



# WHAT'S ON

## IN EPPING FOREST

July – September 2022

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

**EPPING  
FOREST  
DISTRICT  
MUSEUM**

**ACTIVITIES  
FOR  
ADULTS**

**ACTIVITIES  
FOR  
CHILDREN**

**INCLUSION  
PROGRAMME**

**VOLUNTEERING  
IN EPPING  
FOREST**

**OTHER  
ITEMS OF  
INTEREST**



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# Welcome

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

The Community, Culture & Wellbeing Team are 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 residents. Did you know we have a grant scheme, volunteering roles and active community groups across the district? You can find all this extra good stuff 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

## 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 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.

## FIND US ON SOCIAL MEDIA



efdcommunity



efdcommunitieswellbeing



# Epping Forest District Museum

**Admission to the museum is free\***

\*some events and activities have a separate charge.

**Epping Forest District Museum**  
A service provided by Epping Forest District Council



**Opening times: Monday, 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 changing exhibitions, six galleries, gift shop and enjoy a variety of events and activities suitable for all ages.

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

39 Sun Street, Waltham Abbey EN9 1EL

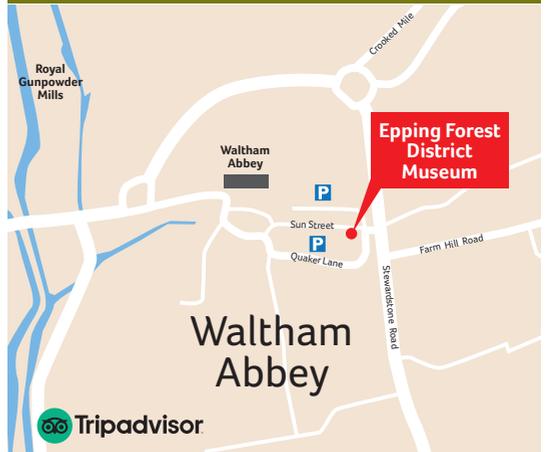
Tel: 01992 716882

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

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

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

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



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**ARTS COUNCIL ENGLAND**

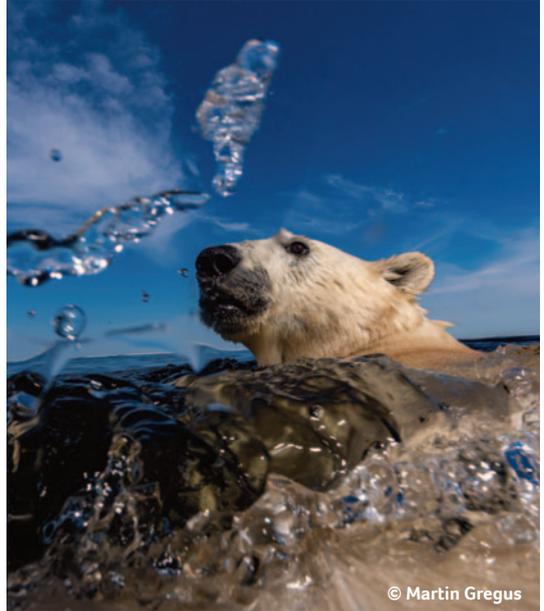
## **Exhibitions** Our exhibitions are **FREE TO VISIT**

### **Wildlife Photographer of the Year**

**Saturday 21 May – Saturday 27 August**

Come and see the world famous Wildlife Photographer of the Year exhibition on tour at Epping Forest District Museum. Explore the natural world in all its fragility and diversity at the annual Wildlife Photographer of the Year exhibition, where 100 powerful photographs tell the story of a planet under pressure.

Gaze through the lens of some of the world's best wildlife photographers and marvel at the beauty of our planet. This exhibition will be free to visit but tickets will need to be booked via our booking platform.



### **Animal Mummies: Uncovered**

**Saturday 17 September – Saturday 17 December**

Visit the museum to uncover the story of Animal Mummies. Travel back in time through the catacombs of Egypt to find out all about the history of Animal Mummies, how scientists and archaeologists today have uncovered their hidden stories. Find out more about this story through adventure trails, interactive displays and the amazing objects never before seen at Epping Forest District Museum.



## Museum activity, events and programmes

### Talks & Tours

The museum offers a number of talks, tours and workshops for groups.

If you run a local group, get in touch to find out more about the packages we can offer you.

Boxes containing nostalgic objects are also available to groups to hire for free.



### Room Hire

**Do you need a room to run your own courses or workshops?** The museum has a variety of rooms and spaces for you to hire for a course, workshop or meeting.

Email  
[museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)



### Schools

Topic boxes containing original and replica objects are available for schools to hire. History workshops, led by the museum's education team, are also available and can take place in the museum or in your school.



To enquire about any of these museum programmes contact  
[museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk) or call 01992 716882

Find a full list of the programmed events and activities taking place at the museum in each of the sections of this brochure.

# Adult Programme

## SAVE MONEY



Adult Physical Activity  
**LOYALTY CARD**

Classes include

- **Keep fit**
- **Pilates**
- **Strength & Balance**
- **Yoga**
- **Museum Movers**
- **Indoor bowls**

**How?**

1. Purchase a Loyalty card.
2. Book classes using £0 slots on BookingLive.
3. Collect your card from the instructor at your first class.
4. Take your card to each class to get it stamped.

Attend 10 classes and  
**SAVE up to £10**



Scan to purchase  
or visit  
[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

## Social. Active. Strong.

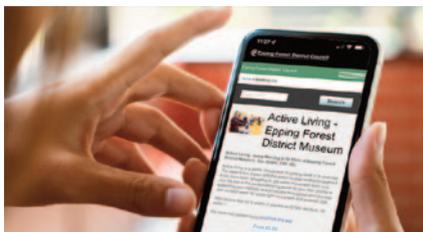
## FREE (referral programme)



- 18+**
- Weekly programme**
- Various venues**
- 01992 564226**  
**Lucinda Harvey**  
**sasreferrals**  
**@eppingforestdc.gov.uk**
- 

**A free 12 week programme of activity to help you build strength, improve mobility and balance to help sustain your day-to-day activity levels.** Located at various venues in and around Epping, Chipping Ongar, Waltham Abbey, Loughton, Buckhurst Hill and Chigwell.

You are guaranteed low impact, fun exercise to help you achieve a more active, social and independent life. Available to adults living or registered to a GP's practice in the Epping Forest District. Please register your interest and an instructor will contact you to explain more about the service, available classes and to complete a health questionnaire.



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)**

To book and pay visit [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

## Active Living – Epping Forest District Museum

**FREE**



-  Adults 18+
-  Every Monday
-  9.15am – 10am
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  Lucy 07526 918 642

Active Living is a gentle introduction to getting back to exercise. The class is low impact with the option to stay seated throughout. If you have been struggling to get some movement back in your life this is the perfect stepping stone for you. Our priority is supporting you mentally and physically throughout your journey. Join us each week for some light movement and a social chat.

**Active Living is free for 6 weeks if you are an Epping Forest District resident.**

## Active Living – Limes Farm Chigwell

**FREE**



-  Adults 18+
-  Every Monday
-  5pm – 5.45pm
-  The Limes Centre, Limes Avenue, Chigwell IG7 5LP
-  Lucy Vandermark 07526 918 642

## Active Living – Zoom

**FREE**



-  Adults 18+
-  Every Wednesday
-  1.30pm – 2pm
-  From your home via Zoom
-  Lucy Vandermark 07526 918 642

## Project You

**FREE** (referral programme)



-  **Adults 18+**
-  **Weekly**
-  **Tuesday 7pm – 8pm  
Wednesday 7.30pm – 8.30pm**
-  **Waltham Abbey**
-  **07593 816602  
cmorgan@  
eppingforestdc.gov.uk**

**Project You** is a six-week referral programme for EFDC residents who are receiving mental health support for low to moderate level symptoms, funded by ActiveEssex Find Your Active fund and in partnership with Essex Partnership University NHS Foundation Trust (EPUT). Participants will receive one face-to-face group class and one online group class per week which will include a variety of exercise based activities, mindfulness and relaxation exercises and mental health support. After the six weeks, participants will be signposted to appropriate EFDC programmes to further benefit their journey.

## Strength and Balance – Waltham Abbey

**£5.40**



-  **Adults 18+**
-  **Every Monday**
-  **10.30am – 11.30am or  
11.45am – 12.45pm**
-  **Epping Forest District  
Museum, 39 Sun Street,  
Waltham Abbey  
EN9 1EL**
-  **Lucy 07526 918 642**



Strength and Balance is a class designed to help improve your ability to do everyday tasks. With each class you will exercise each muscle from head to toe helping to build strength and improve your posture. This class is low impact, we use bodyweight and work with resistance bands always ending with some work on our core and balance. Each week the group will work together in a light and sociable environment.



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)**

## Strength and Balance – Loughton

**£5.40**



-  Adults 18+
-  Every Friday
-  9am – 10am
-  Loughton Bowling Club  
Eleven Acre Rise  
Loughton  
IG10 1AN
-  Lucy 07526 918 642



## Strength and Balance – Zoom

**£2.00**



-  Adults 18+
-  Every Wednesday
-  3.15pm – 4pm
-  From your home  
via Zoom
-  Lucy 07526 918 642

## Keep Fit – Loughton

**£5.40**



-  Adults 18+
-  Every Friday
-  10am – 11am
-  Loughton Bowling Club  
Eleven Acre Rise,  
Loughton IG10 1AN
-  01992 564226



Keep fit is an uplifting class that incorporates different styles of training. It's a great class to burn some calories and tone up your muscles. This class can be adapted to suit many different abilities just be sure to let your coach know your needs.

## Pilates – Loughton

**£5.40**



-  Adults 18+
-  Every Friday
-  11am – 12 noon
-  Loughton Bowling Club  
Eleven Acre Rise,  
Loughton IG10 1AN
-  01992 564226



Focusing on a full body stretch from head to toe in slow paced sequences this class is slow and relaxing with a mix of standing and floor based sessions. Adaptions can be made to the class. Let the coach know your needs.

