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WHAT'S ON

IN EPPING FOREST

April – June 2023

EPPING
FOREST
DISTRICT
MUSEUM

ACTIVITIES
FOR
ADULTS

ACTIVITIES
FOR
CHILDREN

INCLUSION
PROGRAMME

VOLUNTEERING
IN EPPING
FOREST

OTHER
ITEMS OF
INTEREST



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone! Simply visit **eppingforestdc.bookinglive.com**



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www.eppingforestdc.gov.uk

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Epping Forest District Museum



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Welcome

A very warm welcome to the next 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 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

FIND US ON SOCIAL MEDIA

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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

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

Book online: eppingforestdc.bookinglive.com

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.



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.

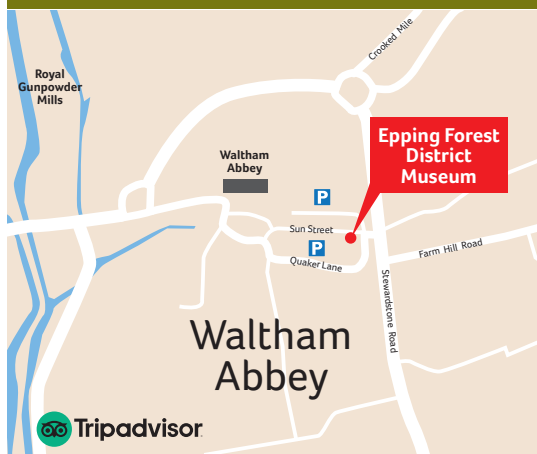
Epping Forest District Museum tells the story of the people and events that have shaped the district. In the museum you will find everything from the remains of woolly mammoths who roamed here over 10,000 years ago to a wooden turkey, favourite toy of a Victorian child.

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
39 Sun Street, Waltham Abbey EN9 1EL
Tel: 01992 716882
museum@eppingforestdc.gov.uk

 efdmuseum  @efdmuseum

 efdmuseum



Epping Forest District Museum

Exhibitions Our exhibitions are **FREE TO VISIT**

Animal Mummies: Uncovered

Saturday 7 January – Saturday 15 April

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.



Homelessness: The Lived Experience

Saturday 28 January – Saturday 29 April

Highlighting what it is like to experience homelessness this exhibition tells the lived experiences of individuals in the Epping Forest district as well as a historical display of what homelessness might have looked like in the past. The exhibition will include photographs and recorded accounts as well as a community art installation.



The Tiger Who Came to Tea

Saturday 27 May – Saturday 2 September

This exhibition tells the story of one of Britain's best-loved picture books, *The Tiger Who Came to Tea*. Explore our interactive exhibition, facsimile art work, immerse yourselves in the world of Sophie and enjoy a cup of tea with the Tiger.



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 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



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 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

Social. Active. Strong.

FREE (referral programme)



-  **18+**
-  **Weekly programme**
-  **Various venues**
-  **01992 564226**
Lucinda Harvey
Falls Prevention Officer
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, 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.

Walking Football

£4








-  **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.

Museum Movers

£6



 Adults 55+
 Every Friday
 10.30am – 12 noon
 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. Please note classes restart after the Easter break on Friday 21 April.

Epping Forest District Museum Community Café

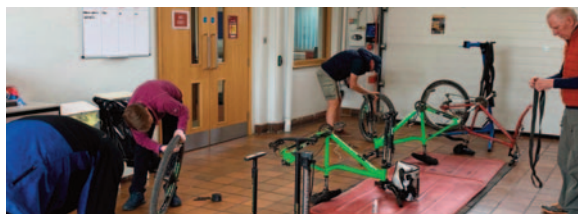
FREE





 All welcome
 Every Wednesday
 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.

Adult Cycle Training



 All welcome
 01992 716882
jstokes@eppingforestdc.gov.uk

Sessions will be available to book online soon: eppingforestdc.bookinglive.com

We will be delivering Level 1 and 2 cycle training for adults during term time on the Ninefields Estate, Waltham Abbey. It's never too late to learn!






We're also offering 'Fix and Learn' sessions for Epping Forest residents. Fix and Learn Bike events enable you to learn some basic bike maintenance, how to check your bike to ensure its safe to ride and carry out minor repairs such as punctures. Knowledge is power as they say!

