, NAYC continued undeterred in virtual form, mainly using the online platform Zoom to engage with young people at the usual three sessions a week. These focused on giving young people a space to talk and receive support and allowed staff to ensure that the young people had accurate information about the virus and that they were able to understand what was happening, and why the restrictions had been put in place. There were many conversations around young people's fears, disappointment at not sitting the exams they had worked hard to prepare for and the uncertainty and confusion around their future. They continued to develop, learning with young people and being responsive to their needs and interests, in the same way as they would have done through centre-based work.

## Citizen Led; Driving Change

[The Knife Angel](#) was invited to Chelmsford by Luisa di Marco, founder of Keep It 100 Youth CIC. A local influencer and mum, Luisa has spent many years in a voluntary capacity using her lived experience to drive policy change at a national level. Luisa knew that the Knife Angel visit could be a driver for change here in the City and worked voluntarily for over 2 years to make it happen. Keep It 100 reached out to and collaborated with multiple local partners to maximise the impact of the arrival of the Angel to Central Park in September 2020.

**The impact of the month long visit was multifaceted, bringing to the City new initiatives including:**

- Two new permanent Keep It 100 knife bins in key places in the city (during September 154 knives were collected just from the bin in front of the Angel)
- New engagement with young people and surveys of support needs collected
- Local youth groups used the Knife Angel as a focus for some of their outreach work
- New Keep It 100 Essex Youth Awards were created to find and nurture creative talent
- 2900+ hits to Keep It 100 information and support website during September
- Chelmsford Theatres performed R4J in front of the Knife Angel
- A new Vigil Event bringing 200 people together to reflect on knife crime and lives lost with powerful spoken words alongside performances by young people, Chelmsford Gospel Choir and Joy Farrukh.
- Over 17,000 people visited the sculpture during September 2020, raising awareness, galvanising conversations and creating a legacy that continues to grow.

# Services and People supported by Geography

## City Centre & Central

The city centre in Chelmsford has the most assets of all of the geographical parts of Chelmsford at 344. This area includes City Centre, Moulsham, Marconi, Waterhouse Farm, St Andrews, The Lawns, Trinity, Patching Hall, Moulsham Lodge. In this location there are strong health and wellbeing assets at 57, and 48 physical activity assets. There is also significant strength in social clubs (20) and youth groups (20) in this area. There is also 22 outdoor spaces and 15 community venues that offer a range of support to the community. Many of these assets support a range of activities, as do the 14 faith groups that were mapped in the city centre.

## Rural East

The area of Little Baddow which includes Little Baddow, Danbury, Woodham Mortimer and Walter, Bicknacre, Sandon has the second most assets in the area at 86. This includes for example 20 health and wellbeing assets, 8 community venues, 6 education assets, 6 social clubs, 5 outdoor activity assets and 4 community anchor assets.

## Chelmsford North

The area of Springfield which includes Springfield, Springfield North, Chelmer Village and Beaulieu Park has the third most assets in the area at 79, including, for example 7 social clubs, 9 outdoor activities, 14 health and wellbeing assets and 6 arts assets.

## Broomfield and The Walthams

The area of Broomfield and The Walthams has the 3rd most assets identified in the area, including, for example, 4 education assets, 5 health and wellbeing assets, 5 physical activity assets.

## Rural West

The area of Chelmsford Rural West which includes Pleshey, Good Easter, Chignall Smealy, Chignall St. James, Roxwell and Highwood has 49 assets across the rural area including 7 community anchor assets, 6 community venues, 5 education assets, 5 health and wellbeing assets, 9 outdoor activity assets and 4 physical activity assets.

## South Woodham Ferrers

South Woodham has 44 assets including 8 health and wellbeing assets, 5 outdoor activity assets, 9 physical activity assets, 6 social clubs assets.

## Writtle

The area of Writtle has 40 assets identified including 5 arts assets,, 4 community venues, 4 education assets, 5 health and wellbeing assets, and 6 physical activity assets.

## Chelmsford South

This area, which includes Great Baddow, Galleywood, Goat Hall has 40 assets, including 3 foodbanks, 7 health and wellbeing assets and 3 social clubs.

## Rural South-East

This area, which includes East, South and West Hanningfield, Stock, Margaretting, Ingatestone, Rettendon and Runwell has 27 assets, including 6 community venue and 5 community anchor assets, for example.

## Rural North-East

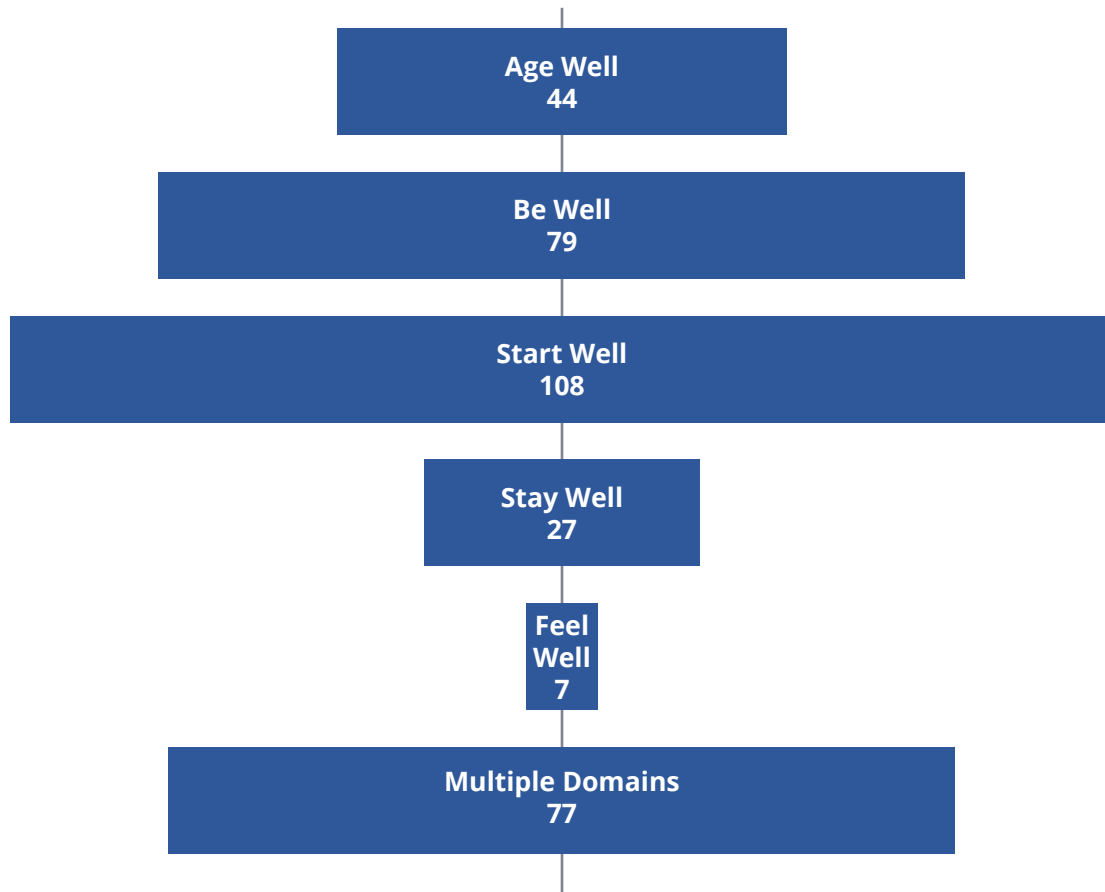
The area of Boreham, which includes Boreham, the Leighs, Chatham Green has 24 assets, including 5 social clubs, 4 community venues.

More details of areas that are included in these geographical locations can be found in the appendices.

## Live Well Domains

In this section of the report we present assets by the Live Well domains where appropriate and possible. Placing these assets under certain domains is subjective as they could be interpreted differently by different people depending on the focus and the approach.

## MALDON DISTRICT ASSETS BY DOMAIN



## Assets in Maldon District by Domain

Here we can see that the strongest domain in Maldon District that is supported is Start Well.

178 assets are assigned to other categories.

There are no assets that are considered as specifically focused on the Die Well domain, nor are there assets that are categorized under multiple domains given this category. This is of significance given the age demographic of the population of Maldon District previously discussed. However, it is important to note the spread of support that [Farleigh Hospice](#) offers across the whole of Mid-Essex even though their main base is in Chelmsford.

It is also clear across Mid-Essex that mental health services are lacking. There are some assets that support in this area and there are a lot of Be Well and Start Well assets that will support mental health as a secondary function, such as health and wellbeing assets and social clubs. Further exploration of mental health services in an in-depth manner is important to understand the impact of the assets that do exist and the gaps in greater detail to ensure that there are options for people before reaching a crisis points, particularly because Maldon District was ranked as having the highest suicide rates in males compared to other districts and has a [higher rate than the average in England](#).

Additionally, further research into local spaces and rural villages of the assets in these spaces may unlock further assets. We can see some gaps in the maps which may be due to a lack of assets or may be because some have not been recorded.

# Maldon District Community Voice: Mental Health

## Futures in Mind

[Futures in Mind](#) is a partnership between charities Phoenix Futures, Mind in West Essex and Northeast Essex Mind. Since being commissioned in 2017 the services provide a bespoke social inclusion and recovery service for people affected by substance/alcohol misuse and/or mental ill health.

Their service offers a variety of weekly and monthly activities across Essex ranging from welcome cafes, through conservation and landscape gardening, to boxing and badminton. They also offer mentoring, befriending, volunteering and training. In Mid Essex they provide activities in Maldon District, Braintree, Witham and Chelmsford where people can meet, develop a routine, attend a support group, and learn new skills.

