Summer Activities 2019

Children & young people's activities, Family entertainment, Multi-sports days ...and much more!

Epping Forest District Council

www.eppingforestdc.gov.uk

livewell

Welcome...

Welcome to the 2019 summer activities brochure brought to you by Community and Partnerships at Epping Forest District Council. Inside you will find lots of exciting things to do throughout the school holidays. As ever there is a wide range of activity days, family workshops, children's shows and multi-sport activity sessions.

Young people with additional needs are welcome to take part in many of the activities. Please phone us before you book to check if your chosen activity can meet your requirements.

The Epping Forest Inclusion Project runs a number of sessions and activities for children and young people with additional needs. Please see page 6 for more details.

How to book

Most activities need to be booked and paid for in advance, unless otherwise indicated. **Booking opens Monday 3 June.**

You can book online at
eppingforestdc.bookinglive.com

For information telephone
01992 564226
(open Monday–Friday 10am–4pm)

How to pay

You can pay by cash, credit or debit card.

VISA mastercard maestro

Privacy notice Your details are required in order to provide a Community Service Booking System Database, to take bookings for various Community, Health & Wellbeing activities & Museums, Heritage & Culture and record particpants' details. The information that you have provided will be securely held by the council and will only be accessed by authorised persons with the appropriate access controls. The council will only use the information that you have provided for the purpose above and will not use it for any other purpose, unless you have given your consent, or this is otherwise required or permitted by law.
For more information visit www.eppingforestdc.gov.uk/privacy/

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Indicates a venue has wheelchair access and disabled toilet facilities. Other venues may have limited access, call us for details.

Throughout the holidays

Multi-sports Days

5-14 years

£20 per day

Epping Forest Multi-sport Days give young people aged 5-14 years old the chance to take part in fun packed days of exciting and engaging activities including football, dodgeball, tennis, mini Olympics, games and competitions.

EPPING FOREST MULTI SPORTS DAYS

Please note children should dress in sports clothing ready to take part in a whole host of sporting activities. Each child should have spare clothing and waterproof clothing in case of bad weather.

Lunch is not provided. Each child must bring their own packed lunch and drinks (no energy drinks please).

Booking essential.

9.15am – 3.30pm
Drop off between 8.45am – 9.15am
Pick up 3.30pm – 4pm

Tuesday 30 July to Thursday 1 August
AND
Tuesday 6 August to Thursday 8 August
Epping Upper Clapton Rugby Club
Upland Road, Thornwood,
Epping CM16 6NL

Tuesday 13 August to Thursday 15 August
AND
Tuesday 20 August to Thursday 22 August
Loughton Cricket Club
High Road, The Uplands,
Loughton IG10 1NQ

Book a single day...
all three days...
or every week
– you choose!

Play in the Park

All ages

FREE OF CHARGE!

Play in the Park is all about playing games and having fun outdoors. *No need to book, just drop in at any time. The Play in The Park team brings a range of sports equipment and arts and crafts resources for children and young people to enjoy. The team help organise activities and games.*

All totally free of charge. No booking required.

Children must be accompanied by an adult.

Monday 29 July
10am – 12noon
WALTHAM ABBEY
Town Mead Leisure Park

1.30pm – 3.30pm
LOUGHTON
Roding Valley Rec.

Tuesday 30 July
10am – 12noon
BUCKHURST HILL
Roding Valley Rec. Ground

1.30pm – 3.30pm
EPPING
Stonards Hill Rec. Ground

Wednesday 31 July
10am – 12noon
ABRIDGE
Village Playing Fields

1.30pm – 3.30pm
BUCKHURST HILL
Hornbeam Road Rec.

Thursday 1 August
10am – 12noon
LOUGHTON
Jessel Green

1.30pm – 3.30pm
ONGAR
Shelley Park

Friday 2 August
10am – 12noon
NAZEING
Elizabeth Close Play Area

Friday 2 August
1.30pm – 3.30pm
MORETON, BOBBINGWORTH & LAVERS
Bobbingworth Nature Reserve

Monday 5 August
10am – 12noon
WALTHAM ABBEY
Town Mead Leisure Park

1.30pm – 3.30pm
CHIGWELL
The Limes Green

Tuesday 6 August
10am – 12noon
LOUGHTON
Roding Valley Rec.

1.30pm – 3.30pm
NORTH WEALD
Queen's Hall

Wednesday 7 August
10am – 12noon
ABRIDGE
Village Playing Fields

1.30pm – 3.30pm
ROYDON
Playing Fields

Thursday 8 August
10am – 12noon
BUCKHURST HILL
Roding Valley Rec. Ground

Thursday 8 August
1.30pm – 3.30pm
LOUGHTON
Jessel Green

Friday 9 August
10am – 12noon
CHIGWELL
The Limes Green

1.30pm – 3.30pm
ONGAR
Jubilee Park

Monday 12 August
10am – 12noon
WALTHAM ABBEY
Town Mead Leisure Park

1.30pm – 3.30pm
LOUGHTON
Roding Valley Rec.

Play in the Park continued

All ages

Tuesday 13 August
10am – 12noon
BUCKHURST HILL
Roding Valley Rec.

1.30pm – 3.30pm
EPPING
Stonards Hill Rec. Ground

Wednesday 14 August
10am – 12noon
ABRIDGE
Village Playing Fields

1.30pm – 3.30pm
BUCKHURST HILL
Hornbeam Road Rec.

Thursday 15 August
10am – 12noon
LOUGHTON
Jessel Green

1.30pm – 3.30pm
ONGAR
Shelley Park

Friday 16 August
10am – 12noon
NAZEING
Elizabeth Close Play Area

1.30pm – 3.30pm
MORETON, BOBBINGWORTH & LAVERS
Bobbingworth Nature Reserve

Monday 19 August
10am – 12noon
WALTHAM ABBEY
Town Mead Leisure Park

1.30pm – 3.30pm
CHIGWELL
The Limes Green

Tuesday 20 August
10am – 12noon
LOUGHTON
Roding Valley Rec.

1.30pm – 3.30pm
THORNWOOD
Thornwood Playing Fields

Wednesday 21 August
10am – 12noon
ABRIDGE
Village Playing Fields

1.30pm – 3.30pm
ROYDON
Playing Fields

Thursday 22 August
10am – 12noon
BUCKHURST HILL
Roding Valley Rec. Ground

1.30pm – 3.30pm
LOUGHTON
Jessel Green

Friday 23 August
10am – 12noon
CHIGWELL
The Limes Green

1.30pm – 3.30pm
ONGAR
Jubilee Park

Tuesday 27 August
10am – 12noon
BUCKHURST HILL
Roding Valley Rec.

