



# WHAT'S ON

## IN EPPING FOREST

May 2025 – October 2025

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

Activities  
for  
Adults

Activities  
for  
Children

Inclusion  
Programme

Volunteering

Other items  
of interest



## Adult programme



5 – 9

## Children's programme



10 – 14

## Inclusion programme



15

## Volunteering



16

## Other items of interest



16 – 23






# Welcome

**A very warm welcome to the latest brochure brought to you by the Community and Wellbeing Team at Epping Forest District Council.**



The Community and Wellbeing Team is here to help boost health and wellbeing across the district, reduce isolation and provide a varied sports, recreation and culture programme for residents.

As well as hosting regular activities and one-off events, we are keen to share resources and opportunities with you. Did you know we have volunteering roles and active community groups across the district? You can find more information about this towards the back of this brochure.

## KEY TO ICONS

-  **Suitability**
-  **Date of activity**
-  **Time of activity**
-  **Location of activity**
-  **For booking support or further information**

## FIND US ON SOCIAL MEDIA

-   @efdcommunity  
@efdmuseum
-  @efdcommunitieswellbeing  
@efdmuseum  
@EppingForestDFC

## How to book

**Most activities need to be booked and paid for in advance, unless otherwise indicated. All bookable activities are listed on [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**

**For easy browsing on your device, try typing in key words in the search box on the top left-hand side.**

**Book online:** [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**How to pay:** You can pay by credit or debit card

**For booking support:** please call 01992 564226

(Lines open Monday – Friday 10am – 4pm)

Events and activities are subject to change. Please check the booking page for the most up to date information.

**Please use this link to sign up  
for *EFDC weekly news*  
updates from Epping Forest  
District Council**

(you can unsubscribe at any time)

**Click here**



**Epping Forest  
District Council**

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)



# The Epping Forest District Museum Trust CIO

## Admission to the museum is free\*

\*some events and activities have a separate charge.

Epping Forest District  
**Museum**

**Click here**



**Opening times: Tuesday, Wednesday, Friday, Saturday 10am – 4pm**

The museum will be closed on all Bank Holidays.

**Epping Forest District Museum** tells the story of the people and events that have shaped the district. In the museum you will find everything from the remains of woolly mammoths who roamed here over 10,000 years ago to a wooden turkey, favourite toy of a Victorian child.

Come and see our six galleries and gift shop and enjoy a variety of events and activities suitable for all ages.

**[www.efdmuseum.org.uk](http://www.efdmuseum.org.uk)**

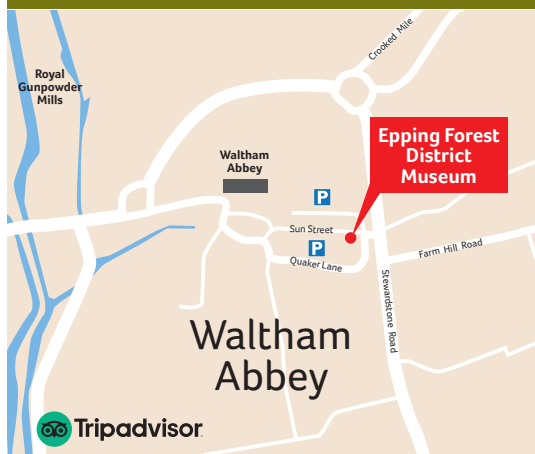
39-41 Sun Street, Waltham Abbey EN9 1EL.

Tel: 01992 716882

[enquiries@efdmuseum.org.uk](mailto:enquiries@efdmuseum.org.uk)

 [efdmuseum](https://www.facebook.com/efdmuseum)  [@efdmuseum](https://twitter.com/efdmuseum)

 [efdmuseum](https://www.instagram.com/efdmuseum)



Supported using public funding by  
**ARTS COUNCIL ENGLAND**

# Adult Programme

## Walking Football

**FREE**






-  Adults 45+
-  Every Tuesday
-  11.30am – 12.30pm
-  Town Mead Football Pitches,  
Waltham Abbey  
EN9 1JH
-  07789 372196  
kmurray@eppingforestdc.gov.uk





A slow paced version of the beautiful game, aimed at getting players back into the sport.