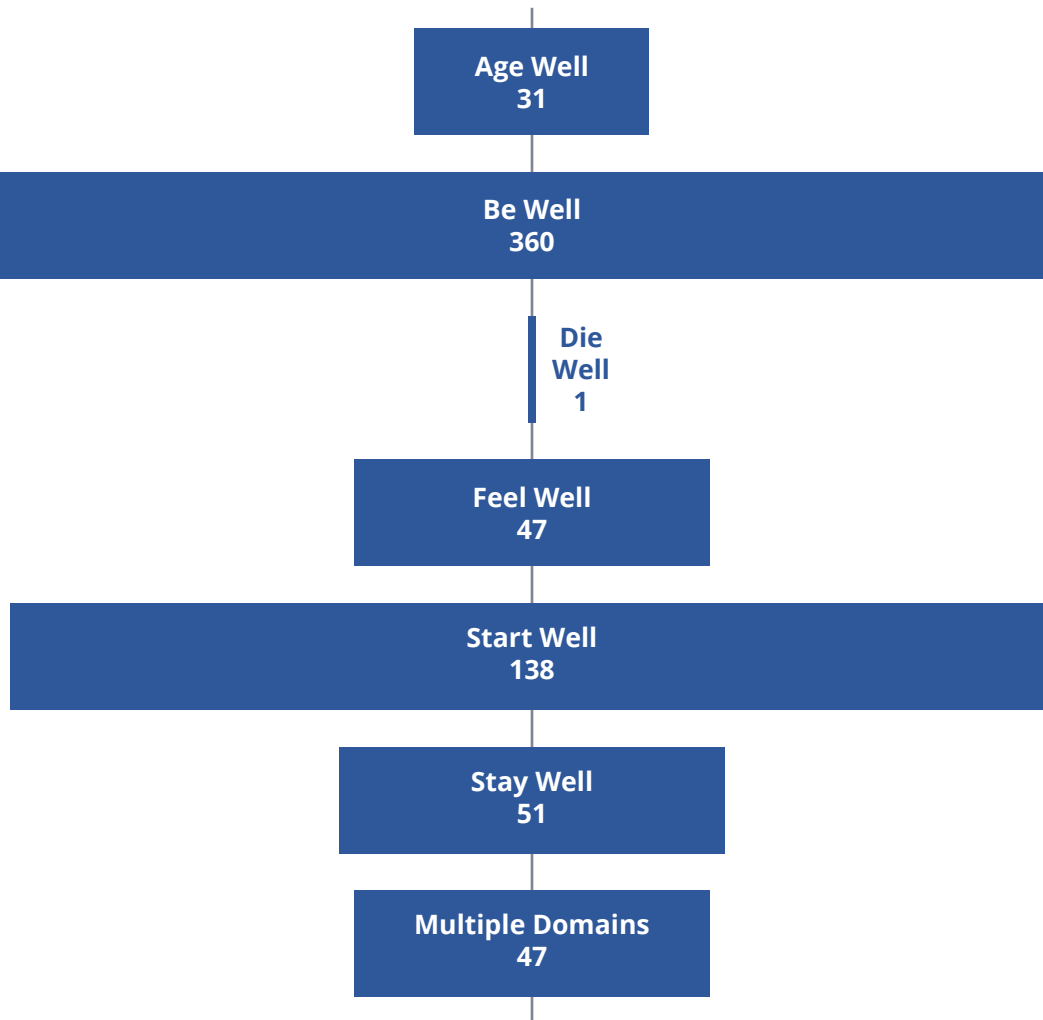
As a result of the pandemic Futures in Mind adapted their service delivery from face-to-face to remote provision via virtual groups and telephone. Once government restrictions eased normal service delivery was resumed.

Futures in Mind are proud of the support they provide to both their service users and volunteers. They actively encourage their service users to get involved in their user forums and in feedback "individuals have said they felt supported and had a lot more contact with us than many statutory agencies."

This feedback also highlighted the desire for support to be offered outside of office hours, making their services more accessible. Futures in Mind are now consulting their service users and stakeholders to assess the need for a more dynamic out of hours service provision.

Their biggest challenge since the easing of lockdown restrictions has been the sharp increase in number of referrals in July, August and September. Because of the rise in demand they are now operating a waiting list for those who wish to have one-one befriending support, whilst actively promoting and recruiting volunteers to assist in service delivery and support the team.

## ASSETS IN BRAINTREE BY DOMAIN



## Assets in Braintree by Domain

In this graph we can see that there are strong Be Well and Start Well assets in Braintree . There are also 461 assets that have not been assigned to a domain and are under other categories

There were fewer than anticipated Die Well assets across Mid-Essex given the ageing population. We can see here that one asset in Braintree is focused in the area, whilst there are seven that can be categorized as Age Well and Die Well.

There are multiple Feel Well assets in Braintree, but the data also shows that mental health services for adults, children and young people are low. Community-based services are crucial ways of supporting children and young people as they help to combat the stigma associated with mental health. Indeed, these can be forms of preventative care. These assets need to be utilized further as there are many people who need mental health support in Braintree, particularly on the ground level. But there are also many assets that can have an impact on mental health without being positioned as mental health charities.

# Braintree Community Voice: Mental Health

*I am a carer, volunteer and member of [Rethink Mental Illness](#). I run two support groups in Braintree one for [Braintree Rethink Self-help Art Group](#) for all those that have mental illness and [Braintree Rethink Carers Group](#) for all those that care for their loved ones with mental illness. Although we are affiliated to Rethink Mental Illness, we have to raise our own funds to keep both groups going.*

*As a Carers Group we have been going for many years and meet once a month. We have a great wealth of information between us all and help and support each other. We all understand what each other have been through or going through, you can express how you feel and nobody will judge you. We are very passionate in what we do for the group and try to make awareness to the general public about mental health by speaking out for better mental health we want our voices heard. We are small in numbers, but we want to make a difference it is a must for our loved ones.*

*The Art group is open to all those that suffer with mental health issues and would like to join us. We offer a safe warm place with a friendly environment. They all understand and support each other. There is always someone to talk to and they must never feel alone. We have a variety of paints and all art materials available for all members and some of the work they create is beautiful. When we can we like to display works in local exhibition & events. Actively campaign against the stigma attached to mental health.*

*We have had over 200 people through our doors since we started 13 years ago. Some of gone back to college or university, many of gone on to get work but sadly many are still with us because they need more care and support. We have over sixty on our books at present. Before Covid came along we had an average of thirty-eight per week. We started back in August and at present we only getting about twenty-five per week. Many have struggled through the last months and still very wary of mixing with others.*

*We have grown over the years, and we have made a definite impact on the vulnerable in our community by giving the art group members some normality each week. We aim to help give them support and show them all understanding to build their confidence.*

*We are very proud of each and everyone that have come along to be members of our art group. They support each other even though they are struggling themselves. Many have built their confidence, so they attend public events to promote mental health, the more events we hold the braver they get and speak up about their mental health. They all treat each other as family and in fact they call themselves the 'Rethink Family'*

*I think the biggest challenge for being a volunteer running a group is getting the help and support from the mental health trust...EPUT...I have been a carer for thirty years to my son and have had to fight for help and support all the way so since starting the art group 13 years ago I now fight for everyone there too.*

*The most unexpected outcome of running the group is the love and friendship I have received over the years. Many of the general public take two steps back when you mention mental illness, but they don't know what they are missing. The members are often lonely and can be carers themselves too, they just need support and understanding, give them a little help and they are so grateful, and you can see the difference in them over the weeks and months*

*Recently I have met with three members of EPUT one of them being the CEO and all three I have been impressed with, They have all listened and all offered help I hope this is going to be on going and materialises into positive action*

*My group members need ongoing support by being listened to, by speaking to support workers, by seeing doctors on a regular basis and if they need help they get it straightaway.*

**Trina Whittaker, Braintree Rethink**

## ASSETS IN CHELMSFORD BY DOMAIN



## Assets in Chelmsford by Domain

In this graph we can see that there are strong Be Well and Stay Well assets in Chelmsford. There are also 73 assets that have not been included in the graph as they have been assigned to other categories.

There are more significant Feel Well assets in Chelmsford than other areas, but fewer Start Well assets than have been identified in Braintree and Maldon District.

We can also see that there are more significant numbers of Age Well and Die Well assets in Chelmsford. These assets are also likely to be supporting other areas. For example, a major Die Well Asset for the area is [Farleigh Hospice](#), whilst the Hospice itself and HQ is based in Chelmsford, services and support are available across Mid Essex both in their Inpatient Unit and care at patient's homes. A Helpline, care home support and bereavement support are available across Mid Essex as are advanced services such as the nurse-led Virtual Ward is where patients were admitted to an enhanced level of care during pandemic.



# Chelmsford Community Voice: Mental Health

[HomeStart Essex](#) (HSE) provide practical and emotional support to families with young children who might be experiencing a range of challenges including isolation, mental health issues, financial hardship, single parenthood or domestic abuse. On 23rd March 2020, the UK went into full lockdown and HSE had to adapt quickly. HSE continued to provide family support and rapidly adjusted the service to ensure that we remained open to the families who needed help more than ever.

During the pandemic, HSE established a 'Stronger Futures' working group to survey families, volunteers, and staff on their feedback on Covid adapted services, ways of working and new or continued service provision needs following the pandemic. The findings provided several recommendations that became part of our annual plan objectives moving forward. HSE was and is dedicated to the safety of our families and volunteers and we contacted both regularly to ensure that they were well. Families that reported they had Covid-19, symptoms of Covid-19 or were having to self-isolate were contacted to see if they needed additional support such as deliveries, help with contacting other services or help with making any arrangements, such as childcare. Although things were changing rapidly, our coordinators remained the constant in our families lives and continued to offer the support they had received prior to the pandemic.