## Walking Football

**£3.50**



-  Adults 65+
-  Every Tuesday
-  11.30am – 12.30pm
-  Townmead Football Pitches,  
Waltham Abbey EN9 1JH
-  Ashleigh Howard  
07596 890924  
ahoward@eppingforestdc.gov.uk

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

## Football for Fitness

**£4.00**



-  Adults 18+
-  Every Friday
-  12 noon – 1pm
-  Fyfield Sports Academy  
Ongar CM5 0GN
-  Ashleigh Howard  
07596 890924  
ahoward@  
eppingforestdc.gov.uk

Our weekly session will allow you to play football, relieve stress and improve your wellbeing. Health and fitness advice can also be provided if you would like some support.

## Indoor Bowls – Waltham Abbey

£5.40



-  Adults 18+
-  Every Friday
-  10am – 12 noon
-  Waltham Abbey Town Hall, Highbridge Street, Waltham Abbey EN9 1DE
-  01992 564226



Bowls is a sport that can be played by anyone regardless of age and ability. We welcome anyone to our sessions, no matter if you are looking for a competitive game or if you are just looking for a social sports session. The sessions are self-run and we welcome newcomers of all abilities.

## Revive – Zoom

£2.00



-  Adults 18+
-  Every Tuesday
-  1pm – 1.30pm
-  From your home via Zoom
-  01992 564226

A session including Pilates, stretching and mindfulness to get you moving in the middle of the day.

## Museum Movers

£5.40



-  Adults 55+
-  Every Friday (last class of the term 22/7, resumes 2/9)
-  10.30am – 12am
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  01992 716882  
museum@  
eppingforestdc.gov.uk



Join us for a cup of tea or coffee and enjoy our fun, informal movement sessions inspired by the museum's collection.

**Cycling for Health****£5.20** or **£11.20** incl bike and helmet hire

-  **Adults 18+**
-  **Every Wednesday**
-  **10am – 12 noon**
-  **Various meeting points in the Lea Valley Regional Park**
-  **01992 564226**

The **Cycling for Health** programme is a series of weekly led rides in the Lee Valley Regional Park. Rides take place on a weekly basis. Routes are generally traffic free as the group sticks to bridleways and paths. Rides are approximately 10 to 18km (6-11 miles) and routes differ in intensity and terrain. You will have plenty of time to get to know the other members on your ride as we always try and stop at a café for 15 minutes to take a well-earned break; normally halfway into the ride.

**Why cycle?** You can ride a bike almost anywhere. Regular cycling can reduce the risk of a number of serious illnesses such as heart disease, type 2 diabetes and stroke. It can also boost your mood, improving the symptoms of some mental health conditions such as depression and anxiety.

**Routes & Gradients** The routes used are generally traffic free as we stick to bridleways and paths. The rides are approximately 10 to 18 km (6 to 11 miles) depending on the session. Although this may sound short, the routes differ on intensity and terrain. You will have plenty of time to get to know the other members on your ride as we will always try and stop at a café for 15 minutes to take a well-earned break, normally halfway into the ride. Each ride is given a gradient rating.

- ▲ Easy** – Routes are flat and on walking/cycling paths where participants can keep a constant steady pace.
- ▲▲ Medium** – These routes will have varying gradients and may be on bridle way or earth paths. There will still be large sections of flat paths.
- ▲▲▲ Medium/Hard** – These routes maybe harder due to recent weather conditions being on uneven solid earth paths that may be muddy and harder to navigate after wet weather.

**Weather** Rides will take place even in the rain. The only conditions that may stop a ride taking place are high winds, thunder and lightening or very icy or snowy conditions. You will be contacted if a ride is cancelled for these reasons and offered a credit or refund.

**Clothing & Equipment** Please wear comfortable clothing appropriate to the weather conditions on the day, we suggest trainers, tracksuit or shorts in warmer weather. A waterproof jacket. We also advice you bring a small rucksack so that you can safely store a rain jacket, water and money. A mountain bike is recommended, a city bike with thick tyres is also suitable. Helmets are obligatory. Please note, if your bike is deemed unsafe you will not be allowed to take part.

**Hiring a Bike** Before hiring a bike you will need to know your height or bike size so we allocate you the correct one. Please see our size chart at [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com) for details or ask for advice when booking on the phone.

**Cost Ride Only** (bring your own bike and helmet)  
**2 hour Ride – £5.20 per session**

**Hire & Ride** (bike and helmet included)  
**2 hour Ride – £11.20 per session**

## Cycling for Health meeting places and dates of rides

Date	Time	Meet venue	Gradient
Wed 6 July	10am	Hooks Marsh Car Park EN9 2ED (CPT)	▲
Wed 13 July	10am	Gunpowder Park Car Park EN9 3GP (CPT)	▲
Wed 20 July	10am	Green Acre Woodland Car Park CM16 6AD	▲▲▲
Wed 27 July	10am	Fishers Green Car Park EN9 2EF (CPT)	▲▲
Wed 3 Aug	10am	Hooks Marsh Car Park EN9 2ED (CPT)	▲
Wed 10 Aug	10am	Gunpowder Park Car Park EN9 3GP (CPT)	▲
Wed 17 Aug	10am	Clayton Hill Car Park EN9 2HU (CPT)	▲
Wed 24 Aug	10am	Green Acre Woodland Car Park CM16 6AD	▲▲
Wed 31 Aug	10am	Hooks Marsh Car Park EN9 2ED (CPT)	▲
Wed 7 Sept	10am	Gunpowder Park Car Park EN9 3GP (CPT)	▲
Wed 14 Sept	10am	Clayton Hill Car Park EN9 2HU (CPT)	▲
Wed 21 Sept	10am	Fishers Green Car Park EN9 2EF (CPT)	▲▲
Wed 28 Sept	10am	Hooks Marsh Car Park EN9 2ED (CPT)	▲

**CPT = Car Parking Tariff, pay by phone or online at [www.visitleevalley.org.uk/parking-at-our-open-spaces](http://www.visitleevalley.org.uk/parking-at-our-open-spaces)**



## Lifewalks

from **£2.60** First week **FREE**



-  **Adults 18+**
-  **Every Monday, Tuesday, Thursday and Sunday**
-  **Midweek walks 10am  
Sunday walks 10.30am**
-  **Various meeting points**
-  **01992 564226  
or Karen Murray  
kmurray@  
eppingforestdc.gov.uk**

Lifewalks is a walking for health scheme organised by Epping Forest District Council Community Culture & Wellbeing team. Every week Lifewalks offers a choice of group led walks. There are walks across the whole of Epping Forest District so you're sure to find one near you.

**Why go walking?** Walking is fun, cheap and a great form of exercise anyone can do.

**What kind of walking should I be doing?** You only need to walk a little faster than usual. Health walks are not 'power' walks. You just need to walk as though you are a bit late for an appointment. Fast enough to get warm but not sweaty. Breathe a little faster, but still able to talk normally. Feel as though you have had some exercise but could still do a bit more.

For just 20 - 30 minutes, walking a little faster than usual and without stopping gets your heart rate up. That's what does you good, so on Lifewalks you should only stop for a rest if you need to. Ideally you should exercise five times a week for 30 minutes. That doesn't mean every session has to be a Lifewalk. For your other sessions you could join one of our other sessions, such as yoga, pilates, cycling or walk with friends or family or walk a bit faster to the shops!

**What kind of walks do Lifewalks offer?** Our walks range from 0.8 to 3.98 miles. This may seem quite short but it's how fast you walk not how far. On the days we do a short route we go around twice for those who want to do more. The routes are all graded for the amount of effort needed.

### How do I join Lifewalkers?

- **Booking your place.** If you would like to join a walk, please book a place on line at: **eppingforestdc.bookinglive.com** or call 01992 564226 (phone lines open Monday to Friday 10am to 4pm). Walks can be booked onto, up to 11am the day before the walk.
- **COST:** You can either Pay as you Go or become a member  
Pay as You Go: **£2.60** PRE-PAID: **6 Months – £35** or **1 Year – £66**
- **FIRST WALK FREE:** If you have never attended Lifewalks before we are offering you the choice to attend your first walk free of charge please contact Karen Murray on kmurray@eppingforestdc.gov.uk There will be 35 spaces on each walk.
- We use the Lee Valley Park for a lot of our walks. Their parking fees can be found at **www.visitleevalley.org.uk/parking-at-our-open-spaces**

- PLEASE NOTE: if you attend a Lifewalk at The White Water Centre you need to enter your car registration details on site on the day of the walk to obtain free parking. A Lifewalk team member will be on hand to assist you on the day of the walk.
- **Please do not turn up for a walk without booking** as we will have to turn you away, unless you have confirmed this with Karen Murray or a walk leader before hand.
- Please be aware that walks may be cancelled at short notice. All pre-booked walkers will be informed. If possible, please give a mobile phone number as your contact when booking.

**New to Lifewalks?** The Lifewalk leaders will introduce you to the group so you can get to know other walkers and we often have volunteers on hand who will happily walk with you. As a new comer, you will almost certainly find some of the walkers disappearing off ahead at a much faster pace. Don't be put off by this – they have probably been coming to Lifewalks for some time. Don't try and keep up with the fastest walkers. You only need to walk as though your late for an appointment. However slow or fast you can walk when you first join Lifewalks, most people find they can walk more quickly within just a few weeks.

### Gradients

**Level A walks:** Flat, hard surface paths. Occasionally short slopes or a short stretch of grass but that's all, so everyone can do a level A walk.

**Level B walks:** Part of the route will include a grass or earth path section, and/or two or three short slopes, or one longer but gentle slope. Those walks therefore need a bit more effort. If you have any breathing or mobility problems, do a few A walks before Level B.

**Level C walks:** Include either a long or steep hill on good walking surfaces, or have a longish grass or earth path section.

