

Health and Culture
Town Hall
Station Road
Clacton on Sea
Essex CO15 1SE

Tom Abell
Chief Executive Designate
Essex ICB
tom.abell3@nhs.net

Please ask for: John Fox
Tel: (01255) 686746
Email: jfox@tendringdc.gov.uk
Our ref :
28 October 2025

Dear Tom

RE: Coastal Communities and youth mental health presentation at Tendring District Council's Community Leadership Overview and Scrutiny meeting on 23 September 2025

The Council's Committee Leadership Overview and Scrutiny meeting met on 23 September 2025 to review youth mental health with a focus in our coastal communities. The meeting heard from Dr Emily Murray who is part of the Centre for Coastal Communities based within Essex University.

The Committee heard that the Centre for Coastal Communities is undertaking research into the prevalence of poor mental health in coastal communities and how this compares with other areas including similarly deprived areas in inland areas.

Dr Murray identified that young adults residing in the most deprived coastal areas of England are both more likely to rate their mental health lower and live with an undiagnosed mental health condition than if they had lived in a similarly deprived inland area.

Key areas identified in the Tendring area include Clacton Pier ward, Jaywick and St Osyth, Harwich and Walton on the Naze and then more widely across Essex, Southend on Sea, Canvey Island and Grays.

Dr Murray explained that the primary explanation (so far) is the economic and social challenges that people face who live in these communities with household incomes and private renting being key to this. Further research is also needed to identify the reasons for the remaining mental health gap.

The Committee made a number of recommendations and have specifically requested that this evidenced need is highlighted to partners. I am therefore writing to inform you of this as it significantly impacts our area and the impending changes to the structure of health and local authorities provides an opportunity to seek to address the issues impacting our coastal communities.

If you would like to discuss any of these items in any more detail please do contact me

Yours sincerely

John Fox

Head of Health and Community