1.30pm – 3.30pm
EPPING
Stonards Hill Rec. Ground

Wednesday 28 August
10am – 12noon
ABRIDGE
Village Playing Fields

1.30pm – 3.30pm
BUCKHURST HILL
Hornbeam Road Rec.

Thursday 29 August
10am – 12noon
LOUGHTON
Jessel Green

1.30pm – 3.30pm
ONGAR
Shelley Park

Friday 30 August
10am - 12noon
THEYDON BOIS
The Green

Play in the Park venues

ABRIDGE
Village Hall
Playing Fields, Ongar Road, Abridge RM4 1BS

BUCKHURST HILL
Roding Valley Recreation Ground
Rous Road, Buckhurst Hill IG9 6BJ

BUCKHURST HILL
Hornbeam Road Recreation Ground
(near Newton Court) Buckhurst Hill IG9 6JT

CHIGWELL
The Limes Green
next to The Limes Centre, Limes Avenue, Chigwell IG7 5LP

EPPING
Stonards Hill Recreation Ground
Stonards Hill, Epping CM16 4QF

LOUGHTON
Jessel Green
Jessel Drive, Loughton IG10 2EQ

LOUGHTON
Roding Valley Recreation Ground
(near Tennis Courts) Roding Road, Loughton IG10 3BS

MORETON
The Bobbingworth Nature Reserve
Moreton Road, Moreton CM5 0LL

NAZEING
Elizabeth Close Play Area
Elizabeth Close, Nazeing EN9 2HX

NORTH WEALD
Queens Hall Memorial Playing Field
School Green Lane, North Weald CM16 6EY

ONGAR
Jubilee Park
Love Lane, Ongar CM5 9BL

ONGAR
Shelley Park
St. Peters Ave, Shelley, Ongar CM5 0BT

ROYDON
Roydon Playing Fields
Occupation Lane, Roydon CM19 5HL

THEYDON BOIS
The Green
Theydon Bois CM16 7LH

THORNWOOD
Parish Hall
Thornwood, Epping CM16 6NR

WALTHAM ABBEY
Town Mead Leisure Park
Brooker Road Waltham Abbey EN9 1JH

Disability Inclusion Project Activities

Epping Forest District Council
www.eppingforestdc.gov.uk

The Epping Forest Inclusion Project, run by Epping Forest District Council provides a variety of sports and leisure activities for children and young people with SEND. The activities are suitable for all ages (unless stated) and we cater for a wide range of needs. Siblings and parents are also welcome to join us on some activities, please read below for details. Families can self-refer on to the programme.

As well as a dedicated holiday programme for children and young people with SEND the ***Epping Forest Inclusion Project*** *runs an extensive clubs and activities programme during the school term. If you want to find out more about the work the Inclusion Project does across the district, or be added to the mailing list, please contact Disability Inclusion Engagement Officer, Olivia Worsfold by email at* ***oworsfold@eppingforestdc.gov.uk***

The Epping Forest Inclusion Project also holds regular ***Parent Forum meetings and workshops.*** *They give families the unique opportunity to have a voice in the provision that is provided for their children.*

To keep up-to-date with all our latest news, like our Facebook page ***Epping Forest Disability***

Inclusion Multi-Sports Camp

All ages

Tuesday 30 July
10am – 3pm

Epping Upper Clapton Rugby Football Club
Upland Road, Thornwood, Epping CM16 6NL

Thursday 15 August
10am – 3pm

Loughton Cricket Club
The Uplands
Loughton IG10 1NQ

Join our sports camp for a day of activities. *The coaches will be putting on a variety of fun sports sessions ranging from Short Tennis, Football, Tag Rugby, Athletics, Rounders and Boccia to name just a few!*

£16

Please bring a packed lunch and plenty to drink. Dress in comfortable clothes - some activities will take place outside.

This session is only for children or young people with disabilities/SEN and their siblings.

Booking essential.

Fun sports sessions!

Disability Inclusion Project Activities

Family Fun with Clay

All ages

Tuesday 30 July
Tuesday 27 August
10.30am – 11.30am

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

£2

Be inspired by the ancient objects in the museum's collection to make your own clay creation.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

This session is only for children or young people with disabilities/SEN and their families.

Create a Puppet Workshop

5-14 years

Wednesday 31 July
1.30pm – 3.30pm

Epping Forest District Council Community Services
Hemnall Street
Epping CM16 4LU

£8

Why not let your creative ideas flow with this fun workshop.
Learn the art of sewing and various way you can use the blanket stitch. Take home an amazing felt puppet all made by you. All materials provided.

This session is only for children or young people with disabilities/SEN and their families.

Booking essential

Forest Explorers

3+ years

Thursday 1 August
Wednesday 14 August
Thursday 29 August
10am – 3pm

FSC Epping Forest
Paul's Nursery Road,
High Beech
IG10 4AF

£16 for one child
£8 additional sibling

Experience the fun of the forest and discover all it has to offer. *With a different theme no one day will be the same. Activities include pond dipping, forest crafts, bug hunting, camp fires, bush craft and much more.*

These days are for children and young people with disabilities/SEN and their families. *Wear suitable clothing and footwear, be prepared for all weathers. Please bring a packed lunch and plenty to drink. Parents/carers are welcome to attend free of charge.*

Booking essential.

Disability Inclusion Project Activities

Bounce & Swim

All ages

Friday 2 August
Friday 16 August
1.30pm – 3.30pm

Ongar Leisure Centre
The Gables
Ongar CM5 0GA

£8

An energetic two hour session starts with ***one hour of trampolining before we hit the pool to cool off!***

Please ensure your child has socks. Parents can swim too for free! Under 8 year olds need to be accompanied by an adult for the swimming session. ***This session is only for children or young people with disabilities/SEN and their siblings.***

Booking essential.

Own a Pony

4+ years

Monday 5 August
Monday 19 August
10am – 12noon

High Beech Riding School
Pynest Green Lane
Waltham Abbey
EN4 3QL

£25

Come and experience all the fun that comes with owning a pony. Learn how to groom, tack up, feed 'your' pony, and of course ride.

