



WHAT'S ON

IN EPPING FOREST

July – September 2023

www.eppingforestdc.gov.uk

EPPING
FOREST
DISTRICT
MUSEUM

ACTIVITIES
FOR
ADULTS

ACTIVITIES
FOR
CHILDREN

INCLUSION
PROGRAMME

VOLUNTEERING
IN EPPING
FOREST

OTHER
ITEMS OF
INTEREST



Epping Forest District Museum



4 - 5

Adult programme



6 - 7

Children's programme



8 - 11

Inclusion programme



12 - 15

Volunteering



16

Other items of interest



17

Index

18

Welcome

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

The Community & 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



efdcommunity
efdmuseum



efdcommunitieswellbeing
efdmuseum
EppingForestDAA

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

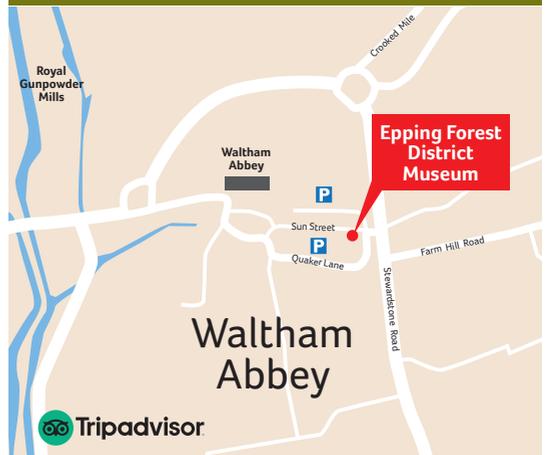
Tel: 01992 716882

museum@eppingforestdc.gov.uk

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

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

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



Supported using public funding by
ARTS COUNCIL ENGLAND

Exhibitions

Our exhibitions are **FREE TO VISIT**

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.

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

FREE



-  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. Last session before the summer break is 21st July with classes resuming on 8th September.

Epping Forest District Museum Community Café

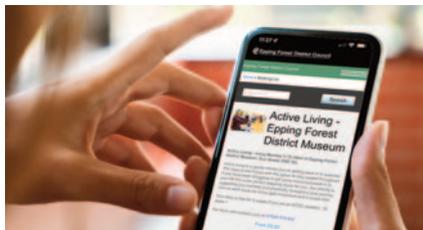
FREE



-  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.



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

Simply visit:

eppingforestdc.bookinglive.com

Children's Programme

Museum Toddlers

£2.50



- Children 2-4 years
- Tuesdays in July, Sept, Oct & Nov
- 10am or 11am
- Epping Forest District Museum, 39 Sun Street, Waltham Abbey EN9 1EL
- PLACES NEED TO BE BOOKED IN ADVANCE. Tel 01992 716882

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.

4 July – Incy Wincy Spider

17 October – Old Mother Hubbard

12 September – Row, Row, Row

21 November – Goosey Goosey Gander

Children's Summer Holiday Activities

Play in the Park

FREE



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.

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



Play in the Park

Abridge

Abridge Village Hall Field

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

Wednesday 2 August: 10am - 12noon

Friday 4 August: 1.30pm - 3.30pm

Wednesday 9 August: 10am - 12noon

Wednesday 16 August: 10am - 12noon

Friday 18 August: 10am - 12noon

Buckhurst Hill

Roding Valley Recreation Ground

Recreation Ground, Roding Road,
Buckhurst Hill, IG9 6BU
(supported by Buckhurst Hill Parish Council)

Wednesday 2 August: 1.30pm - 3.30pm

Wednesday 16 August: 1.30pm - 3.30pm

Roding Valley Recreation Ground

Spider Park Field, Buckhurst Hill, IG9 6BX
(supported by Buckhurst Hill Parish Council)

Monday 7 August: 1.30pm - 3.30pm

Wednesday 9 August: 1.30pm - 3.30pm

Loughton

Roding Valley Recreation Ground

(near Tennis Courts), 194 Roding Rd, Loughton
IG10 3LQ (supported by Loughton Town Council)