## Let's Get Together





**FREE**



-  Adults 18+
-  Epping, Loughton,  
Chigwell & Waltham  
Abbey
-  01992 564226

-  Every Monday  10.30am – 12.30pm
-  The Cutting Crew Hair Salon,  
5 Hill House, Waltham Abbey EN9 3EL
-  mpickett@eppingforestdc.gov.uk

-  Every Wednesday  9.30am – 11.30am
-  The Limes Centre, Limes Avenue,  
Chigwell IG7 5LP
-  rlewis@eppingforestdc.gov.uk  
or call 07928 511454

-  Every Tuesday  2.30pm – 4.30pm
-  The Epping Community Hub, Civic Offices,  
323 High Street, Epping CM16 4BZ
-  kmurray@eppingforestdc.gov.uk  
or call 07789 372196

-  Every Wednesday  12.30pm – 2.30pm
-  The Oakwood Hill Community Hub,  
Longcroft Rise, Loughton IG10 3NB
-  cleavans@eppingforestdc.gov.uk  
or call 07763 218593

**These free weekly sessions are run by Epping Forest District Council's Community Development and Wellbeing team and are open to the whole community.** Come along and get to know others in your local area. Learn a new skill, play a few games or just relax and enjoy a cup of tea and a chat.

**NO NEED TO BOOK – JUST TURN UP**

## Museum Activities

Epping Forest District Museum runs various activities and events, including **Museum Movers, Crochet Chain** and a variety of talks and exhibitions.



For bookings, email [enquiries@efdmuseum.org.uk](mailto:enquiries@efdmuseum.org.uk), phone 01992 716882 or speak to a member of the Front of House Team at the museum at 39-41 Sun Street, Waltham Abbey EN9 1EL.

For further details please visit [www.efdmuseum.org.uk/activities-for-adults](http://www.efdmuseum.org.uk/activities-for-adults) or [www.facebook.com/efdmuseum](https://www.facebook.com/efdmuseum)

**Click here**



## Epping Forest District Museum Community Café

**FREE**



All welcome



Every Wednesday



12 noon – 1.45pm



Epping Forest District Museum, 39-41  
Sun Street, Waltham Abbey EN9 1EL.



[enquiries@efdmuseum.org.uk](mailto:enquiries@efdmuseum.org.uk)

**The Community Café in Waltham Abbey is a space where you can enjoy light refreshments, have an opportunity to chat and meet new friends in a relaxed, warm and welcoming environment.**

The café is dementia friendly. **NO NEED TO BOOK – JUST TURN UP.**

## Waltham Abbey Community Catch Ups

**FREE**



All welcome



Every second and fourth Thursday



10.00am – 12.30pm



Waltham Abbey Fire Station, Stewardstone  
Road, Waltham Abbey EN9 1PA








[mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)

**Join us for a relaxing and inclusive morning of tea/coffee, conversation and community connection.** Whether you're new to the area or a long-time resident this is a great opportunity to make new friends and try fun activities all while enjoying a delicious biscuit or two! Let's make our community stronger, one cup at a time! We look forward to seeing you there. Children must be accompanied by an adult.

## The Conversation Club

**FREE**






-  All welcome
-  Every first and third Thursday
-  10.00am – 12.30pm
-  Waltham Abbey Fire Station, Stewardstone Road, Waltham Abbey EN9 1PA
-  [mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)




**A friendly environment to offer support and help to non-native speakers.** Develop your English skills and confidence. All nationalities welcome. Free refreshments & biscuits. Children must be accompanied by an adult.




## Waltham Abbey Litter Pick




**FREE**




-  All welcome
-  Waltham Abbey
-  [mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)

 **Wednesday 28 May**  
 10.30am – 12.30pm  
 Brookways Hall, Roundhills (opposite the shops) EN9 1UU

 **Monday 28 July**  
 10.30am – 12.30pm  
 Waltham Abbey Leisure Centre, Hillhouse EN9 3EL

 **Saturday 17 May**  
**Monday 1 Sept**  
 10.30am – 12.30pm  
 Waltham Abbey Fire Station, Stewardstone Road EN9 1PA






 **Saturday 18 Oct**  
 10.00am – 12.00pm  
 Waltham Abbey Leisure Centre, Hillhouse EN9 3EL

**Join us for a Community Litter Pick!** Let's come together to keep our neighbourhood clean. There will be a brief introduction and safety talk. All equipment provided (gloves, bags, litter pickers). Sessions will end at the above locations where there will be free refreshments and biscuits. Children must be accompanied by an adult.

## Strictly Dancing & Dining for Ladies

**FREE**



-  Adults 18+
-  Every Monday 28 April to 14 July
-  12.30pm – 2.30pm
-  The Oakwood Hill Community Hub, Longcroft Rise, Loughton IG10 3NB
-  [clevans@eppingforestdc.gov.uk](mailto:clevans@eppingforestdc.gov.uk)



**An upbeat dance session to a wide range of music.** Suits all abilities and ages and no partner or experience required. The dance session is followed by a packed lunch with time to socialise and reflect.