We adapted our service to incorporate the things that we could provide within the restriction parameters. For instance, in the summer ['The Flying Seagulls'](#) were brought in to offer some outdoor fun for our families. As the pandemic continued, HSE sought additional Covid-19 emergency response funding to provide our more vulnerable families with practical help. There was also a recognised need for families to have access to technology due to families now having to home-school with more than one child. We received funding from NLCF and Essex Community Fund (ECF) to develop our digital support to families which included funding to start up a 'Tablet Library', from which our families could loan a tablet whilst home-schooling. This funding also provided us the opportunity to expand our digital platforms. It enabled us to provide a resource library for families on our website.

Funding was also sought to provide resources to the vulnerable and most isolated families, these packs included books, craft materials, puzzles, toys, and general stationary. It also provided travel

and communication expenses for staff and volunteers in distributing packs and providing ongoing support. In December 2020 Essex County Council funded our 'Warm and Safe' initiative which would ensure that families within the areas of 'highest economic deprivation' had essential items, i.e., food, hygiene products, nappies, fuel, and warm clothes for the winter ahead. We have reached over 300 families under this initiative.

As we start to establish a new 'normal' and can start to return to face-to-face services, we have made the decision to offer the adapted services which have been successfully received, as part of our normal service. We will continue to offer a telephone befriending service (volunteers phoning families regularly) and some on-line groups. These will be in addition to our normal services.

*Extracted from HSE Annual Report*

# Covid Reponse Survey

**In September 2021, CommunityC360, Maldon District CVS and Chelmsford CVS released the Mid Essex Community Assets Mapping Survey, for groups and organisations to inform the mapping of Mid Essex with their responses to a number of questions about their organisation and more specifically their organisational response to Covid 19. This section of the report outlines the survey responses.**

## ORGANISATION TYPE

### Braintree

There are some key patterns to the responses from Braintree based organisations. The majority (61%) of responses categorised their organisation as a Registered Charity (n = 14), 9% responded to say that they are a community group and similarly 9% responded to say that they are a Community Interest Company. 4% said that they are a Religious organisation, 4% a Primary Care Network and 4% an Outreach Support Service. 9% did not answer this question. Therefore, the majority of respondents are from Registered Charities in the Braintree District.

### Maldon District

Of the 8 respondents, 3 (38%) were registered charities, 3 (38%) were voluntary-not-for-profit organisations, 1 (13%) was a company with charitable status and 1 (13%) was a community group.

### Chelmsford

For the organisations that responded to the survey in Chelmsford, 77.8% categorised themselves as a Registered Charity (n=14), 11.1% categorised themselves as a community group. We also had one Parish Council complete the survey and one unincorporated group.

## ORGANISATION SIZE

### Braintree

The highest frequency of respondents came from Micro or Small organisations, making up 57% of the responses. 13% of respondents are from a Medium size organisation, and similarly 13% are from a large organisation. No respondents categorised their organisation as Major in size. 4% of organisations listed themselves as a branch in response to this question, 4% did not know the size, and 9% did not answer this question. Whilst the survey responses only represent a small number of organisations in the district (23), it is interesting to note that of the responses the majority are from Micro or Small organisations.

### Maldon District

Six out of the eight respondents described the size of their organisations. Four (67%) were micro-organisations with an annual turnover of less than £10, 000 and 2 (33%) were small organisations with an annual turnover of between £10,000 – £100,000.

### Chelmsford

In Chelmsford we had survey responses from each size category. Almost half of respondents (47.1%) described their organisation as a Medium sized organisation. 23.5% of respondents described themselves as a small organisation and 17.6% described themselves as a micro-organisation. We also had one respondent describe their organisation as large and one as major.

## EMPLOYEES

### Braintree

As to be expected with mostly Micro and Small organisations, the number of staff employed in the majority of these organisations is relatively low. 35% employ no paid staff at all. This means that they run solely on volunteers supporting the community, a factor which should be continually recognised and rewarded, with these groups providing vital support to their communities. 39% of the organisations who responded employ 1-10 members of staff, so still very small. Just 9% employ 11-50 staff, and 17% employ 50+ members of staff.

### Maldon District

Six organisations (75%) out of the eight respondents had no paid staff, with the other 2 (25%) having between 11-50 paid employees.

### Chelmsford

Two of the responding organisations employ over 50 staff which is fantastic to see, but with these likely being from the large and major organisations it is no surprise. On the flip side, 33.3% of respondents do not employ any individuals, meaning that they rely solely on dedicated volunteers to provide their services. There is an 50/50 split with the remaining organisations employing between 1 – 10 and 11 – 50 individuals.

## LOCATION OF PREMISES

### Braintree

This part of the asset mapping report refers specifically to survey responses from organisations in our districts, but it is key to note that whilst some of the Braintree organisations work in the district and some further afield, not all of these organisations have offices. 17% of respondents say that they do not have an office, which in itself can be a challenge for groups and organisations if they do not have an official base.

### Maldon District

Six out of the 8 organisations (75%) were based in Maldon District, with 1 (13%) based in Chelmsford and the other (13%) in Braintree Districts. Of those 6 Maldon District based organisations, 4 (67%) were based in central Maldon District (Maldon District and Heybridge), whilst 1 (17%) was based in the rural south and the other (17%) in the rural south east of the District.

### Chelmsford

One out of the responding organisations was not based in Chelmsford, with an office in Pitsea and two of the organisations that responded did not have an office. The remaining organisations were spread across Chelmsford district.

## VOLUNTEERS

### Braintree

The number of volunteers supporting the organisations however does not necessarily follow a pattern which corresponds to the size of the organisation in the same way that the staff numbers do. One of the small organisations for example has 1-10 volunteers supporting them, and another small organisation has 250+ volunteers. One of the other large organisations has 1-10 volunteers supporting them. Therefore, these results vary dependent on the organisation. Overall, 9% of respondents said that they do not have any volunteers supporting the organisation, 43% have 1-10 volunteers, 26% have 11-50, 4% of respondents said that their organisation has 101-250 volunteers supporting them, and 9% have 250+ volunteers. 4% did not answer this question.

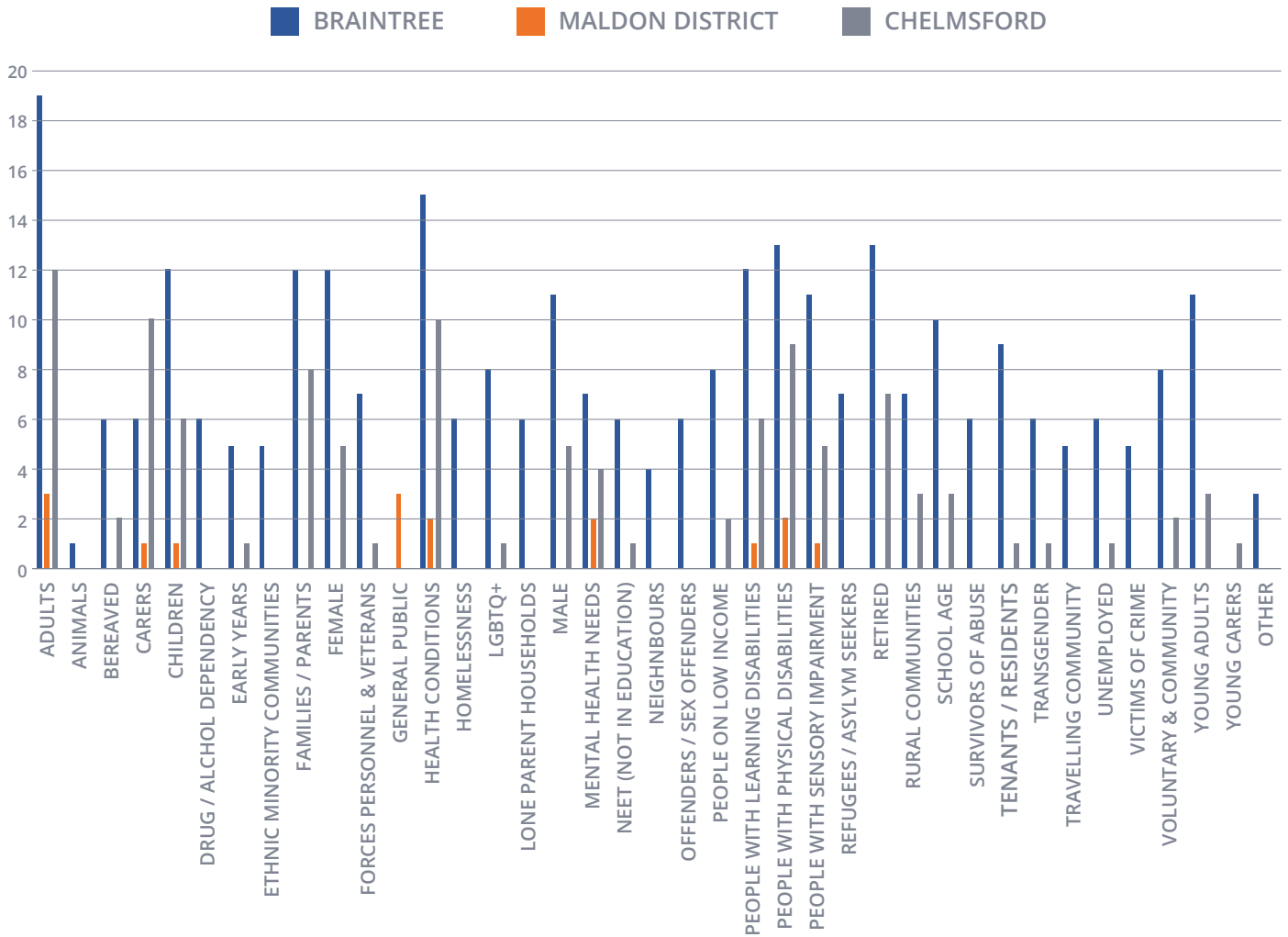
### Maldon District

All eight organisations had volunteers with 7 (88%) having between 11-50 volunteers and 1 organisation (13%) having between 1-10 volunteers.

