



WHAT'S ON

in Epping Forest

October – December 2023

www.eppingforestdc.gov.uk

Epping Forest District Museum

Activities for Adults

Activities for Children

Inclusion Programme

Festive Programme

Volunteering

Other items of interest



Greater in Spirit,
Larger in Outlook



Epping Forest District Museum



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Welcome

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

The Community and Wellbeing Team is 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 you. Did you know we have volunteering roles and active community groups across the district? You can find more information about this towards the back of this brochure.

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.

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](#)
[EppingForestDFC](#)
[WEInclusionProject](#)



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

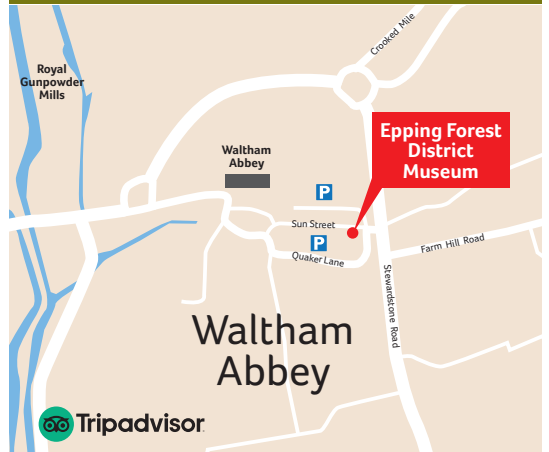
Tel: 01992 716882

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**

Greater in Spirit, Larger in Outlook

FREE

**Saturday 23 September –
Friday 22 December**

Greater in Spirit, Larger in Outlook is a FREE community partnership exhibition exploring the world culture collections from Saffron Walden and Epping Forest District Museums.

This exhibition has been supported by Arts Council National Lottery project grant funding.



Museum activities, 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 section 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 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 Harvey
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 there will be no class on Friday 27 October.

BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/165/>

Epping Forest District Museum Community Café

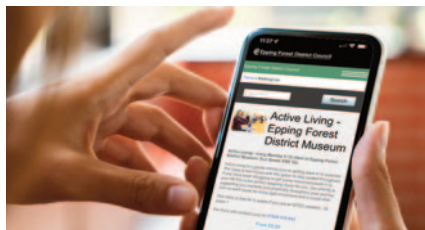
FREE



-  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

Toddler Tuesdays

£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 or email
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.

17 October – Old Mother Hubbard 21 November – Goosey Goosey Gander
5 December – Twinkle Twinkle

October Half Term

Family Drop In: Fun with Clay

£2.50



-  Children all ages
-  Tuesday 24 October
-  11am – 3pm
-  Epping Forest District Museum,
39 Sun Street, Waltham Abbey
EN9 1EL
-  01992 716882
museum@eppingforestdc.gov.uk

Join us at Epping Forest District Museum to get creative with clay, inspired by the objects on display in the museum. 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.

Inclusion Programme

Buddy Up – West Essex Adult Inclusion Project

The Buddy Up project supports adults with learning disabilities, autism or both across West Essex (Epping, Harlow and Uttlesford) into accessing community activities. The project will pair a buddy with an individual, based on common interests.



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 autism and/or a learning disability, a physical and/or sensory impairment registered with Essex Short breaks through our clubs and activities. We are



thrilled that Epping Forest District Council is commissioned to deliver Short Breaks Community Clubs and Activities for the next three years, across West Essex.

October Half Term

ActivAte

FREE



- Children 4-14 years
- Tuesday 24 and Thursday 26 October
- 10am – 2pm
- Leverton Primary School, Honey Lane, Waltham Abbey EN9 3BE

We return to Leverton Primary School to offer multiple days of jam-packed fun and activities including arts and crafts, team building games, sports, competitions, challenges, and food workshops. All children will receive a hot meal for lunch, details of which will be emailed out before the session start date. 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.

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 Fordham, Disability Inclusion Officer 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.

Term time activities

Play Adventure

FREE



-  0-7 years
-  Every Monday
25 September to 4 December
(no session on 23 October)
-  3.30pm –5pm
-  Hazelwood Children's Centre,
Waltham Abbey EN9 3EL





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

BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/166/>

Trampolining

£6.20



-  3-14 years
-  Every Tuesday
26 September to 5 December
(no session on 24 Oct)
-  4pm, 5pm and 6pm
-  Debden Park High School, Willingale Road, Debden, Loughton IG10 2BQ

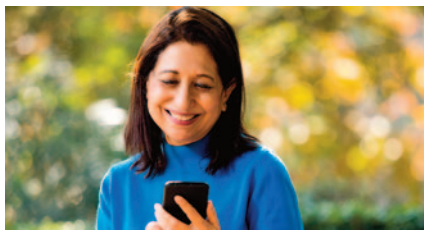
-  3-14 years
-  Every Wednesday
27 September to 6 December
(no session on 25 Oct)
-  4pm and 5pm
-  Ongar Leisure Centre, The Gables, Fyfield Road, Ongar CM5 0GA

Coach-led trampolining sessions where participants will work towards the Winstrada Grades.

Coaches will support participants from either the side of the trampoline or on the trampoline where necessary. Long hair must be tied back, and socks must be worn when on the trampoline. This session is only for children or young people with special educational needs and disabilities (SEND) and their siblings.

