



Ongar Town Council

 Epping Forest
District Council
www.eppingforestdc.gov.uk

Ongar Better Health Festival

SEPTEMBER 2020

Physical and
creative activities
Professional advice



**STARTS
MONDAY
14TH SEPT**



livewell

Helping to bring the
community together.

Ongar Better Health Festival

**STARTS
MONDAY
14TH SEPT**

The Epping Forest District Council's Community, Culture and Wellbeing Team recently spoke to some of the community of Ongar to check how people were feeling in July and to hear what matters most to them in their community.

Things that mattered the most:

- **Positive activities – physical and cultural**
- **Being part of the Community**
- **A better environment**
- **Improved mental health**

Working with partners from across the district, our first step towards addressing what matters to the community will be to hold a **Better Health Festival** in September. The festival will offer the opportunity to get involved in physical and creative activities, to speak to professionals from various organisations and make a pledge on how you can get involved with your community.

The week long festival takes place locally with times, locations and how to get involved included in this leaflet.

We hope that you will join us to bring the community together.



Online Classes

**JUST
£2**

Revive – gentle stretch and Pilates class Tuesday and Thursday 13:00-13:30

Get Active – bodyweight cardio, strength and balance session Tuesday 19:00-19:30 and Friday 10:00-10:30

Stretch and Relaxation – stretching class with relaxation and breathing to finish Thursday 19:00-19:30

All £2 – book at www.eppingforestdc.bookinglive.com

Monday 14th September

Museum Movers

10.30am – 11.30am

Come along and try our very own Museum Movers session, with a combination of seated dance and exercise and plenty of fun.

All equipment provided. **Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.**



FREE

FREE

Community Information Market

3pm – 8pm

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, Meet the Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

Children will receive a free goodie bag.

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



FREE
Goodie bag
for
children

Thursday 17th September

Writers Group

10.00am – 12 noon

Come along and meet likeminded people who are interested in creative writing. Help and support is on hand to create your very own masterpiece. Current members will be sharing their work to give you a flavour what can be achieved.

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



FREE

FREE

Active Living – Seated Exercise

10.15am – 11.00am

Active Living is a gentle introduction to exercise and physical activity with a social focus with most exercises being chair based or at a beginner level. Strength & Balance aims to help you maintain your physical health and independence through aerobic, balance, flexibility and strength activities. **Come and give it a try.**

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



Thursday 17th September

FREE



Walking Football

1.30pm – 2.30pm

A slower pace version of the great game of football, come and give it a try in a fun and friendly environment.

**Meet at the Shelley Park
(next to the Shelley shops) CM5 0BT.**

FREE



Social. Active. Strong.

2.30pm – 3.15pm

The Social – Active - Strong. program is to help maintain your strength and balance, help you become more active and improve your general wellbeing. **Come along and give the session a try.** All equipment provided.

**Meet at the Shelley Park
(next to the Shelley shops) CM5 0BT.**

Saturday 19th September

Community Information Market

10am – 12 noon

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, Meet the Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

Children will receive a free goodie bag.

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.

FREE



**FREE
Goodie bag
for
children**