Please wear suitable clothing and footwear. Limited spaces, must be booked in advance. ***This session is only for children or young people with disabilities/SEN.***

Booking essential.

Family Fun – Cave Art

All ages

Tuesday 6 August
10.30am – 11.30am

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

£2

Create fantastic images of fabulous prehistoric creatures with charcoal, pastels and crayons.

Children must be accompanied by an adult. No need to book, just drop in and allow about 20 minutes for the activity.

This session is only for children or young people with disabilities/SEN and their families.

Disability Inclusion Project Activities

Canalability Day Trip

All ages

Wednesday 7 August
10.45am – 3pm

Lock View
Burnt Mill Lane
Harlow
CM20 2QS

£16

Join us on the River Stort as we take the Stort Daybreak for a day trip. Whether you want to steer, work the locks or just sit and watch the world go by from the water, this promises to be a great day!

Please note due to extremely limited places we encourage children and young people to attend without an adult where possible. If an adult does need to attend, they must book a space. Bring a packed lunch. ***This session is only for children or young people with disabilities/SEN.***

Booking essential.

Trampolining

All ages

Thursday 8 August
10am – 11am
11.30am – 12.30pm

Debden Park High School
Willingale Road
Loughton IG10 2BQ

£4

Come and join us for a fun, social trampolining session. Learn new skills with our coaches.

Please make sure your child is wearing socks. ***This session is only for children or young people with disabilities/SEN and their siblings.***

Booking essential.

Peter Pan & Captain Cook

4+ years

Friday 9 August
11.30am – 12.30pm

Theydon Bois Village Hall
Coppice Row
Theydon Bois
CM16 7ER

£8

Presented by Booster Cushion Theatre, this is an interactive theatre show for families to enjoy. It is a re-imagined story of Peter Pan and the battle with his nemesis Captain Cook, known for his evil saucepans and dastardly cook-offs. Join Peter and Tinkabell on a journey to Neverland and get more lost than ever before with the hungry Lost Boys, as they cook up a storm with their frying pans.

This session is only for children or young people with disabilities/SEN and their families. Children must be accompanied by an adult/carer who's place must be reserved when booking. Please allow time for registration.

Booking essential.

Disability Inclusion Project Activities

Family Fun – Printmaking

All ages

Tuesday 13 August
10.30am – 11.30am

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

£2

Create your own design on polystyrene then have fun experimenting with printing it in bright colours.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

This session is only for children or young people with disabilities/SEN and their families.

Story Explorers

All ages

Monday 19 August
10.30am – 12 noon

Wesley Hall, Loughton Methodist Church
260 High Street
Loughton
IG10 1RB

£8

Join us on an imagination adventure to the Moon. Using a mix of dance, drama and storytelling you'll travel through space, go alien spotting and help take care of the Moon. *This workshop is inspired by Simon Bartram's book, 'Man on the Moon'.*

This session is only for children or young people with disabilities/SEN and their siblings. *Please allow time for registration.*

Booking essential.

Family Fun – Make a Mini Mammoth

All ages

Tuesday 20 August
10.30am – 11.30am

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

£2

Make your own mini version of this Ice Age giant out of simple craft materials.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

This session is only for children or young people with disabilities/SEN and their families.

Disability Inclusion Project Activities

Camping at Lambourne End

10+ years

Drop off 10am Wednesday 21 August

(1 night) Pick up 2pm Thursday 22 August

(2 nights) Pick up 2pm Friday 23 August

Lambourne End Centre
Manor Road
Lambourne End
RM4 1NB

£90 2 nights

£55 1 night

This two night camping adventure will be a perfect way to end the summer! *Your child will need a sleeping bag, swimming costume, towel and warm clothes for the evening. There will be various activities through out the day and evening.*

This is only for children or young people with disabilities/SEN and their siblings.

Parent/carer places available on request.

Booking essential.

lambourne end
centre for outdoor learning
inspired to inspire ...

Soft Play at Ashlyns Farm

0-11 years

Tuesday 27 August 4pm – 6pm

Ashlyns Farm
Epping Road
North Weald
CM16 6RZ

£3 for under 5s

£4.50 age 5 and over

We have exclusive use of the Soft Play at Ashlyns Farm for two hours. *Children are free to play at their own leisure. The café will be open for food and drinks.*

Adults must stay with their children. ***This session is only for children or young people with disabilities/SEN.***

Booking essential.

Boxing

7+ years

Wednesday 28 August 1.30pm – 3.30pm

Epping Sports Centre
Hemnall Street
Epping CM16 4LU

£6

A non-contact boxing session perfect for all abilities. *The session will work on the agility, footwork and types of basic punches that all boxers need, with a variety of non-contact drills/games, pads and bag work.*

This session is only for children or young people with disabilities/SEN and their siblings.

Booking essential.

Week 1 Monday 29 July – Saturday 3 August

Family Fun with Clay

5-11 years

Tuesday 30 July
12noon – 3pm

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

£2

Be inspired by the ancient objects in the museum's collection to make your own clay creation.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

We regret we cannot accommodate large groups or holiday clubs at these sessions.

Make a Designer Tote Bag Workshop

5-14 years

Tuesday 30 July
2pm – 4pm

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

Be a designer for the day and customise your very own unique tote bag. *Take home your one of a kind bag to wow your friends and family with. All material provided.*

Booking essential.

£10

Create a Puppet Workshop

5-14 years

Wednesday 31 July
9.30am – 11.30am

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Let your creative ideas flow with this fun workshop. Learn the art of sewing and various ways you can use the blanket stitch. *Take home an amazing felt puppet all made by you. All material provided.*

Booking essential.

Week 1 Monday 29 July – Saturday 3 August

Musical in 2 Days: Oliver!

5+ years

Wednesday 31 July & Thursday 1 August
10am – 3pm

North Weald Village Hall
High Road
North Weald

£40

Be a fabulous performer, show off your singing, dancing and acting skills in a mini version of Lionel Bart's musical Oliver! *Working with our artist, choreographer Elysia Tebb, you'll recreate scenes and musical numbers such as 'Consider Yourself' and 'Food Glorious Food'; then show them to your family and friends in a free performance at the end of day two.*

Booking essential.

Please wear comfortable clothes, suitable footwear for movement and bring a packed lunch and a bottle of water.

Please allow time for registration.

Two days of fun and excitement for budding actors and actresses!