## Mindful Art Space

**FREE**



-  **Adults 18+**
-  **Every Friday**
-  **12.30pm – 3.30pm**
-  **Oakwood Hill Community Hub,  
Longcroft Rise,  
Loughton IG10 3NB**
-  **[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)  
[clevans@eppingforestdc.gov.uk](mailto:clevans@eppingforestdc.gov.uk)  
or call 07763 218593**

**A drop-in space to creatively express your mental health led by RMN Janet Ellington.** An opportunity to be playful with art in a mindful, safe space in a small group setting and to have direct access to mental health advice. Light refreshments provided. **NO NEED TO BOOK – JUST TURN UP.**

\* Our picture is the artwork of Janice Birks who attended previous sessions with Janet and now has her own art exhibition.

## Community Skill Share – Loughton

**FREE**



-  **Adults 18+**
-  **Every Thursday**
-  **1.30pm – 3.30pm**
-  **Oakwood Hill Community Hub,  
Longcroft Rise, Loughton  
IG10 3NB**
-  **[clevans@eppingforestdc.gov.uk](mailto:clevans@eppingforestdc.gov.uk)**

**Join us for a welcoming place to connect with neighbours and share skills.** From cooking and knitting to meditation and DIY, this free drop-in is open to adult residents of Oakwood Hill & surrounding areas. It's a great way to learn, teach, and build connections in a mindful and supportive setting. Come by anytime during the session—we'd love to see you! **NO NEED TO BOOK – JUST TURN UP.**

## Countrycare – Mad about Moths

**FREE**



-  **Everyone 5+**
-  **Friday 19 September**
-  **8.00pm – 10.00pm**
-  **Weald Common, North Weald  
CM16 6BU (limited parking next  
to North Weald Village Hall)**
-  **Countrycare 01992 564226  
[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**







**We will set up moth light traps to attract moths from the grassland on the reserve and see what we will find.** Hot drinks and refreshments will be provided. All children must be accompanied by a responsible adult.



## Countrycare – Wellness Wonder for Adults

£3



-  Adults 18+
-  Wednesday 25 June
-  6.30pm – 8.00pm
-  Roughtally's Wood, end of Pike Lane, North Weald CM16 6BL
-  what3words  
swim.value.soccer
-  Countrycare 01992 564226  
eppingforestdc.bookinglive.com

**Wellness Wonder will be time spent walking around Roughtalley's Wood enjoying time in nature.**


Explaining the history connected to the site with moments to stop along the way to do some deep breathing exercises, along with some wellness practices like picture frame viewing, this will help you to take time to enjoy the now. We would ask that phone be put on silent, to be able to make a deeper connection to the environment of the woodlands and all its sights and sounds.

No large groups, please. Please note that some woodland paths are uneven.

## Stay Safe and Well this Winter

FREE



-  Adults 18+
-  TBA
-  10.30am – 3.30pm
-  07789 372196  
kmurray@eppingforestdc.gov.uk  
eppingforestdc.bookinglive.com

**Informative talks from health and wellbeing advisors on how to stay safe and well.** A seated exercise session suitable for all will take place as well as a free information bag, lunch, and a new interactive performance about scamming. Health checks are available. Flu jabs are subject to availability. **Keep an eye on the booking live page from September 2025 for further details. Book your place early to avoid disappointment.**



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!

Simply visit:

**eppingforestdc.bookinglive.com**

# Children's Programme

## Summer Play in the Park

**FREE**



Open to all ages



Thursday 24 July –  
Friday 29 August

**Play in the Park is an inclusive session and all about playing games and having fun outdoors.** No need to book, just drop in at any time. This is a great opportunity for parents and carers to socialize with other families and even bring a picnic whilst the children safely play. The Play in the Park team will bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together\*. The team will be there to help organise activities and games. **All totally free of charge!**

