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Your Essex at home

A message from Leader of Essex County Council, Cllr David Finch

The appalling killing of George Floyd and the responses around the world have demonstrated that racism is still very present in our society.

The purpose of the Council is to help all people of all backgrounds prosper and, in doing so, to treat everyone equally and with respect. This is our basic human right.

And we at Essex County Council have a responsibility to influence positive action. Not only within our own organisation, but within Essex as a whole.

We want to reassure all our black residents that we are working with and alongside our Black, Asian and Minority Ethnic Network (BAMEN), to make sure that the Council's policies and actions as a public body, an employer, and most of all an organisation people depend on, are informed by, reflect and embody our commitment to equality. The network met virtually last night to discuss a number of topics including this.

If you have been affected by racism, you can contact [Stop Hate UK](#) on 0800 138 1625

Cllr David Finch

Leader, Essex County Council

In this edition of Your Essex at Home, we'll be focusing on positive stories with a focus on volunteering efforts around the county.

Discovering the people of Essex, one story at a time.

Our Research and Citizen Insight team has created [@PeopleOfEssex](#) an Instagram page

people are supporting others through the highs and lows of lockdown.

Here are a few of the many touching, inspiring and relatable stories from around Essex.

"Make sure you tell the people you love, how much you love them"

"This is a very early photo. I don't think any of us knew how seriously this pandemic would hit.

60% of my colleagues in these photos became seriously ill with COVID-19. We've lost patients, and I've spent every night dreaming of it.

The moral of my story is live, laugh and love every day. And make sure you tell the people you love, how much you love them."

[Read more on Instagram.](#)



"I've seen the very best in people - I like to believe the best will continue"

"My wife works on the ITU unit for COVID-19 patients at an Essex hospital and I'm a lorry driver working 15 hour night shifts. I also run two community groups on Facebook and coordinate hundreds of volunteers every week.



We have four kids, they're winding us up, the house looks like a rubbish tip and the washing machine is on continuous overtime.

But I just carry on as best I can, always striving to see the positives and to share those with as many people as I can. I've seen the very best, and the worst in people. I like to believe the best will continue."

[Read more on Instagram.](#)

"We are stronger than ever"

"Time is now irrelevant. Family is no longer measured in 'before school' and 'after dinner' moments. There are no shouts of 'how much longer?' or 'when can we go home?'

Every moment is counted, enjoyed and appreciated like never before. We are stronger than ever ♡"

[Read more on Instagram.](#)



If you'd like to be featured on People of Essex, please email your stories and photographs to peopleofessex2020@gmail.com.

Celebrating you this Volunteers' Week



[Volunteers' Week](#) is an annual celebration of the contribution millions of people make across the UK through volunteering.

We're taking this chance to recognise the efforts of people all over Essex who have helped others during the coronavirus pandemic. Here's how you've responded to the crisis:

pandemic

- 28% of residents have given informal help to friends and neighbours
- 24% have formally volunteered over the last three months
- 3,009 residents have registered to volunteer with the Essex Welfare Service
- 1,304 emergency food deliveries have been made to people in need
- 6% of residents have signed up to support the NHS.

Join us in saying [#ThankYouEssex](#) on Facebook to volunteers around the county. And if you've been supporting your community, tag [@EssexCountyCouncil](#) in your posts and we'll share your story with Essex.

New courses to help you help others



If lockdown has left you wondering how you can help others, take a look at ACL Essex's new online courses. They offer courses and diplomas in:

- Counselling
- Health and Social Care
- Early Years and Education
- Community and Family Learning

Visit the [ACL Essex](#) website to browse courses.

Change someone's world by fostering

Are you thinking about how you can contribute to an improved society after the pandemic? Some people are choosing fostering to change a young person's life



Fran Barzoukas from Basildon is urging others to consider fostering as a life-changing and rewarding opportunity.

“Being a foster parent has enriched my life for the better. You often want to change the world, but when you foster a child you end up changing their world. And your own”.

Read more of [Fran's story](#) on our website.

Our fostering service is accredited as 'Outstanding' by Ofsted, and offers unparalleled support and ongoing professional training to foster carers. Find out more on our [Fostering website](#).

Looking after yourself

It's easy to get wrapped up in helping others and forget to take care of yourself. Here are some initiatives from Essex County Council and our partners to help you stay healthy and well at the moment.

Join the 30:30 Movement



Kickstart a healthier lifestyle by joining 30:30 Essex and moving more this June.

There are no set distances you need to run and no targets to beat: this is 30 minutes of movement, your way.

It could be anything from taking a brisk walk to getting involved with our [30 minute workouts on YouTube](#). Find out more about the [30:30 Movement](#) on our website.

Try cycling this British Bike Week



[Bike Week](#) is an annual celebration from Cycling UK which aims to encourage more people to enjoy the simple pleasure of riding a bike.

Get involved and cycle for seven days this June, and be in with the chance of winning cycling goodies when you use #7DaysofCycling on social media. You can also log all your cycling activity on [Love To Ride Essex](#) where there are more chances to win prizes throughout June.

Here at ECC, we are [expanding our cycling and footpath network](#) to create a greener Essex, encourage healthier lifestyles and make cycling the first choice for shorter journeys.