### Chelmsford

Two of the responding organisations employ over 50 staff which is fantastic to see, but with these likely being from the large and major organisations it is no surprise. On the flip side, 33.3% of respondents do not employ any individuals, meaning that they rely solely on dedicated volunteers to provide their services. There is an 50/50 split with the remaining organisations employing between 1 – 10 and 11 – 50 individuals.

# WHO DO YOU SUPPORT?

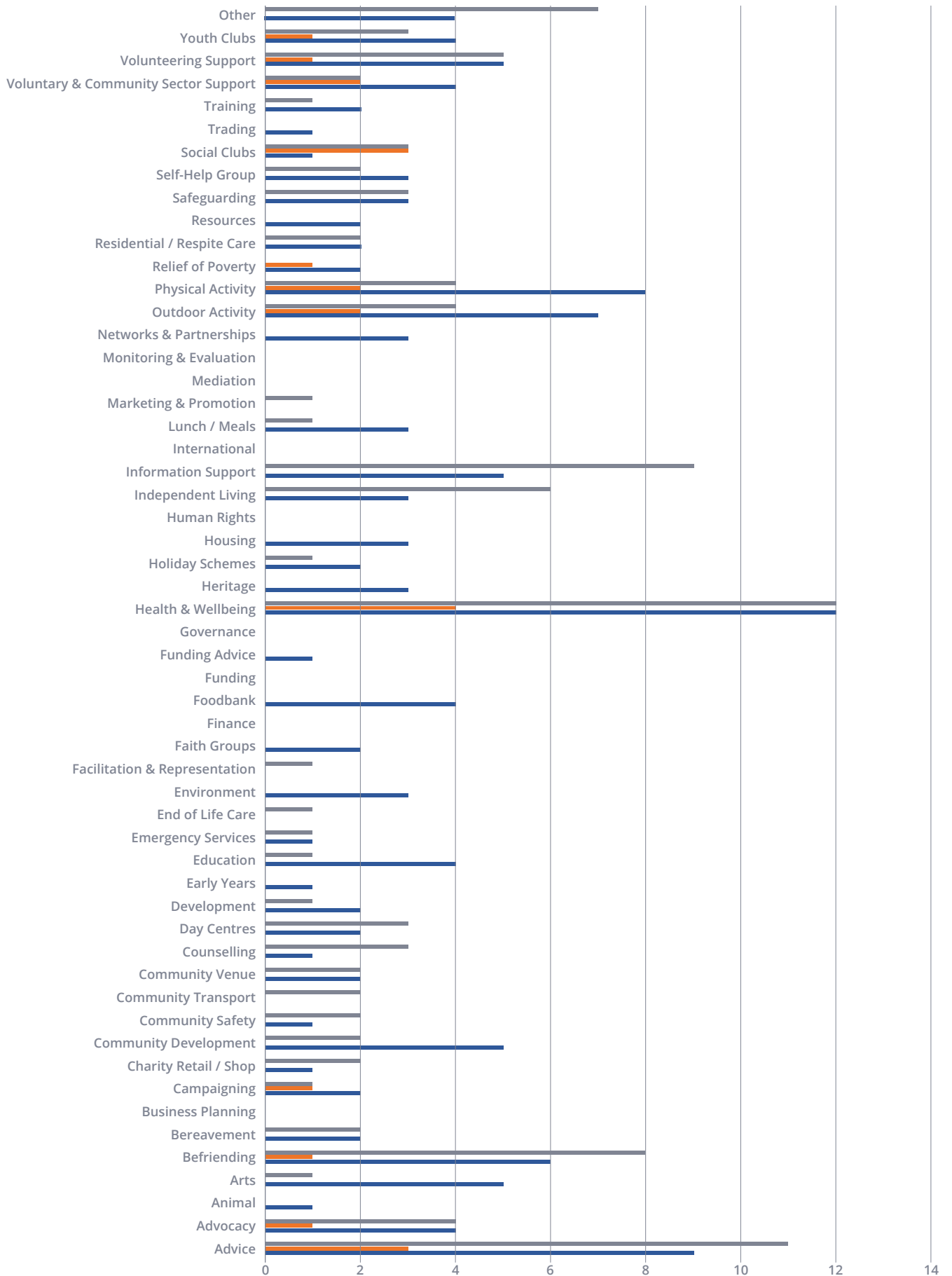


## Demographics Supported and Service Provision

In the latter part of this section of the survey, we asked about who the organisation supports and the services they provide. The responses to the first question were varied, but as shown by the column chart above there are certain groups who, based on the organisations who responded to the survey, are receiving the most support such as adults and individuals with health conditions.

# WHAT SERVICES DO YOU PROVIDE?

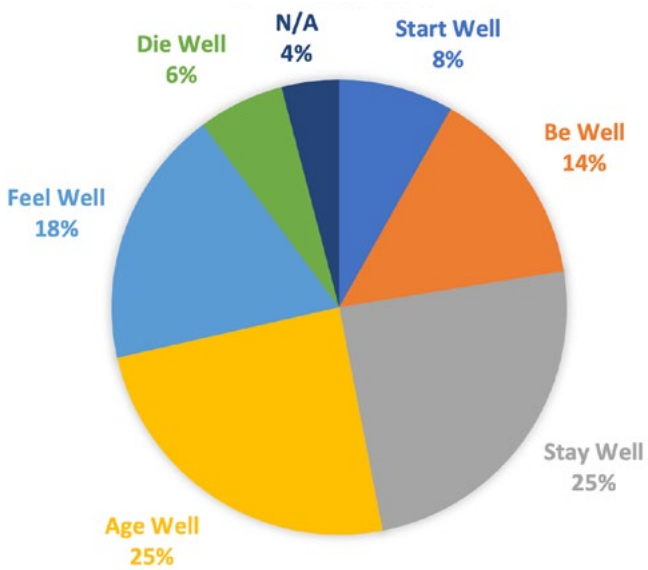
■ BRAINTREE ■ MALDON DISTRICT ■ CHELMSFORD



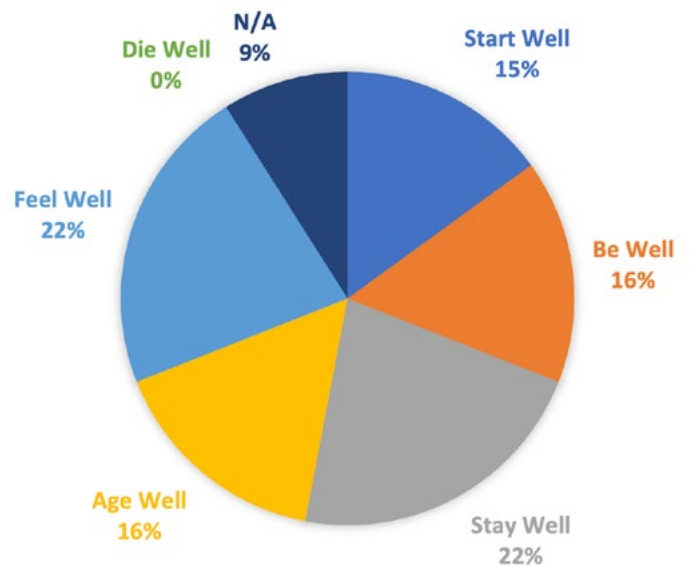
# Live Well Domains

The survey asked organisations to select which Live Well domain(s) their service supports. As seen below, there are some similarities across the three Districts, and it is notable how few organisations consider themselves as supporting the 'Die Well' domain. On the other hand, 'Stay Well' was selected by a number of organisations.