Monday 31 July: 1.30pm - 3.30pm

Jessel Green

Jessel Drive, Loughton IG10 2EQ
(supported by Loughton Town Council)

Tuesday 1 August: 10am - 12noon

Friday 18 August: 1.30pm - 3.30pm

Nazeing

Elizabeth Close Play Area

Nazeing, EN9 2HX
(supported by Nazeing Parish Council)

Friday 4 August: 10am - 12noon

Tuesday 15 August: 10am - 12noon

North Weald

Thornwood Common Playing Field

Parish Hall, Weald Hall Lane, Thornwood
CM16 6NB

(supported by North Weald Bassett Parish Council)

Tuesday 8 August: 10am - 12noon

Ongar

Shelley Park

St Peters Avenue, Ongar, CM5 0BT
(supported by Ongar Town Council)

Tuesday 1 August: 1.30pm - 3.30pm

Thursday 10 August: 1.30pm - 3.30pm

Jubilee Park Pavilion

Love Lane, Chipping Ongar, Ongar CM5 9BL
(supported by Ongar Town Council)

Thursday 3 August: 10am - 12noon

Thursday 17 August: 10am - 12noon

Sheering

Sheering Recreation Ground

The Street, Sheering CM22 7LX
(supported by Sheering Parish Council)

Tuesday 8 August: 1.30pm - 3.30pm

Lower Sheering Playing Field

Lower Sheering CM21 9PS
(supported by Sheering Parish Council)

Monday 14 August: 1.30pm - 3.30pm

Waltham Abbey

Town Mead Leisure Park

Brooker Road, Waltham Abbey, EN9 1JH
(supported by Waltham Abbey Town Council)

Monday 31 July: 10am - 12noon

Monday 7 August: 10am - 12 noon

Monday 14 August: 10am - 12noon

Ninefields Play Area

Hillhouse, Waltham Abbey, EN9 3EL
(supported by Waltham Abbey Town Council)

Thursday 10 August: 10am - 12noon

Family Fun Drop In

£2.50



 Children all ages
 Tue 25 July – Clay Day
Tue 1 August – Animal Puppet
Tue 8 August – Tiger Prints
Tue 15 August – Peg Doll
Tue 22 August – Clay Creations

 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 for our summer drop in sessions 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.

Tiger Day

FREE



 Children all ages

 Saturday 29 July

 11am – 3pm

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

 Tel 01992 716882

Join us for our super special Tiger Day! We'll be celebrating all things tiger related with stories, trails and crafts to enjoy alongside a visit to the **Tiger Who Came to Tea** exhibition. **NO NEED TO BOOK.** Just come along on the day. Children must be accompanied by a responsible adult.



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

Simply visit:

eppingforestdc.bookinglive.com

M.A.D. Camp (Multi-Activity Day)

£26



 Children 5 – 12 years

 Tuesday 25 & Thursday 27 July

 8.30am – 4pm

 King Harold Academy, Broomstick Hall Rd, Waltham Abbey EN9 1LF

 Children 5 – 12 years

 Tuesday 22 & Thursday 24 August

 8.30am – 4pm

 Leverton Primary, Honey Lane, Waltham Abbey EN9 3BE

We know that all children are different, and we'll be offering an amazing range of sports activities, games and arts and crafts. It's a brilliant opportunity to try something new and we'll be learning basic skills in sports such as football, athletics and different arts and crafts, from design kits, to painting.

Musical in 2 Days: Matilda

£50



 Children 6 – 13 years

 Monday 21 and Tuesday 22 August

 10am – 3.30pm

 North Weald Village Hall High Road, North Weald CM16 6BU

 eppingforestdc.bookinglive.com

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

HAPPY BIRTHDAY

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**.



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

West Essex Inclusion Project

The West Essex 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.



