



WHAT'S ON

IN EPPING FOREST

January – March 2024

www.eppingforestdc.gov.uk

Epping
Forest
District
Museum

Activities
for
Adults

Inclusion
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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



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**Epping Forest
District Council**

www.eppingforestdc.gov.uk

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: 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

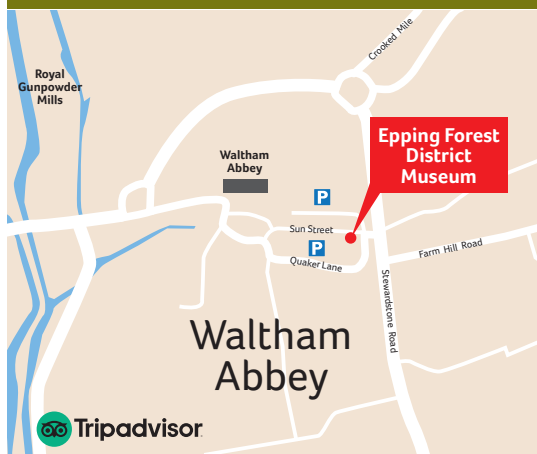
39 Sun Street, Waltham Abbey EN9 1EL

Tel: 01992 716882

museum@eppingforestdc.gov.uk

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

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







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. Our first class of the year is Friday 12 January, we'll be taking a break for half term on 23 February and our last class before Easter will be 22 March.

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

Winter Bird Walk at Roding Valley Meadows

£2.50








-  5 years and above
-  Saturday 10 February
-  10am – 12 noon
-  Meet at public car park near David Lloyd Club, Roding Lane, Buckhurst Hill IG9 6BJ
-  Book at eppingforestdc.booking-live.com/book/add/p/648

Take a walk with us to discover the many winter birds of the district. Due to the nature of the walk route, there will be some rough ground and unfortunately it will not be wheelchair accessible.

Stay Safe and Well this Spring

FREE



-  Adults
-  10.30am – 3.30pm
-  Tuesday 12 March
-  Zinc Arts, Great Stony, High Street, Chipping Ongar CM5 0AD
-  01992 564226

-  Adults
-  10.30am – 3.30pm
-  Thursday 11 April
-  Sheering Village Hall, The Street, Sheering CM22 7LX
-  01992 564226



Informative talks from health and wellbeing advisors on staying safe and well. Join in with the seated exercise session, suitable for all. Enjoy a free lunch, and an interactive performance about scamming. Free health checks will also be available. Book your place early to avoid disappointment. **Attendees will be given an information bag to take home.**

BOOK HERE eppingforestdc.bookinglive.com/book/add/p/611

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

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

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 two years, across West Essex.



To find out about activities coming up visit <https://eppingforestdc.bookinglive.com> or follow our Facebook page  **@WEInclusionProject**

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, Senior Community Engagement Officer on 07548 145654

wcockbill@eppingforestdc.gov.uk

Michelle Pickett, Community Engagement Officer on 07548 162273

mpickett@eppingforestdc.gov.uk

Your community allotment needs you!

Being the vibrant community that we are, there is always opportunity to come together and make a positive impact. What better way to do so than by becoming involved with your community allotment.

With funding from the Epping Forest District Council Safer Streets fund, the Longfield Allotment site has been cleared and is ready to make your own. By getting involved you will not only contribute to the overall wellbeing of the community, but also reap countless personal rewards. Engaging with nature, learning new skills, sharing your horticultural knowledge with others, and forging meaningful connections are just a few of the benefits you can experience by becoming part of this incredible project.



Longfield Allotment, Abbots Drive, Ninefields, Waltham Abbey, EN9 3HH

If you want to get involved, please contact: **Karen Murray, Community Engagement Officer on 01992 564222 or kmurray@eppingforestdc.gov.uk**

Other items of interest

Multiply

FREE



What is Multiply?

Multiply offers a variety of courses from improving basic maths, Pre-School, KS1, and KS2 homework assist courses for parents and financial courses to assist in building confidence in managing your budgets.

FREE Multiply Courses for adults (age 19+) through a unique online offer to allow as many people to participate as possible.

Online number courses are available:

- Monday 10am – 11am
- Tuesday 12noon – 1pm and 7pm – 8pm
- Sunday 2pm – 3pm

Online money courses:

- Monday 11am – 12noon
- Tuesday 1pm – 2pm and 8pm – 9pm
- Sunday 3pm – 4pm

Book here: <https://www.rbf.org.uk/multiply>

In person numeracy workshops

FREE

Bookable slots available Mondays and Fridays, 9:30am-12:30pm.

Book here: <https://www.harlow-college.ac.uk/study-options/english-maths-esol/multiply>

The International Education Group

FREE

Marvellous and meaningful maths courses for parents of children 0-5 years, all available from Monday 15 January 2024.

Gardening and maths “Gardening Maths Magic”

TO BOOK CLICK HERE

Cookery and maths “Cooking by Numbers”

TO BOOK CLICK HERE

Or visit: www.eventbrite.co.uk/o/the-international-education-group-32396782067

Easter Play in the Park

FREE

Look out for our Easter Play in the Park programme bringing free family fun to a park near you.

Keep an eye on our bookings page for the full list of dates
eppingforestdc.bookinglive.com



Scan the QR code to **sign up to our mailing list** and be among the first to hear when all the dates and venues are released. [or CLICK HERE](#)

Epping Forest District Warm Places

Warm Places provide a free, friendly, warm and comfortable space for those who need it throughout the winter.

Find a warm welcome at one of our many sites across the district, visit www.eppingforestdc.gov.uk/cost-of-living/warm-places/



NEW Dementia Support Webpage

Visit the Epping Forest District Council dedicated webpage for information, advice and support on living with dementia.

www.eppingforestdc.gov.uk/community/dementia/





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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