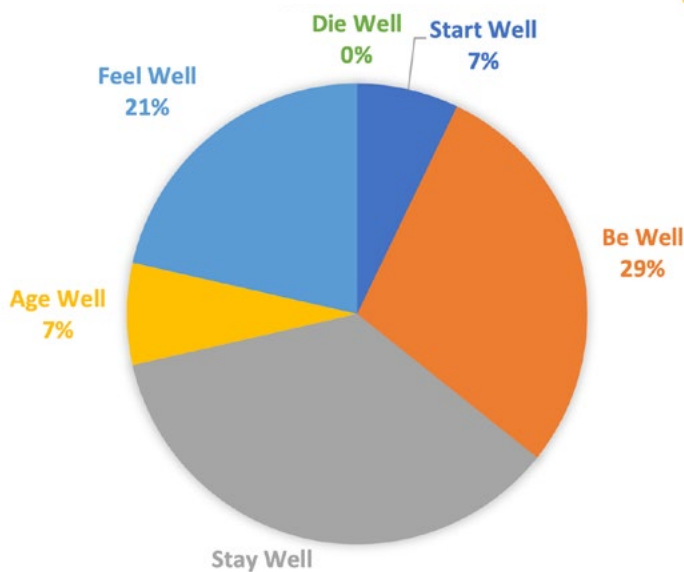
## CHELMSFORD



## BRAINTREE

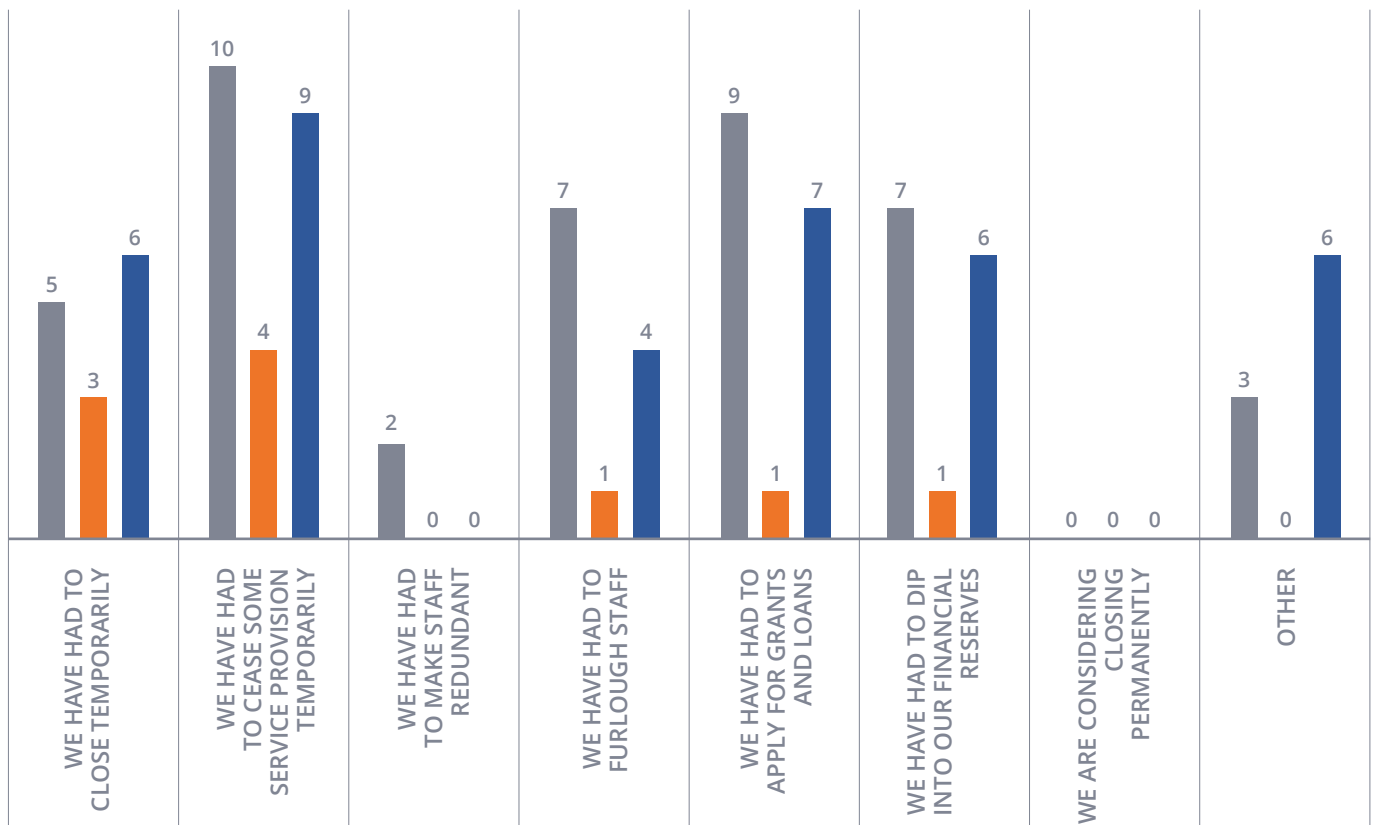


## MALDON DISTRICT



# IMPACT OF COVID

■ CHELMSFORD ■ MALDON DISTRICT ■ BRAINTREE



## Impact of Covid-19

The second half of the survey asked the organisations a combination of open-ended and close-ended questions about their organisation’s response to Covid 19. Organisations were first asked “What impact has Covid 19 had on your organisation?” and asked to select from 8 options, including ‘Other’.

**Braintree:** As can be seen in the graph, ceasing service provision temporarily was the most common impact of Covid 19, with 39% of respondents selecting this answer. 30% of the organisations responding said that they needed to apply for grants and loans. None of the organisations who responded needed to make staff redundant or considered closing permanently, but evidently Covid 19 presented significant challenges for all of the organisations. Within ‘Other’, there is a theme of adaptation in the responses, with organisations citing impact such as ‘We have had to move to home-based recording rather than meeting at a central recording base’ and ‘We have adapted Hybrid Working and offer virtual meetings/telephone support with customers. [St Andrews Church and the Gateway Project](#) have ‘operated a takeaway rather than a community meal’ in order to continue supporting the community. Another organisation has referenced loss, including a ‘Loss of volunteer leaders leading to some units closing. Loss of venues in some areas’. Halstead in Bloom responded to say that “it has been difficult, but we have all pulled together to make the town look great!”.

**Maldon District:** 7 out of the 8 respondents (88%) had to either cease some service provision temporarily (n = 4, 50%) or close temporarily (n = 3, 38%). Whilst one organisation also had to apply for grant and loans, furlough staff and dip into their reserves (n = 1, 13%)

**Chelmsford:** Covid-19 had a considerable impact on organisations across the country. The vast majority of organisations had to temporarily close or change how they provided the services they offered. From the graph below you can see that 58.8% of respondents had to cease some service provision temporarily. A large percentage (52.9%) had to apply for additional grant funding and 41.2% had to dip into their financial reserves. It is positive to see that none of the respondents had to consider closing permanently.



## Organisational Achievements Most Proud Of

**Braintree:** Despite the challenges referenced in the first question, the organisations referenced various accomplishments to the next question “Which of your organisation’s achievements during the pandemic are you most proud of?” For example, the [Tabor Centre](#) responded to say that they were proud of ‘Maintaining contact throughout the pandemic with members and supporting them both emotionally and physically . We have continued to provide cooked meals to individuals who were unable to have hot meals without our help.’ At [Braintree Youth Project](#), they referenced ‘Keeping online sessions going to keep in contact with the young people – lots of different activities. We also sent out support packs to all the young people on our membership list.’ [Hope House Essex](#) responded to say ‘Our aim is to help break the cycle of homelessness and we have continued to do this throughout the pandemic’. The way in which many of the organisations continued with their service provision but adapted accordingly is a key theme in this question, with the words ‘continuing’, ‘keeping’ and ‘maintaining’ occurring in the responses. These are just a few of the responses, but there are many more which display the hard work of the organisations which went into supporting communities in the district during the pandemic.

**Maldon District:** All respondents said that they were most proud of adapting their service to, at the very least, keep in contact with their members or at best continuing to deliver services during lockdown.

**Chelmsford:** Although it was very apparent from the previous questions that many respondents struggled with the onset of the pandemic, it was incredibly refreshing to see some of the accomplishments achieved during this time. One of the organisations established a brand-new recording studio, one organisation said their proudest achievement was “Developing virtual services within three weeks of lockdown, enabling all our service users to access their usual lifelong learning and social opportunities online”.

The majority of respondents were most proud of managing to connect with their services users, ensuring that no one was left alone during one of the most challenging times.

## Pandemic Challenges

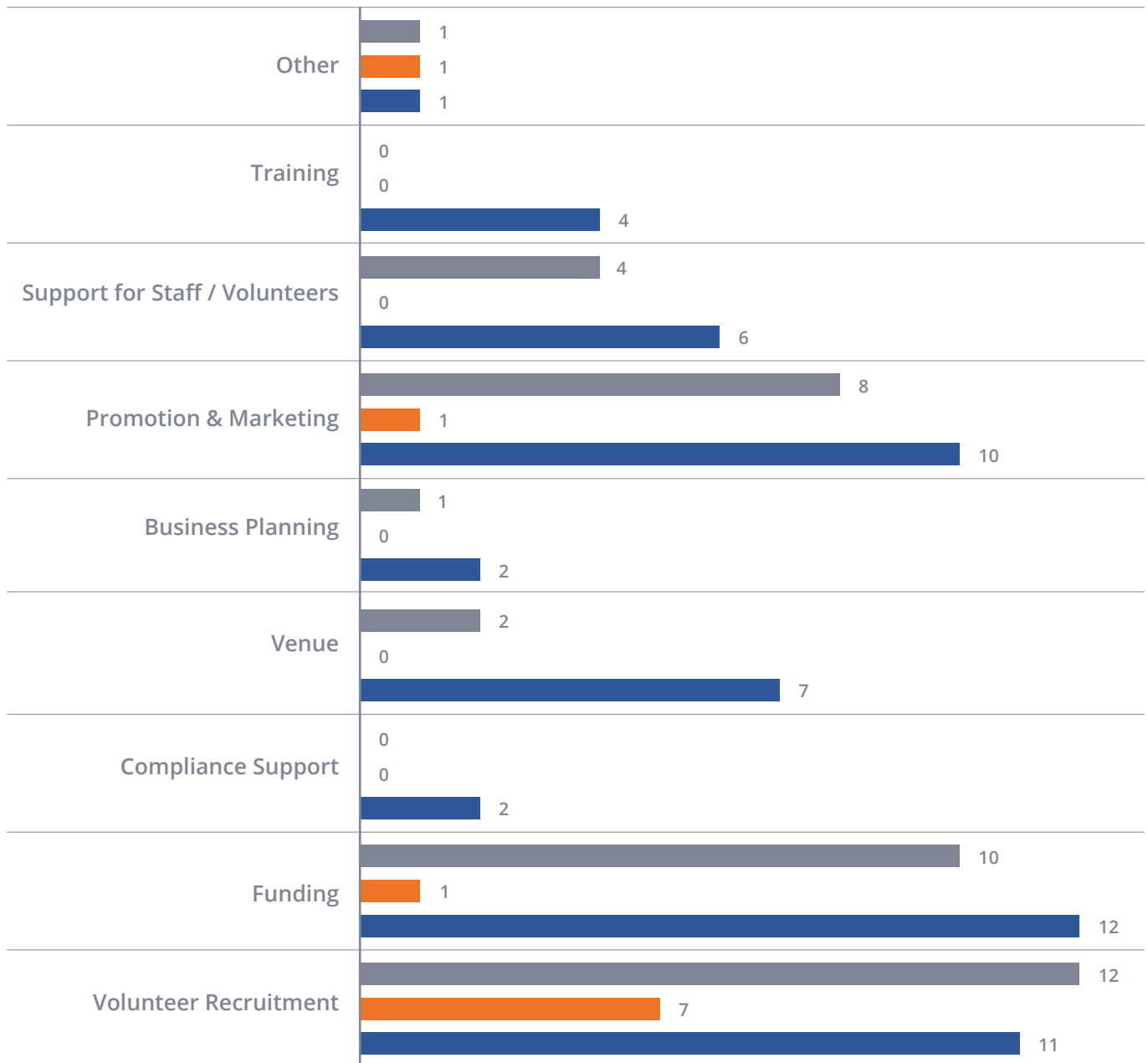
**Braintree:** In the open-ended question ‘What was been the biggest challenge for your organisation during the pandemic?’ 43% of the organisations spoke about the challenge of not being able to see either their colleagues or the people that they support face-to-face, in some cases having to adapt and for example provide a digital offer instead. Other organisations referenced not being able to fundraise as they usually would, trying to keep both staff and the people they support safe, and one organisation responded to say that ‘trying to keep spirits up’ was the biggest challenge.