**Level D walks:** Long steep hills and also may have an earth path section, which can be hard to walk on. Please do not come on a level C or D walk until you feel comfortable walking the A and B walks.



## Lifewalk meeting places and dates of walks

There is parking at all the meeting places but this is limited at busy times such as at weekends so please arrive early. We are sorry that we cannot provide transport.

**LVRPA** = Lee Valley Regional Park Authority. **CPT** = Car Parking Tariff, pay by phone or online at [www.visitleevalley.org.uk/parking-at-our-open-pass](http://www.visitleevalley.org.uk/parking-at-our-open-pass).  what3words

Where a \*asterisk is indicated you are required to input your car registration on the day of the walk before the walk to get FREE parking. A member of the team will be on hand to help.

### Walk 1 – Thursday 28 July – Around Waltham Abbey Gardens

**Meet** LVRPA Abbey Garden Car Park (CPT), Abbey View, Waltham Abbey EN9 1XQ.  dads.frame.slope

**Level A** 0.8/1.6miles **Surface** Mostly tarmac, hard paths and some grass.

**Footwear** Dry shoes **Gradient** On the flat

### Walk 2 Tuesday 20 September – Old River Lea Loop

**Meet** LVRP Fishers Green Over Flow (CPT), Stubbins Hall Lane, Crooked Mile, Waltham Abbey EN9 2EF.

 mixed.rigid.plenty

**Level A** 1.8miles **Surface** Tarmac, gravel and earth paths **Footwear** Dry shoes **Gradient** On the flat

### Walk 3 Thursday 11 August – Seventy Acre Lake

**Meet** LVRP Fishers Green (CPT), Stubbins Hall Lane, Crooked Mile, Waltham Abbey EN9 2EF.

 pages.patio.frozen

**Level A** 1.8 miles. Lakeside **Surface** Tarmac and gravel **Footwear** Dry shoes

**Gradient** All on the flat apart from a very short slope up to the river bridge.

### Walk 4 Tuesday 23 August – Cheshunt Lake

**Meet** LVRP Hooks Marsh (CPT), Fishers Green Lane, Waltham Abbey EN9 2ED.  icon.exchanges .spirit

**Level A** 2.25 miles **Surface** Tarmac and gravel paths **Footwear** Dry shoes **Gradient** All on flat apart from a very short slope up to the river bridge.

### Walk 6 Sunday 31 July – North Metropolitan Pit Lake

**Meet** LVRP Hooks Marsh (CPT), Fishers Green Lane, Waltham Abbey, Essex. EN9 2ED.

 icon.exchanges .spirit **Level A** 2.25 miles. Riverside and Lake **Surface** Gravel and tarmac **Footwear** Dry shoes **Gradient** Three short slopes.

### Walk 8 Thursday 8 September– Lea Navigation & Scrape

**Meet** Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

 flats.glass.clips (You are required to input your car registration on the day of the walk to get Free parking)

**Level A** 1.75 miles **Surface** Tarmac and gravel **Footwear** Wet shoes

**Gradient** All on the flat apart from a very short slope up to the river bridge.

### Walk 9 Sunday 25 September – Bowyers Water

**Meet** Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

 flats.glass.clips (You are required to input your car registration on the day of the walk to get Free parking)

**Level A** 2.34 miles **Surface** Tarmac paths **Footwear** Dry shoes **Gradient** All on the flat.

### Walk 10 – Sunday 10 July, Tuesday 2 August, Thursday 1 September – Green Acre Woodland

**Meet** at Green Acre car park. Kiln Road, Epping, Essex. CM16 6AD.  season.water.could

**Level B** 1.7 miles **Surface** Firm and earth paths, rough in places **Footwear** Very wet shoes

**Gradient** Most on the flat

**Walk 11 Tuesday 12 July & Monday 1 August – Gunpowder Park**

**Meet** Sewardstone Road, Waltham Abbey EN9 3GP (CPT)  guises.safe.sober

**Level B** 2 miles **Surface** Gravel path and board walks **Footwear** Dry shoes

**Gradient** One 200m and 500m gentle uphill slope.

**Walk 12 Sunday 3 July, Sunday 24 July, Sunday 21 August, Sunday 18 September – The Stubbles and Strawberry Hill**

**Meet** Nursery Road, Loughton IG10 4DZ  dwell.grass.melon

**Level B** 1.7 miles **Surface** Firm path; grass and earth patches **Footwear** Very wet shoes

**Gradient:** Gently undulating.

**Walk 13 Thursday 14 July, Thursday 22 September – Holyfield Lake**

**Meet** LVRP Fishers Green (CPT), Stubbins Hall Lane, Crooked Mile, Waltham Abbey EN9 2EF

 pages.patio.frozen

**Level B** 1.75 miles **Surface** Mostly gravel and tarmac paths **Footwear** Dry shoes

**Gradient** One 50m gentle incline.

**Walk 14 Tuesday 19 July, Thursday 18 August, Sunday 4 September – Cornmill and Dragonfly Sanctuary**

**Meet** LVRP Cornmill Meadow (CPT), Crooked Mile, Waltham Abbey EN9 2ES.  potato.sooner.saying

**Level B** 1.85 miles **Surface** All on grass, may be muddy **Footwear** Very wet shoes

**Gradient** All on the flat.

**Walk 15 Monday 4 July, Sunday 7 August, Monday 12 September – Cornmill Meadows**

**Meet** LVRP Cornmill Meadow (CPT), Crooked Mile, Waltham Abbey EN9 2ES.  potato.sooner.saying

**Level B** 1.25 to 2.25 miles **Surface** All on grass may be muddy **Footwear** Very wet shoes

**Gradient** Mostly on flat, one slight incline.

**Walk 16 Thursday 21 July, Tuesday 16 August, Tuesday 6 September, Tuesday 27 September – Stonards Hill Recreational Ground and Common**

**Meet** Recreational Ground (CPT), Stonards Hill, Epping CM16 4QF  scars.gloves.legal

**Level B** 1.9 miles **Surface** Firm tracks and earth path and grass can be muddy

**Footwear** Very wet shoes. **Gradient** very slight incline.

**Walk 18 Monday 25 July, Thursday 25 August – Roding Valley Recreation Ground**

**Meet** Roding Road (CPT), Roding Road, Loughton. IG10 3BS.  adding.pepper.chimp

**Level B** 2 miles **Surface** Grass (may be muddy) and tarmac path **Footwear** Wet shoes

**Gradient** All on the flat.

**Walk 19 Monday 15 August – Grange Farm Loop**

**Meet** Highwood Lane Loughton. IG10 3LS. Park in Road.  guises.sleep.lots

**Level B** 2.34 miles **Surface** Hard path, woodland path and grass (rutted) **Footwear** Wet shoes

**Gradient** All on the flat.

**Walk 20 Tuesday 9 August – Roding Valley Nature Reserve**

**Meet** Roding Valley Nature Reserve (CPT), Roding Lane, Chigwell. IG9 6BJ. By David Lloyd.

 trades.whites.rear

**Level B** 2.25 miles **Surface** Hard tracks, rough lane, field and tarmac path **Footwear** Wet shoes

**Gradient** Three 5m slopes; one 200m. Gentle: uphill slope.

**Walk 21 Sunday 11 September – Fishers Green to Aqueduct Lock**

**Meet** LVRP Fishers Green (CPT), Stubbins Hall Lane, Crooked Mile, Waltham Abbey EN9 2EF.

 pages.patio.frozen

**Level B** 3 miles please note temporary diversion makes this route 3.98 miles long **Surface** Gravel tarmac and firm paths **Footwear** Wet shoes. **Gradient** All on the flat apart from 13 downhill steps.

**Walk 22 Thursday 15 September – Lee Valley White Water Centre**

**Meet** Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

 flats.glass.clips (You are required to input your car registration on the day of the walk to get Free parking)

**Level B** 2.73 miles **Surface** Tarmac paths **Footwear** Dry shoes **Gradient** All on the flat apart from four steps either side of lock bridge (These can be avoided by diverting 200m, speak to walk leader)

**Walk 23 Thursday 7 July – NEW WALK Lee Valley White Water Centre**

**Meet** Lee Valley White Water Centre, 1st car park. Station Road, Waltham Cross. EN9 1AB.

 flats.glass.clips (You are required to input your car registration on the day of the walk to get Free parking)

**Level B** 2.45 miles **Surface** Tarmac paths and short gravel/grass **Footwear** Dry shoes

**Gradient** All on the flat apart from a very short slope up to the river bridge.

**Walk 24 Monday 5 September – Sewardstone Marsh**

**Meet** Sewardstone Road, Waltham Abbey EN9 3GP (CPT)  guises.safe.sober

**Level B** 2.9 miles **Surface** Gravel path and tarmac **Footwear** Dry shoes **Gradient** Slight gentle

**Walk 25 Monday 18 July, Monday 22 August, Monday 19 September – Fyfield Loop**

**Meet** Fyfield Village Hall CP, Fyfield. CM5 0RG. (off Houchin Drive)  clocks.zebra.palace

**Level C** 3 miles **Surface** Grass and earth, tarmac path **Footwear** Very wet shoes

**Gradient** Mostly on the flat with one slight incline.

**Walk 26 Tuesday 26 July, Sunday 14 August, Tuesday 13 September – Nazeing Mead**

**Meet** LVRP Clayton Hill (CPT), New Nazeing Road, Nazeing EN9 2HU.  solo.sweat.united

**Level C** 2.75 miles **Surface** Firm track, short stretch of road and earth path **Footwear** Wet shoes.

**Walk 27 Sunday 17 July, Sunday 28 August – Warlies**

**Meet** Warlies (CPT), Horseshoe Hill, Upshire EN9 3SL.  spent.spare.vent

**Level C** 2.3miles **Surface** Gravel track and quiet country lane **Footwear** Wet shoes.

**Walk 28 Tuesday 5 July, Monday 8 August, Thursday 29 September – North Weald Radio Station**

**Meet** North Weald Village Hall (CPT), High Road, Epping CM16 6BU.  riders.driven.adults

**Level D** 2.2 miles **Surface** Rough tarmac lane and bumpy very muddy field **Footwear** Very wet shoes.

**Gradient** 600m gentle up hill and 4 steep steps, with handrail.

**Walk 29 Monday 11 July, Thursday 4 August, Tuesday 30 August, Monday 26 September – Gernon Bushes Nature Reserve**

**Meet** entrance to the Reserve Garnon Mead, Coopersale, Epping CM16 7RN.  spirit.couch.decks

**Level D** 1.8 miles **Surface** Hard tracks, woodland path and board walk **Footwear** Wet shoes **Gradient** 300m steady downhill; 36, wide downhill steps; 300m very steep up hill.