Craft Camp

5-14 years

Thursday 1 August
10am – 3pm

Jack Silley Pavilion
Stonards Hill
Recreation Ground
Epping CM16 6SP

£20

Come along and enjoy a fun packed day of crafty summer activities. *We will be spending the day making lots of exciting craft to take home to wow your friends and family with. Throughout the day we will also be enjoying fun games for everyone to join in with.*

Booking essential.

Please bring a packed lunch. All material provided.

Fun with crafty activities!

Week 1 Monday 29 July – Saturday 3 August

Family Fun with Clay

5-11 years

Thursday 1 August
11am – 3pm

Lowewood Museum
High Street
Hoddesdon
EN11 8BH

£2

Be inspired by the ancient objects in the museum's collection to make your own clay creation.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

Family Fun Day

All ages

Saturday 3 August
11am – 4pm

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

FREE (donations welcome)

Join us for a day of family fun with puppet shows and activities in the museum garden.

Children must be accompanied by an adult. *Just drop in during the day. Puppet shows at 11:30am, 1pm and 3pm. For more information call the museum on 01992 716882*

Fun for all the family!

Week 2 Monday 5 – Friday 9 August

How to Draw... Animals

7-14 years

Monday 5 August
10am – 11.30am

Loughton Library
Traps Hill Loughton
IG10 1HD

Monday 5 August
1.30pm – 3pm

Epping Library
St John's Road
Epping CM16 5DN

£10

Want to learn how to draw your favourite animal? *Join our artist to learn tips and techniques for drawing all kinds of animals. This new workshop is part of our ever-popular 'How to Draw' series, so please book ahead to avoid disappointment.*

Parents are welcome to attend but need to book and take part too.

Booking essential.

The Marvellous Clay Creation Workshop

5-14 years

Tuesday 6 August
10am – 12noon

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Come along and make some incredible air dry clay art. *Make some creative designs using simple techniques that will instantly inspire you. Make exciting pencil hedgehogs, handprint wall art, decorative fish and more.*

All materials provided.

Booking essential.

Family Fun – Cave Art

5-11 years

Tuesday 6 August
12noon – 3pm

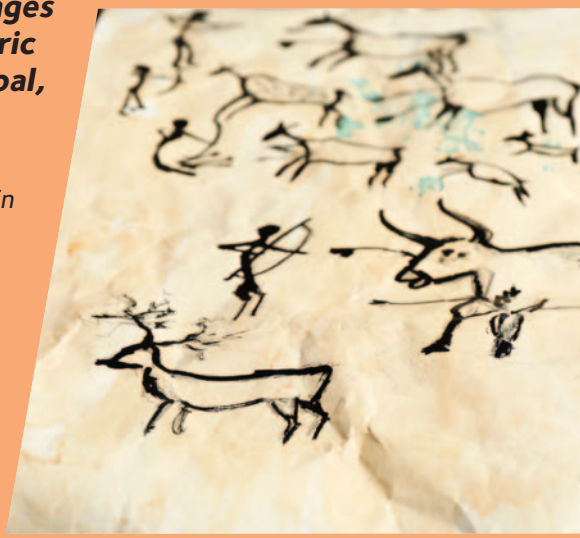
Epping Forest District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL

£2

Create fantastic images of fabulous prehistoric creatures with charcoal, pastels and crayons.

Children must be accompanied by a responsible adult. *No need to book, just drop in and allow approximately 20 minutes for the activity.*

We regret we cannot accommodate large groups or holiday clubs at these sessions.



Week 2 Monday 5 – Friday 9 August

How to Draw... Animals

7-14 years

Wednesday 7 August
10.30am – 12noon

Lowewood Museum
High Street
Hoddesdon EN11 8BH

£10

Want to learn how to draw your favourite animal? *Join our artist to learn tips and techniques for drawing all kinds of animals. This new workshop is part of our ever-popular 'How to Draw' series, so please book ahead to avoid disappointment.*

Parents are welcome to attend but need to book and take part too.

Booking essential.

Make Your Own Yo-yo Workshop

5-14 years

Thursday 8 August
10am – 12noon

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Learn how to recycle plastic and turn it into yo-yo spinning art.

Together let's bring back this vintage style of entertainment. At the end we will let gravity take over to help your yo-yos spin.

All materials provided.

Booking essential.

Family Fun – Cave Art

5-11 years

Thursday 8 August
11am – 3pm

Lowewood Museum
High Street
Hoddesdon
EN11 8BH

£2

Create fantastic images of fabulous prehistoric creatures with charcoal, pastels and crayons.

Children must be accompanied by a responsible adult. *No need to book, just drop in and allow approximately 20 minutes for the activity.*

We regret we cannot accommodate large groups or holiday clubs at these sessions.

Peter Pan & Captain Cook

4+ years

Friday 9 August
2.30pm

Theydon Bois Village Hall
Coppice Row
Theydon Bois
CM16 7ER

£8 per ticket

Presented by Booster Cushion Theatre, this is an interactive theatre show for families to enjoy. *It is a re-imagined story of Peter Pan and the battle with his nemesis Captain Cook, known for his evil saucepans and dastardly cook-offs. Join Peter and Tinkabell on a journey to Neverland and get more lost than ever before with the hungry Lost Boys, as they cook up a storm with their frying pans.*

Children must be accompanied by an adult whose place must also be booked.

Booking essential.

Interactive theatre show for families to enjoy – a re-imagined story featuring lots of participation!

Week 3 Monday 12 – Saturday 17 August

Family Fun – Printmaking

5-11 years

Tuesday 13 August
12noon – 3pm

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

£2

Create your own design on polystyrene, then have fun experimenting with printing it in bright colours.

Children must be accompanied by a responsible adult.

No need to book. Just drop in during the times given above and allow about 20 minutes for the activity.

We regret we cannot accommodate large groups or holiday clubs at these sessions.

Fruit Art Workshop

5-14 years

Tuesday 13 August
2pm – 4pm

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Come along and make new friends with this fruity fun workshop. *Learn how to make wonderful works of art out of fresh fruit. Wow your friends and family with your wonderful edible fruit creations to take home.*

All materials provided.

Booking essential.

Become a Florist for the Day

5-14 years

Wednesday 14 August
9.30am – 11.30pm

Epping Forest District Council Community Services
25 Hemnall Street

£10

Become a florist for the day with this fun workshop. *Learn the tricks of the trade and make a corsage for a special occasion or wonderful floral basket, all made by you.*

All materials provided.

Booking essential.

