



WHAT'S ON

IN EPPING FOREST

May – October 2024

www.eppingforestdc.gov.uk

Activities
for
Adults

Activities
for
Children

Inclusion
Programme

Volunteering

Other items
of interest



Adult programme



5 – 8

Children's programme



9 – 11

Inclusion programme



12 – 13

Volunteering



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Other items of interest



14 – 19

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](https://twitter.com/efdcommunity)
-  [efdcommunity](https://www.instagram.com/efdcommunity)
-  [efdcommunitieswellbeing](https://www.facebook.com/efdcommunitieswellbeing)
- [efdcommunity](https://www.facebook.com/efdcommunity)
- [EppingForestDFC](https://www.facebook.com/EppingForestDFC)

The Epping Forest District Museum Trust CIO

Admission to the museum is free*

*some events and activities have a separate charge.

Epping Forest District
Museum



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 six galleries and gift shop and enjoy a variety of events and activities suitable for all ages.

www.efdmuseum.org.uk

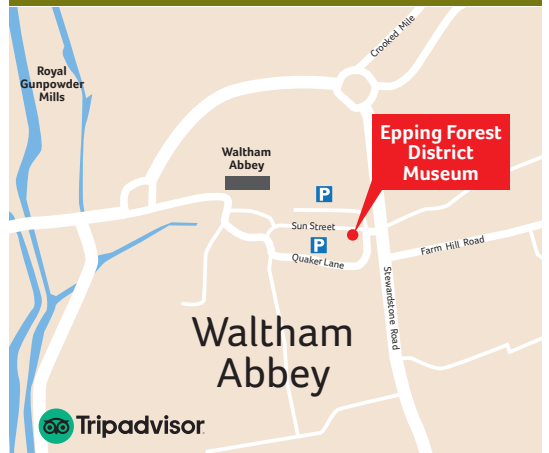
39-41 Sun Street, Waltham Abbey EN9 1EL.

Tel: 01992 716882

enquiries@efdmuseum.org.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


Adult Programme

Social. Active. Strong.


FREE (referral programme)



 **Adults 50+**
(but open to adults who require the service or have been referred)

 **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 45+**

 **Every Tuesday**

 **11.30am – 12.30pm**

 **Townmead Football Pitches,
Waltham Abbey
EN9 1JH**

 **cw@eppingforestdc.gov.uk**

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

Museum Movers – Seated Dance Exercise

£7








-  Adults 55+
-  Every Friday
-  10.30am – 12 noon
-  The Space
(accessible via a lift)
Epping Forest District
Museum,
39-41 Sun Street,
Waltham Abbey EN9 1EL.
-  Rachel 07768 382794

One hour movement followed by a cuppa and a chat.

Let's Get Together

FREE





-  Adults 18+
-  Every Tuesday
-  2.30pm – 4.30pm
-  The Epping Community
Hub, Civic Offices,
323 High Street,
Epping CM16 4BZ
-  01992 564226

These free weekly sessions are run by Epping Forest District Council's Community, Development and Wellbeing team and are open to the whole community. Come along and get to know others in your local area. Learn a new skill, play a few games or just relax and enjoy a cup of tea and a chat.
NO NEED TO BOOK – JUST TURN UP

Epping Forest District Museum Trust Community Café

FREE

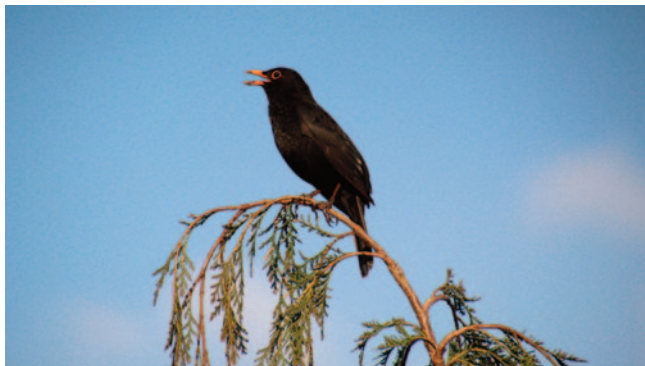


-  All welcome
-  Every Wednesday
-  12 noon – 1.45pm
-  Epping Forest District
Museum, 39-41 Sun Street,
Waltham Abbey EN9 1EL.
-  01992 716882
enquiries@efdmuseum.org.uk

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

Dawn Chorus Walk at Roding Valley Meadows

£2.50



-  5 years and above
-  Saturday 4 May
-  5am – 7.30am
-  Meet at public car park near David Lloyd Club, Roding Lane, Buckhurst Hill IG9 6BJ
-  Book at eppingforestdc.bookinglive.com

Come and learn how to identify birds from their songs and calls, or just enjoy the dawn chorus, as it builds throughout the morning.