**Maldon District:** Their biggest challenges were being unable to provide face-to-face support to service users (n = 7, 88%) and developing alternative means of provision, as well as retaining and recruiting volunteers (n = 2, 25%)

**Chelmsford:** Some of the challenges that organisations faced during the pandemic in Chelmsford include fewer passengers travelling, accessing PPE, reduced income, inability to provide emotional support face-to-face, losing members and volunteers, staff and clients isolating, lack of volunteers and fundraising.

# WHAT SUPPORT DOES YOUR ORGANISATION NEED?

■ CHELMSFORD ■ MALDON DISTRICT ■ BRAINTREE



## Supporting the CVS Sector

With the challenges that organisations have faced during Covid 19, we also wanted to find out what support was needed by the organisations over the next 12 months. In the ‘Other’ category, a Braintree organisation had commented that they quite simply need ‘some worry-free time!’, summarising the stress and pressure that many organisations will have felt during the pandemic.

## Unexpected Outcomes

**Braintree:** Organisations have also had some significant unexpected outcomes as a result of the pandemic, and in this survey both positive and negative outcomes were referenced. For example, [Mid Essex Talking News](#) commented on how they are 'are delighted with the resourcefulness of volunteers to adapt to new times and types of involvement'. Some organisations have found that more people are accessing their services, but others have seen memberships to their services decrease for various reasons.

**Maldon District:** Respondents' most unexpected outcome for their organisations were varied ranging from finding funding to stay solvent, adapting to home working, losing volunteers, restrictions on recruiting new volunteers, to an increase in demand for their services.

**Chelmsford:** One of the most reassuring things to note that organisations stated as an unexpected outcome of the pandemic was the support of the community. With such a challenging period for both the organisations, service users and volunteers it was refreshing to see that community resilience played a vital role. Other organisations also stated how the forced nature of their virtual offer has been incredibly beneficial for certain clients who would never have been able to reach the face-to-face activities. In turn, this virtual offer has now been continued as restrictions are eased. For some organisations discovering their resilience and adaptiveness has been a positive experience and enabled them to introduce new services. Again, reinforcing the sense of community was listed.

## Future Planning

**Braintree:** To conclude the survey, organisations were asked what their plans for the next 6 months are, and what their organisation would do in the event of another lockdown. During the next 6 months, many of the organisations are planning to either reopen if they have not already, or to try and build on their work by recruiting staff and volunteers for example, increasing membership, or running more sessions or activities. In the event of another lockdown, many organisations have commented on how they would return to online provision and offering virtual support, so that they can carry on providing essential help to the people they support.

**Maldon District:** Respondents plans for the next 6 months included, continue current service provision (n = 4, 50%), volunteer recruitment (n = 3, 38%), expansion of service (n = 3, 38%), apply for funding (n = 1, 13%) and re-open (n = 1, 13%). All respondents said that in the event of another lockdown they would revert to the service model they had previously established.

**Chelmsford:** It is really positive to see that over the next 6 months the majority of organisations are looking forward to re-opening their doors and welcoming people back to physical meetings/services albeit with a reduced capacity. A surprising number of organisations are looking to grow their workforce by recruiting new staff, with some organisations stating they are looking for upwards of 3 new positions. Further to the points above, some organisations are planning to continue to provide their enhanced service at an increase level, reaching even more people. Others are looking to recruit new volunteers.

**We would like to offer our sincere thanks to the organisations who responded to this survey, providing detailed and instructive comments to inform this report.**

# Community Voices: Covid Response

## Braintree

Throughout the pandemic, [Braintree Area Foodbank](#) had to alter its service in many ways to ensure we kept providing our vital service and lifeline for those most in need in the Braintree district, including Halstead, Witham and their surrounding villages. We had to make the tough decision to close our centres to the public, only operating an over-the-counter style service via a Perspex screen. This meant that we were unable to provide our signposting service as we did when our centres were fully open. This important part of our service allows us to provide avenues of support for clients who come to us and signpost them towards other services that may be of value to them and their situation. To ensure that we were still offering this service, we put together a signposting leaflet which enabled clients to still receive signposting support. We also worked with many different agencies across the district to support clients who were self-isolating and required a home delivery. During the first few months of the pandemic, we saw a 2.5 times increase in demand than we had ever experienced before. When the various government support schemes such as furlough and the Universal Credit uplift were put in place, we saw a decrease in demand for our service. When these support packages ended, we did see a trend with the numbers of clients referred to us increase. We saw our busiest December on record in 2021, which we attribute to various different avenues of concern, but in large part to the current ever growing energy crisis.

Operationally, many of our volunteers were advised to shield due to them falling into different categories of risk. The public rose to the occasion and supported us when we advertised our shortages. Many of these volunteers that came onboard during the pandemic are still with us. We are ever so grateful for the amazing work our volunteers do, for without them we simply would not be able to operate. We sadly continue to be here for those who need us, for which one day we hope to not exist. However, whilst there is a need, Braintree Area Foodbank will be here to support those who are currently experiencing food poverty.

## Maldon District

[Action for Family Carers](#) (AFFC) is a Maldon District based charity that provides support for adult and young carers aged 5 years and over across Essex. The services they offer are wide ranging and include general information, advice and guidance, two-day centres for older people in Maldon District and South Woodham Ferrers offering them social opportunities as well as respite for their carer; specific activity groups for people with mild to moderate dementia to stimulate their minds and bodies; free counselling for carers, young carer groups and school support; a GP liaison in mid-Essex and a family carer support worker in Chelmsford. In Maldon District they are piloting a sitting service for carers and their day centre clients, in which someone sits with the cared-for at their home enabling the carer to go out for a few hours. AFFC also works in partnership with Mind in West Essex, Independent Age and the Hamelin Trust to provide a befriending service to all called Essex Befriends.

The pandemic had a major impact on their service provision with their day centres and face-to-face services having to pause. However they adapted and were able to continue to provide counselling, some support groups and their befriending service by a mixture of remote methods either online or by telephone. They found that this innovation has made them more accessible in the longer term as it has given people more options. AFFC pointed out, ***“We do quite a lot of counselling by zoom because it works better for carers as they do not have to leave the home. They do not have to get someone to look after their cared for and ... they are not dependent on location so it does not matter too much where we are in Essex. In that way, that service has benefitted.”***

Their biggest challenge has been the increase in referrals particularly to their telephone befriending service. At the beginning of the pandemic the number of referrals they received doubled, plus they are receiving referrals for people with more severe mental health issues especially in North Essex. They feel that this is due to the lack of availability of other mental health services. As a light touch service they are not always able to support such severe cases and so spend a lot of time finding them the right support to refer them onto.

The achievement that they are most proud of is their counselling service. It has been running ‘on a shoestring’ for the past 8 years but in March 2021 it received 2 years funding from Essex County Council and so it now fully resourced with a paid counsellor and admin support in addition to their volunteer counsellors. They are tasked to support 200 carers each year and they are on track to achieve this especially as they are now able to offer face-to-face, online and telephone counselling support options. This was also their most unexpected outcome as they did not initially anticipate remote counselling methods as being acceptable to carers.

The main challenge to the accessibility of their face-to-face provision is due to a general lack of suitable transport options. The people they support often have mobility issues and no access to private transport. AFFC feels that there needs to be more community transport available for people to use.

In terms of additional support, funding – especially access to longer-term funding streams, would be helpful. As AFFC pointed out both short-term funding contracts or using a number of different funding pots create a lot of uncertainty when planning future service delivery meaning that they often have to ***‘reinvent the wheel’***. So longer term funding of proven existing services would be useful.

## Chelmsford

### Tennyson Live Well Garden

CVS's will work with anyone to help design solutions that tie into a voluntary sector or multi partner offer. During Covid working together has been key in delivering support to vulnerable people. CVS's in partnership with local authorities are still running Community Emergency Resilience Hubs and the voluntary sector and hyper-local mutual aid volunteer groups have been crucial to the support offered at a neighborhood level in all communities. Chelmsford CVS hosts several GP based social prescribing Link Co-Ordinators who have worked closely with CVS Hubs to access support for patients. They have direct access to emergency and winter offers and are regularly briefed on what's available.

