

MALDON DIVISION JULY UPDATE – COUNCILLOR JANE FLEMING

FREEGLE YOUR FOOD!

Did you know you can list your surplus food on Freegle?

Maybe you have some leftover ingredients, or a stash of unwanted tins at the back of a cupboard that you'll never use? Or perhaps a glut of home-grown fruit or veg you'll never get through?

Don't throw it away, [give it away through your local Freegle community!](#)

HELP THE PLANET AND YOUR POCKET WITH KITCHE

A third of the food produced worldwide gets thrown away. Do you want to fight back against food waste?

[Download the free Kitche app](#), designed to help you reduce your food waste at home. Add your shopping list or scan receipts to track what you have available. Kitche will recommend recipes and provide reminders to make sure you use up what you buy.

Kitche is available for download via the Apple App Store or Google Play.

EAT AND GROW WITH THE SEASONS

Eat seasonably to experience the joy of eating fruit and vegetables at their peak!

This means choosing foods that are ripe and ready in your local area. These are often cheaper, fresher and use less packaging than imports. Buying local also reduces the CO2 from transport, so it's better for the planet too.

There's plenty of food in season now for all tastes: salad leaves, radishes, carrots, spinach, potatoes, cucumber, beetroot, courgette, beans, spring greens, blackcurrants,

gooseberries, strawberries and more.

[Explore the Eat Seasonably calendar](#) to discover what's best throughout the year.



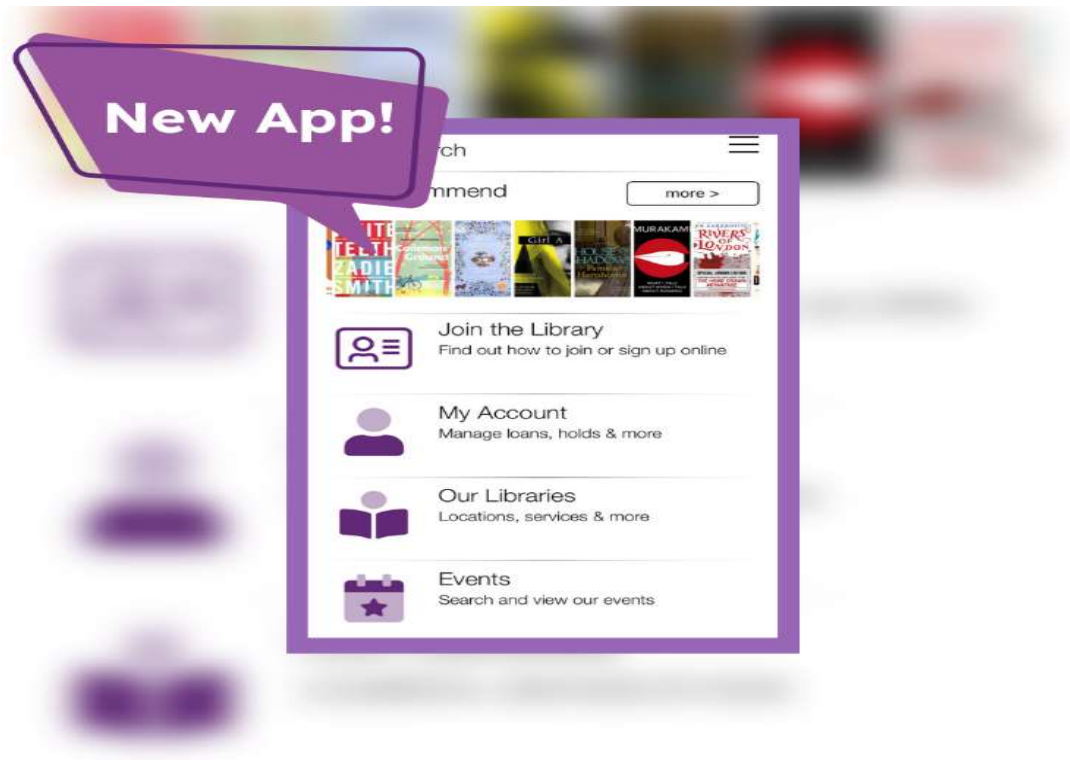
A great way to eat seasonably and to discover new flavours is by growing your own food. You can use whatever space you have - a window box, pots, garden or even an allotment.

It's satisfying to cook and eat food you've grown yourself. It's fresher, organic and may save you money too!

