

To: Councillor Ivan Henderson, Portfolio Holder for Economic Growth, Regeneration & Tourism & Councillor Mick Barry, Portfolio Holder for Leisure & Public Realm

From: Charlie Colwell, Community Sport and Activity Manager

Cc: Lee Heley, Deputy Chief Executive & Corporate Director, Place and Wellbeing

Cc: Mike Carran, Assistant Director Sport, Culture & Health Management Team

Cc: Kieran Charles, Head of Sport and Leisure

Date: 27/11/2025

Dear Councillor Henderson,

The purpose of this information is to inform you of the background and details set out in the Executive Decision which allocated **£12,488** to the *Sport and Widening Participation Grant* of the UKSPF.

UK Shared Prosperity Funding

Further to the report dated 21st February 2025 [Decision - Cabinet Members' Items - Report of the Economic Growth, Regeneration & Tourism Portfolio Holder - A.3 - UK Shared Prosperity Fund Transition Year 2025/26](#), open calls were made available for suggested projects across the 3 themes for Shared Prosperity Fund (SPF) in spring 2025:

- People & Skills
- Supporting Local Business
- Communities & Place

On 20th November 2025 the panel discussed the independent scores and agreed on the final projects listed below.

UKSPF Widening Sports Participation Grant panel had proposed a third release of funds to provide funding for applicants who to ensure the full allocation of the Shared Prosperity Fund was invested sufficiently into community driven sports projects/services in Tendring.

Sports and Widening Participation Grants:

1. Developing a Coastal Sport and Activity Events Programme
2. Inclusive Access to Sport Clubs
3. Enhancing Sport & Activity Provision in Local Schools

Allocation: £12,488 – Proposed spend as below:

Applicant	Grant	Proposed Grant Award	Project in Brief (as per applicant summary)	Score

Market Field College	Grant 1	£1000	We are requesting funding to support a variety of after-college sessions that will provide both physiological and psychological benefits. The activities will run on a weekly basis throughout the spring term 2026 (12+ weeks) from 3-4pm. The nature of the sessions will be determined by the interests of our students; however, we propose sessions on a rotational basis to include circuit training, hockey, athletics, badminton, football and cricket. Each of our proposed sessions will be accessible to all, with the appropriate level of manual, mechanical, visual and verbal support in place. We aim to promote a safe learning environment where students are given the opportunity and freedom to express themselves through sport.	75%
The Muse Academy of Dance	Grant 1	£1,000	The Muse Academy of Dance is a performing arts dance school based in Harwich Essex. We offer tuition in all disciplines of dance, singing, acting through song and acrobatics. We currently have over 200 students registered at the school, attending between 1 and 6 days per week. We pride ourselves in community spirit and this year we have already gifted 5 students' scholarships to train with us for FREE! With lots of giveaways for FREE 1-1 training and uniform. We offer a preloved recycling program for uniform to offer inclusivity and support for a healthier planet one step at a time. We make sure our classes are priced fair, competitively and achievable for those in higher or lower income families alike. We would like to offer more support to those that are from a lower income household. At our school we have an inhouse shop where we would like to put a 'wish list post box' This is for any of our children to use for requests for new dance clothes, footwear, coats and jackets or classes to attend. Our sessions run 6 days a week and with the support of this funding we could offer spaces in over 50 different classes per week for children who cannot afford to come otherwise/buy uniform etc. Our sessions range from 30 minute to 1 hour classes.	75%
Pilates and Therapy Bodywork	Grant 2	£495	Walx - Modified Nordic Walking - these sessions are using modified poles, so great for rehab, helping with balance, supporting lymphoedema patients, building strength and confidence and can be adapted for indoor and outdoor	75%