We have some PCNs for whom social prescribing is a natural progression; they just get it and have been a joy to work with. One shining example is Chelmsford West PCN. Based in the most deprived area of the city the Clinical Director and his leadership has been key to success there. The PCN has access to the CVS team and our networks and when we needed more activities that could help vulnerable patients, he agreed we could set up a new garden project at the practice. CVS raised the funding and the PCN paid for an access gate but did much, much more than that. They were totally invested from day one in making the garden group members welcome.

There are multiple local collaborators including the RHS who designed the 5 ways to wellbeing activities and began delivering these during pandemic via Zoom so that we could offer a much-needed new support network for people who had become very isolated. Staff at the practice have also been excited to see the garden developing. With lockdown and fear of catching Covid some of the garden group had not been outdoors or connected with others for months. Now they come to the garden where they all engage in different ways in activities and have space to chat, with help and support from a Link. "It has been a lifesaver for me." Individually the garden group struggle with a range of issues – bereavement, domestic violence, autism, depression – but collectively their ambition and enthusiasm for that small garden is quite simply a joy to see.

### Ramsden Cupcakes

Every community needs a way of creating a friendly environment where all members of that community feel welcome and can link up. Sometimes the impact a small volunteer group has on a community is way more than may first be apparent. During pandemic this was never more visible as vulnerable and older people were isolated by the request to stay at home or due to their usual social activities shutting down. Here is just one example of local small groups doing big things:

Ramsden Cupcakes have very successfully achieved huge impact in Ramsden Heath. On the surface, a tiny community group, but in reality, an absolute lifeline to local people in this rural community, bringing people together over the 12 years the group have been operating. The group provide regular coffee mornings, support and link many different elements of the village, other local organisations and events, fundraise for local charity, provide refreshment support to many local events and support those isolated in both normal times and during the pandemic. Over the past two years the group's activities needed to be structured in a different way and with social distancing they have reached the isolated and lonely within the village and maintained those vital links.

# Volunteering

[Volunteer Essex](#) is a network of locally-based centres making up the county's leading experts on volunteering. The network provides countywide cover across administrative Essex and the two unitary authorities of Southend and Thurrock and supports over 2000 groups with volunteer recruitment and management. Annually the network supports an average of nearly 9000 people interested in volunteering and makes over 7500 referrals to opportunities for not-for-profit organisations in Essex.

Maldon District CVS, Chelmsford CVS and Comunity360 lead the volunteer centres based in the three districts across Mid Essex. They adhere to the Volunteer Essex Codes of Practice, ensuring a high standard of volunteering is promoted, recognised and coordinated across the county. They do this by providing:

- **Effective Brokerage** – Supporting citizens to access volunteering roles within their local communities
- **Support for Volunteers** – Ensuring participants receive regular communications, access to training and the latest volunteering opportunities
- **Promotion of Opportunities** – Working with VCS partners to develop and promote volunteering roles within their organisations
- **Volunteer Management** – Through supporting best practices, advice and guidance around volunteer coordination and retention
- **Representation** – Championing the voice of grassroots organisations and voluntary action at district, county and national levels

## Supporting the Pandemic Response

During the past two years, there has been a surge in volunteering through willing individuals supporting many causes, one of the most prominent of which was the Covid 19 vaccinations. Across Mid Essex, volunteers have continued to support the vaccination clinics and provide essential support at a time of need.

In Maldon the CVS has primarily supported the one vaccination site in the district and managed the volunteer coordination and support. Throughout 2021 this has equated to in excess of 13,000 volunteer hours. In December 2021, volunteers offered further time as the vaccination site began running for seven days a week twelve hours a day, to support the booster vaccine campaign. With a team of 100 volunteers, covering roles such as Meeter & Greeters, Marshals, internal chaperones and post vaccination Observers, the 184 clinic sessions wouldn't have been able to go ahead without the valued volunteer support, with many undertaking multiple shifts to cover the clinic sessions.

Since January 2021 Chelmsford CVS has been working directly with four GP surgery's across two PCN's, as well as providing support to two others, to facilitate their Covid 19 vaccination programmes. This required the recruitment, background checks and management of an initial cohort of 332 volunteers. Chelmsford CVS ran the Emergency Resilience Hub and Helpline throughout the pandemic, maintained by 176 volunteers. Several partner organisations have come forward to support activities, such as Chelmsford City Council employees and the Mayor of Chelmsford to name but a few. Throughout the pandemic, the role of the volunteer centre has been to:

- Provide infrastructure support to GP surgery's, including advising them on risk-assessments, insurance, inductions and the practical requirements of their new volunteer teams.
- Advise GP surgery staff on how best to welcome, manage and retain volunteers.
- Be the main point of contact for all volunteers, to distribute news and updates from the surgeries, and to solve problems as they arise.
- Coordinate and update rotas for each individual clinic. Because of the nature of the rollout this work has been fast-paced, with multiple last-minute changes and very little advance notice of new dates.
- Work with local community groups such as Sankalpo to bring the 'Vax Van' to Chelmsford to support vaccination access for 'harder to reach' communities.

***"Our very successful vaccinating campaign has only been possible due to the support we have received from Chelmsford CVS. Grateful to Sally and all the wonderful team. Chelmsford community working at its best."***  
GP partner, Chelmsford City Health PCN

Across Braintree District volunteers have supported several sites with the role out of the Covid vaccinations. Volunteers have been on hand to marshal, provide support with temperature checking and observations as well as support individuals with mental health and wellbeing signposting. As well as vaccination sites, volunteers have also been on hand to provide welfare calls (telephone buddy) to vulnerable citizens who were isolating along with collecting shopping, prescriptions and supporting the provision of holiday hunger activities for families across the district.

**'K', an Operations Manager has been volunteering for Community360 (C360) as a telephone buddy for 5 months.**

*"I wanted to volunteer to help make a difference in the community and support where required to make people's lives a little bit easier. I wanted to volunteer originally but couldn't find the right organisation that ticked all the boxes as I wanted to give something back to the community.*

*Since becoming a volunteer with C360 I have found it so rewarding that I am able to make a small difference in helping someone, it feels like to community has actually given something back to me.*

*Making the calls has made a big difference to people who have been isolated, and I have been able to signpost within C360's network when identifying a concern.*

*When I was speaking to a mother who was very scared to leave her home. I made a referral for her children to attend a half term children's club that C360 was involved with. The mother made the short walk from her home with her children just to meet with me and say hello and thank you.*

*If you are thinking of volunteering, ask as many questions as possible regarding your role so that you have a good understanding of what is expected. Importantly, just be yourself and know that whatever you are doing is making a big difference within the community."*



# Additional Categories

During the mapping process, we identified assets which do not specifically align to a Live Well domain but nevertheless play an important part in supporting our communities. We were keen to ensure that all assets were mapped appropriately and therefore did not want to force any kind of categorisation which did not fit accurately. As a result, we recognised that there are several other categories which are applicable, many of which are present across the three districts such as 'heritage', 'animals' and 'local infrastructure'.

Cambridge Dictionary defines 'heritage' as ['features belonging to the culture of a particular society, such as traditions, languages, or buildings, that were created in the past and still have historical importance'](#). [Braintree Museum](#) for example, a registered charity, focuses on conserving and celebrating 'the history of Braintree and its surrounding areas, focusing on the District's industrial and cultural achievements as well as its many notable personalities'. In addition to this, in Maldon District there are local history, heritage and conservation voluntary groups across the district, such as Burnham History Society, who research and collate information on their local areas. The Combined Military Services Museum is also based in Maldon District and holds an extensive collection of British Military artefacts. In Chelmsford, groups such as [Essex Historic Military Vehicle Association](#) recognise heritage and Chelmsford is also home to the Essex Record Office, which holds historical research and records.

A further additional category identified was 'animals', in order to recognise the charities and groups across Mid Essex which support animal welfare. In Chelmsford, for example [Remus Memorial Horse Sanctuary](#) supports horses and other animals who have previously suffered abuse, and [South Essex Wildlife Charity](#) cares for sick and injured wildlife with the aim of releasing the animals back into the wild. In Braintree, there is [Colne Valley Cats Protection](#) and the [Danaher Animal Home](#) and Maldon District hosts services such as the RSPCA and [Clarks Farm Greyhound Rescue](#). The assets mentioned provide examples of these categories, but it is key to note that many more exist and are supporting our communities.

[For the purpose of this report, we have used NAVCA's definition of local infrastructure.](#)

Across Mid Essex there are a number of local infrastructure organisations who support the voluntary sector as NAVCA defines. However, many of these assets could also be defined as 'Community Anchors'. We have recognised a number of assets, such as Parish Councils, as Community Anchors, using the [Community Alliance's definition](#) as set out below:

Community anchors are *independent community-led organisations*. They are multi-purpose and provide holistic solutions to local problems and challenges. They are there for the long run, not the quick fix. Often the driving force in community renewal.

#### **Roles:**

1. Service Provision
2. Resourcing – Funding and opportunities
3. Advocacy – Call for change in policy and practice
4. Support community organisations
5. Strengthens community participation

There are some clear overlaps between local infrastructure and community anchors and some assets, including Community360 and CVS' in Maldon District, Chelmsford and Braintree, sit under both.

We also need to draw attention to assets such as Village Halls, which play a different but important part in supporting groups and organisations as Community Venues. Village halls and community centres for example host a number of different groups, from sports classes and social activities to fundraising events. In Mid-Essex, taking into account the rurality of certain areas and the small villages which exist, these community venues are vital in supporting their local areas to access assets by providing a venue.