Summer Holidays

ActivAte

£5.00



- Children 4-14 years**
- 24, 27 July and 1, 2, 8, 10, 16, 17, 21 and 23 August**
- 10am – 2pm**
- Leverton Primary School, Honey Lane, Waltham Abbey EN9 3BE**

Our **ActivAte SEND hub** is in partnership with Essex County Council supporting children and families who receive benefits based free school meals and from low-income families. We return to Leverton Primary School to offer multiple days of jam-packed fun and activities including arts and crafts to team building games, sports, competitions, challenges and food workshops. All children will receive a hot meal for lunch too and this will be emailed out before the session start date.

If your child receives free school meals, their school will email you a code and a link to book a free space. If you are unsure, please email Will – wfordham@eppingforestdc.gov.uk

This session is for children and young people aged 4-14 with SEND and who receive free school meals or come from working families or families who need the holiday support.

Athletics

£8.80



-  8-14 years
-  Wednesday 9 August
-  1pm – 3pm
-  Roding Valley Recreation Ground, 194 Roding Road, Loughton IG10 3LQ

Come and join us for some running, jumping and throwing. As we set out fun, mini challenges to test our best athletic ability. Compete on your own and work as a team to test your skill. Please note this session takes place outside, please dress for the weather. This session is for children aged 8-14 with SEND.

Bounce and Swim

£18



-  0-14 years
-  Friday 4 & Friday 25 August
-  1pm – 3pm
-  Ongar Leisure Centre
The Gables, Fyfield Road
Chipping 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.**

This session is for children aged 0-14 with SEND.

Tennis

£8.80



-  8-14 years
-  Monday 7 August
-  10am – 12 noon
-  Roding Valley Recreation Ground
194 Roding Road, Loughton
IG10 3LQ
-  01992 564226

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

You are welcome to bring your own racquet if you have one, if not we can supply one. This session is for children aged 8-14 with SEND.

Forest Fun Day (The Hive)

£22



-  0-14 years
-  Monday 14 August
-  10am – 3pm
-  Suntrap Forest Education Centre,
Church Road, Loughton
IG10 4AJ
-  01992 564226

Our Forest Fun Days 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! This session promises to be packed with learning and lots of fun!

This session is for children and young people aged 0-14. Please provide your child with a packed lunch and refillable bottle, also depending on the weather waterproof clothing. This session is for children aged 0-14 with SEND.

M.A.D. Camp (Multi-Activity Day)

£22

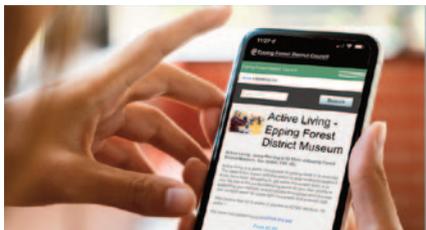


-  Children 0-14 years
-  Tuesday 25 &
Thursday 27 July
-  10am – 3pm
-  King Harold
Academy,
Broomstick Hall Rd,
Waltham Abbey
EN9 1LF

-  Children 0-14 years
-  Tuesday 22 &
Thursday 24 August
-  10am – 3pm
-  Debden Park High
School,
Willingale Road,
Debden, Loughton
IG10 2BQ

We'll be having full on fun at our Multi Activity Camps this summer! We know that all children are different, and we'll be offering an amazing range of sports activities, games and arts and crafts. It's a brilliant opportunity to try something new and we'll be learning basic skills in sports such as tennis, athletics and football. We will also be making and decorating a variety of items at our arts and crafts sessions.

This session is for children and young people aged 0-14 with SEND. Please provide your child with a packed lunch and refillable bottle, also depending on the weather waterproof clothing.



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

Sensory walk and a picnic in the park

£3



-  0-14 years
-  Friday 28 July & Friday 18 August
-  11am – 1pm
-  Gunpowder Park, Sewardstone Road, Waltham Abbey EN9 3GP
-  01992 564226

Join us for a sensory walk in the Gunpowder Park before relaxing and enjoying lunch with other families. Children can play, while parents relax and chat. Use your senses to connect with your surroundings as we explore the natural spaces in the gunpowder park. This session will include an hour long sensory walk before we stop for lunch. This session is for children aged 0-14 with SEND.