Children's Programme

The Wild Escape – Butterfly Making Workshop

FREE



 All ages – most suitable for 6-16 years
 Saturday 22 April
 10.30am – 3.30pm
 Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
 01992 716882
museum@eppingforestdc.gov.uk






Saturday 22 April is World Earth Day! To celebrate, join us at Epping Forest District Museum anytime between 10:30am and 3:30pm and take part in our free butterfly making activity. Learn how to use a die-cutting machine and work with pen and ink to create beautiful butterflies. This workshop is part of The Wild Escape – a national art initiative. **NO NEED TO BOOK.** Just drop in during the times above and allow around 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 an alternative. The Wild Escape is made possible by lead support from Arts Council England's National Lottery Project Grants, with additional support from Art Fund and a group of generous individuals and trusts.

Museum Toddlers

£2.50



 Children 2-4 years
 Tuesdays once a month
 10am or 11am
 Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
 **PLACES NEED TO BE BOOKED IN ADVANCE.** Tel 01992 716882
museum@eppingforestdc.gov.uk

Toddler Tuesdays take place once a month during term time. Each session uses a traditional nursery rhyme as a theme to explore real museum objects, learn the words and sing it with actions. We read a story together, then make a craft activity – usually something that encourages simple role or game playing so you can continue enjoying the session together back at home. These sessions are ideal for Toddlers from 18 months to 4 years to help them become 'school ready'. They will learn about routine, different activities, taking turns, and develop social, language and motor skills.

9 May – In the Merry Month of May; 13 June – Pat a Cake; 4 July – Incy Wincy Spider



Family Fun Drop in:

Easter Bunny Mask & Easter Flower Bower

£2.50



- Children all ages
- Tuesday 4 April
– Easter Bunny Mask
Tuesday 11 April
– Easter Flower Bower
- 10.30am – 3.30pm
- Epping Forest District Museum,
39 Sun Street, Waltham Abbey
EN9 1EL
- 01992 716882
museum@eppingforestdc.gov.uk

Join us at Epping Forest District Museum on Tuesday 4 and 11 April anytime between 10:30am and 3:30pm to have a go at our Easter crafts. All ages are welcome but the activity most suits those aged from 5 to 11 years. **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 something.

Musical in 2 Days: Rapunzel

£50



- Children 6 – 13 years
- Monday 3 and Tuesday 4 April
- 10am – 3.30pm
- North Weald Village Hall
High Road, North Weald
CM16 6BU
- eppingforestdc.bookinglive.com

Princesses and knights required to be fabulous performers, show off your singing, dancing and acting skills in a mini version of Rapunzel. Working with our professional 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.

Children's Play in the Park

FREE



- Children 5 – 12 years
- Various throughout
Easter holiday
- 10am – 12 noon
1.30pm – 3.30pm
- Various
- eppingforestdc.bookinglive.com

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 thanks to the support of local Town and Parish Councils.

*Children must be accompanied by an adult.

Week 1	10am - 12 noon	1.30pm - 3.30pm
Tuesday 4th April	Town Mead Leisure Park Brooker Road, Waltham Abbey EN9 1JH	Roding Valley Recreation Ground (near tennis courts) Roding Road, Loughton IG10 3BS
Wednesday 5th April	Abridge Village Hall Field 39 Ongar Rd, Abridge, RM4 1UH	Roding Valley Recreation Ground Spider Park Field, Buckhurst Hill IG9 6BX
Thursday 6th April	Shelley Park St Peters Avenue, Ongar CM5 0BT	(no session)
Week 2	10am - 12 noon	1.30pm - 3.30pm
Tuesday 11th April	(no session)	Ninefields Play Area Hillhouse, Waltham Abbey EN9 3EL
Wednesday 12th April	Abridge Village Hall Field 39 Ongar Rd, Abridge, RM4 1UH	Roding Valley Hornbeam Road IG9 6JY
Thursday 13th April	Jessel Green Jessel Drive, Loughton IG10 2EQ	(no session)
Friday 14th April	Jubilee Park Pavilion Love Lane, Ongar CM5 9BL	(no session)

Abridge supported by Lambourne Parish Council

Shelley Park supported by Ongar Town Council

Town Mead supported by Waltham Abbey Town Council

Roding Valley Recreation Ground Loughton supported by Loughton Town Council

Roding Valley Recreation Ground Spider Park Field and Hornbeam Road supported by Buckhurst Hill Parish Council

Jessel Green supported by Loughton Town Council

Jubilee Park supported by Ongar Town Council

Ninefields Play Area supported by Active Epping Forest






Easter Egg Hunt**£2.50**

 All ages
 Saturday 8 April
 10am – 4pm
 Epping Forest District Museum,
 39 Sun Street, Waltham Abbey
 EN9 1EL
 01992 716882
 museum@eppingforestdc.gov.uk

Join us at Epping Forest District Museum on Saturday 8 April for the Easter Egg Hunt. Follow the trail around the museum to claim your chocolate prize! All ages welcome. **NO NEED TO BOOK.** Just drop in during opening hours and allow around 30 minutes to do the trail.