Due to the nature of the walk route, there will be some rough ground and unfortunately it will not be wheelchair accessible. All children must be accompanied by a responsible adult.

Bat Walk at Roding Valley Meadows

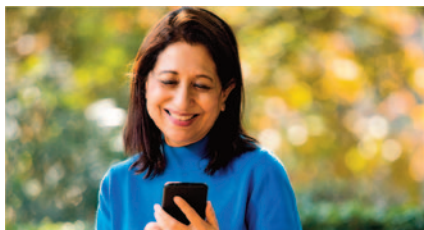
£2.50



-  5 years and above
-  Friday 17 May
8.45pm – 10.15pm
- Friday 13 September
7.15pm – 8.45pm
-  Grange Farm Centre, High Road, Chigwell IG7 6DP
-  eppingforestdc.bookinglive.com

Come and discover what bats are present at Roding Valley Meadows. We will start with a short talk about bats and then set out with detectors to see what species we can find.

Due to the nature of the walk route, there will be some rough ground and unfortunately it will not be wheelchair accessible. The event may be cancelled if the weather is forecast to be particularly bad, as the bats will not be active. We will let you know in advance if this is going to be the case.



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






Simply visit:

eppingforestdc.bookinglive.com

Butterfly Walk at Roding Valley Meadows

£2.50



-  5 years and over *
-  Monday 8 July
-  1pm – 2.30pm
-  Meet at the car park:
Grange Farm Centre,
High Rd, Chigwell
IG7 6DP
-  [eppingforestdc.
bookinglive.com](http://eppingforestdc.bookinglive.com)

Come and discover what butterfly species are present on Roding Valley Meadows. We will use nets to catch some butterflies, to more easily identify them.

Countrycare Mad About Moths

FREE



-  6 years and over *
-  Friday 6 September
-  8pm – 10pm
-  Weald Common,
North Weald Bassett
-  [eppingforestdc.
bookinglive.com](http://eppingforestdc.bookinglive.com)

We will set up moth light traps to attract moths from the grassland on the reserve and see what we will find. Hot drinks and refreshments will be provided. Limited parking next to North Weald Parish Hall.

*All children under 18 must be accompanied by a responsible adult.

Stay Safe and Well this Winter

FREE



-  Adults
-  10.30am – 3.30pm
-  Tuesday 29 October
-  Roydon Village Hall,
Harlow Road,
Roydon
CM19 5HH
-  01992 564226

-  Adults
-  10.30am – 3.30pm
-  Wednesday 30 Oct
-  Theydon Bois Village
Hall, Coppice Row,
Theydon Bois
CM16 7ER
-  01992 564226

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 lunch and an interactive performance about scamming. Health checks are available. Covid and Flu jabs are subject to availability. Book your place early to avoid disappointment. **Attendees will be given an information bag to take home.**

Children's Programme

Summer Play in the Park

FREE



Look out for our Summer 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 and times.

 eppingforestdc.bookinglive.com/

Sign up to our mailing list to be among the first to hear when all the dates and venues are released.





Play in the Park is an inclusive session and 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. *Children must be accompanied by an adult.


Music in 2 Days: Wonka


£54




 6-13 years

 Monday 19 August
Tuesday 20 August

 10am – 3.30pm

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

 01992 564226






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

To book and pay visit eppingforestdc.bookinglive.com

Butterfly & Bug Hunt at Roding Valley Meadows

£2.50



-  5 years and over *
-  Monday 29 July
-  1pm – 2.30pm
-  Meet at the car park:
Grange Farm Centre,
High Rd, Chigwell
IG7 6DP
-  [eppingforestdc.
bookinglive.com](http://eppingforestdc.bookinglive.com)

Come and discover what bugs and beasties call Roding Valley Meadows home. We will be using nets and pots to catch butterflies and other insects and identifying them.

Pond Dipping at Roding Valley Meadows

£2.50



-  5 years and over *
-  Monday 12 August
-  10am – 11.30am
-  Meet at the car park:
Grange Farm Centre,
High Rd, Chigwell IG7 6DP
-  [eppingforestdc.
bookinglive.com](http://eppingforestdc.bookinglive.com)

We will be using nets to catch pond animals, so we can observe and identify them, before releasing them back to the pond.

* All children must be accompanied by a responsible adult. The event may be cancelled if the weather is forecast to be particularly bad. We will let you know in advance if this is going to be the case.