## Epping Forest District Museum Community Café

**FREE**



-  All welcome
-  Every Wednesday  
(No café on 24 August)
-  12 noon – 1.45pm
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  01992 716882  
museum@  
eppingforestdc.gov.uk

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

## Ongar Puzzle & Games Club

**FREE**



-  All welcome
-  Every Thursday
-  10am – 12 noon
-  St James' Church, St James Avenue, Ongar CM5 9EL
-  01992 716882

Come along for a chat and a cup of tea over a jigsaw puzzle and a few friendly rounds of your favourite board games.



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)

# Children's Programme

## Museum Toddlers

**£2.40**



-  Children 2-4 years
-  Tuesdays once a month  
19 July – Baa Baa Black Sheep
-  10am – 11am
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey  
EN9 1EL
-  01992 716882  
museum@eppingforestdc.gov.uk

Each session is themed around a different traditional nursery rhyme which we learn and sing together. We investigate museum objects connected to the rhyme, then have a story and finish with a simple craft activity – usually making something linked to the rhyme that you can continue to enjoy playing together back at home.

The sessions work for toddlers of all ages, but the activities best suit those aged 18 months upwards. For babies we can provide a Baby Treasure Basket so younger siblings are welcome too. They are an ideal way of preparing older toddlers for starting school.

**PLACES MUST BE BOOKED IN ADVANCE** by emailing [museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk) or calling 01992 716882.

## Wildcats

**£2.00**



-  Girls 5-11 years
-  Every Friday (term time only)
-  5pm – 6pm
-  Townmead Football Pitches,  
Waltham Abbey EN9 1JH
-  Ashleigh Howard 07596 890924  
ahoward@eppingforestdc.gov.uk

Whether you want to learn new skills or have fun, have a go at football or make new friends, this session is perfect for you!

## Play in the Park

**FREE**



-  Children 5-12 years
-  Various dates during the Summer holiday
-  Various locations

**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 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.**

\*Children must be accompanied by an adult.



### Abridge

#### **Abridge Village Hall Field**

39 Ongar Rd, Abridge, RM4 1UH  
(supported by Lambourne Parish Council)

**Wednesday 27 July – 10am-12noon**

**Wednesday 3 August – 10am-12noon**

**Wednesday 10 August – 10am-12noon**

### Buckhurst Hill

#### **Roding Valley Recreation Ground**

Station Way, Buckhurst Hill, IG9 6LN  
(supported by Buckhurst Hill Parish Council)

**Wednesday 27 July – 1.30pm-3.30pm**

**Wednesday 3 August – 1.30pm-3.30pm**

**Wednesday 10 August – 1.30pm-3.30pm**

**Wednesday 17 August – 1.30pm-3.30pm**

**Wednesday 24 August – 1.30pm-3.30pm**

### Chigwell

#### **Chigwell Station Green**

High Road, Chigwell, IG7 6NT  
(supported by Chigwell Parish Council)

**Friday 29 July – 1.30pm-3.30pm**

**Friday 12 August – 1.30pm-3.30pm**

**Friday 26 August – 10am-12noon**

#### **Chigwell Row Recreation Ground**

Lambourne Road, Chigwell, IG7 6EZ  
(supported by Chigwell Parish Council)

**Monday 1 August – 1.30pm-3.30pm**

**Monday 22 August – 1.30pm-3.30pm**

#### **Limes Farm Green**

(next to the Limes Centre), Chigwell, IG7 5LP  
(supported by Chigwell Parish Council)

**Friday 5 August – 1.30pm-3.30pm**

**Wednesday 24 August – 10am-12noon**

## Epping

### **Stonards Hill Recreation Ground**

Stonards Hill, Epping, CM16 6SP

(supported by Epping Town Council)

**Monday 25 July, 1.30-3.30pm**

**Monday 8 August, 1.30-3.30pm**

**Monday 15 August, 1.30-3.30pm**

### **Epping Playing Fields (Doorstep Green)**

Epping Green, CM16 6QJ

(supported by Epping Upland Parish Council)

**Friday 29 July – 10am-12noon**

**Friday 19 August – 10am-12noon**

## Loughton

### **Roding Valley Recreation Ground**

(near Tennis Courts), 194 Roding Rd, Loughton

IG10 3LQ (supported by Loughton Town Council)

**Tuesday 26 July – 1.30pm-3.30pm**

**Tuesday 2 August – 1.30pm-3.30pm**

**Tuesday 9 August – 1.30pm-3.30pm**

**Tuesday 16 August – 1.30pm-3.30pm**

### **Jessel Green**

Jessel Drive, Loughton IG10 2EQ

(supported by Loughton Town Council)

**Thursday 28 July - 1.30pm-3.30pm**

**Thursday 4 August – 1.30pm-3.30pm**

**Thursday 11 August – 1.30pm-3.30pm**

**Thursday 18 August – 1.30pm-3.30pm**

**Thursday 25 August – 1.30pm-3.30pm**

## Nazeing

### **Elizabeth Close Play Area**

Nazeing, EN9 2HX

(supported by Nazeing Parish Council)

**Tuesday 23 August – 1.30pm-3.30pm**

## North Weald

### **Queens Hall Community Centre**

(playing field), The Pavilions, School Green Lane,

North Weald Bassett CM16 6EY

(supported by North Weald Bassett Parish Council)

**Tuesday 9 August – 10am-12noon**

### **Thornwood Common Playing Field**

Parish Hall, Weald Hall Lane, Thornwood

CM16 6NB

(supported by North Weald Bassett Parish Council)

**Friday 12 August – 10am-12noon**

## Ongar

### **Shelley Park**

St Peters Avenue, Ongar, CM5 0BT

(supported by Ongar Town Council)

**Thursday 28 July – 10am-12noon**

**Thursday 11 August – 10am-12noon**

### **Jubilee Park Pavilion**

Love Lane, Chipping Ongar, Ongar CM5 9BL

(supported by Ongar Town Council)

**Thursday 4 August – 10am-12noon**

**Thursday 18 August – 10am-12noon**

### **Bobbingworth Nature Reserve**

Moreton Bridge, Moreton, Ongar, CM5 0LL

(supported by Moreton, Bobbingworth and The Lavers Parish Council)

**Tuesday 16 August – 10am-12noon**

## Roydon

### **Roydon Playing Fields**

Occupation Lane, Roydon, CM19 5HL

(supported by Roydon Parish Council)

**Friday 5 August – 10am-12noon**

**Friday 19 August – 1.30pm-3.30pm**

## Waltham Abbey

### **Town Mead Leisure Park**

Brooker Road, Waltham Abbey, EN9 1JH

(supported by Waltham Abbey Town Council)

**Tuesday 26 July – 10am-12noon**

**Monday 1 August – 10am-12noon**

**Monday 8 August – 10am-12noon**

**Monday 15 August – 10am-12noon**

**Monday 22 August – 10am-12noon**

## Multi Sports

**£23.00 per day**



-  Children 5-12 years
-  Every Tuesday, Wednesday & Thursday in August  
excl Tuesday 30, Wednesday 31 August
-  9.15am – 4pm  
Drop off 8.45am – 9.15am  
Pick-up 3.45pm – 4pm
-  Epping & Loughton
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Have some summer holiday fun at Multi-Sports!** You will learn basic skills in sports such as tennis, football, and athletics. It's a chance to try something new and enjoy games with your friends. Great for those who enjoy both individual and team sports.

### Epping

#### Epping Upper Clacton Rugby Football Club

Upland Road, Thornwood, Epping CM16 6NL

**Tuesday 2 August – Wednesday 3 August**

**Thursday 4 August – Tuesday 9 August**

**Wednesday 10 August – Thursday 11 August**

### Loughton

#### Loughton Cricket Club

High Road, The Uplands, Loughton IG10 1NQ

**Tuesday 16 August – Wednesday 17 August**

**Thursday 18 August – Tuesday 23 August**

**Wednesday 24 August – Thursday 25 August**

## Family Fun Drop Ins at Epping Forest District Museum

**£2.40**



-  Children all ages welcome  
most suitable for 5-11 years
-  Tuesdays in July/August  
excl Tuesday 30 August
-  10.30am – 3.30pm
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey  
EN9 1EL
-  01992 716882  
[museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)

**Tue 26 July – Make a creature from clay**

**Tue 9 August – Print an animal picture**

**Tue 23 August – Make a creature from clay**

**Tue 2 August – Make an animal mask**

**Tue 16 August – Make your own paper puppet pet**

Join us at Epping Forest District Museum for our summer drop in craft activities inspired by the Wildlife Photographer of the year exhibition! **No need to book, just drop in during the times above and allow about 30 minutes to do the activity.**

Children must be accompanied by a responsible adult. We regret we cannot accommodate large groups or holiday clubs at these sessions – please contact us to arrange.

## Summer Holidays – Week 1: 25-30 July

### Children's Cupcake Decorating Workshop

£11.20



-  Children 5-12 years
-  Wednesday 27 July
-  10am – 12 noon
-  The Limes Centre, Chigwell IG7 5LP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Be as creative as you like at this fun and informal cupcake decorating workshop.** You will be using chocolate, icing and all sorts of goodies to decorate your cupcakes. All materials provided.