			training. Age, treatment symptoms and level are never going to be a barrier as a beginner session can be done in a small circuit with a sheltered area to sit and toilet facilities close by. I would like to start with 1-2 sessions weekly and the sessions would last 1 hour. Session times - I would like to be able to offer these to support the cancer rehab sessions, back to health sessions and swimming sessions already held locally as either an option for people to carry on building activity into their life or as an alternative to the cancer rehab programmes being offered. I already hold a first aid certificate, an exercise to music, clinical pilates, Pelvic floor pilates, cancer rehab, low back pain, breast cancer specific (Manual lymphatic drainage and other oncology therapies). I have insurance to work as both a movement and manual therapist. Numbers 8-16 (I am going to have to supply poles for beginners). Sessions open to everyone. It can be promoted through the wellbeing centre and GP's Walx Modified Nordic Walking is not currently offered locally. There are walking groups and a modified walking session would give those recovering from illness and injury a safe place to start a fitness journey. As people gain confidence, they can join free walking groups to progress to longer walks in general sessions, so they are not defined by cancer or injury. People can choose to purchase poles, so they feel confident when walking and use them to build upper body strength and tone	
Harwich and Dovercourt High School	Grant 1	£1,000	The grant funding will be used for Essex Rebels basketball coaching aimed at inclusion, participation of females and providing opportunities for students to elite level coaching from disadvantaged backgrounds. Year 7 - 11 boys and girls. We aim to promote the club (Essex Rebels) to get to maximum numbers of 32 students weekly. The duration of the sessions will be one hour. We will run 15 sessions using two coaches with one session per week. Activities of the sessions will be basketball based following the player pathway programme based around inclusion. Sessions to run from 3pm-4pm school term time only. Two coaches per session. School sport insurance plus Essex Rebels public liability insurance.	88%

			Coaches at minimum BBA Level 2+. Promote participation and inclusion by following the Essex Rebels player pathway coaching programme.	
Harwich and Parkeston Youth	Grant 1	£500	We provide youth football from ages 5-18 years of age covering male and female football. We are looking to increase our female only provision, which includes Wildcats (which are ages 5-11) up to, and including under 15. We provide sessions throughout the week, and on Saturday morning concentrate on our younger female groups. There are now around 60-70 girls in our female only setups. There are three sessions between Monday to Friday that are 1 hour in length and cater for our under 12 - under 15 age groups. On Saturday morning we cater for our younger ages, again the sessions are 1 hour in length. We are keen to offer the same opportunities for young females to play football without the fear of playing with males. It allows new participants to the game to build confidence, friendships and skills. All our coaches are FA level 1 accredited and are all subject to the relevant safeguarding requirements i.e DBS. The club itself is also protected by Public Liability insurance.	75.2%
Seaside Explorers	Grant 2	£500	Tide fight, building in teams a sand-castle on the tide line, placing a flag on top and watching it being toppled by the tide. Harwich Beach - February half term, 16th Before and after the midday tide. Starting at around 10 until 1.30. 2 facilitators who both have Qualified Teacher Status in Art and Dutch and Primary Education Angenita has an Artist Network insurance for running creative activities. 30 participant spaces available and open to the public, via booking. Local press, social media via Seaside Explorers and networks. During the tide fight, participants must work together as a team. There is an element of competition. Whilst waiting for the tide to attack the castles, participants will be doing various beach games and activities such as obstacle races, simplified beach volleyball and marine themed yoga. The beach next to the sailing club in Harwich is fully accessible for those with	80%