Week 3 Monday 12 – Saturday 17 August

Be an Animator

8+ years

Wednesday 14 August
10.30am – 3pm

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

£20

Let loose your film-making creativity and produce a short animated film. *You will explore transforming one thing into another using drawing, painting and collage in this engaging artist-led session.*

Please wear old clothes and bring a packed lunch.

Booking essential.

Stone Painting Workshop

5-14 years

Thursday 15 August
10am – 12noon

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Be as creative as you like with this fun stone painting workshop. *You will learn how to make wonderful stone art from initial design ideas to the finished masterpiece.*

All materials provided.

Booking essential.

Family Fun – Printmaking

5-11 years

Thursday 15 August
11am – 3pm

Lowewood Museum
High Street
Hoddesdon
EN11 8BH

£2

Create your own design on polystyrene, then have fun experimenting with printing it in bright colours.

Children must be accompanied by a responsible adult.

No need to book. Just drop in during the times given above and allow about 20 minutes for the activity.

We regret we cannot accommodate large groups or holiday clubs at these sessions.

Week 3 Monday 12 – Saturday 17 August

Story Explorers

4–7 years

Friday 16 August
10am – 11.30am

St. James' Hall
St. James' Avenue
Ongar CM5 9EL

Friday 16 August
1.30pm – 3pm

Jack Silley Pavilion
Stonards Hill
Recreation Ground
Epping CM16 6SP

£8

Join us on an imagination adventure to the Moon. *Using a mix of dance, drama and storytelling you'll travel through space, go alien spotting and help take care of the Moon. This workshop is inspired by Simon Bartram's book, 'Man on the Moon'.*

Booking essential.

Travel through space with imaginative dance and drama!

Family Fun Day: Have Tea with our Tiger

All ages

Saturday 17 August
11am – 4pm

Lowewood Museum
High Street
Hoddesdon EN11 8BH

FREE *(donations welcome)*

Join us for a day of fun family activities themed around the wonderful tiger on display in the museum and Judith Kerr's fabulous story, 'The Tiger Who Came to Tea'.

Children must be accompanied by a responsible adult.

Week 4 Monday 19 – Friday 23 August

Family Fun – Make a Mini Mammoth

5-11 years

Tuesday 20 August
12noon – 3pm

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

Thursday 22 August
11am – 3pm

Lowewood Museum
High Street
Hoddesdon EN11 8BH

£2

Make your own mini version of this Ice Age giant out of simple craft materials.

Children must be accompanied by an adult.

Booking not required. Just drop in during the times given above and allow about 20 minutes for the activity.

Please note it will not be possible to accommodate large groups or children's holiday clubs at these sessions.

Painting with Nature Workshop

5-14 years

Tuesday 20 August
2pm – 4pm

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Get back to nature and explore the great outdoors with this fun nature painting workshop. *You will be taken outside to hand pick leaves, branches and more to bring inside to paint on and with. Go home with an amazing masterpiece to show off to your family and friends.*

All materials provided. Please bring old shoes to wear.

Booking essential.

Slime Making Workshop

5-14 years

Wednesday
21 August
9.30am – 11.30pm

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Come along and make new friends with this super fun slime making workshop. *Learn how to make all different kinds of slime.*

All materials provided.

Booking essential.

Week 4 Monday 19 – Friday 23 August

Be a Textile Artist

8+ years

Wednesday 21 August
10.30am – 3pm

Lowewood Museum
High Street
Hoddesdon EN11 8BH

£20

Wow your family and friends with your handmade creations. *Taking inspiration from our exhibition, 'The Clothmaker's Wings', you will try different sewing techniques and learn new skills to use at home to create more masterpieces.*

Please bring a packed lunch.

Booking essential.

Craft Camp

5-14 years

Thursday 22 August
10am – 3pm

Jack Silley Pavilion
Stonards Hill Recreation Ground
Epping CM16 6SP

£20

Come along and enjoy a fun packed day of crafty summer activities. *We will be spending the day making lots of exciting craft to take home to wow your friends and family with. Throughout the day we will also be enjoying fun games for everyone to join in with.*

Please bring a packed lunch. All material provided.

Booking essential.

Family Fun – Clay & Craft

All ages

Friday 23 August
10.30am – 12.30pm

The Limes Centre
Limes Avenue
Chigwell IG7 5LP

£3

Join us for a morning of fun family arts and crafts for you make together and take home.

Children must be accompanied by a responsible adult.

No need to book, just drop in. Please wear old clothes as it could get messy.

Week 5 Monday 26 – Friday 30 August

Magnificent Mosaic Art Workshop

5-14 years

Tuesday 27 August
10am – 12noon

Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Make and create a sparkling piece of mosaic art. *As a beginner you will learn this ancient vibrant skill to create an amazing masterpiece.*

Booking essential.

Garlic Theatre presents... 3 Little Pig Tails

3-7 years

Tuesday 27 August
11.30am

North Weald Village Hall
High Road
North Weald
CM16 6BU

£8 per ticket

A brand new version of the classic story of the three little pigs set in Paris.
A grumpy old wolf is a chef who wants some pig tails for his soup. Will the little pigs outwit the wolf and what kind of house will they build? A funny, warm-hearted and interactive rustic tale bursting with puppets, live music and lots of joining in, it will make you squeal with laughter.

Booking essential.
Children must be accompanied by an adult whose place must also be booked.

Family Fun – Fun with Clay

5-11 years

Tuesday 27 August
12noon – 3pm

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

£2

Come along and be inspired by the ancient objects in the museum's collection to make your own clay creation.

Children must be accompanied by an adult. *No need to book, just drop in and allow about 20 minutes for the activity.*

We regret we cannot accommodate large groups or holiday clubs at these sessions.

Week 5 Monday 26 – Friday 30 August

Arts Award Explore

8–14 years

Wednesday 28 to Friday 30 August
10.30am – 3pm

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

£48

Love art? Then join us for three whole days of creativity. *In this workshop you will work with a professional artist to create your own artwork using all kinds of materials; research artists from the past and present; go behind the scenes at the museum to see original artworks and, at the end of it all, have a chance to gain your own Arts Award certificate.*

Booking essential.

Please bring a packed lunch and wear old clothes suitable for messy activity. (Psst! Parents – this is a nationally recognised qualification www.artsaward.org.uk.)

N.B. This is a three-day workshop; participants must attend all three days. The writing and research involved in gaining an Arts Award means that this course is not suitable for children below 8 years old.