Sparkles

FREE



-  0-7 years
-  24, 31 July and 7, 14, 21 August
-  3.30pm – 5pm
-  Hazelwood Childrens Centre, Waltham Abbey EN9 3EL

Our free sparkles session will support your child's early development through a number fun games, free play, sensory play and much more. Your child will develop new skills and meet lots of new people and friends at this session. This session is for children aged 0-7 with SEND.

Tiger Tea Party at the Museum

£4.60



-  0-7 years
-  Thursday 3 and 17 August
-  10am – 12 noon
-  Epping Forest District Museum, 39-41 Sun Street, Waltham Abbey EN9 1EL

Join us to enjoy The Tiger Who Came to Tea exhibition and take part in our fun craft activity. We'll be making our own paper scented teapot and teacups to have our own tea party with a tiger! There'll be a story to share and nursery rhymes to sing along to as well. You'll also have the chance to explore the museum and get hands on with more of our special historical objects. This session is for children aged 0-7 with SEND.

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

Summer Memory Train

FREE

For residents in the district living with dementia or mild cognitive impairment to enjoy with a friend, family member or carer.



-  All welcome
 -  Wednesday 5 July
 -  10.30am – 2pm
 -  Epping Ongar Railway Station Road, North Weald Bassett Epping CM16 6BT
- (*Please note the train leaves from North Weald Station, not Ongar)
-  what3words
paths.focus.noises

This FREE Summer train trip is being brought to you by Epping Open Gardens, in partnership with Epping Ongar Railway and Epping Forest District Council's Community Development and Wellbeing Team.

This day out is for residents in the district living with dementia or mild cognitive impairment to enjoy with a friend, family member or carer.



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

Simply visit:

eppingforestdc.bookinglive.com



WEEKLY ACTIVITIES

▲	Various	Social. Active. Strong		Various	6
▲	Tuesday	Walking Football	11.30am	Waltham Abbey	6
▲	Wednesday	Epping Forest District Museum Community Café	12 noon	Waltham Abbey	7
▲	Friday	Museum Movers	10.30am	Waltham Abbey	7

Activities in July 2023

■	Various	The Tiger Who Came to Tea	10am	Waltham Abbey	5
●	Tue 4 July	Museum Toddlers – Incy Wincy Spider	10am	Waltham Abbey	10
▲	Wed 5 July	Summer Memory Train	10.30am	North Weald	17
+	Mon 24 July	INCLUSION Sparkles	3.30pm	Waltham Abbey	15
●	Tue 25 July	M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	11
+	Tue 25 July	INCLUSION M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	14
●	Tue 25 July	FAMILY FUN DROP IN – Clay Day	10.30am	Waltham Abbey	10
●	Thu 27 July	M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	11
+	Thu 27 July	INCLUSION M.A.D. Camp (Multi-Activity Day)	10am	Waltham Abbey	14
+	Fri 28 July	INCLUSION Sensory Walk & Picnic	11am	Waltham Abbey	15
●	Sat 29 Jul	Tiger Day	11am	Waltham Abbey	11
●	Mon 31 Jul	Children's Play in the Park	10am	Waltham Abbey	9
●	Mon 31 Jul	Children's Play in the Park	1.30pm	Loughton	9
+	Mon 31 July	INCLUSION Sparkles	3.30pm	Waltham Abbey	15