One further example of support provided by many of the assets across Mid-Essex is social activities and clubs. Of the assets that are social in their nature, some align to a Live Well theme, but others do not and are there to specifically provide the social interaction which has been talked about increasingly during the pandemic, reducing social isolation and in some cases being the start of the early intervention which can prevent individuals from needing to access services further down the line. It is important to note that many of these assets provide a secondary function supporting people's mental health and wellbeing – giving individuals the chance to come together and talk, do an activity, or perhaps share a common interest cannot be underestimated in supporting mental health. Again, these groups contribute to early intervention and can lessen the pressure on services.

Taking into account that the 'Feel Well' domain has significantly fewer assets specifically aligned to it than many of the other Live Well domains, we need to recognise the contributions that these assets offer in supporting mental health and the importance of utilising the ABCD approach. For example, there are a number of sports clubs and activities mapped across Mid Essex which would first and foremost be mapped to the 'Be Well' domain. However, sport and activity has been shown to support mental health and this early intervention should not be underestimated.

A further example may be Churches and any settings which provide people with the opportunity to practice their faith. A Church could be categorised as a Community Anchor because of the support that it offers to the community. However, it could also be argued that an important element of faith is in supporting mental health and wellbeing, and perhaps spiritual wellbeing more specifically. The Women's Institute provides social clubs for people to attend but would not necessarily be mapped to 'Feel Well' first and foremost because it would not be classed as its primary function. However, evidently the WI provides a social environment for people to take part in various activities which is likely to support their mental health and wellbeing.

There are many further examples of the support offered by social activities, and as a result an initial consideration in terms of recommendations is recognising the secondary function of supporting mental health that many organisations provide, and if we are taking an ABCD approach we consider the overall support these organisations offer and not just their primary function. More support is needed for mental health, and we need to consider the different ways in which this can be offered. Social prescribing in particular as a service can help support this by encouraging people to access services appropriate to what they need at an early stage in order to focus on early intervention and prevention.

# Recommendations

We need to explore particular areas that have been identified in the development of the report:

- **Feel well assets** – Many assets have been identified that have both a primary and secondary function of supporting mental health. We need to explore the way that these assets support people's mental health across Mid-Essex so that we can understand the feel well assets to a greater extent.
- **Access to assets** – We need to unpack further sustainability of access to assets, particularly around Community transport, so that we can understand better if the assets are impacting upon those in the community to the greatest extent.
- **Community Venues** – We need to work closely with community venues that can serve multiple purposes and support the community in multiple ways.
- **Promotion of our assets** – We need to make sure that our community strengths are being promoted to the necessary stakeholders and communities.
- **Virtual assets** – Through this data collection we can also see that there are less local branches that are physically present, but they are still present virtually, so we need to understand further the impact of these virtual assets.
- **Age well and Die well assets** – It is clear that there are also gaps in Age Well and Die Well assets we need to better understand those that do exist to understand their impact. There are also many charities that may have been categorized under a different domain or "other" but do play a role in the domains of Age Well and Die Well. We also recognize that some services may have moved online, ceased, paused or have been delivered on an 'outreach' basis which could mean they have not been as easily to identify as part of the mapping process. In any case, we feel there is room for further exploration.
- **Faith Groups** – We have mapped faith organisation from across the three districts, however, the role faith organisations can play in supporting the Live Well themes and wider health and wellbeing could be explored further.

We need to continue to develop an understanding of and a commitment to Asset Based Community Development, this includes:

- **Depth of data** – Currently the data that we have is at a high level, we need to keep accounting for these assets but also collect other forms of data.
- **Understanding assets** – We need to continue to work with the organisations and communities to understand the assets and their impact to a greater extent. There should be a whole systems approach in which assets and community leaders are equal partners.
- **Community Voices** – We need to speak more with the assets so that we can listen to community voices and respond appropriately.
- **Gaps in the data** – We need to expand our exploration of the assets and identify any assets that have not yet been identified, for example through working with local villages, rural communities, grass roots charities and those offering digital support. This will involve exploring the different neighbourhoods within the districts to a greater extent to understand how to adapt approaches and priorities for different contexts and cultures as there are important nuances within the districts.
- **Changes over time** – This will be ever evolving work and it is important to continue to track the impact of the pandemic on these organisations in the long term.

# Future Work and Research

We need to build on the strengths of the community assets that exist by understanding them further.

We also need to better understand the community so that we can identify the assets that they see as strong and the needs that they have

We need to continue to understand volunteering patterns and the way that these have shifted over time.

We need to gain a better understanding of prevention and early intervention in this space

We need to connect this research to relevant people

Develop a community asset register database system for future study.

Deep dives and future iterations need to consider:

- The need to engage with the community more and trusted community leaders in key areas
- How do we want to use this insight?
- How do we ensure we include our community assets in future decision making?
- How do we account for and map online and virtual assets and add them to this data set?
- Identifying more online assets
- Deep dives – by Live Well theme, geography or service?
- Deep dives – nighttime/weekend community assets, gaps in provision
- Understand further what works and what doesn't – barriers and enablers
- Understand how local communities access assets – be it word of mouth, social media or internet searches.
- Understand how some individual community members engage with multi-community assets to better understand how individuals may have multiple links while others none.
- Develop the asset mapping to include catchment area and numbers of individuals connecting with individual assets to give a deeper measurement of community in-reach.
- Better understand transport implications for engaging with community assets e.g. by car, bus, walk.
- Further explore the role of faith and cultural practices in, particularly in rural areas and Chelmsford.

# Appendices

## Appendix A

'Type' of People Supported by category

- The General Public/mankind
- Children, Early Years, Young Adults, School Age
- People with Learning Disabilities, People with Physical Disabilities, People with Sensory Impairments
- Voluntary and Community Organisations
- Ethnic Minority Communities
- Animals
- Bereaved
- Carers
- Families / Parents, Lone Parent Households
- Drug / Alcohol Dependency
- Forces Personnel and Veterans
- Health Conditions
- Adults
- Female
- Homelessness
- LGBTQ+
- Male
- Mental Health Needs
- NEET (Not in Education, Employment or Training)
- Neighbourhoods
- Offenders / Ex-offenders
- People on low incomes
- Refugees / Asylum Seekers
- Retired
- Rural Communities
- Survivors of Abuse
- Tenants / Residents
- Transgender
- Travelling Communities
- Unemployed
- Victims of Crime
- Other

## Appendix B

'Type' of Service provided by category

- Advice
- Advocacy
- Animal
- Arts
- Befriending
- Bereavement
- Business Planning
- Campaigning
- Charity Retail/ Shop
- Community Development
- Community Safety
- Community Transport
- Community Venue
- Counselling
- Day Centres
- Development
- Early Years
- Education
- Emergency Services
- End of Life Care
- Environment
- Facilitation and Representation
- Faith Groups
- Finance
- Foodbank
- Funding
- Funding Advice
- Governance
- Health and Wellbeing
- Heritage
- Holiday Schemes
- Housing
- Human Rights
- Independent Living
- Information Support
- International
- Lunch / Meals
- Marketing and Promotion
- Mediation
- Monitoring and Evaluation
- Networks and Partnerships
- Outdoor Activity
- Physical Activity
- Relief of Poverty
- Residential / Respite Care
- Resources
- Safeguarding
- Self-Help Group
- Social Clubs
- Trading
- Training
- Voluntary and Community Sector Support
- Volunteering Support
- Youth Clubs
- Other

## Appendix C

### Geographies & Postcodes

#### Maldon District Geographies

Central

Northern Rural

Rural South

Rural South East

#### Locations Included

Maldon Town and Heybridge

Great Braxted, Great Totham, Great Totham South, Goldhanger, Little Braxted, Little Totham, Tiptree, Tollesbury, Tolleshunt D'Arcy, Tolleshunt Knight, Tolleshunt Major and Wickham Bishops

Althorne, Mayland, Latchingdon, Mundon, Purleigh, Langford and Ulting, Cold Norton, North Fambridge, Stow Maries, Woodham Walter and Woodham Mortimer

Asheldham & Dengie, Bradwell on Sea, St Lawrence, Steeple, Tillingham, Burnham on Crouch and Southminster

#### Braintree Geographies

Northern Braintree

Central Braintree

South Braintree

#### Locations Included

Halsted, Earls Colne (and the Colne Valley), Sible Headingham, Grt Yeldham CB9 CO10 CO9

Braintree Town, Bocking, Coggeshall, CO8 CO6 CM7 (CM6 1, 3)

Witham, Cressing, Great Notley, Great Leighs CM77 CO5 CM8 CM3 (CM9 6)

#### Chelmsford Geographies

City Centre and central

Chelmsford North

Rural North East

Broomfield and the Walthams

Writtle

Chelmsford South

Rural West

Rural East

Rural South East

South Woodham Ferrers

#### Locations Included

City Centre, Moulsham, Marconi, Waterhouse Farm, St Andrews, The Lawns, Trinity, Patching Hall, Moulsham Lodge (CM2 0, CM2 9, CM1 1, CM1 2)

Springfield, Springfield North, Chelmer Village and Beaulieu Park (CM2 6, CM2 5, CM1 6)

Boreham, the Leighs, Chatham Green (CM3 2, CM3 3)

(CM1 7)

(CM1 3)

Great Baddow, Galleywood, Goat Hall (CM2 8)

Pleshey, Good Easter, Chignall Smealy, Chignall St. James, Roxwell and Highwood (CM3 1, CM1 4)

Little Baddow, Danbury, Woodham Mortimer and Walter, Bicknacre, Sandon (CM9 6, CM3 4, CM2 7)

East, South and West Hanningfield, Stock, Margaretting, Ingatestone, Rettendon and Runwell (CM3 8, CM4 0, CM4 9, CM11 1)

(CM3 5, CM3 6, CM3 7, SS11 7)