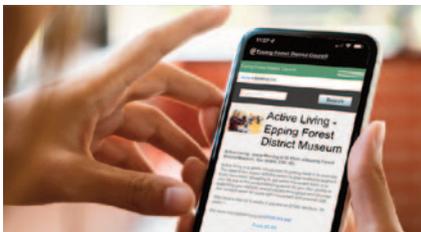
### Children's Pizza Making Workshop

£11.20



-  Children 5-12 years
-  Thursday 28 July
-  1.30pm – 3.30pm
-  The Limes Centre, Chigwell IG7 5LP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Learn how to make magnificent pizzas.** Start from scratch by making the dough base, and then be as crazy as you like with your toppings. We will be making and cooking some pizzas during the workshop for you to taste, and you will take your own creations home to cook and eat too. All materials provided.



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)**

## Wildlife Photographer of the Year Fun Day

from £2.40



-  Children all ages welcome
-  Saturday 30 July
-  10am – 3pm
-  Epping Forest District Museum,  
39 Sun Street,  
Waltham Abbey EN9 1EL
-  01992 716882  
museum@eppingforestdc.gov.uk

**Join us for a day of wild activities at our special event!** Have your face painted in the museum garden and transform into your favourite animal (**£5 for a full face, or £3.50 for a 'festival style' design – no booking required, first come first served**). Get crafting and make your own paper wildlife creations (**£2.40 – drop-in session**). Watch out for the larger than life animals who will be walking around the museum and Sun Street. Say hello and ask them about what activities will be happening in the district this summer.

Also, don't forget to book in to the **Wildlife photographer of the Year exhibition** and see what all the fuss is about! It's FREE. Book at [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

Children must be accompanied by an adult at all times.



### Planning a birthday party for your child?

Did you know you can hire one of our multifunctional spaces at the museum or the Limes Centre? Daytime, evening and weekend spots available.

**To discuss your event please call 01992 564 226.**



## Summer Holidays – Week 2: 1-6 August

### Musical in 2 Days: Welcome to Wonderland

£44.00



-  Children 5-12 years
-  Monday 1 and Tuesday 2 August
-  10am – 3.30pm
-  North Weald Village Hall,  
High Road, North Weald  
CM16 6BU
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Be a fabulous performer, show off your singing, dancing and acting skills in a mini version of Alice in Wonderland.** Working with our choreographer, you'll recreate scenes and musical numbers to pop songs and musical theatre tracks; then show them to your family and friends in a performance at the end of day two.

### Childrens' Craft Camp

£22.00



-  Children 5-12 years
-  Tuesday 2 August
-  10am – 3pm
-  Jack Silley Pavilion,  
Stonards Hill Recreation Ground,  
Epping CM16 6SP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come along and enjoy a fun day of crafty summer activities** and take home your creations at the end of the day. In between making crafts we will be playing games. Please bring a packed lunch and dress in appropriate clothing as we will be going outside. All materials provided.



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)

## Childrens' Science Camp

£22.00



-  Children 5-12 years
-  Wednesday 3 August
-  10am – 3pm
-  Jack Silley Pavilion,  
Stonards Hill Recreation Ground,  
Epping CM16 6SP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come along and have fun, make new friends at this all new activity camp.** We will be making and experimenting with all things Science. We will also be playing games and going outside if the weather allows. Please come dressed in old clothes and bring a packed lunch. All materials provided.

## Children's Meet the Animals

£8.00



-  All ages
-  Saturday 6 August
-  10am – 3.30pm
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey  
EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come along and 'Meet the Animals' at Epping Forest District Museum as we bring the Wildlife Photographer of the Year Exhibition to life!** Get up close and handle some fascinating animals, and learn all about how they live and what it's like to care for them from the animal expert Garg Williams. Whether you love the warm and fluffy ones, or the cold and scaly ones, there will be something for you! We cannot make guarantees of specific animals for the day, or for certain time slots, in order to protect the welfare of the animals. Expect to see a selection of the following though: owls, insects, snakes, lizards, tortoises, chinchillas, skunks, and armadillos. Each session with the animals is 30 minutes long.

Children under the age of 16 must be accompanied by an adult – accompanying adults attend free of charge.

## Summer Holidays – Week 3: 8-13 August

### Children's Fabulous Foodie Fun Day

£22.00



-  Children 5-12 years
-  Tuesday 9 August
-  10am – 3pm
-  Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping CM16 6SP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come and enjoy a day of foodie making fun.** We will be making pizza and cookies. In between making our culinary delights we will be playing games. Please bring a packed lunch and dress appropriately as we may get a little messy! All materials provided.

### Childrens' Craft Camp

£22.00



-  Children 5-12 years
-  Wednesday 10 August
-  10am – 3pm
-  Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping CM16 6SP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come along and enjoy a fun day of crafty summer activities and take home your creations at the end of the day.** In between making crafts we will be playing games. Please bring a packed lunch and dress in appropriate clothing as we will be going outside. All materials provided.

### Family Fun Day

FREE



-  All ages welcome
-  Saturday 13 August
-  10am – 4pm
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  [museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)

**Join us at Epping Forest District Museum for our annual Family Fun Day.** Miraiker's World of Puppets will be back with shows taking place at 11:30am, 1pm and 3pm. There'll be balloon modelling and bubble blowing fun, as well as the chance to try the puppets afterwards and put on your own show! **No need to book, just come along on the day.** Children must be accompanied by a responsible adult.

## Summer Holidays – Week 4: 15-20 August

### Childrens' Truffle Making Workshop

£11.20



-  Children 5-12 years
-  Tuesday 16 August
-  10am – 12 noon
-  The Box, St John's Road, Epping CM16 5DN
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Come along and make new friends at this fun, creative truffle making workshop.** Learning how to make, decorate and maybe even try your delicious truffles before taking them home. All materials provided.

### Childrens' Cookie Making Workshop

£11.20



-  Children 5-12 years
-  Wednesday 17 August
-  10am – 12 noon
-  The Limes Community Centre, Limes Avenue, Chigwell IG7 5LP
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Calling all budding bakers!** Learn how to make yummy cookies at this fun and relaxed workshop. You will be making cookies from scratch and adding in lots of different ingredients. All materials provided.

### Childrens' Animation Workshop

£11.20



-  Children 5-12 years
-  Friday 19 August
-  10am – 12 noon
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Let loose your creativity and produce a short animated film.** You will make your own creature out of clay and 'bring it to life' with some simple but effective animation techniques. Each attendee will be sent their animation via email after the workshop to enjoy and show off to friends and family. Animations will be produced in pairs or small groups depending on numbers. All materials provided.

## Summer Holidays – Week 5: 22-27 August

### Children's How to Draw

**£11.20**


-  Children 7-14 years
-  Wednesday 24 August
-  10.30am – 12.30pm
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Work with our in-house artist to understand the basics of drawing in this fun and friendly session.** You will learn how looking at shapes, shades and marks can help you to draw. Parents – you are welcome to come and learn too but will need to book your own space!

### Children's How to Paint with Watercolours

**£11.20**


-  Children 7-14 years
-  Wednesday 24 August
-  1.30pm – 3.30pm
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Learn to paint in watercolour with our friendly in-house artist.** This session will help you to understand the basic principles of watercolour painting. There will be lots of demonstrations and easy to follow activities and plenty of fun. Parents – you are welcome to come and learn too but will need to book your own space!

### Children's How to Draw a Portrait

**£11.20**


-  Children 7-14 years
-  Thursday 25 August
-  10.30am – 12.30pm
-  Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**In this fun and friendly artist-lead session, we will be focussing on the art of portraiture.** You will learn how a face fits together and how to capture a personality. There will be lots of demonstrations and easy to follow activities. Parents – you are welcome to come and learn too but will need to book your own space!

## Children's How to Paint with Acrylic

£11.20



-  Children 7-14 years
-  Thursday 25 August
-  1.30pm – 3.30pm
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Learn how to paint with acrylic in this fun, artist-lead workshop.** Get to grips with this fantastic, fast-drying, plastic paint! You will be trying a variety of different techniques. Make sure you wear old clothes, acrylic is hard to remove! Parents – you are welcome to come and learn too but will need to book your own space!

## Children's How to Draw a Landscape

£11.20



-  Children 7-14 years
-  Friday 26 August
-  10.30am – 12.30pm
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Landscape painting is a major part of our cultural heritage.** Why not come along and have a go yourself? In this artist-lead workshop you will learn to use perspective and scale to create your own masterpieces. Parents – you are welcome to come and learn too but will need to book your own space!

## Children's How to Collage

£11.20



-  Children 7-14 years
-  Friday 26 August
-  1.30pm – 3.30pm
-  Epping Forest District Museum,  
39 Sun Street, Waltham Abbey EN9 1EL
-  [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**In this fun artist-lead workshop you will be getting creative with collage.** There will be no end of different paper, textiles, stickers, stencils, gems and shape-cutters to explore. Grab a glue stick and come and let loose your inner artist! Please wear old clothes as collage can get messy. Parents – you are welcome to come and learn too but will need to book your own space!

# Inclusion Programme

## Summer Holidays Activities

**ActivAte**

**FREE**



-  Children 5 - 16 years
-  Tuesday 26 July  
Tuesday 2 August  
Tuesday 9 August  
Tuesday 16 August
-  11am – 3pm
-  TBC
-  Will Fordham  
wfordham@eppingforestdc.gov.uk

The **Essex ActivAte programme** will support young people who are eligible for benefits based free school meals and come from working families. Over the summer holidays this will include a range of provisions including:

- **Fun and inclusive sessions to support children's physical and mental wellbeing**
- **Variety of sport and enrichment activities including arts and crafts and food preparation**
- **Expert support for SEND pupils and young people suffering poor mental health.**

Free spaces are for children who are eligible for benefits based free school meals as well as children who come from low income working families who would benefit from this extra support. We are also offering paid spaces, so please book appropriately as we have a limited number of spaces. This session is only for children or young people with special educational needs and disabilities (SEND) and their siblings.

