



## What are we about?

sportessex is the official body for sport in Essex and is recognised by Sport England and the Department for Culture, Media and Sport. Our role is to ensure that everyone in Essex has the opportunity to take part in sport at the level that they want to. We believe that you should be able to fulfill your sporting ambitions however big or small, so whether that's winning gold in the Olympics, kicking a ball around with your friends or swimming your first length of the pool, sportessex is here to help you. If we can convince you to do more of this, more often and get you that bit fitter on the way then we'll be all the happier for it!

sportessex is also passionate about volunteering and we want to help more people get into coaching and other opportunities in sport. Our ambition is simple - for the people of Essex to see the best, be the best or simply do their best without barriers.

## How do we do it?

sportessex works in partnership with many organisations across the County to promote sport and set up exciting new sporting opportunities. We have much to offer in Essex for participants and investors alike and we also help others to source funding. If there is anything you think we could help you with, just get in touch.

sportessex is laying the foundations for a healthier, more active Essex but we also want people to have fun and get the most out of their sporting experiences. So why not take advantage of all that our great county has to offer by getting out there and enjoying it!

# Our Projects

## Sportivate

- Available now until 2015
- Targets young people – 14 to 25
- Six-week taster courses
- Ideal for club recruitment

Contact: [jim.messenger@sportsex.org.uk](mailto:jim.messenger@sportsex.org.uk)

## Sport Makers

- 2012 legacy to create 40,000 volunteers nationwide
- 1,324 in Essex over next 2 years
- Sport England provide training from September
- sportsex to source and deploy volunteers across Essex
- Must volunteer for at least 10 hours

Contact: [colin.bennett@sportsex.org.uk](mailto:colin.bennett@sportsex.org.uk)

## Get Back Into

- Support those who wish restart an activity
- Aims to increase confidence in 16+
- Designed to focus on the social and fun element

Contact: [nick.sime@sportsex.org.uk](mailto:nick.sime@sportsex.org.uk)

## Playground to Podium

- Aims to produce our next Paralympians and elite disabled athletes
- Focuses on identification, and development
- Key stage 2&3

Contact: [nick.sime@sportsex.org.uk](mailto:nick.sime@sportsex.org.uk)

## ACE coaches

- Improve communication to coaches
- Find out where and when courses in your sport are running
- Hear about available funding specific to you
- Let you know about local and national initiatives
- sportsex will remind you when your qualifications, CRB's etc are due for renewal

Contact: [colin.bennett@sportsex.org.uk](mailto:colin.bennett@sportsex.org.uk)

## She Has Energy

- The project is one of 20 being funded by Sport England to boost women's participation in sport,
- Nearly 2,000 women will benefit from the new sports/activity groups
- Aiming to create 70 new sports clubs within deprived areas of Essex
- Empowering local women to help create and run the clubs themselves

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