**NO NEED TO BOOK – JUST TURN UP.** \*Children must be accompanied by an adult.

**DR BIKE** Dr Bike will be in attendance offering **FREE** bike checks



Thursday 24 July



1.30pm – 3.30pm



Town Mead Leisure Park,  
Waltham Abbey  
EN9 1JH



banana.dance.logic



Friday 25 July **DR BIKE**



10.00am – 12.00pm



Roding Valley Recreation  
Ground (nr tennis courts),  
Loughton IG10 3LQ



wake.punt.bind



Friday 25 July **DR BIKE**



1.30pm – 3.30pm



Willingale Cricket Club,  
18 The Street, Willingale  
CM5 0SJ



sheet.petty.green



Monday 28 July **DR BIKE**



10.00am – 12.00pm



Shelley Park,  
St Peters Avenue,  
Ongar CM5 0BT



parade.trip.wires



Monday 28 July **DR BIKE**



1.30pm – 3.30pm



Abridge Village Hall  
Field, 39 Ongar Road,  
Abridge RM4 1UH



clocks.applies.united



Tuesday 29 July **DR BIKE**



10.00am – 12.00pm



Town Mead Leisure Park,  
Waltham Abbey  
EN9 1JH



banana.dance.logic



Tuesday 29 July **DR BIKE**



1.30pm – 3.30pm



Jessel Green Playground,  
Colebrook Lane,  
Loughton IG10 2HP



tester.keen.rope



Wed 30 July **DR BIKE**



10.00am – 12.00pm



Station Green Playground  
High Road, Chigwell  
IG7 6QT



matter.twigs.puff



Wed 30 July **DR BIKE**



1.30pm – 3.30pm





Hornbeam Road Rec  
(near Newton Court)  
Buckhurst Hill IG9 6JT






swear.cones.villa


# Summer Play in the Park (continued)


**FREE**
 **Thurs 31 July** **DR BIKE**
 10.00am – 12.00pm



 Memorial Playing Field,  
Queens Hall,  
North Weald CM16 6EY

 [gosh.works.coats](http://gosh.works.coats)
 **Thurs 31 July** **DR BIKE**
 1.30pm – 3.30pm



 Love Lane Playing Fields  
Love Lane, Ongar  
CM5 9BL


 [names.grand.swim](http://names.grand.swim)
 **Friday 1 August**
 10.00am – 12.00pm


 Elizabeth Close Play  
Area, Nazeing  
EN9 2HX


 [names.grand.swim](http://names.grand.swim)
 **Monday 4 August**
 10.00am – 12.00pm


 The Green,  
Marlescroft Way,  
Loughton IG10 3NA

 [paused.glass.doors](http://paused.glass.doors)
 **Monday 4 August**
 1.30pm – 3.30pm


 Lower Sheering Playing  
Field, Sheering Lower  
Road CM21 9PS


 [windy.books.slower](http://windy.books.slower)
 **Tues 5 August** **DR BIKE**
 10.00am – 12.00pm

 Town Mead Leisure Park,  
Waltham Abbey  
EN9 1JH

 [banana.dance.logic](http://banana.dance.logic)
 **Tues 5 August** **DR BIKE**
 1.30pm – 3.30pm



 The Limes Green,  
Copperfield, Chigwell  
IG7 5LF

 [echo.trade.major](http://echo.trade.major)
 **Weds 6 August** **DR BIKE**
 10.00am – 12.00pm




 Stonards Recreation  
Ground,  
Epping CM16 4QF


 [lofts.life.pirate](http://lofts.life.pirate)
 **Weds 6 August** **DR BIKE**
 1.30pm – 3.30pm


 Roding Valley Rec,  
Spider Park Field,  
Buckhurst Hill IG9 6BX

 [hint.firm.trees](http://hint.firm.trees)
 **Thursday 7 August**
 10.00am – 12.00pm


 Roydon Playing Fields,  
Occupation Lane,  
Roydon CM19 5HL


 [pies.theme.hungry](http://pies.theme.hungry)
 **Thursday 7 August**
 1.30pm – 3.30pm



 Roding Valley Recreation  
Ground (nr tennis courts),  
Loughton IG10 3LQ

 [wake.punt.bind](http://wake.punt.bind)
 **Friday 8 August** **DR BIKE**
 10.00am – 12.00pm




 Shelley Park,  
St Peters Avenue,  
Ongar CM5 0BT

 [parade.trip.wires](http://parade.trip.wires)
 **Friday 8 August** **DR BIKE**
 1.30pm – 3.30pm



 Abridge Village Hall  
Field, 39 Ongar Road,  
Abridge RM4 1UH


 [clocks.applies.united](http://clocks.applies.united)
 **Monday 11 August**
 10.00am – 12.00pm



 The Green,  
Marlescroft Way,  
Loughton IG10 3NA


 [paused.glass.doors](http://paused.glass.doors)
 **Monday 11 August**
 1.30pm – 3.30pm



 Sheering Recreation  
Ground, The Street,  
Sheering CM22 7LX


 [polite.brand.term](http://polite.brand.term)
 **Tues 12 August** **DR BIKE**
 10.00am – 12.00pm

 Town Mead Leisure Park,  
Waltham Abbey  
EN9 1JH



 [banana.dance.logic](http://banana.dance.logic)
 **Tues 12 August** **DR BIKE**
 1.30pm – 3.30pm


 Jessel Green Playground,  
Colebrook Lane,  
Loughton IG10 2HP

 [tester.keen.rope](http://tester.keen.rope)
 **Wednesday 13 August**
 10.00am – 12.00pm