			mobility issues. Both facilitators are trained and experienced in working with Special Educational Needs.	
MIND North East Essex	Grant 2	£500	The WW is affordable physical activity for everyone to just turn up on the day to take part! Our NEE Sanctuary (The Mill, 355-359 Old Road, Clacton- on- Sea, Essex, C0015 3RQ) serves as a meeting point for the WW to begin and end their routes. The routes explore green spaces located in and around the Clacton area and are open and accessible (including wheelchair users) to everyone of all ages. The walks promote outdoor activity and social connection in a safe and supportive setting. The WW support a wide audience, including but not exclusive to: • People who have experienced a mental health crisis; individuals facing barriers to physical activity due to anxiety, low confidence, or long-term conditions • Service users from partner organisations experiencing mental ill health. • Family members and carers. • Volunteers or staff from high-risk frontline services such as the NHS, police, ambulance services, and GP practices. They offer a safe, inclusive space for movement, connection, and recovery - meeting a clear and growing need for accessible wellbeing support in Tendring. The WW is led by the Mental Health Run CIC (11am for two hours). Shawn engages with the participants before the WW and participants are invited into the NEE Sanctuary after the walk for a drink with the Mental Health Runner CIC and NEE Sanctuary staff. WW are promoted through Tendring networks, local organisations and businesses, social media, partner channels, and our website. Collaborating with Primary Care Networks across Tendring to promote the WW directly to their patients. We are applying for funding to support the continuation of our free weekly (Wednesday) WW that during July 2026 (5 Wednesdays in total) engaging a total of 30 people (average of 6 people per walk).	£500

			The WW will promote participation and inclusion in sports by enabling those who potentially have not engaged in any physical activity due to their personal situation - therefore this provides a stepping stone to engage in further sports beyond this once their confidence has developed. MNEEM will keep a record of weekly attendance to show how participation is growing over time. This will help demonstrate the reach and consistency of the wellbeing walks. We will also produce case studies based on participants' personal stories. These will highlight how the walks have helped people feel less lonely, more confident, and more positive in their everyday lives. By combining attendance data with real life experiences, we can clearly show the impact of the WW and the difference.	
Lawford Church of England Primary	Grant 1	£500	Lawford currently offer some sporting afterschool clubs, including netball, football and an ABCs intervention for our children who struggle with their gross motor. Overall, there are around 50 children who are involved in an after-school sports club at our school. The sessions we would like to run will be run by teachers who currently work at the setting, however, will be targeted at those children who do not currently enjoy PE which has come about as a result of pupil voice and teacher recommendations. The idea is to introduce a club where we focus on tri golf – a sports club that does not involve a competitive team running around, which we have found can be extremely overwhelming for the children who have stated that they dislike PE sessions. The sessions will focus on key skills needed to be successful in tri-golf, as well as building self-esteem, following a 'know and grow' system where the children will still achieve even if they are finding the physical skill difficult. There will be 8 sessions altogether, and they will last 40 minutes each. The sessions will run in the spring term, beginning at 3.20 and ending at 4.00. Our aim is to run the session over the course of 8 weeks, in a bid to encourage those children who haven't found an element of physical activity that they love and introduce them to something different that could be more suited to them. At Lawford, our vision for PE is to encourage children to develop a love for	89.6%

			physical activity to ensure they grow into healthy adults. In beginning this club, we feel we will be able to improve provision for pupils at our setting, ensuring the 'less sporty' children are given an opportunity to find a sport they love and can participate in. No coaches will be required – will be run by PE lead at Lawford primary.	
St Joseph Catholic Primary	Grant 1	£500	We have reached out to Centurion Cricket to deliver off-season indoor cricket sessions to children in Key Stage 2. They will be arranged to be delivered between January - March 2026. Centurion have delivered previously, and we found the sessions an assembly production, however limitations in budget haven't allowed for the school to have indoor sessions. Sessions will ensure approximately 60 children will benefit from the sessions and hopefully spearhead them to participating in cricket as we head into Spring 2026. - Indoor sessions allowing children of all abilities to join, ensuring structure remains inclusive. Socially filtering it to enable girls to join and be fully engaged. - 10 sessions to be held - 60 - 90 min sessions (2x groups of 30 over 2x45 minutes) - Sessions to run between Jan - March - As a school we encourage participation. Initial discussions to ensure we follow the 'Chance to Shine' coaching making it inclusive - Sessions delivered by 1x coach will assistance of class teacher	92.8%
Birch Hall Adventures	Grant 1	£1000	We have looked at this in the past and think that it would be a great way to get kids to ride safely, build healthier life-styles and enjoy the outdoors. We have over 10km of lanes and trails suitable for mountain bikes at the centre covering a variety of different abilities and we would love to be able to enable young people to try this activity in a safe space away from the public highway. We are able to offer after school cycling session in the 6-week period from February half term to the Easter break. In addition, whilst providing benefit to local children during this period the bikes would also be able to be used during the summer term for visiting schools to the centre, many of whom come from areas of high deprivation who do not have the opportunities that we can offer. The programme would start by building basic skills and bike control and	76%