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 something.

MAY HALF TERM**Family Fun Drop in:****Make a Paper Teapot and Teacups****£2.50**

 Children all ages
 Tuesday 30 May
 10.30am – 3.30pm
 Epping Forest District Museum,
 39 Sun Street, Waltham Abbey
 EN9 1EL
 01992 716882
 museum@eppingforestdc.gov.uk

Join us at Epping Forest District Museum on Tuesday 30 May anytime between 10:30am and 3:30pm to have a go at making your own paper teapot and teacups so you can have your own tea party with a tiger! All ages are welcome but the activity most suits those aged from 5 to 11 years. **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 something.

Bikeability**FREE**

We will be offering Level 1 and Level 2 Bikeability provision during May half term for children aged between 5-12. Bikeability is the government's national cycle training programme. It helps you learn practical skills and understand how to cycle on today's roads.



Level 1 is an exciting gateway to starting your cycling adventure. It takes place off-road, normally on a school playground or hard-standing area. This means that children can learn in a traffic-free environment.

Bikeability Level 1 teaches you to:

- **Maintain your cycle:** make sure your ride is in tip-top condition and make simple repairs
- **Glide:** smooth, calm and collected
- **Control your bike:** including setting off, cruising, slowing down, braking and stopping. You'll even learn to pedal one handed!
- **Pedal:** without feeling wobbly or out of control
- **Be aware of your surroundings:** looking behind and turning around obstacles.



Level 2 teaches children how to grow more confident with each turn of the pedal. Expert instructors will lead riders onto quiet roads, to experience "real" cycling.

Bikeability Level 2 teaches you to:

- **Start and stop** with more confidence
- **Pass stationary vehicles** parked on a road
- **Understand the road:** signals, signs and road markings
- **Negotiate the road:** including quiet junctions, crossroads and roundabouts
- **Share the road** with other vehicles

If you would like your child to be put onto the waiting list for these sessions, please contact Ashleigh Howard at ahoward@eppingforestdc.gov.uk. We will be in touch when bookings open, and our website will be updated when the sessions have been confirmed: eppingforestdc.bookinglive.com

Inclusion Programme

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



Short Breaks in West Essex

The Epping Forest Inclusion Project supports children and young people with a learning difficulty or disability through sport and leisure activities and we are happy to announce that Epping Forest District Council has been commissioned to deliver Short Breaks Community Clubs and Activities for the next three years, across West Essex.

What does this mean for West Essex?

Our Short Breaks offer will be expanding from Epping Forest to cover West Essex, this includes Harlow and Uttlesford.

Short Breaks will be available for both children with a learning disability and/or autism, as well as children with a physical and/or sensory impairment, from ages 0–8 and 8–14.



Inclusion Programme

What are Short Breaks Community Clubs and Activities?

Short Breaks Community Clubs and Activities (SBCCA) offer parents and carers of children and young people with special educational needs and/or disability (SEND) a break from their additional caring responsibilities, while ensuring children and young people have the opportunities develop, learn, socialise and interact with their peers.



What happens now?

We will be working with many different organisations to offer a number of clubs and activities including activity days, sports sessions, outdoor activities, sensory sessions and more across the whole of West Essex. We will be training staff and helping mainstream

organisations become more inclusive and confident to work with children aged up to 14 with SEND. We will host a number of term time activities and holiday activities, offering families the right support and care.

If you would like to find out more about Short Breaks visit: shortbreaks.essex.gov.uk



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



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**.



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

Michelle Pickett – 07548 162273 mpickett@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 or 01992 564083/07729 109006

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

Other items of interest

RideLondon returns to Epping Forest

Following its success in 2022, RideLondon, one of the world's greatest cycling events, is returning to Essex!

Essex County Council has agreed a one-year contract with the organisers, London Marathon Events, to host the event again on Sunday 28 May 2023.

The most up-to-date information on the route road closures and a route map is available on the Community info page on the RideLondon website.

ridelondon.co.uk/community-info/community-info



Join the festivities!