Countrycare Teddy Bear's Picnic

£2.50



-  3-6 years
-  Wednesday 14 August
-  12 noon – 2pm
-  Linder's Field Local Nature
Reserve, Roebuck Lane,
Buckhurst Hill
-  Book at
eppingforestdc.bookinglive.com

Come and join Countrycare and our teddy bears for some fun outdoor activities. Bring along a picnic and a teddy to enjoy while you join in with our bug hunting, crafts, nature trails and more.

NINEFIELDS YOUTH CLUB

TUESDAYS 18:00 - 20:00

THURSDAYS 18:00 - 20:00

TERM TIME ONLY

**FOOTBALL • MUSIC • COOKING
ART • THEMED NIGHTS
GAMES • SNACKS**

**SECONDARY
SCHOOL YEAR 7+**

FREE

**HAZELWOOD CENTRE
NINEFIELDS ESTATE
EN9 3EL**

 **Epping Forest
District Council**

 **St Martin's
Abbey
Church**

 **safer
communities
PARTNERSHIP**
EPPING FOREST DISTRICT

**YOUTH
SERVICE**

**Inspire
Enable
Achieve**






Inclusion Programme

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.

-  Adults 18+
-  Wednesday 10 July
-  10am – 3.30pm
-  Epping Ongar Railway Station Road North Weald Bassett Epping CM16 6BT
-  01992 564226 eppingforestdc.bookinglive.com

This FREE Summer train trip is being brought to you by Epping Forest Rotary as the main sponsor as well as donations from Loughton Amateur Dramatics Society and local residents. Epping Ongar Railway and Epping Forest District Council's Community Development and Wellbeing Team support the planning of this event. 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.

All attendees must be accompanied by a friend, carer or relative.

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, or someone you know lives locally and/or attending a GP clinic in West Essex, and would like to hear more about this project, please get in touch.

Olivia Timotheou - Adult Disability Inclusion Officer

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 eppingforestdc.bookinglive.com or follow our Facebook page [@WEInclusionProject](https://www.facebook.com/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 on 07548 145654 wcockbill@eppingforestdc.gov.uk

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


Other items of interest

Independent Cycling Routes in Epping Forest District

FREE

– Celebrating Ford RideLondon–Essex



 Families with children
8+ years

 [www.komoot.com/
collection/1456136/
-efdc-rides](http://www.komoot.com/collection/1456136/-efdc-rides)





In celebration to Ford RideLondon–Essex coming to our district Epping Forest MTB have provided a guide to some independent routes in the Epping Forest District. Improving your health is as easy as riding a bike! Get ready for RideLondon–Essex, the world's greatest festival of cycling. Cycling is a great way to get active and improve your health, cycling is a very low impact activity so it can be enjoyed by absolutely everyone. The routes highlighted are generally traffic free, on bridleways and paths and are various lengths on different terrain, see individual routes for further details.


Community Cycling Rides


FREE



 Families with children 8+ years

 Sunday 12 May, Friday 17 May
Sunday 19 May

 10am – 12 noon

 Fishers Green Car Park
(additional),
Waltham Abbey EN9 2EF







Improving your health is as easy as riding a bike! Get ready for RideLondon–Essex, the world's greatest festival of cycling. The EFDC Community and Wellbeing team are here to help you get ready for the action.

For further information or to book on please visit: www.eppingforestmtb.co.uk/efdc-rides

Ford Ride London-Essex - Epping Community Fete

FREE



-  Families
-  Sunday 26 May
-  8.30am – 12.30pm
-  Outside the Civic Offices, High Street, Epping CM16 4BZ
-  www.eppingforestdc.gov.uk

Join us outside the Civic Offices on Epping High Street to cheer on the cyclists and enjoy activities such as: **• Face Painting • Smoothie Bikes • Pavement Art • Stalls • Tombola • Music Performances • Come and Try Activities** ... and much more! Also pop into **Epping Fire Station** and join the Open Day with a chance to explore the Fire Truck and pick up some giveaways. **Something for all the family whilst watching the 25,000 riders come through the high street!**

WIN A BICYCLE with Cycle King! Cycle King are giving away two bicycles in Epping at the Event Day. Please complete an evaluation form on the day for a chance of winning an adult bike. Leading up to the event, children across the district have been involved in a colouring competition to win a children's bike. The winner will be announced on the day.

Once the fun has finished in Epping head over to Ongar where the community are organising a family fun day event.

Longfield Allotment - Come and Join Us

FREE



-  Everyone
-  3rd Wednesday of every month
-  10.30am – 12 noon
-  Longfield Allotment, Abbots Drive, Ninefields, Waltham Abbey EN9 3HH
-  Karen Murray 01992 564222 kmurray@eppingforestdc.gov.uk

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. No need to book – just turn up.

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.