## Inclusion Project – Pizza Making

**£11.20**



-  5-25 years
-  Thursday 28 July
-  10.30am – 12.30am
-  The Limes Centre,  
Chigwell IG7 5LP
-  01992 564226

**Calling all budding chefs!** Join us for this pizza making session. We will learn how to make the dough from scratch, have a selection of toppings to get those taste buds going, and the best bit....we get to eat the pizzas at the end! All ingredients are provided.

## Inclusion Project – Football Fun

**£8.80**



-  5-25 years
-  Thursday 4 August
-  1pm – 3pm
-  Epping Upper Clapton Rugby Football Club, Upland Road, Thornwood CM16 6NL
-  01992 564226

**Join us for some football fun this summer.** This session will be a mix of individual skills and challenges, as well as some team games to finish with. Perfect for all abilities.

## Inclusion Project – Multi Sports

**£16.00**



-  5-25 years
-  Thursday 11 August
-  10am – 3pm
-  Epping Upper Clapton Rugby Football Club, Upland Road, Thornwood CM16 6NL
-  Thursday 18 August
-  10am – 3pm
-  Loughton Cricket Club, The Uplands, Loughton IG10 1NQ
-  01992 564226

**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 and boccia to name just a few! Your child will need a packed lunch, plenty to drink and please wear suitable clothing. Some activities will take place outside. Plenty of fun and prizes to be won.



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)**

## Inclusion Project – Bounce & Swim

**£15.00**



-  5-25 years
-  Friday 12 August
-  1pm – 3pm
-  Ongar Leisure Centre,  
The Gables, Fyfield Road,  
Ongar CM5 0GA
-  01992 564226

**Come and enjoy an hour of trampolining, finished off with an hour of swimming.** Parents can swim too! If your child is under 8 you need to be present for the swim session. Must book in advance.

## Inclusion Project – Suntrap Fun Days

**£20.00**



-  5-25 years
-  Monday 1 August  
Monday 15 August
-  10am – 3pm
-  Suntrap Forest Education Centre,  
Church Road, Loughton IG10 4AJ
-  01992 564226

**Join us this summer for an action packed day in the forest.** Our fun days will include bush crafts as well as sensory trails and exploring the forest. Siblings can attend, just book them a space and dress appropriately for the weather! These sessions promise to be packed with learning and lots of fun!

## Inclusion Project – Cookie Making

**£11.20**



-  5-25 years
-  Wednesday 17 August
-  1pm – 3pm
-  The Limes Centre, Limes Avenue  
Chigwell IG7 5LP
-  01992 564226

**Join us for cookie making!** Test your skills as we make cookies from scratch. Design your own and add different ingredients and then best of all – try your tasty treats. All ingredients are provided.

## Inclusion Project – Arts & Crafts

**£11.20**



- 5-25 years
- Monday 22 August
- 10am – 12 noon
- Epping Forest District Museum,  
39 Sun Street, Waltham Abbey  
EN9 1EL
- 01992 564226

**Come along and enjoy a fun packed arts and crafts session!** We will be spending the morning making lots of exciting crafts to take home to wow your friends and family with.

## Inclusion Project – Camping

**£120** two nights / **£70** one night



- 7-25 years
- Wednesday 24 – Friday 26 August
- Arrive 10am
- Lambourne End Centre for  
Outdoor Learning  
Manor Road, Lambourne End  
RM4 1NB
- 01992 564226

**Join us at Lambourne End as we finish the summer with our two-night camping trip!** Your child will need a sleeping bag, swimming costume, towel and warm clothes for the evening. Various activities throughout the days and evenings will include pizza making, team building, swimming, archery, fun and games, BBQ and much, much more.

**Day 1** (arrive at 10:00 and leave on Thursday at 10) consists of Teambuilding games, sports activities, pizza making, campfires and bingo!

**Day 2 and 3** (arrive Wednesday leave Friday) consists of Earth ball, Swimming, a BBQ, Archery, Exploring the woods, Campfires and hot chocolate! **What a way to end the summer holidays!**

## Buddy Up – West Essex Adult Inclusion Project

The Buddy Up project supports adults aged 18+ with learning disabilities, autism or both across West Essex (Epping, Harlow and Uttlesford) into community activities and social situations. The project will pair a buddy with an individual, based on common interests. As we come out of the isolation that lockdown brought, we want to become a society that is more inclusive and accepting of anyone no matter their differences.



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 would love to hear from you!

**Olivia Timotheou** – Adult Disability Inclusion Officer, Epping Forest District Council  
**Tel: 01992 564083 Mobile: 07729 109006 Email: [otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk)**

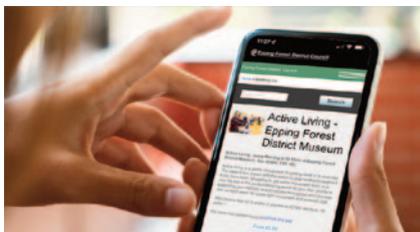
## Epping Forest Inclusion Project

The Epping Forest Inclusion Project supports children and young people aged 3-25 with a learning difficulty or disability through sport and leisure activities. We work alongside many providers in Essex to provide specialist support and fun activities all year round. We offer both term time activities as well as a school holiday programme. If you are interested to find out more please get in touch.

**Please join our Facebook page if you wish to find out more and receive regular updates**

 **[EppingForestDisabilityForum](#)**

**or contact Will Fordham Mobile: 07548 162269 Email: [wfordham@eppingforestdc.gov.uk](mailto:wfordham@eppingforestdc.gov.uk)**



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

## Inclusion Project – Horse Riding @ Woodredon

**£25.00**



-  5-14 years
-  every Saturday
-  10.45 – 11.15
-  Woodredon Equestrian Centre  
Woodredon Farm Lane,  
Waltham Abbey EN9 3SX
-  01992 564226

**Horse riding sessions as part of our inclusion programme.** Each rider will require a spotter – someone to walk alongside.

## Inclusion Project – Boxing 7+

**£3.50**



-  7-25 years
-  every Thursday in July
-  6pm – 7pm
-  Debden Park High School,  
Willingale Road,  
Debden IG10 2BQ
-  01992 564226

**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 and games.

## Inclusion Project – SEND Wildcats

**£2.00**



-  Girls 5-12 years
-  every Friday
-  5.30pm – 6.30pm
-  Townmead 3G Pitch  
Waltham Abbey  
EN9 1JH
-  01992 564226

**Working with the Essex FA to offer the Wildcats programme to girls ages 5-12 years with a learning difficulty or disability.** These sessions specifically support these young players. Have fun, make friends and play football.

## Inclusion Project – Soccerability

**£3.50**



-  5-25 years
-  every Friday
-  4pm – 5pm
-  Townmead 3G Pitch  
Waltham Abbey  
EN9 1JH
-  01992 564226

**A fun football-based session suitable for all levels.** Individual games and skills, followed by lots of mini challenges. Siblings are welcome.

## Inclusion Project – Street Tennis

**£3.50**



-  5-16 years
-  every Monday in July
-  3.45pm – 4.45pm
-  The Limes Centre,  
Chigwell IG7 5LP
-  01992 564226

**Come and give our exciting Street Tennis session a try!** Learn new skills through various games and challenges with all equipment provided for you. Street Tennis is perfect for all abilities including beginners. Siblings welcome.

## Inclusion Project – Trampolining

**£5.50**



-  5-18 years
-  every Tuesday
-  4pm – 5pm,  
5pm – 6pm,  
6pm – 7pm
-  Debden Park High  
School,  
Willingale Road,  
Debden IG10 2BQ

-  5-18 years
-  every Wednesday
-  4pm – 5pm,  
5pm – 6pm
-  Ongar Leisure Centre,  
The Gables,  
Fyfield Road, Ongar  
CM5 0GA
-  01992 564226

**Coached trampolining sessions** where participants will work towards the Winstrada Grades. Siblings welcome.

# 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?**

For further information please contact:

**Wendy Cockbill 07548 145654**

**wcockbill@eppingforestdc.gov.uk**



## Volunteer at Epping Forest District Museum

If you enjoy interacting with people, want to learn more about local history, are looking to develop new skills or meet new people we have lots of opportunities!

Opportunities can involve many aspects of museum work from collections to education, from exhibitions to front of house and looking after our garden.

**To find out more contact the museum on 01992 716882**

**or email [museum@eppingforestdc.gov.uk](mailto:museum@eppingforestdc.gov.uk)**

## Volunteer for our Buddy Up Programme

We are looking for Buddies for our **Adult Inclusion Buddy Up Programme**. This programme supports adults with learning disabilities and/or autism into community activities and social situations.

Have you found yourself with more free time and not sure what to do with it?



**For more information contact Olivia at [otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk) or 01992 564083/07729 109006**

# Other Items of Interest

## APPLY FOR *Community* GRANT FUNDING



We award grants to organisations involved in providing community work, cultural or sport activities that improve the wellbeing of residents in the Epping Forest district.

Grants up to a maximum of £5,000 are available for one-off new projects, initiatives or further development of an existing scheme. You can apply for up to 50% of your total project costs, but applications cannot be made retrospectively.