 Elizabeth Close Play  
Area, Nazeing  
EN9 2HX


# Summer Play in the Park (continued)

**FREE**
 **Wednesday 13 August**
 1.30pm – 3.30pm



 Hornbeam Road Rec  
(near Newton Court)  
Buckhurst Hill IG9 6JT

 swear.cones.villa

 **Thursday 14 August**
 1.30pm – 3.30pm



 Love Lane Playing Fields  
Love Lane, Ongar  
CM5 9BL


 names.grand.swim

 **Friday 15 August**
 10.00am – 12.00pm



 Ninefields Playing Field,  
outside Leisure Centre,  
Waltham Abbey EN9 3EL

 drop.trim.label

 **Friday 15 August**
 1.30pm – 3.30pm



 The Limes Green,  
Copperfield, Chigwell  
IG7 5LF


 echo.trade.major

 **Monday 18 August**
 10.00am – 12.00pm



 The Green,  
Marlescroft Way,  
Loughton IG10 3NA

 paused.glass.doors

 **Monday 18 August**
 1.30pm – 3.30pm



 Abridge Village Hall  
Field, 39 Ongar Road,  
Abridge RM4 1UH

 clocks.applies.united

 **Tuesday 19 August**
 10.00am – 12.00pm


 Ninefields Playing Field,  
outside Leisure Centre,  
Waltham Abbey EN9 3EL


 drop.trim.label

 **Tuesday 19 August**
 1.30pm – 3.30pm



 Station Road Playground,  
Station Green, High  
Road, Chigwell IG7 6QT


 matter.twigs.puff

 **Wednesday 20 August**
 10.00am – 12.00pm



 Stonards Recreation  
Ground,  
Epping CM16 4QF

 lofts.life.pirate


 **Wednesday 20 August**
 1.30pm – 3.30pm



 Roding Valley Rec,  
Spider Park Field,  
Buckhurst Hill IG9 6BX


 hint.firm.trees


 **Thursday 21 August**
 10.00am – 12.00pm



 Roydon Playing Fields,  
Occupation Lane,  
Roydon CM19 5HL

 pies.theme.hungry

 **Thursday 21 August**
 1.30pm – 3.30pm



 Roding Valley Recreation  
Ground (nr tennis courts),  
Loughton IG10 3LQ

 wake.punt.bind

 **Friday 22 August**
 10.00am – 12.00pm



 Shelley Park,  
St Peters Avenue,  
Ongar CM5 0BT


 parade.trip.wires

 **Tues 26 August** **DR BIKE**
 10.00am – 12.00pm



 Ninefields Playing Field,  
outside Leisure Centre,  
Waltham Abbey EN9 3EL


 drop.trim.label


 **Tues 26 August** **DR BIKE**
 1.30pm – 3.30pm



 Jessel Green Playground,  
Colebrook Lane,  
Loughton IG10 2HP


 tester.keen.rope

 **Wednesday 27 August**
 10.00am – 12.00pm



 Theydon Green (corner  
Poplar Row/The Green),  
Theydon Bois CM16 7LW


 crew.sweep.hangs

 **Wednesday 27 August**
 1.30pm – 3.30pm

 Hornbeam Road Rec  
(near Newton Court)  
Buckhurst Hill IG9 6JT

 swear.cones.villa

 **Thurs 28 August** **DR BIKE**
 10.00am – 12.00pm


 High Ongar Village Hall  
Field, Mill Hill,  
High Ongar CM5 0RN


 video.spicy.crowned




## Summer Play in the Park (continued)


**FREE**


 **Thurs 28 August** **DR BIKE**

 **1.30pm – 3.30pm**

 **Love Lane Playing Fields  
Love Lane, Ongar  
CM5 9BL**

 **names.grand.swim**

 **Friday 29 August**

 **10.00am – 12.00pm**

 **The Limes Green,  
Copperfield, Chigwell  
IG7 5LF**

 **echo.trade.major**


**DR BIKE**


**Dr Bike will be in attendance offering FREE bike checks**


## Countrycare – Teddy Bear's Picnic

**£2.50**




 **3-6 years**

 **Wednesday 13 August**

 **12 noon – 2.00pm**

 **Linder's Field Local Nature Reserve, Roebuck Lane, Buckhurst Hill**


 **eppingforestdc.bookinglive.com**


**Come and join Countrycare and our teddy bears for some fun outdoor activities.** Bring along a picnic and a teddy to enjoy while you join in with our bug hunting, crafts, nature trails and more.

## Musical in 2 Days – Shrek


**£56.00**




 **6-13 years**

 **Monday 18 August – Tuesday 19 August**

 **10.00am – 3.30pm**

 **North Weald Village Hall, 40 High Rd, North Weald Bassett CM16 6BU**

 **cw@eppingforestdc.gov.uk  
eppingforestdc.bookinglive.com/  
book/add/p/694**

**Fabulous performers required to show off your singing, dancing and acting skills in a mini version of Shrek, the musical.** Working with our professional choreographer, you'll recreate scenes and musical numbers to musical theatre tracks from the hit film; then show them to your family and friends in a performance at the end of day two.