Throughout the day, in and around Epping High Street, there will be a range of 'come and try' sports, games, and arts and crafts activities available for all the family.

You'll also be able to peruse the community market stalls... or why not visit one of the many shops? Epping High Street contains coffee shops, restaurants, fashion, tailoring and everything in-between. If you're an early bird, make sure you join us to cheer on the 25,000 cyclists passing through the town.

Find Your Active

The London Marathon Charitable Trust (LMCT) is providing a grant of £1 million to invest in encouraging people to be more active across Essex and this has contributed to the **Find Your Active fund**.

The fund has enabled many organisations, groups and instructors from across the district to start up new activities or increase the numbers attending existing activities, all with the aim of getting more people active.

Find out more about activities on offer and potential funding opportunities:

www.activeessex.org/find-your-active



We're Recruiting!

Are you interested in getting people active or involved in cultural and community activities?

We're looking for casual **Community Activity Workers** and **Leaders** to deliver high quality and fun community-based activities, to improve residents' health and wellbeing, at venues across the district.

Activities you might support include multi-sports, craft camps, after school clubs, day trips, and special events.

Experience of supporting or leading the delivery of sports, physical activity, arts, or cultural activities, is desirable. In particular we're looking for people to work with children and young people, and those with SEND needs.

Find out more and apply: www.eppingforestdc.gov.uk/jobs-and-careers/jobs/

For an informal chat about the role, contact **Vanessa Gayton, Team Manager – Community Development & Wellbeing** on 01992 564559



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



Page

WEEKLY ACTIVITIES

▲ Various	Social. Active. Strong	Various	7
▲ Tuesday	Walking Football	11.30am	Waltham Abbey 7
▲ Wednesday	Epping Forest District Museum Community Café	12 noon	Waltham Abbey 8
▲ Friday	Museum Movers	10.30am	Waltham Abbey 8
▲ TBC	Adult Cycle Training	TBC	Waltham Abbey 8

Activities in April 2023

■ Various	Animal Mummies: Uncovered	10am	Waltham Abbey	5
■ Various	Homelessness: The Lived Experience	10am	Waltham Abbey	5
● Mon 3 – Tue 4 Apr	Musical in 2 Days: Rapunzel	10am	North Weald	10
● Tue 4 Apr	Children's Play in the Park	10am	Waltham Abbey	11
● Tue 4 Apr	FAMILY FUN DROP IN	10.30am		
	Easter Bunny Mask	– 3.30pm	Waltham Abbey	10
● Tue 4 Apr	Children's Play in the Park	1.30pm	Loughton	11
● Wed 5 Apr	Children's Play in the Park	10am	Abridge	11
● Wed 5 Apr	Children's Play in the Park	1.30pm	Buckhurst Hill	11
● Thu 6 Apr	Children's Play in the Park	10am	Ongar	11
● Sat 8 Apr	Easter Egg Hunt	10am	Waltham Abbey	12
● Tue 11 Apr	FAMILY FUN DROP IN	10.30am		
	Easter Flower Bower	– 3.30pm	Waltham Abbey	10
● Tue 11 Apr	Children's Play in the Park	1.30pm	Waltham Abbey	11
● Wed 12 Apr	Children's Play in the Park	10am	Abridge	11
● Wed 12 Apr	Children's Play in the Park	1.30pm	Buckhurst Hill	11
● Thu 13 Apr	Children's Play in the Park	10am	Loughton	11
● Fri 14 Apr	Children's Play in the Park	10am	Ongar	11
● Sat 22 Apr	The Wild Escapes – Butterfly Making Workshop	10.30am	Waltham Abbey	9

Activities in May 2023

● TBC	Bikeability	TBC	TBC	13
■ Various	The Tiger Who Came to Tea	10am	Waltham Abbey	5
● Tue 10 May	Museum Toddlers – In the Merry Month of May	10am	Waltham Abbey	9
● Tue 10 May	Museum Toddlers – In the Merry Month of May	11am	Waltham Abbey	9
● Sun 28 May	RideLondon			17
● Tue 30 May	FAMILY FUN DROP IN	10.30am		
	Make a Paper Teapot and Teacups	– 3.30pm	Waltham Abbey	12

Activities in June 2023

● Tue 13 Jun	Museum Toddlers – Pat a Cake	10am	Waltham Abbey	9
● Tue 13 Jun	Museum Toddlers – Pat a Cake	11am	Waltham Abbey	9