If you would like to know more, please visit:  
[www.eppingforestdc.gov.uk/community/grant-aid/](http://www.eppingforestdc.gov.uk/community/grant-aid/)

Or contact us: 01992 564096 or email [grantaid@eppingforestdc.gov.uk](mailto:grantaid@eppingforestdc.gov.uk)



**ARTS GROUPS**

**CULTURE GROUPS**

**SPORTS CLUBS**

**SOCIAL ENTERPRISES**

**COMMUNITY  
INTEREST GROUPS**

**TRUSTS**

**LOCAL  
COMMUNITY GROUPS**

**LOCAL  
VOLUNTARY GROUPS**

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## WEEKLY ACTIVITIES

<span style="color: green;">■</span>	Sat 21 May – 27 Aug	Wildlife Photographer of the Year Exhibition	All day	Waltham Abbey	5
<span style="color: green;">▲</span>	Various	Social. Active. Strong		Various	7
<span style="color: green;">▲</span>	Monday	Active Living – Epping Forest District Museum	9.15am	Waltham Abbey	8
<span style="color: green;">▲</span>	Monday	Life Walks	10am	Various	15
<span style="color: green;">▲</span>	Monday	Strength and Balance – Waltham Abbey	10.30am	Waltham Abbey	9
<span style="color: green;">▲</span>	Monday	Strength and Balance – Waltham Abbey	11.45am	Waltham Abbey	9
<span style="color: red;">+</span>	Monday	Inclusion Project – Street Tennis (July only)	3.45pm	Chigwell	39
<span style="color: green;">▲</span>	Monday	Active Living – Limes Farm Chigwell	5pm	Chigwell	8
<span style="color: green;">▲</span>	Tuesday	Life Walks	10am	Various	15
<span style="color: green;">▲</span>	Tuesday	Walking Football	11.30am	Waltham Abbey	11
<span style="color: green;">▲</span>	Tuesday	Revive – Zoom	1pm	via Zoom	12
<span style="color: red;">+</span>	Tuesday	Inclusion Project – Trampolining	4pm	Debden	39
<span style="color: red;">+</span>	Tuesday	Inclusion Project – Trampolining	5pm	Debden	39
<span style="color: red;">+</span>	Tuesday	Inclusion Project – Trampolining	6pm	Debden	39
<span style="color: green;">▲</span>	Tuesday	Project You	7pm	Waltham Abbey	9
<span style="color: green;">▲</span>	Wednesday	Cycling for Health	10am	Various	13
<span style="color: green;">▲</span>	Wednesday	Epping Forest District Museum Community Café	12 noon	Waltham Abbey	20
<span style="color: green;">▲</span>	Wednesday	Active Living – Zoom	1.30pm	via Zoom	8
<span style="color: green;">▲</span>	Wednesday	Strength and Balance – Zoom	3.15pm	via Zoom	10
<span style="color: red;">+</span>	Wednesday	Inclusion Project – Trampolining	4pm	Ongar	39
<span style="color: red;">+</span>	Wednesday	Inclusion Project – Trampolining	5pm	Ongar	39
<span style="color: green;">▲</span>	Wednesday	Project You	7.30pm	Waltham Abbey	9
<span style="color: green;">▲</span>	Thursday	Strength and Balance – Loughton	9am	Loughton	10
<span style="color: green;">▲</span>	Thursday	Life Walks	10am	Various	15
<span style="color: green;">▲</span>	Thursday	Ongar Puzzle & Games Club	10am	Ongar	20
<span style="color: red;">+</span>	Thursday	Inclusion Project – Boxing 7+	6pm	Loughton	38
<span style="color: green;">▲</span>	Friday	Keep Fit – Loughton	10am	Loughton	10
<span style="color: green;">▲</span>	Friday	Indoor Bowls – Waltham Abbey	10am	Waltham Abbey	12
<span style="color: green;">▲</span>	Friday	Museum Movers	10.30am	Waltham Abbey	13
<span style="color: green;">▲</span>	Friday	Pilates – Loughton	11am	Loughton	11
<span style="color: green;">▲</span>	Friday	Football for Fitness	12am	Ongar	11
<span style="color: red;">+</span>	Friday	Inclusion Project – Soccerability	4pm	Waltham Abbey	39
<span style="color: orange;">●</span>	Friday	Wildcats (term time only)	5pm	Waltham Abbey	23
<span style="color: red;">+</span>	Friday	Inclusion Project – SEND Wildcats	5.30pm	Waltham Abbey	38
<span style="color: red;">+</span>	Saturday	Inclusion Project – Horse Riding @ Woodredon	10.45am	Waltham Abbey	38
<span style="color: green;">▲</span>	Sunday	Life Walks	10.30am	Various	15
<span style="color: green;">■</span>	Sat 17 Sept – 17 Dec	Animal Mummies: Uncovers	All day	Waltham Abbey	5

▲ Adult Programme   ● Children's Programme   + Inclusion Programme   ■ Epping Forest District Museum



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## Activities in July 2022

▲	Sun 3 July	Life Walks – The Stubbles and Strawberry Hill	10.30am	LVRP	18
▲	Mon 4 July	Life Walks – Cornmill Meadows	10am	LVRP	18
▲	Tue 5 July	Life Walks – North Weald Radio Station	10am	North Weald	19
▲	Wed 6 July	Cycling for Health – Hooks Marsh	10am	LVRP	14
▲	Thu 7 July	Life Walks – Lee Valley Water Centre	10am	LVRP	19
▲	Sun 10 July	Life Walks – Green Acre Woodland	10.30am	North Weald	17
▲	Mon 11 July	Life Walks – Gernon Bushes Nature Reserve	10am	Epping	19
▲	Tue 12 July	Life Walks – Gunpowder Park	10am	LVRP	18
▲	Wed 13 July	Cycling for Health – Gunpowder Park	10am	LVRP	14
▲	Thu 14 July	Life Walks – Holyfield Lake	10am	LVRP	18
▲	Sun 17 July	Life Walks – Warlies	10.30am	Upshire	19
▲	Mon 18 July	Life Walks – Fyfield Loop	10am	Fyfield	19
▲	Tue 19 July	Life Walks – Cornmill and Dragonfly Sanctuary	10am	LVRP	18
●	Tue 19 Jul	Museum Toddlers	10am	Waltham Abbey	21
▲	Wed 20 July	Cycling for Health – Green Acre	10am	North Weald	14
▲	Thu 21 July	Life Walks – Stonards Hill Recreation Ground	10am	Epping	18
▲	Sun 24 July	Life Walks – The Stubbles and Strawberry Hill	10.30am	LVRP	18
▲	Mon 25 July	Life Walks – Roding Valley Recreation Ground	10am	Loughton	18
●	Mon 25 July	Play in the Park	1.30pm	Epping	23
▲	Tue 26 July	Life Walks – Nazeing Mead	10am	Nazeing	19
●	Tue 26 July	Play in the Park	10am	Waltham Abbey	23
●	Tue 26 July	Family Fun Drop In at Epping Forest District Museum	10.30am	Waltham Abbey	24
+	Tue 26 July	Disability Inclusion – ActivAte	11am	TBC	33
●	Tue 26 July	Play in the Park	1.30pm	Loughton	23
▲	Wed 27 July	Cycling for Health – Fishers Green	10am	LVRP	14
●	Wed 27 Jul	Play in the Park	10am	Abridge	22
●	Wed 27 July	Children's Cupcake Decorating Workshop	10am	Chigwell	25
●	Wed 27 Jul	Play in the Park	1.30pm	Buckhurst Hill	22
●	Thu 28 July	Play in the Park	10am	Ongar	23
▲	Thur 28 July	Life Walks – Around Waltham Abbey Gardens	10am	LVRP	17
+	Thu 28 July	Inclusion Project – Pizza Making	10.30am	Chigwell	33
●	Thu 28 July	Play in the Park	1.30pm	Loughton	23
●	Thu 28 July	Children's Pizza Making Workshop	1.30pm	Chigwell	25
●	Fri 29 July	Play in the Park	10am	Epping	23
●	Fri 29 July	Play in the Park	1.30pm	Chigwell	22
●	Sat 30 July	Wildlife Photographer of the Year Fun Day	10am	Waltham Abbey	26
▲	Sun 31 July	Life Walks – North Metropolitan Pit Lake	10.30am	LVRP	17

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## Activities in August 2022

<span style="color: green;">▲</span>	Mon 1 Aug	Life Walks – Gunpowder Park	10am	LVRP	18
<span style="color: orange;">●</span>	Mon 1 Aug	Musical in 2 Days – Day 1	10am	North Weald	27
<span style="color: orange;">●</span>	Mon 1 Aug	Play in the Park	10am	Waltham Abbey	23
<span style="color: red;">+</span>	Mon 1 Aug	Inclusion Project – Suntrap Fun Day	10am	Loughton	35
<span style="color: orange;">●</span>	Mon 1 Aug	Play in the Park	1.30pm	Chigwell	22
<span style="color: orange;">●</span>	Tue 2 Aug	Multi Sports	9.15am	Epping	24
<span style="color: green;">▲</span>	Tue 2 Aug	Life Walks – Green Acre Woodland	10am	North Weald	17
<span style="color: orange;">●</span>	Tue 2 Aug	Musical in 2 Days – Day 2	10am	North Weald	27
<span style="color: orange;">●</span>	Tue 2 Aug	Children's Craft Camp	10am	Epping	27
<span style="color: orange;">●</span>	Tue 2 Aug	Family Fun Drop In at Epping Forest District Museum	10.30am	Waltham Abbey	24
<span style="color: red;">+</span>	Tue 2 Aug	Disability Inclusion – ActivAte	11am	TBC	33
<span style="color: orange;">●</span>	Tue 2 Aug	Play in the Park	1.30pm	Loughton	23
<span style="color: orange;">●</span>	Wed 3 Aug	Multi Sports	9.15am	Epping	24
<span style="color: orange;">●</span>	Wed 3 Aug	Children's Science Camp	10am	Epping	28
<span style="color: green;">▲</span>	Wed 3 Aug	Cycling for Health – Hooks Marsh	10am	LVRP	14
<span style="color: orange;">●</span>	Wed 3 Aug	Play in the Park	10am	Abridge	22
<span style="color: orange;">●</span>	Wed 3 Aug	Play in the Park	1.30pm	Buckhurst Hill	22
<span style="color: orange;">●</span>	Thu 4 Aug	Multi Sports	9.15am	Epping	24
<span style="color: green;">▲</span>	Thu 4 Aug	Life Walks – Gernon Buses Nature Reserve	10am	Epping	19
<span style="color: orange;">●</span>	Thu 4 Aug	Play in the Park	10am	Ongar	23
<span style="color: red;">+</span>	Thu 4 Aug	Inclusion Project – Football Fun	1pm	Thornwood	34
<span style="color: orange;">●</span>	Thu 4 Aug	Play in the Park	1.30pm	Loughton	23
<span style="color: orange;">●</span>	Fri 5 Aug	Play in the Park	10am	Roydon	23
<span style="color: orange;">●</span>	Fri 5 Aug	Play in the Park	1.30pm	Chigwell	22
<span style="color: orange;">●</span>	Sat 6 Aug	Children's Meet the Animals	10am	Waltham Abbey	28
<span style="color: green;">▲</span>	Sun 7 Aug	Life Walks – Cornmill Meadows	10.30am	LVRP	18
<span style="color: green;">▲</span>	Mon 8 Aug	Life Walks – North Weald Radio Station	10am	North Weald	19
<span style="color: orange;">●</span>	Tue 8 Aug	Play in the Park	10am	Waltham Abbey	23
<span style="color: orange;">●</span>	Mon 8 Aug	Play in the Park	1.30pm	Epping	23
<span style="color: orange;">●</span>	Tue 9 Aug	Multi Sports	9.15am	Epping	24
<span style="color: green;">▲</span>	Tue 9 Aug	Life Walks – Roding Valley Nature Reserve	10am	Chigwell	18
<span style="color: orange;">●</span>	Tue 9 Aug	Play in the Park	10am	North Weald	23
<span style="color: orange;">●</span>	Tue 9 Aug	Children's Fabulous Foodie Fun Day	10am	Epping	29
<span style="color: orange;">●</span>	Tue 9 Aug	Family Fun Drop In at Epping Forest District Museum	10.30am	Waltham Abbey	24
<span style="color: red;">+</span>	Tue 9 Aug	Disability Inclusion – ActivAte	11am	TBC	33
<span style="color: orange;">●</span>	Tue 9 Aug	Play in the Park	1.30pm	Loughton	23
<span style="color: orange;">●</span>	Wed 10 Aug	Multi Sports	9.15am	Epping	24
<span style="color: green;">▲</span>	Wed 10 Aug	Cycling for Health – Gunpowder Park	10am	LVRP	14
<span style="color: orange;">●</span>	Wed 10 Aug	Play in the Park	10am	Abridge	22