			progress to off-road trails and lengthier rides to grow endurance and confidence. The programme would be delivered by appropriately-trained centre staff, and offered to our immediate local schools, Kirby, Walton, Thorpe and Frinton	
LIFT Tendring (Frinton Campus)	Grant 1	£1000	The project will deliver after-school sessions in rugby, football, volleyball, and basketball. Each session will be led by qualified community coaches from the clubs listed above. Sessions will focus on developing skills, confidence, teamwork, and enjoyment, while signposting students to local clubs for continued involvement. Number and duration of sessions: Two sessions per week (one hour each) for seven weeks per half term, across four remaining terms. This exceeds the required minimum six-week duration. When sessions will start and end: Delivery will begin in January 2026 (post-Christmas) and run for four terms until July 2027, covering both the spring and summer school terms. How participation and inclusion will be promoted: Recent student surveys showed that many pupils would be more likely to attend extracurricular sessions run by external coaches rather than school PE staff, as they see external coaching as “something different.” This project directly addresses that feedback, providing exciting new opportunities and improving motivation among boys and girls. All sessions will be inclusive, designed for all ability levels, and open to both experienced players and beginners. How many coaches will be involved: Two external coaches per week, each delivering one after-school session. Over the full delivery period, a total of 56 sessions will be delivered. Qualifications of coaches: All coaches are fully qualified with National Governing Body coaching awards, DBS checked, safeguarding trained, and insured through their club or organisation. They will work under the supervision of school PE staff.	80.8%
Harwich and Dovercourt Cricket Club	Grant 2	£493	Cricket in the UK is traditionally a summer sport. Our aim is to make it available all year round, not only for those that want to train, play competitively and improve their game,	89.6%

			but also provide one off fun sessions for all ages and abilities to try the game. With this in mind, we have looked into hosting a "Glow in the Dark" cricket-based event, using specialist lights and equipment. Following recent trial sessions in Chelmsford, this has been well received, so we want to bring the event to Harwich. Our plan would initially be the following: - Four hours sports hall hire. Three x1 hr sessions. One hour total (45mins) pre session and 15 mins post session) would be for setting up the lighting equipment. The coaches (two are included in the costings) would be minimum ECB Foundation Coaches. The number of participants we would aim to attract over the 3 sessions would be 60. We could accommodate up to 80. our proposal would be to aim at the following age groups, regardless of experience. Session One: School Years 1-6 Sessions Two: School years 7-11 Session Three: Over 16s inc adults Sessions would be mixed gender and can include people with limited mobility. The event will be open to the public and as we would like to attract new people to the sport, the public would get a chance to register prior to us then opening to the existing members.	
Faces UK CIC	Grant 2	£500	We would like to run 'Get your skates on!' an event that would be held along Dovercourt seafront, opposite The Lighthouse Sports and Social Hub. We would welcome the community to try Roller skating, Kangoo's and Scootering for an hour long of fun and games and then back to the The Lighthouse for refreshments and a social meeting to share what other activities and support is available. We will have staff members to help with the delivery of this who are experienced in skating and delivery of these types of sessions as well as staff trained to work with SEN attendees to make this event fully inclusive. We also have a number of volunteers who are always happy to help. We have public liability insurance up to 10 million. We estimated to have 100 participants as when we last had funding to provide free skating during an event, we had over 100 attend.	83.2%