Epping Forest district Social Spaces

FREE



Find a warm welcome at one of our many **social spaces** sites across the Epping Forest district

www.eppingforestdc.gov.uk/socialspaces



Providing places with support and company

Social Spaces provide support and company for people to come together and socialise for those who need it across the district.

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

THERE'S NO NEED TO BOOK – residents can drop in anytime during the times stated for each venue to meet old friends and make new ones, play games and access different services.

Some venues have activities, refreshments and WiFi connection.


Epping Forest Dementia Fair 2024 – Part of Dementia Action Week 2024

FREE


Asking the
same question
over and over again.
over and over again.
over and over again.


It's not called
getting old, it's
called getting ill.




 Epping Forest District residents affected by dementia or those interested to know more

 Saturday 11 May

 10am – 2pm

 St John's Church,
Epping, St John's Road,
CM16 5DN

 Laura Cleverley
01992 564226
lcleverley@
eppingforestdc.gov.uk

The Dementia Fair will provide lots of information and advice for people living with dementia and their families and carers. The event will start off with a taster exercise and singing for the brain session. Many local service providers will be sharing useful ideas and resources. For more information about support within Epping Forest district visit www.eppingforestdc.gov.uk/community/dementia

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

Awareness Raising – Carers Week 2024



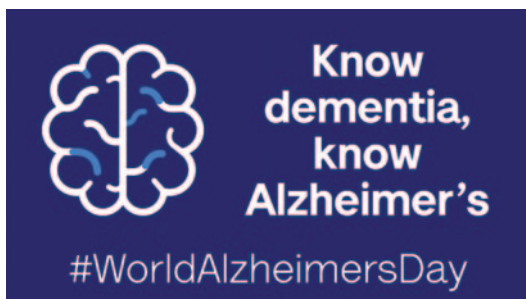
 All carers supporting a person with dementia

 10-16 June


 Laura Cleverley
01992 564226
lcleverley@
eppingforestdc.gov.uk


Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. For more information about support within Epping Forest district visit www.eppingforestdc.gov.uk/community/dementia

World Alzheimer's Month / World Alzheimer's Day



 Everyone

 21 September

 Laura Cleverley
01992 564226
lcleverley@
eppingforestdc.gov.uk

World Alzheimer's Month is a global opportunity to raise awareness, educate, encourage support of and demystify dementia. World Alzheimer's Day takes place on 21 September as part of World Alzheimer's Month. Globally, dementia is one of the biggest challenges we face, with nearly 55 million people living with dementia worldwide. To tackle this international dementia challenge, we need to work together and share best practice with one another. For more information about support within Epping Forest district visit www.eppingforestdc.gov.uk/community/dementia

Visit Epping Forest



Things to See and Do. There's so much on offer across the district including activities which are free and ideal for families. Its all to be found at www.visiteppingforest.org along including helpful information, local history, an event listing to keep you well informed, and so much more. Whether you want to relax, explore, discover, stay, eat or admire, there's something for everyone. And best of all – its right up your street.



THINGS TO DO

www.visiteppingforest.org/things-to-do

EVENTS

www.visiteppingforest.org/events

EXPLORE

www.visiteppingforest.org/explore



TOWNS & VILLAGES

www.visiteppingforest.org/town-and-villages

FOOD & DRINK

www.visiteppingforest.org/food-and-drink

STAY

www.visiteppingforest.org/accommodation

Discover Local App



Discover the district with the Discover app. Epping Forest District Council has teamed up with the Discover App to showcase amazing places, events and experiences across the district.

What is the Discover App? The app shows what's happening in your community including places to eat, where to shop and fun events for all ages. It's easy to use and you can personalise your preferences when you first sign up so that it only shows what interests you. If your tastes change, you can quickly and easily modify your preferences through the app settings.

Download the app for free and discover what you've been missing.

Just search 'Discover App' in your app store!



Visit www.discoverapp.co.uk

Epping Forest Community Lottery



Epping Forest Community Lottery is an exciting weekly lottery raising money for local good causes. The lottery is a chance for residents and visitors alike to support local charities and good causes, while also getting the chance to win cash prizes.

Players supporting the Epping Forest Community Lottery are supporting Epping Forest.

Tickets for the lottery cost **just £1 a week** and will soon be on sale ahead of the first draw on 3 August 2024. You can choose which cause your money will go to. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000. That's a better chance of winning than the National Lottery or the Health Lottery.

Good causes can apply to be supported by the Epping Forest Community Lottery. There's no limit on the number of causes the lottery supports, and you can apply via the lottery's website at any time.



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



**Epping Forest
District Council**
www.eppingforestdc.gov.uk

FIND US ON SOCIAL MEDIA

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[efdmuseum](#)
-  [efdcommunitieswellbeing](#)
[efdmuseum](#)
[EppingForestDFC](#)