# Children & Young People's Health Zone

- Come along and speak to our School Nurses in confidential weekly drop-in.
- Take part in activities delivered by EFDC trained Youth Worker.

**Location:** Hazelwood Delivery Site, Waltham Abbey, EN9 3EL

**Day/Time:** every Thursday – 4-6pm.

**Age:** Parents/Carers and Children and Young People 5-19 years  
(fully inclusive)

## School Nurse drop-in:

Diet / Nutritional support  
Improving Sleep  
Vaping  
Support with emotional health  
and wellbeing & many more.

## Activity Sessions:

Arts & Crafts  
Table Tennis  
DJ Mixing  
X-Box (age appropriate)  
Cooking

# Inclusion Programme

## West Essex Inclusion Project



**The West Essex Inclusion Project supports children and young people 0-14 with autism and/or a learning disability, a physical and/or sensory impairment registered with Essex Short Breaks through our clubs and activities.** We are thrilled that Epping Forest District Council is commissioned to deliver Short Breaks Community Clubs and Activities for the next two years, across West Essex.

To find out about activities, and to join The West Essex Inclusion Project, please email our Disability Inclusion Officer – Emily Stevens: [estevens@eppingforestdc.gov.uk](mailto:estevens@eppingforestdc.gov.uk) follow our Facebook page [@WEInclusionProject](https://www.facebook.com/WEInclusionProject) or visit [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

## Buddy Up – West Essex Adult Inclusion Project

**The Buddy Up project supports adults 18+ with learning disabilities, autism or both across West Essex (Epping Harlow and Uttlesford) into accessing community activities.** The project will pair a buddy with an individual, based on common interests. If you know someone or are someone living locally and/or attending a GP clinic in West Essex who would like to hear more about this project, then we'd love to hear from you!



Find us on Frontline, simply scan the QR code from a mobile phone and search 'Buddy Up'

Adult Disability Inclusion Officers:

**Olivia Timotheou Tel: 01992 564083 Mob: 07729 109006**

**[otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk)**

**Liza Dos Santos Mob: 07707 147961 [ldossantos@eppingforestdc.gov.uk](mailto:ldossantos@eppingforestdc.gov.uk)**

**Click here**



## Volunteer for our Buddy Up project

**Have you found yourself with more free time?** We're looking for buddies to join our Buddy Up programme to support individuals into accessing the community. Volunteering is very flexible, and all expenses will be reimbursed!

**For more information, contact Olivia Timotheou, West Essex Adult Inclusion Officer at [otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk) or 07729 109006**

# Volunteering

## Community Champions

The Community Champions programme is aimed at building on the skills and knowledge of local people to create happy, friendly and healthy communities.

If you are...

- **Passionate about where you live**
- **Able to build strong community connections**
- **Happy to support and promote fun days and community events**
- **Willing to share information about local services in your area**
- **Able to promote useful health improvement information with your community**



Please get in touch:

Wendy Cockbill on 07548 145654 [wcockbill@eppingforestdc.gov.uk](mailto:wcockbill@eppingforestdc.gov.uk)

Michelle Pickett on 07548 162273 [mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)

## Other items of interest

### Epping Forest district Social Spaces

**FREE**



Find a warm welcome at one of our many **social spaces** sites across the Epping Forest district

[www.eppingforestdc.gov.uk/socialspaces](http://www.eppingforestdc.gov.uk/socialspaces)



Providing places with support and company

**Social Spaces provide support and company for people to come together and socialise for those who need it across the district.** Find a warm welcome at one of our many sites.

Visit [www.eppingforestdc.gov.uk/cost-of-living](http://www.eppingforestdc.gov.uk/cost-of-living)

**THERE'S NO NEED TO BOOK** – residents can drop in anytime during the times stated for each venue to meet old friends and make new ones, play games and access different services. Some venues have activities, refreshments and WiFi connection.

**Click here**





# Local markets

Local goods and produce,  
supporting your community.



Find them all at [www.visiteppingforest.org](http://www.visiteppingforest.org)



**Thornwood Market**, Thornwood Village Hall - 1st Saturday of the month. 9.30am - 1pm

**Matching Tye Market**, Matching Village Hall - 3rd Saturday of the month 10am - noon

**Roydon Market**, Roydon Village Hall - 2nd Saturday of the month 9.30am - 1pm

**Ongar Farmers and Craft Market**, Library Car Park - 1st Sunday of the month 10am – 2pm

**Waltham Abbey Craft Market** - Waltham Abbey Town Hall - 1st Tues of the month 10am – 2pm

Also support our Charter Markets in **Epping** (Monday) and **Waltham Abbey** (Tuesday & Saturday) and **North Weald Airfield Market** Saturdays and Bank Holiday Mondays.