			To promote this event, we would make flyers and small banners we would also advertise the event on our social media channels as well as word of mouth through our community and current clubs. We strive for all of the events we run to be fully inclusive and we always offer a 'quiet' time session for people who may struggle to attend mainstream events, this is just a time before the 'Main' event which is on a smaller scale so people with additional needs feel comfortable. Where the event will be held there is toilets near by as well as disabled access. We would like to run 'Get Your Skates On' on Wednesday 25th Feb 2026.	
Mistley Rugby Club	Grant 1	£800	The sessions will be focused on encouraging more young girls to try the sport and then remain in sport/ physical activity for as long as possible. - 2 sessions will be provided at 5 schools - The sessions will be 45mins in duration - The offer will start January and end in April The club will continue/ maintain the relationships with schools and keep enticing girls to try the sport - Intro days at the start/ end of the academic year - "freshers" tasters The promotion and awareness raising of the after-school's offer will be through - Promotion on Club Social media - Shared with parents via the school's channels - Advertisement within the school to entice individuals to come forward - 4 number of coaches will be involved to support the schools Training undertaken will be - First aid at work - Safeguarding - Coaching: Partnership Schools: Lawford Cof E School Wix Primary School Holbrook Primary School Bradfield Primary School Manningtree High School Boys Manningtree High School Girls	89.3%
Stourview Primary Academy School	Grant 3	£300	To apply for financial support to enable [student] to take part in regular sport and activity sessions, regardless of financial circumstances. [Student] faces several barriers which currently prevent him from accessing such opportunities. He comes from a	80%

			single-parent family, and their mother struggles financially to meet the daily needs of her children. As a result, there is no spare income to fund extra-curricular activities or specialist lessons. Without financial assistance, it is unlikely they would ever be able to take part in this kind of activity. Financial support from this grant would remove the key barrier of cost, enabling him to access a valuable opportunity that could make a lasting difference to his personal development, behaviour, and future engagement with education. I strongly support this application as I believe participation in this programme would provide the stability, encouragement, and sense of achievement this child needs. In summary, financial support is essential in this case due to the family's financial hardship. Without this funding, the child will be unable to access the sport or activity sessions that could help him thrive both personally and socially.	
Horse Rangers Association	Grant 3	£300	[Student] has been a happy member of our troop for over two years but since her Father's illness he can no longer work. They have struggled to pay her subs. The Family are really struggling and we would love to be able to surprise them with £300 towards her payments.	
FACES UK CIC	Grant 3	£300	We previously had funding for free skating for 16 weeks and FA attended every session! He had never skated before and his mum wanted him to get out and try something new. Once this ended he unfortunately hasn't been able to attend again due to his family being a single parent household and a low income family. We have reached out to the parent to see if all was okay as we hadn't seen them and mum explained the situation. When we run these clubs we charge £3 a session and mostly break even or run at a loss so we cannot afford to fund FA has ADHD and skate club was great for his social and emotional wellbeing. Joining in with others, this club kept him active engaging in a sport he would not usually participate in which he ended up really enjoying. Mum really noticed a changed when FA attended when he's not attending.	92%
Horse Rangers Association	Grant 3	£300	[Student] has cerebral palsy and autism and really enjoys riding ponies. She attends Marker Field School but are	88%