Support your mental wellbeing with these audio books

Essex Libraries offers lots of mental health-based e-books and audio books to help at this uncertain time. Here are some of the top picks this month:

- Coping with Coronavirus: How to stay calm and protect your mental health, by Brendan Kelly
- Wellmania: Misadventures in the Search for Wellness, by Bridget Delaney
- The Sleep Solution, by W. Chris Winter
- The Optimist, by Lawrence Shorter
- The Winning Mind, by Sebastian Coe



Joining Essex Libraries is free and you'll get access to hundreds of audio books, e-books, e-magazines and e-comics. [Sign up to become a member](#) on the Libraries website.

Keep your children safe this Child Safety Week

hazards in your house.

The five most serious threats to children - yet also the most preventable - are threats to breathing like choking or suffocation, falls, poisoning, burns and scalds, and drowning.

Summer poses even more risks with paddling pools in the garden, so remember to do a quick safety check every time your child is around water and never leave them unattended.



Visit the Essex Children Safeguarding Board's website for more information and advice about [child safety at home](#) and [staying safe around water](#).

Resolving conflict at home



We all experience arguments at one time or another, but lots of families are facing additional pressures in the current circumstances. Self-isolation and social distancing can place extra strain on family relationships.

However, there is support available to help families at [Livewell](#), including services that are supporting healthy family relationships.

The COVID-19 outbreak is not an excuse for domestic abuse and there are organisations like [Compass](#) working hard to ensure anyone experiencing domestic abuse has the support they need.

Essex 2020

Join the year-long celebration of science and creativity



Essex 2020's online events are bringing together hundreds of individuals and organisations to celebrate our county's pioneering past and inspire a brighter future for science and creativity in Essex.

This June we're celebrating a great historical event in our county; 100 years since the first professional British radio concert, broadcast by the Marconi Company with singer Dame Nellie Melba.

To celebrate this heritage, Essex 2020 is sharing an online series of radio-inspired exhibitions, workshops, performances and a dedicated lecture series. Here are some of the upcoming events:

Dame Nellie Sings! A night that changed the world

Join Tim Wander, author, historian and museum curator, as he livestreams [the story of the first radio broadcast experiments](#) from Marconi.

A World without Marconi

Most people regard Marconi's contribution to the world as wireless and radio, but this led to the world of electronics. Join Alan Hartley-Smith as he talks about [how electronics dominate the modern world and the impact of computers](#).

Marconi's Legacy – Past, Present and Future! Hylands House

Starting at the birth of Marconi, this [exhibition](#) coming to Hylands House in November follows Guglielmo Marconi through his life's work and on to the company he gave his name to. The exhibition is partnered by Leonardo of Basildon, a former Marconi company.

You can view the full programme of all our online events on the [Essex 2020](#) website.

Make your event part of Essex 2020

Essex 2020 has teamed up with the Essex Lottery to support organisations that provide community activities or services that benefit local residents.



Do you have an [online STEAM event](#) you want us to publicise, or do you want to find out how we can help your organisation [get funding](#)?

If your organisation provides community activities or services which benefit local residents in Essex, The Essex Lottery can help your funds grow. It's free for your cause [to join](#) and you receive 50p from every ticket you sell via your page on the website. Applying is easy, it's all done online and takes just a few minutes, and you'll even be provided with marketing materials to help you [get started](#).



Council news

Essex Climate Action Commission pushes ahead with tackling the climate challenge

In May, the first – low carbon, virtual – meeting of the Essex Climate Action Commission took place as the group agreed to proceed at pace and be bold in tackling the climate challenge.

Reflecting on new public engagement with the natural world, the commission members discussed the opportunity to build on gains that have emerged from the coronavirus pandemic. They discussed sustainable change and development to home working in jobs across all sectors, as well as ways to develop greener forms of transport such as walking and cycling across the county.

At the next meeting, the commission will consider how ambitious solutions and behaviour change can impact the carbon output of six main themes: green infrastructure; adapting to a changing climate; transport; built environment; energy and waste; community action.

Find out more on the [Climate Action](#) section of the Essex County Council website.

Our response to the coronavirus pandemic

We've been working to support residents, communities and businesses in Essex throughout coronavirus. Here are some of the [key facts about our work](#) so far

Essex's response to COVID-19 so far...

237 
Businesses checked for compliance with lockdown regulations

8 
Country Parks reopened

430 
schools open for vulnerable/key worker pupils

7,956 
views of libraries' Youtube videos
56,450 
views of libraries' Facebook videos

500,000 
Items of PPE allocated by ECC

5,805 
residents registered for support with Essex Welfare Service

4,404 
pupils have attended school
1,222 
vulnerable pupils attended schools

In the past two months nearly **119,000** 
people have visited content on the coronavirus website hub

3,009 
volunteers registered with Essex Welfare Service

More than **£260 million** 
paid in grants to Essex businesses

 **ECC Facebook**
3,800,000 reach
78,000 likes, shares and comments 


1,034 
Emergency food deliveries

 **21,000** 
businesses have received funding

42,271 
calls to the call centre

15 
Recycle Centres operational for essential items