## Find a Community Pantry



### Chigwell Community Pantry

Opening times:  
Tuesday 10.00am to 1.30pm  
Thursday 10.00am to 2.30pm

Chigwell Parish Community Hub  
(Next to Victory Hall), Hainault  
Road, Chigwell, IG7 6QX.

For £5, customers can choose up to 20 items, including household essentials, food, baby products and pet supplies.

### Noah's Ark Community Pantry

Opening times:  
Tuesday 10.00am to 4.00pm  
Wednesday 10.00am to 4.00pm  
Thursday 10.00am to 1.30pm

St Elisabeth's Hall, Chestnut  
Avenue, Buckhurst Hill, IG9 6EJ.

For £5, customers can choose up to 19 staple items along with unlimited bread, fresh fruit and vegetables, depending on availability.



**Local community pantries provide a welcoming, no-judgment space where you can buy nutritious food and essentials at lower prices than supermarkets – no booking, sign-up, or criteria required.**

They're a valuable resource for easing the pressure of the rising cost of living, helping you stretch your budget further. Simply drop in and shop as you would at any local supermarket!

## Empowering Epping Forest Female Entrepreneurs



**PROVIDING SUPPORT  
THROUGH YOUR NEW  
BUSINESS JOURNEY WITH  
A LISTENING EAR, A  
HELPLINE, GROUP  
SUPPORT AND CHEER  
LEADERS TO HELP YOU  
SUCCEED!**

*What's stopping you?*



[eeffe.deytonbell.com](http://eeffe.deytonbell.com)



**This free business support programme is providing help, support and empowerment to female entrepreneurs in the Epping Forest area.** Giving female entrepreneurs the opportunity to start or grow their business with us.

Providing tailored business support for early-stage businesses and help, guidance and confidence to overcome business challenges faced in the first 12 months of trading.

**Click here**



The programme has created a welcoming and supportive environment with a female led approachable operations team who work with friendly expert mentors that inspire to help females to enhance their business skills, boost confidence, and promote business finance. The Empowering Epping Forest Female Entrepreneurs programme aspires to boost a thriving community of female entrepreneurs in Epping Forest. The programme is open to residents or those already managing a new business (under 12 months) within the Epping Forest area. There is a dedicated website where you can find more information and the application process is very simple – [eeffe.deytonbell.com](http://eeffe.deytonbell.com)

## Epping Forest Community Lottery



**Epping Forest Community Lottery is an exciting weekly lottery raising money for local good causes.** The lottery is a chance for residents and visitors alike to support local charities and good causes, while also getting the chance to win cash prizes. Players supporting the Epping Forest Community Lottery are supporting Epping Forest.

**Tickets for the lottery cost just £1.** You can choose which good cause to support from over 50 that are signed up. **Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000.** That's a better chance of winning than the National Lottery or the Health Lottery.

Good causes can apply to be supported by the Epping Forest Community Lottery. There's no limit on the number of causes the lottery supports, and you can apply via the lottery's website at any time.

For more information and to get involved, head to the Epping Forest Community Lottery website [www.eppingforestcommunitylottery.co.uk](http://www.eppingforestcommunitylottery.co.uk)

## Discover Local App



**Discover the district with the Discover app.** Epping Forest District Council has teamed up with the Discover App to showcase amazing places, events and experiences across the district.

**What is the Discover App?** The app shows what's happening in your community including places to eat, where to shop and fun events for all ages. It's easy to use and you can personalise your preferences when you first sign up so that it only shows what interests you. If your tastes change, you can quickly and easily modify your preferences through the app settings.

Download the app for free and discover what you've been missing.

Visit [www.discoverapp.co.uk](http://www.discoverapp.co.uk)

Just search 'Discover App' in your app store!




## Epping Forest Dementia Drop In Information Session


**FREE**


Part of Dementia Action Week 2025




 For Epping Forest District residents affected by dementia or those interested to know more.

 Saturday 17 May

 11.00am – 1pm

 Sheering Village Hall, Sheering CM22 7LX

 07789 372196  
[kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)

**Come in for a cuppa and a chat.** We will have various printed information available for various local and national activities and organisations. Run in conjunction with Epping Forest Dementia Friendly Community group. **For more information about support within Epping Forest district visit Dementia – Epping Forest District Council – [eppingforestdc.gov.uk](http://eppingforestdc.gov.uk)**

## Awareness Raising – Dementia Action Week 2025

Asking the  
same question  
over and over again.  
over and over again.  
over and over again.





It's not called  
getting old, it's  
called getting ill.