Activities in August 2023

■	Various	The Tiger Who Came to Tea	10am	Waltham Abbey	5
●	Tue 1 Aug	FAMILY FUN DROP IN – Animal Puppet	10.30am	Waltham Abbey	10
●	Tue 1 Aug	Children's Play in the Park	10am	Loughton	9
●	Tue 1 Aug	Children's Play in the Park	1.30pm	Ongar	9
●	Wed 2 Aug	Children's Play in the Park	10am	Abridge	8
●	Wed 2 Aug	Children's Play in the Park	1.30pm	Buckhurst Hill	8
+	Thu 3 Aug	INCLUSION Tiger Tea Party	10am	Waltham Abbey	15
●	Thu 3 Aug	Children's Play in the Park	10am	Ongar	9
●	Fri 4 Aug	Children's Play in the Park	10am	Nazeing	9
●	Fri 4 Aug	Children's Play in the Park	1.30pm	Abridge	8
+	Fri 4 Aug	INCLUSION Bounce & Swim	1pm	Ongar	13
+	Mon 7 Aug	INCLUSION Tennis	10am	Loughton	13
●	Mon 7 Aug	Children's Play in the Park	10am	Waltham Abbey	9
●	Mon 7 Aug	Children's Play in the Park	1.30pm	Buckhurst Hill	8
+	Mon 7 Aug	INCLUSION Sparkles	3.30pm	Waltham Abbey	15
●	Tue 8 Aug	FAMILY FUN DROP IN – Tiger Prints	10.30am	Waltham Abbey	10
●	Tue 8 Aug	Children's Play in the Park	10am	Thornwood	9

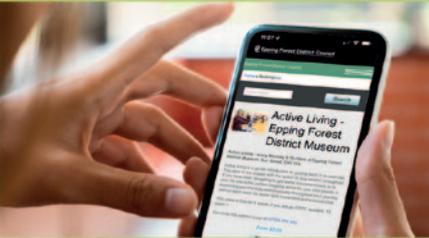
Index of Activities in Epping Forest – July/September 2023

 Adult Programme
  Children's Programme
  Inclusion Programme
  Epping Forest District Museum

					Page
	Tue 8 Aug	Children's Play in the Park	1.30pm	Sheering	9
	Wed 9 Aug	Children's Play in the Park	10am	Abridge	8
	Wed 9 Aug	Children's Play in the Park	1.30pm	Buckhurst Hill	8
	Wed 9 Aug	INCLUSION Athletics	1pm	Loughton	13
	Thu 10 Aug	Children's Play in the Park	10am	Waltham Abbey	9
	Thu 10 Aug	Children's Play in the Park	1.30pm	Ongar	9
	Mon 14 Aug	INCLUSION Forest Fun Day	10am	Loughton	14
	Mon 14 Aug	Children's Play in the Park	10am	Waltham Abbey	9
	Mon 14 Aug	Children's Play in the Park	1.30pm	Sheering	9
	Mon 14 Aug	INCLUSION Sparkles	3.30pm	Waltham Abbey	15
	Tue 15 Aug	FAMILY FUN DROP IN – Peg Doll	10.30am	Waltham Abbey	10
	Tue 15 Aug	Children's Play in the Park	10am	Nazeing	9
	Wed 16 Aug	Children's Play in the Park	10am	Abridge	8
	Wed 16 Aug	Children's Play in the Park	1.30pm	Buckhurst Hill	8
	Thu 17 Aug	INCLUSION Tiger Tea Party	10am	Waltham Abbey	15
	Thu 17 Aug	Children's Play in the Park	10am	Ongar	9
	Fri 18 Aug	Children's Play in the Park	10am	Abridge	8
	Fri 18 Aug	Children's Play in the Park	1.30pm	Loughton	9
	Fri 18 Aug	INCLUSION Sensory Walk & Picnic	11am	Waltham Abbey	15
	Mon 21 – Tue 22 Aug	Musical in 2 Days: Matilda	10am	North Weald	11
	Mon 21 Aug	INCLUSION Sparkles	3.30pm	Waltham Abbey	15
	Tue 22 Aug	M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	11
	Tue 22 Aug	INCLUSION M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	14
	Tue 22 Aug	FAMILY FUN DROP IN – Clay Creation	10.30am	Waltham Abbey	10
	Thu 24 Aug	M.A.D. Camp (Multi-Activity Day)	8.30am	Waltham Abbey	11
	Thu 24 Aug	INCLUSION M.A.D. Camp (Multi-Activity Day)	10am	Waltham Abbey	14
	Fri 25 Aug	INCLUSION Bounce & Swim	1pm	Ongar	13

Activities in September 2023

	Various	The Tiger Who Came to Tea	10am	Waltham Abbey	5
	Tue 12 Sep	Museum Toddlers – Row, Row, Row	10am	Waltham Abbey	10



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



SCAN ME

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