Explore arts award centre

Make a Mosaic Bowl Workshop

5–14 years

Thursday 29 August
10am – 12noon

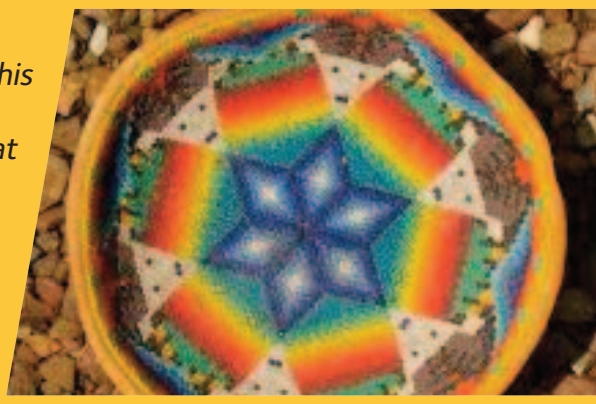
Epping Forest District Council Community Services
25 Hemnall Street
Epping CM16 4LU

£10

Make and create a sparkling mosaic bowl. *You will learn this vibrant skill to create an amazing centrepiece. Be as creative as you like at this fun workshop.*

All materials provided.

Booking essential.



Family Fun – Fun with Clay

5–11 years

Thursday 29 August
11am – 3pm

Lowewood Museum
High Street
Hoddesdon
EN11 8BH

£2

Come along and be inspired by the ancient objects in the museum's collection to make your own clay creation.

Children must be accompanied by an adult.
No need to book, just drop in and allow about 20 minutes for the activity.

We regret we cannot accommodate large groups or holiday clubs at these sessions.

The Limes Centre is a facility for the whole community

Whether it is for wedding receptions or children's parties, fitness classes or meetings, or another event you have in mind take a look at the facilities we have to offer.

A fully accessible venue, the Limes Centre has 3 distinct areas:

1. **The Limes Hall which comes with a fully fitted kitchen and can accommodate up to 150 people (120 seated, 30 standing).**
2. **Limes Activity Hall is a space for up to 50 people and has a small kitchen area.**
3. **Limes Meeting Room is a meeting area for up to 12 people.**

Also based at The Limes Centre is the Area Housing Office for the Limes Farm Estate (and council properties in the local area). It is open from Monday to Friday, 9:00am to 4:30pm.

For further information on hiring the three rooms including capacity, hire charges and booking details please call 01992 564561.

Epping Forest District Council
www.eppingforestdc.gov.uk

Epping Forest District Museum

A service provided by Epping Forest District Council

museum@eppingforestdc.gov.uk
01992 716882
www.eppingforestdc.gov.uk/museum
facebook.com/EFDMuseum
@EFDMuseum

Epping Forest District Museum
39 - 41 Sun Street, Waltham Abbey, Essex, EN9 1EL
Opening Hours: Monday, Tuesday, Wednesday, Friday 10am - 4pm
Saturday 10am - 5pm