DEBDEN BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/217/>

ONGAR BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/215/>



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

Simply visit:

eppingforestdc.bookinglive.com

Term time activities

Youth Club – NEW

£12



-  0-14 years
-  Every Thursday
28 September to 7 December
(no session on 26 October)
-  5pm – 7pm
-  St. Giles Church, Nazeing Road,
Waltham Abbey EN9 2HU

Our brand-new Youth Club will consist of two hours of fun and engaging activities including sensory play, messy play, food workshops and activities, sports games, relaxed sessions and free time. Adapted sessions supporting children with SEND and complex needs.

This session is for children and young people aged 0 – 14 years with SEND.

BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/418/>

Soccerability

£4



-  7-14 years
-  Every Friday
29 September to 24 November
(no session 27 October)
-  4pm – 5pm
-  Town Mead astro turf pitch
(first pitch as you enter),
Brooker Road,
Waltham Abbey EN9 1JH

A fun football-based session, suitable for all levels, with individual games and skill development, followed by lots of mini challenges. Siblings welcome. You are welcome to bring your own ball, please make sure it is clearly marked with your name. Please note this session will take place outdoors, be dressed for the weather.

This session is only for children or young people with special educational needs and disabilities (SEND) and their siblings.

BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/369/>

Festive Programme

Cavalcade of Light

FREE*



-  All ages
-  Friday 24 November
-  5pm – 7pm
-  Epping Forest District Museum,
39 Sun Street, Waltham Abbey
EN9 1EL

Drop into the museum and join us for an evening of festive fun, refreshments, and live entertainment. Have a look around the museum's galleries and exhibitions and start your Christmas shopping a little early in the museum gift shop. *some activities and refreshments may have a charge

Father Christmas

£6.50 PER CHILD



-  All ages
-  Saturday 2 December
-  11am – 3.30pm
-  Epping Forest District Museum,
39 Sun Street, Waltham Abbey
EN9 1EL

Our special Christmas event is back with Father Christmas here at the museum. Have a go at our craft while you wait to visit the grotto and receive a special gift. **BOOKING NOT REQUIRED.** Timeslots will be allocated on the day. There may be a wait at busy periods.

Toddler Father Christmas

£6.50 PER CHILD



-  2-5 years
-  Tuesday 5 December
-  10am – 11am
-  Epping Forest District Museum,
39 Sun Street, Waltham Abbey
EN9 1EL

A special opportunity for Toddlers to meet Father Christmas in his grotto. Enjoy singing a nursery rhyme, making a craft, and hearing a story before visiting the grotto to receive a special gift.

TO BOOK YOUR PLACE please call the museum on **01992 716882**
or email museum@eppingforestdc.gov.uk

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**



Please get in touch:

Wendy Cockbill – 07548 145654 wcockbill@eppingforestdc.gov.uk

Michelle Pickett – 07548 162273 mpickett@eppingforestdc.gov.uk

Volunteer for our Buddy Up project

We are looking for buddies for our adult inclusion **Buddy Up project**. This programme supports adults with learning disabilities and/or autism into accessing community activities.

Volunteering is very flexible and all expenses will be reimbursed.

For more information contact Olivia Timotheou, West Essex Adult Inclusion Officer at otimotheou@eppingforestdc.gov.uk or 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 for you.

You can get involved with 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

Stay Safe and Well this Winter

FREE



 Adults
 Wednesday
4 October
 10.30am – 3.30pm
 Murray Hall,
Loughton
Community Centre,
106 Borders Lane,
Loughton
IG10 3SB

 Adults
 Thursday
19 October
 10.30am – 3.30pm
 Roding Valley Hall,
Station Way,
Buckhurst Hill
IG9 6LN


Informative talks from health and wellbeing advisors on how to stay safe and well. A seated exercise session suitable for all will take place as well as a free information bag, lunch, and an interactive performance about scamming. Get a free health check or flu vaccination, dependent on month and subject to availability.

BOOK HERE <https://eppingforestdc.bookinglive.com/book/add/p/599/> or call 01992 564226


Christmas Memory Train

FREE



 Adults
 Wednesday 6 December
 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 day out is for residents in the district living with dementia or mild cognitive impairment to enjoy with a friend, family member or carer. This free Christmas themed train trip is brought to you by Epping Open Gardens, in partnership with Epping Ongar Railway and Epping Forest District Council's Community Development and Wellbeing Team. **Bookings open on Wednesday 11 October.**

BOOK HERE <https://eppingforestdc.bookinglive.com/> or call 01992 564226

Awards for Young People

Creativity Awards and Active Epping Forest Sports Awards 2024



Recognise and support our district's up and coming young creative and sporting talents and help them develop their skills by nominating them for this year's awards. Winners, chosen by a panel of judges, will receive up to £500 to spend on their chosen discipline.

The Creativity Award can help boost creative skills and the Epping Forest Sports Award can be used for costs associated with sporting activities. Applications close on Sunday 10 December 2023.

APPLY HERE <https://www.eppingforestdc.gov.uk/community/>

Young Citizen of the Year Award 2024



Every day there are young people in our district selflessly supporting others in the community – our unsung heroes. The Epping Forest District Council Young Citizen of the Year 2024 Award is open for nominations. Young people must live in the district and be under 18 years of age.

This award showcases people in the community who go above and beyond, and make positive changes in the Epping Forest district. Applications close on Friday 24 November 2023.

NOMINATE SOMEONE HERE



<https://www.eppingforestdc.gov.uk/community/young-citizen-of-the-year/>



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!
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**Epping Forest
District Council**
www.eppingforestdc.gov.uk

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