Click here



 All carers supporting a person with dementia

 19–25 May 2025

 01992 564226  
[www.eppingforestdc.gov.uk/  
community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)

**Dementia Action Week is an awareness raising campaign. Each year, the Alzheimer's Society works with individuals and organisations across the UK to encourage people to 'act on dementia'.**

There are currently around 900,000 people with dementia in the UK. This is projected to rise to 1.6 million people by 2040. Epping Forest District Council and partners support Dementia Action Week by highlighting the dementia friendly groups and support within the district. For more information about support within Epping Forest district visit [www.eppingforestdc.gov.uk/community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)

## Dementia Support Webpage



Visit the Epping Forest District Council dedicated webpage for information, advice and support on living with dementia.

[www.eppingforestdc.gov.uk/community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)

Click here





## Visit Epping Forest



Click here



**Things to See and Do.** There's so much on offer across the district including activities which are free and ideal for families. Its all to be found at [www.visiteppingforest.org](http://www.visiteppingforest.org) along including helpful information, local history, an event listing to keep you well informed, and so much more. Whether you want to relax, explore, discover, stay, eat or admire, there's something for everyone. And best of all – its right up your street.



Click here



Click here



Click here



### THINGS TO DO

[www.visiteppingforest.org/things-to-do](http://www.visiteppingforest.org/things-to-do)

### EVENTS

[www.visiteppingforest.org/events](http://www.visiteppingforest.org/events)

### EXPLORE

[www.visiteppingforest.org/explore](http://www.visiteppingforest.org/explore)



Click here



Click here



Click here



### TOWNS & VILLAGES

[www.visiteppingforest.org/town-and-villages](http://www.visiteppingforest.org/town-and-villages)

### FOOD & DRINK

[www.visiteppingforest.org/food-and-drink](http://www.visiteppingforest.org/food-and-drink)

### STAY

[www.visiteppingforest.org/accommodation](http://www.visiteppingforest.org/accommodation)

## Digital Skills Drop-In

**DIGITAL SKILLS & SUPPORT**  
across Epping Forest

- ✓ Digital skills workshops
- ✓ Digital 1-2-1 support
- ✓ Hardware device referral scheme
- ✓ Digital data referral scheme

[www.PowerUpEpping.co.uk](http://www.PowerUpEpping.co.uk)

**POWER UP!**

**VOLUNTARY ACTION** Epping Forest  
**Epping Forest District Council**  
**Funded by UK Government**

**Power UP! Epping is a people-powered community project, that relies on collective input, in order to make a difference.**

There are different ways that you can get involved...

**1... Donate Digital!...** Do you have an old smartphone, tablet, laptop or PC, in good working condition that you no longer use?... If so, please consider donating it to the Power UP! Project. Our Digital Champions will clean and restore it, and provide it to a person / household that currently does not have regular personal access to digital hardware. Digital devices can be dropped off at EFDC Civic Offices reception, 323 Epping High Street, CM16 4BZ, Monday-Friday 9am-5pm.

**2... Become a Digital Champion!...** Do you have basic digital skills and an interest in helping others near where you live?... The Power UP! Project is looking for Digital Champion volunteers to help run workshops and walk-in digital support surgeries, across the Epping Forest district. You will receive training and access to digital skills tools and platforms to help you make a difference in other people's digital lives. Volunteering can be at flexible times that work for you, with no minimum commitment. For more information contact: [communityhub@vaeef.org.uk](mailto:communityhub@vaeef.org.uk) / 07967 726 851

**3... Share / signpost others to digital support!...** Do you know local people, who lack digital skills, confidence or online connectivity?... Please let them know about the Power UP! Programme and encourage them to reach out and benefit from the project!



# EPPING FOREST COMMUNITY

L O T T E R Y

MONTHLY SUPERDRAW

Support your local good  
causes and take part in the  
Epping Forest Community  
weekly lottery

WIN UP TO

£25,000

£1  
TICKETS

Visit the website for more information and to sign up  
[www.eppingforestcommunitylottery.co.uk/support/find-a-good-cause](http://www.eppingforestcommunitylottery.co.uk/support/find-a-good-cause)

18+

GambleAware

 Epping Forest  
District Council

EPPING FOREST COMMUNITY  
LOTTERY   
SUPPORTING GOOD CAUSES IN THE EPPING FOREST DISTRICT



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!  
Simply visit  
**[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**

**Please use this link to sign up  
for **EFDC weekly news**  
updates from Epping Forest  
District Council**  
(you can unsubscribe at any time)

**Click here**



**Epping Forest  
District Council**

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

**FIND US ON SOCIAL MEDIA**



[efdcommunity](#)  
[efdmuseum](#)



[efdcommunitieswellbeing](#)  
[efdmuseum](#)  
[EppingForestDFC](#)