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	Wed 10 Aug	Children's Craft Camp	10am Epping	29
	Wed 10 Aug	Play in the Park	1.30pm Buckhurst Hill	22
	Thu 11 Aug	Multi Sports	9.15am Epping	24
	Thu 11 Aug	Life Walks – Seventy Acre Lake	10am LVRP	17
	Thu 11 Aug	Play in the Park	10am Ongar	23
	Thu 11 Aug	Inclusion Project – Multi Sports	10am Loughton	34
	Thu 11 Aug	Play in the Park	1.30pm Loughton	23
	Fri 12 Aug	Play in the Park	10am North Weald	23
	Fri 12 Aug	Inclusion Project – Bounce & Swim	1pm Ongar	35
	Fri 12 Aug	Play in the Park	1.30pm Chigwell	22
	Sat 13 Aug	Family Fun Day	10am Waltham Abbey	29
	Sun 14 Aug	Life Walks – Nazeing Mead	10.30am Nazeing	19
	Mon 15 Aug	Life Walks – Grange Farm Loop	10am Loughton	18
	Mon 15 Aug	Play in the Park	10am Waltham Abbey	23
	Mon 15 Aug	Inclusion Project – Suntrap Fun Day	10am Loughton	35
	Mon 15 Aug	Play in the Park	1.30pm Epping	23
	Tue 16 Aug	Multi Sports	9.15am Loughton	24
	Tue 16 Aug	Life Walks – Stonards Hill Recreation Ground	10am Epping	18
	Tue 16 Aug	Play in the Park	10am Ongar	23
	Tue 16 Aug	Children's Truffle Making Workshop	10am Epping	30
	Tue 16 Aug	Family Fun Drop In at Epping Forest District Museum	10.30am Waltham Abbey	24
	Tue 16 Aug	Disability Inclusion – ActivAte	11am TBC	33
	Tue 16 Aug	Play in the Park	1.30pm Loughton	23
	Wed 17 Aug	Multi Sports	9.15am Loughton	24
	Wed 17 Aug	Cycling for Health – Clayton Hill	10am LVRP	14
	Wed 17 Aug	Children's Cookie Making Workshop	10am Chigwell	30
	Wed 17 Aug	Inclusion Project – Cookie Making	1pm Chigwell	35
	Wed 17 Aug	Play in the Park	1.30pm Buckhurst Hill	22
	Thu 18 Aug	Multi Sports	9.15am Loughton	24
	Thu 18 Aug	Life Walks – Cornmill and Dragonfly Sanctuary	10am LVRP	18
	Thu 18 Aug	Play in the Park	10am Ongar	23
	Thu 18 Aug	Play in the Park	1.30pm Loughton	23
	Fri 19 Aug	Play in the Park	10am Epping	23
	Fri 19 Aug	Children's Animation Workshop	10am Waltham Abbey	30
	Fri 19 Aug	Play in the Park	1.30pm Roydon	23
	Sun 21 Aug	Life Walks – The Stubbles and Strawberry Hill	10.30am LVRP	18
	Mon 22 Aug	Life Walks – Fyfield Loop	10am Fyfield	19
	Mon 22 Aug	Play in the Park	10am Waltham Abbey	23
	Mon 22 Aug	Inclusion Project – Arts & Crafts	10am Waltham Abbey	36
	Mon 22 Aug	Play in the Park	1.30pm Chigwell	22

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					Page
●	Tue 23 Aug	Multi Sports	9.15am	Loughton	24
▲	Tue 23 Aug	Life Walks – Cheshunt Lake	10am	LVRP	17
●	Tue 23 Aug	Family Fun Drop In at Epping Forest District Museum	10.30am	Waltham Abbey	24
●	Tue 23 Aug	Play in the Park	1.30pm	Nazeing	23
●	Wed 24 Aug	Multi Sports	9.15am	Loughton	24
▲	Wed 24 Aug	Cycling for Health – Green Acre Woodland	10am	North Weald	14
●	Wed 24 Aug	Play in the Park	10am	Chigwell	22
+	Wed 24 Aug	Inclusion Project – Camping Day 1	10am	Lambourne End	36
●	Wed 24 Aug	Children's How to Draw	10.30am	Waltham Abbey	31
●	Wed 24 Aug	Play in the Park	1.30pm	Buckhurst Hill	22
●	Wed 24 Aug	Children's How to Paint with Watercolours	1.30pm	Waltham Abbey	31
●	Thu 25 Aug	Multi Sports	9.15am	Loughton	24
▲	Thu 25 Aug	Life Walks – Roding Valley Recreation Ground	10am	Loughton	18
+	Thu 25 Aug	Inclusion Project – Camping Day 2	10am	Lambourne End	36
●	Thu 25 Aug	Children's How to Draw a Portrait	10.30am	Waltham Abbey	31
●	Thu 25 Aug	Play in the Park	1.30pm	Loughton	23
●	Thu 25 Aug	Children's How to Paint with Acrylic	1.30pm	Waltham Abbey	32
●	Fri 26 Aug	Play in the Park	10am	Chigwell	22
+	Fri 26 Aug	Inclusion Project – Camping Day 3	10am	Lambourne End	36
●	Fri 26 Aug	Children's How to Draw a Landscape	10.30am	Waltham Abbey	32
●	Fri 26 Aug	Children's How to Collage	1.30pm	Waltham Abbey	32
▲	Sun 28 Aug	Life Walks – Warlies	10.30am	Upshire	19
▲	Tue 30 Aug	Life Walks – Gernon Bushes Nature Reserve	10am	Epping	19
▲	Wed 31 Aug	Cycling for Health – Hooks Marsh	10am	LVRP	14



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)

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## Activities in September 2022

▲	Thur 1 Sept	Life Walks – Green Acre Woodland	10am	North Weald	17
▲	Sun 4 Sept	Life Walks – Cornmill and Dragonfly Sanctuary	10.30am	LVRP	18
▲	Mon 5 Sept	Life Walks – Sewardstone Marsh	10am	LVRP	19
▲	Tue 6 Sept	Life Walks – Stonards Hill Recreation Ground	10am	Epping	18
▲	Wed 7 Sept	Cycling for Health – Gunpowder Park	10am	LVRP	14
▲	Thu 8 Sept	Life Walks – Lea Navigation & Scrape	10am	LVRP	17
▲	Sun 11 Sept	Life Walks – Fishers Green to Aqueduct Lock	10.30am	LVRP	19
▲	Mon 12 Sept	Life Walks – Cornmill Meadows	10am	LVRP	18
▲	Tue 13 Sept	Life Walks – Nazeing Mead	10am	Nazeing	19
▲	Wed 14 Sept	Cycling for Health – Clayton Hill	10am	LVRP	14
▲	Thu 15 Sept	Life Walks – Lee Valley Water Centre	10am	LVRP	19
▲	Sun 18 Sept	Life Walks – The Stubbles and Strawberry Hill	10.30am	LVRP	18
▲	Mon 19 Sept	Life Walks – Fyfield Loop	10am	Fyfield	19
▲	Tue 20 Sept	Life Walks – Old River Lea Loop	10am	LVRP	17
▲	Wed 21 Sept	Cycling for Health – Fishers Green	10am	LVRP	14
▲	Thu 22 Sept	Life Walks – Holyfield Lake	10am	LVRP	18
▲	Sun 25 Sept	Life Walks – Bowyers Water	10.30am	LVRP	17
▲	Mon 26 Sept	Life Walks – Gernon Bushes Nature Reserve	10am	Epping	19
▲	Tue 27 Sept	Life Walks – Stonards Hill Recreation Ground	10am	Epping	18
▲	Wed 28 Sept	Cycling for Health – Hooks Marsh	10am	LVRP	14
▲	Thu 29 Sept	Life Walks – North Weald Radio Station	10am	North Weald	19





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