HERITAGE FUND

Day	Date	Event	Venue	Time	Age Range	Page
WEEK ONE: Monday 29 July – Saturday 3 August						
Mon	29 July	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am - 12noon	All ages	4
Mon	29 July	Play in the Park	Roding Valley Rec, Loughton	1.30pm - 3.30pm	All ages	4
Tues	30 July	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Tues	30 July	Inclusion Multi-sports Days **(SEND)**	Epping Upper Clapton RFC, Upland Road, Thornwood	10am - 3pm	All ages	6
Tues	30 July	Family Fun - Fun with Clay **(SEND)**	Epping Forest District Museum, Waltham Abbey	10.30am - 11.30am	All ages	7
Tues	30 July	Family Fun - Fun with Clay	Epping Forest District Museum, Waltham Abbey	12noon - 3pm	All ages	12
Tues	30 July	Play in the Park	Roding Valley Recreation Ground, Buckhurst Hill	10am - 12noon	All ages	4
Tues	30 July	Play in the Park	Stonards Hill Recreation Ground, Epping	1.30pm - 3.30pm	All ages	4
Tues	30 July	Make a Designer Tote Bag Workshop	EFDC Community Services, 25 Hemnall Street, Epping	2pm - 4pm	5 - 14 years	12
Wed	31 July	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Wed	31 July	Play in the Park	Village Playing Fields, Abridge	10am - 12noon	All ages	4
Wed	31 July	Play in the Park	Hornbeam Road Rec., Buckhurst Hill	1.30pm - 3.30pm	All ages	4
Wed	31 July	Create a Puppet Workshop	EFDC Community Services, 25 Hemnall Street, Epping	9.30am - 11.30am	5 - 14 years	12
Wed & Thurs	31 July 1 August	Musical in 2 Days: Oliver!	North Weald Village Hall	10am - 3pm	5+ years	13
Wed	31 July	Create a Puppet Workshop **(SEND)**	EFDC Community Services, 25 Hemnall Street, Epping	1.30pm - 3.30pm	All ages	7
Thurs	1 August	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Thurs	1 August	Craft Camp	Jack Silley Pavilion, Stonards Hill, Epping	10am - 3pm	5 - 14 years	13
Thurs	1 August	Play in the Park	Jessel Green, Loughton	10am - 12noon	All ages	4
Thurs	1 August	Forest Explorers **(SEND)**	Forest Field Study Centre, High Beech	10am - 3pm	3+ years	7
Thurs	1 August	Family Fun - Fun with Clay	Lowewood Museum, Hoddesdon	11am - 3pm	All ages	14
Thurs	1 August	Play in the Park	Shelley Park, Ongar	1.30pm - 3.30pm	All ages	4
Fri	2 August	Play in the Park	Elizabeth Close Play Area, Nazeing	10am - 12noon	All ages	4
Fri	2 August	Bounce and Swim **(SEND)**	Ongar Leisure Centre, The Gables, Ongar	1.30pm - 3.30pm	All ages	8
Fri	2 August	Play in the Park	Bobbingworth Nature Reserve, Moreton	1.30pm - 3.30pm	All ages	4
Sat	3 August	Family Fun Day	Epping Forest District Museum, Waltham Abbey	11am - 4pm	All ages	14
WEEK TWO: Monday 5 August – Friday 9 August						
Mon	5 August	How to Draw... Animals	Loughton Library, Traps Hill	10am - 11.30am	7- 14 years	15
Mon	5 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am - 12noon	All ages	4
Mon	5 August	Own a Pony **(SEND)**	High Beech Riding School	10am - 12noon	4+ years	8
Mon	5 August	How to Draw...Animals	Epping Library, St John's Road	1.30pm - 3pm	7 - 14 years	15
Mon	5 August	Play in the Park	The Limes Green, Chigwell	1.30pm - 3.30pm	All ages	4
Tues	6 August	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Tues	6 August	Play in the Park	Roding Valley Rec. Loughton	10am - 12noon	All ages	4
Tues	6 August	The Marvellous Clay Creation Workshop	EFDC Community Services, 25 Hemnall Street, Epping	10am - 12noon	5 - 14 years	15
Tues	6 August	Family Fun - Cave Art **(SEND)**	Epping Forest District Museum, Waltham Abbey	10.30am - 11.30am	All ages	8
Tues	6 August	Family Fun - Cave Art	Epping Forest District Museum, Waltham Abbey	12noon - 3pm	All ages	15
Tues	6 August	Play in the Park	Queen's Hall, North Weald	1.30pm - 3.30pm	All ages	4
Wed	7 August	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Wed	7 August	Play in the Park	Village Playing Fields, Abridge	10am - 12noon	All ages	4
Wed	7 August	How to Draw...Animals	Lowewood Museum, Hoddesdon	10.30am - 12noon	7 - 14 years	16
Wed	7 August	Play in the Park	Playing Fields, Roydon	1.30pm - 3.30pm	All ages	4
Wed	7 August	CanalAbility **(SEND)**	Lock View, Burnt Mill Lane, Harlow	10.45am - 3pm	All ages	9
Thurs	8 August	Multi-sports Days	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am - 3.30pm	5 - 14 years	3
Thurs	8 August	Make Your Own Yo-yo Workshop	EFDC Community Services, 25 Hemnall Street, Epping	10am - 12noon	5 - 14 years	15
Thurs	8 August	Play in the Park	Roding Valley Rec., Buckhurst Hill	10am - 12noon	All ages	4
Thurs	8 August	Play in the Park	Jessel Green, Loughton	1.30am - 3.30pm	All ages	4
Thurs	8 August	Trampolining **(SEND)**	Debden Park High School, Debden	10am - 11am 11.30am - 12.30pm	All ages	9
Thurs	8 August	Family Fun - Cave Art	Lowewood Museum, Hoddesdon	11am - 3pm	All ages	16
Fri	9 August	Play in the Park	The Limes Green, Chigwell	10am - 12noon	All ages	4
Fri	9 August	Peter Pan and Captain Cook **(SEND)**	Theydon Bois Village Hall, Coppice Row	11.30am - 12.30pm	All ages	9
Fri	9 August	Play in the Park	Jubilee Park, Ongar	1.30pm - 3.30pm	All ages	4
Fri	9 August	Peter Pan and Captain Cook	Theydon Bois Village Hall, Coppice Row	2.30pm - 3.30pm	4+ years	17
WEEK THREE: Monday 12 August – Saturday 17 August						
Mon	12 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am - 12noon	All ages	4
Mon	12 August	Play in the Park	Roding Valley Rec. Loughton	1.30pm - 3.30pm	All ages	4
Tues	13 August	Multi-sport Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	3
Tues	13 August	Play in the Park	Roding Valley Rec. Buckhurst Hill	10am - 12noon	All ages	5
Tues	13 August	Family Fun - Printmaking **(SEND)**	Epping Forest District Museum, Waltham Abbey	10.30am - 11.30am	All ages	10
Tues	13 August	Family Fun - Printmaking	Epping Forest District Museum, Waltham Abbey	12noon - 3pm	All ages	18
Tues	13 August	Play in the Park	Stonards Hill Recreation Ground, Epping	1.30pm - 3.30pm	All ages	5
Tues	13 August	Fruit Art Workshop	EFDC Community Services, 25 Hemnall Street, Epping	2pm - 4pm	5 - 14 years	18
Wed	14 August	Multi-sport Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	3
Wed	14 August	Become a Florist for the Day	EFDC Community Services, 25 Hemnall Street, Epping	9.30am - 11.30am	5 - 14 years	18
Wed	14 August	Play in the Park	Village Playing Fields, Abridge	10am - 12noon	All ages	5
Wed	14 August	Forest Explorers **(SEND)**	Forest Field Study Centre, High Beech	10am - 3pm	3+ years	7
Wed	14 August	Be an Animator	Epping Forest District Museum, Waltham Abbey	10.30am - 3pm	8+ years	19
Wed	14 August	Play in the Park	Hornbeam Road Rec., Buckhurst Hill	1.30pm - 3.30pm	All ages	5

Day	Date	Event	Venue	Time	Age Range	Page
Thurs	15 August	Multi-sport Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	4
Thurs	15 August	Play in the Park	Jessel Green, Loughton	10am - 12noon	All ages	5
Thurs	15 August	Inclusion Multi-sport Days **(SEND)**	Loughton Cricket Club, The Uplands, Loughton	10am - 3pm	All ages	6
Thurs	15 August	Stone Painting Workshop	EFDC Community Services, 25 Hemnall Street, Epping	10am - 12noon	5 - 14 years	19
Thurs	15 August	Family Fun - Printmaking	Lowewood Museum, Hoddesdon	11am - 3pm	All ages	19
Thurs	15 August	Play in the Park	Shelley Park, Ongar	1.30pm - 3.30pm	All ages	5
Fri	16 August	Play in the Park	Elizabeth Close Play Area, Nazeing	10am - 12noon	All ages	5
Fri	16 August	Story Explorers	St James' Hall, St James' Avenue, Ongar	10am - 11.30am	4 - 7 years	20
Fri	16 August	Play in the Park	Bobbingworth Nature Reserve, Moreton	1.30pm - 3.30pm	All ages	5
Fri	16 August	Story Explorers	Jack Silley Pavilion, Stonards Hill, Epping	1.30pm - 3pm	4 - 7 years	20
Fri	16 August	Bounce and Swim **(SEND)**	Ongar Leisure Centre, The Gables, Ongar	1.30pm - 3.30pm	All ages	8
Sat	17 August	Family Fun Day: Have Tea with our Tiger	Lowewood Museum, Hoddesdon	11am - 4pm	All ages	20