What you can sow now: salad leaves, radish, carrots, beans, beetroot, peas, turnip and swede.

[Check the RHS advice for growing your own in June.](#)

NEW LIBRARY APP LAUNCHES THIS MONTH



Essex Library Service are excited to be rolling out their new Library Service app this month. The new look is modern and sleek and will mirror the look of their brand-new website which will also be coming very soon! Not only is the new libraries app easier to find, as you can simply search Essex libraries on the app store, it also has extra features such as the mobile library service timetables and book recommendations.

They will be posting updates on social media so don't forget to follow on [Facebook](#), [Instagram](#) and [Twitter](#).

ACL NEW SUPPORTED LEARNING BROCHURE

The new ACL Supported Learning Brochure 2022-23 is now available to view and download on their website.

These courses have been created specifically for those with learning disabilities and/or Autism. They have a fantastic variety of courses to choose from including; sensory, cooking, gardening, art, supporting employment, general fitness, and so much more.

If you're interested in finding out more information about their courses and how ACL can support you and your loved ones, please contact ACL centre in Maldon.

If you would like a paper copy of our brochure, you can pick one up from your local ACL centre or Essex library.

ESSEX CLIMATE ACTION ADVICE PACK

The Essex Climate Action Commission has put together an advice pack that has been specifically developed to help small and medium-sized businesses across Essex access the most relevant information, in relation to climate change and sustainability.

The pack includes tips and ideas to help your business to thrive, whilst keeping its impact on the environment low.

For more information, please visit: [Climate Action Business Advice Pack \(essexclimate.org.uk\)](https://essexclimate.org.uk)

FREE SUSTAINABILITY PROGRAMME OFFERED TO ESSEX SMALL BUSINESSES

[Small Business Britain](https://smallbusinessbritain.co.uk) is offering a free Sustainability Programme which will be delivered digitally over the course of six weeks.

The programme is designed to give businesses and entrepreneurs the basics needed to boost sustainability planning, reduce their impact on the planet and turn sustainability plans into commercial advantage.

Benefits of the free programme include:

- Access to small business sustainability experts
- A chance to network and receive support from a community of small businesses on the same journey
- Experts to help implement sustainability plans

- A digital “badge,” to represent the completion of Sustainability Basics

The course begins on 06 September, with an in-person end of programme event being held at the end of the six weeks. To book your place, please [register here](#).

GROUP2GROW PEER NETWORK PROGRAMME- RAPID RESULTS PEER-GROUP AND 1-2-1 MENTORING

Group2Grow peer groups, delivered through our [Backing Essex Business](#) service, bring together cohorts of business professionals to learn, grow, and solve common problems, using each other’s knowledge and experience, with the support, guidance, and mentoring of a Business Coach.

Over eight x two-hour group sessions and three hours of individual 1-2-1 sessions with an expert mentor, and through discussion and discovery, it can uncover the challenges faced by your business and work together to find logical and practical solutions.

To register, please visit: www.backingessexbusiness.co.uk/peer-groups

BUS SERVICE CHANGES

A summary of each service change that we are aware of for June/July can be found in Bus Passenger News.

Please note that ECC has recently conducted a tender process for new contracts.

As of Monday 1 August a number of services will have new operators and timetables. These changes will be reported in the July BPN.

Bus Passenger News

SUNDAY SAVER TICKET



Essex County Council offers a Sunday Saver ticket for just £4.30. Most services accept this ticket which is valid all day on Sundays/bank holidays. Find out more here: <https://bit.ly/3FubzZT>

MALDON DISTRICT COUNCIL UPDATES

General Updates

- **Integrated Care System Goes Live 1 July** - [Welcome to the Mid and South Essex Integrated Care System \(govdelivery.com\)](https://www.govdelivery.com/topics/Essex)
- **Childcare Choices** - Over a million families in the UK are entitled to [support with the costs of childcare](#) from the government, but many are missing out because the childcare providers in their area haven't signed up to accept the various offers. With the school summer holidays approaching, it is more important than ever that parents and carers are able to access the financial aid they qualify for.
- **Exam Results Webinars** - The National Careers service will be hosting exam results webinars throughout July and August. The webinars will aim to help parents to support their children who are receiving results, reassured that whatever their results they have options. The webinars will take place online, you can find your [local session here](#). Please see this [timetable of webinars](#).

D