			unable to fund her for RDA lessons. Currently, [student's] mum pays for half hour lessons. To attend for longer, [student] wants to learn to care for ponies. This will help her dexterity and improve her fitness coordination, as well as wellbeing. Mum tells us how she looks forward to it and what a difference it makes for her	
Horse Rangers Association	Grant 3	£300	[Student] is home schooled as she suffers from anxiety and low self-esteem. Parents have found time spent with us therapeutic and valued what have managed to offer free of charge. We would love to be able to run 1-2-1 teachings. It would mean so much to her to be able to ride and have instruction so she can achieve ABRS Exams here as she dreams of going to college to study Equitation. This may help to make her dreams come true	86%
Horse Rangers Association	Grant 3	£300	[Student] has been attending our shorter session. We know [Student] would really enjoy riding and attending for longer. [Student] has autism and ADHD. She has benefitted from the structure of the session. We think funding for the longer session would give [Student] and her family more support. Allowing her to build friendships with peers and keep her active. [Student] would be in a group rising at her ability so could learn and practice more skills. At the moment, [Student] rides in a group below her level. Riding in the longer session would give her more time to practice and improve her skills. [Student] would benefit from the social aspect of the club as well. This would support the family allowing [Student] to spend longer in a club she feels safe and welcome.	83.3%
Horse Rangers Association	Grant 3	£300	[Student] attends horse rangers every other week for the shorter session due to finances. [Student] often comes to help and volunteers her spare time to help other children but would like to ride more and take part in the longer sessions weekly. Family struggle to support her paying £20 alternate weeks and cannot afford anymore. [Student] would be able to ride more often and be able to ride with other riders her own age and ability. This would mean she could join the longer	82.7

			session and become more involved throughout the day.	
Horse Rangers Association	Grant 3	£300	[Student] has been attending sessions financed by her mum as unable to get funding. She is selective mute and does not engage with much outside home. She is awaiting diagnosis but has SEN. She responds so well when she is here that we would like to coordinate and help as much as she can but mum really struggles to pay and would like for her to come to us as much as she can. [Student] wellbeing has improved by her involvement with horses and she has passed some ABRS exams. She has began to respond with body language when she is here and mum says it is all she talks about.	96%
Stourview Primary Academy School	Grant 3	£300	[Student] is currently on a temporary, reduced timetable at school due to a high level of need, which has significantly impacted her ability to access a full curriculum and participate in regular physical activity. For a period of time, [Student] has also been educated at home, which, while necessary for her wellbeing, has further limited her opportunities for structured physical exercise and social interaction with peers. As she gradually reintegrates into school, it is essential that she is provided with appropriate, motivating, and accessible physical activities that support her development. [Student] has a strong passion for horses, and equine-based physical activity would be an ideal fit for her. This activity would not only provide her with regular outdoor exercise to build her physical strength, coordination, and stamina, but it would also promote emotional regulation, confidence, and overall wellbeing. Horse riding and stable-based activities are particularly well suited to children with high levels of need, as they combine physical engagement with therapeutic benefit in a calm, structured environment. However, without financial support, [Student] would not be able to access this opportunity. Her family is currently unable to meet the costs associated with horse riding sessions, including equipment, lesson fees. These financial barriers mean that [Student] is prevented from joining a sports or activity club that aligns with her interests, her physical needs, and her educational support plan. Without this	86.7%

			grant, [Student] would miss out on a meaningful opportunity to engage in physical activity that is both suitable and highly motivating for her. This grant scheme is essential to ensuring that [Student], like all young people, has equitable access to sport and activity sessions. Funding would allow her to participate in a structured physical activity that supports her physical development, emotional wellbeing, and transition back into school. By removing the financial barriers, [Student] can benefit from a safe, therapeutic, and enjoyable activity that she would otherwise be unable to access. For these reasons, I strongly support this application and believe that funding is not only justified but vital to [Student] continued progress.	
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If you could, by way of a completed form (below) or by return email, indicate your consent to proceed with the proposed projects, we would be most grateful. Please do not hesitate to get in touch with us to discuss any aspect further before granting your consent, on any of the above outlined proposals.

Kind regards,

Charlie Colwell

Community Sport & Activity Manager

Tendring District Council, Town Hall, Clacton-on-Sea, Essex, CO15 1SE

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Dear Charlie,

Thank you for your memorandum 02/10/2025 requesting approval for suggested UKSPF projects, after an open call for projects in spring 2025 and work to progress project ideas which meet the committed to outputs & outcomes of SPF.

I agree/ do not agree with the outlined process.

Kind regards,

Cllr Ivan Henderson

Deputy Leader of the Council, Portfolio Holder for Economic Growth, Regeneration & Tourism