WEEK FOUR: Monday 19 August – Friday 23 August

Day	Date	Event	Venue	Time	Age Range	Page
Mon	19 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am - 12noon	All ages	5
Mon	19 August	Own a Pony **(SEND)**	High Beech Riding School	10am - 12noon	4+ years	8
Mon	19 August	Story Explorers **(SEND)**	Loughton Methodist Church, Loughton	10.30 – 12noon	All ages	10
Mon	19 August	Play in the Park	The Limes Green, Chigwell	1.30pm - 3.30pm	All ages	5
Tues	20 August	Multi-sports Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	4
Tues	20 August	Play in the Park	Roding Valley Rec. Loughton	10am - 12noon	All ages	5
Tues	20 August	Family Fun - Make a Mini Mammoth **(SEND)**	Epping Forest District Museum, Waltham Abbey	10.30am - 11.30am	All ages	10
Tues	20 August	Family Fun - Make a Mini Mammoth	Epping Forest District Museum, Waltham Abbey	12noon - 3pm	All ages	21
Tues	20 August	Play in the Park	Thornwood Playing Fields, Thornwood	1.30pm - 3.30pm	All ages	5
Tues	20 August	Painting with Nature Workshop	EFDC Community Services, 25 Hemnall Street, Epping	2pm - 4pm	5 - 14 years	21
Wed	21 August	Multi-sports Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	4
Wed	21 August	Slime Making Workshop	EFDC Community Services, 25 Hemnall Street, Epping	9.30am - 11.30am	5 - 14 years	21
Wed	21 August	Play in the Park	Village Playing Fields, Abridge	10am - 12noon	All ages	5
Wed 21 August to Friday 23 August		Camping **(SEND)**	Lambourne End Centre	10am on 21 Aug – 2pm on 23 Aug	10+ years	11
Wed	21 August	Be a Textile Artist	Lowewood Museum, Hoddesdon	10.30am - 3pm	8+ years	22
Wed	21 August	Play in the Park	Playing Fields, Roydon	1.30pm - 3.30pm	All ages	5
Thurs	22 August	Multi-sports Days	Loughton Cricket Club, The Uplands, Loughton	9.15am - 3.30pm	5 - 14 years	4
Thurs	22 August	Craft Camp	Jack Silley Pavilion, Stonards Hill, Epping	10am - 3pm	5 - 14 years	22
Thurs	22 August	Play in the Park	Roding Valley Rec., Buckhurst Hill	10am - 12noon	All ages	5
Thurs	22 August	Family Fun - Make a Mini Mammoth	Lowewood Museum, Hoddesdon	11am - 3pm	All ages	21
Thurs	22 August	Play in the Park	Jessel Green, Loughton	1.30pm - 3.30pm	All ages	5
Fri	23 August	Play in the Park	The Limes Green, Chigwell	10am - 12noon	All ages	5
Fri	23 August	Play in the Park	Jubilee Park, Ongar	1.30pm - 3.30pm	All ages	5
Fri	23 August	Family Fun - Clay and Craft	The Limes Centre, Limes Avenue, Chigwell	10.30am - 12.30pm	All ages	22

WEEK FIVE: Monday 26 August – Friday 30 August

Day	Date	Event	Venue	Time	Age Range	Page
Tues	27 August	Magnificent Mosaic Art Workshop	EFDC Community Services, 25 Hemnall Street, Epping	10am - 12noon	5 - 14 years	23
Tues	27 August	Play in the Park	Roding Valley Rec. Buckhurst Hill	10am - 12noon	All ages	5
Tues	27 August	Garlic Theatre presents...3 Little Pigs Tails	North Weald Village Hall	11.30am - 12.30pm	3 - 7 years	23
Tues	27 August	Family Fun - Fun with Clay **(SEND)**	Epping Forest District Museum, Waltham Abbey	10.30am - 11.30am	All ages	7
Tues	27 August	Family Fun - Fun with Clay	Epping Forest District Museum, Waltham Abbey	12noon - 3pm	All ages	23
Tues	27 August	Play in the Park	Stonards Hill Recreation Ground, Epping	1.30pm - 3.30pm	All ages	5
Tues	27 August	Soft Play **(SEND)**	Ashlyn's Farm, North Weald	4pm - 6pm	0 - 11 years	11
Wed	28 August	Play in the Park	Village Playing Fields, Abridge	10am - 12noon	All ages	5
Wed 28 August to Fri 30 August		Arts Award Explore	Epping Forest District Museum, Waltham Abbey	10.30am - 3pm	8+ years	24
Wed	28 August	Boxing **(SEND)**	Epping Sports Centre	1.30pm - 3.30pm	7+ years	11
Wed	28 August	Play in the Park	Hornbeam Road Rec., Buckhurst Hill	1.30pm - 3.30pm	All ages	5
Thurs	29 August	Make a Mosaic Bowl Workshop	EFDC Community Services, 25 Hemnall Street, Epping	10am - 12noon	5 - 14 years	24
Thurs	29 August	Play in the Park	Jessel Green, Loughton	10am - 12noon	All ages	5
Thurs	29 August	Forest Explorers **(SEND)**	Forest Field Study Centre, High Beech	10am - 3pm	3 + years	7
Thurs	29 August	Family Fun - Fun with Clay	Lowewood Museum, Hoddesdon	11am - 3pm	All ages	24
Thurs	29 August	Play in the Park	Shelley Park, Ongar	1.30pm - 3.30pm	All ages	5
Fri	30 August	Play in the Park	The Green, Theydon Bois	10am - 12noon	All ages	5

Terms & Conditions

By giving your child permission to take part in these activities, you accept that Epping Forest District Council (EFDC) cannot be held responsible for any changes in the programme that become necessary, and fully accept the organisation and decisions of those responsible for the activity. You understand that your child will be under the control of the activity leader and/or other adults approved by EFDC and that, whilst staff in charge of the party will take all responsible care of participants, they cannot necessarily be held responsible for any loss, damage or injury suffered by any participant arising during or from the activity. You agree to your child taking part in any/all of the activities and authorise the activity coordinator to sign any written form of consent required by the hospital authorities, if the delay in getting your signature is considered, by the doctor, to endanger your child's health and safety.

Epping Forest District Council
www.eppingforestdc.gov.uk

Active Living

in Epping Forest District

FOR ADULTS

HELPING ADULTS STAY ACTIVE IN EPPING FOREST

Active Living is a free lifestyle change programme from Epping Forest District Council, offering FREE activities and one to one support.

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Epping Forest District Council

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