

Community, Culture & Wellbeing Newsletter For Practitioners



A Welcome to our fourth quarterly CCW Newsletter for practitioners.

Here at Epping Forest District Council, our Community, Culture and Wellbeing team focus on bringing communities together and getting them active by offering a range of different activities each week. From walking to bowls, we not only aim to improve our residents' physical health, but also their mental health. This newsletter will give you an update on all of our sessions and new projects so that you, our practitioners, always know where to go to refer or pass on information to clients.

**You can refer potential participants into our activities using Frontline:
www.eppingforestfrontline.org.uk**

If you have any questions about our current programme of sessions please visit eppingforest.bookinglive.com or call 01992 564226

We would also love to have your input in each newsletter, so please send any ideas to: lvandermark@eppingforestdc.gov.uk (articles are 100 words max).

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Adult's Sessions

Active Living



Active Living is a 6 week gentle introduction to getting exercise and physical activity into your life, with different activities or sports included each week.

If you're not sure where to start with getting some movement back into your life, or you're struggling post Covid, this is the perfect steppingstone for you.

Our priority is supporting you mentally and physically throughout your journey. Join us each week for some light movement and a social chat.

This class is free for 6 weeks if you are an EFDC resident.

For more information contact **Lucy Vandermark** on **07526 918 642** or

lvandermark@eppingforestdc.gov.uk

For booking support or further information call: 01992 564226

Community Café

Enjoy some time out over a cuppa. This weekly café is a place to enjoy some light refreshments as well as an opportunity to chat and meet new friends in a relaxed, warm and welcoming environment. This café is dementia friendly.

For info please contact **lcleverly@eppingforestdc.gov.uk**



Indoor Bowls:

Bowls is a sport that can be played by anyone, regardless of age and ability. No matter if you are looking for a competitive game, or if you are just looking for a social sports session. The sessions are self-run and we welcome newcomers of all abilities.

Find out more about these sessions at eppingforestdc.bookinglive.com or call **01992 564226**



Walking Football:

A slower-paced version of the beautiful game, ideal for getting back into the game. Targeted at supporting people who want to keep active, recover from an injury or meet new people with an interest in football. This is a great social session, encouraging new friendships in a comfortable environment.

Contact Ashleigh: ahoward@eppingforestdc.gov.uk or call **07596 890924**



Lifewalks:

A month of FREE Lifewalks!

If you're a health professional then why not refer your patients so they can get a month of FREE Lifewalks !

Every week Lifewalks offers a choice of group led walks. There are walks across the whole of Epping Forest District so your sure to find one near you.

Why go walking? Walking is fun, cheap and a great form of exercise anyone can do.

What kind of walking should I be doing? You only need to walk a little faster than usual. Health walks are not 'power' walks. You just need to walk as though you are a bit late for an appointment. Fast enough to get warm but not sweaty. Breathe a little faster, but still able to talk normally. Feel as though you have had some exercise but could still do a bit more. For just 20 - 30minutes, walking a little faster than usual and without stopping gets your heart rate up. That's what does you good, so on Lifewalks you should only stop for a rest if you need to. Ideally you should exercise five times a week for 30minutes. This can be made up of your Lifewalks session and other activities such as yoga, pilates, cycling or walk with friends or family or walk a bit faster to the shops!

What kind of walks do Lifewalks offer? Our walks range from 0.8 to 3.98 miles. This may seem quite short but it's how fast you walk not how far. On the days we do a short route (less than 1 mile) we go around twice for those who want to do more. The routes are all graded for the amount of effort needed.

If you want to refer a patient, then the easiest way to do this is via Epping Forest Frontline <https://eppingforest.essexfrontline.org.uk/>

For general information visit eppingforestdc.bookinglive.com/book/add/p/396 or contact Karen Murray: kmurray@eppingforestdc.gov.uk if you have any questions about a referral.



Keep Fit:

Our Keep Fit classes are a great way of burning off some steam in your week. We elevate our heart rates and build up a sweat through different aerobic inspired sequences. There is a great sense of unity, with some participants saying that Keep Fit is "the best part" of their week.

Find out more at eppingforest.bookinglive.com or call **01992 564226**



Museum Movers:

For Adults 55+

Join us for a cup of tea or coffee and enjoy our fun, informal movement sessions inspired by the Museum's collection.

Every Friday, 10:30-12pm (dance for an hour and then time for tea, coffee and a chat).

Based at Epping Forest District Museum

If you have any questions before the class please get in contact at museum@eppingforestdc.gov.uk or call **01992 716882**



Men's Shed

Men's Shed is not unlike a traditional Shed in its nature – a place full of tools and projects – but on a much larger scale and with a key difference: you're never alone at a Men's Shed.

For info please contact nrobinson@vaef.org.uk



Strength and Balance:

Strength and Balance is a class designed to help improve the participant's ability to do everyday tasks. Each class ensuring to exercise each muscle from head to toe, to build strength and improve the participant's daily lifestyle. This class is low impact, often seated, using bodyweight and resistance bands and always ending with some work on the core and balance. Each week, the group will work together in a light and sociable atmosphere.

For more information contact Lucy:
07526 918642 or
lvandermark@eppingforestdc.gov.uk



Social. Active. Strong:

SOCIAL ACTIVE STRONG is a FREE 12 Week Strength and Balance course offered to residents in Epping Forest, Harlow and Uttlesford.

The programme is designed to help participants build strength, improve their mobility and help them sustain day to day activities through a series of gentle exercises week by week, as well as encouraging them towards a more social and independent lifestyle.

Classes run on the following days:-

Monday - Waltham Abbey

Tuesday – Loughton and Ongar

Wednesday – Online via Zoom

Thursday – Buckhurst Hill, Chigwell & Epping

For information or to make a referral to classes in the Epping Forest region, please contact sasreferrals@eppingforestdc.gov.uk or call 01992 564226

For information/referrals to classes running in Harlow and Uttlesford, please contact them as per information on the flyer below.

FREE
courses



Social. Active. Strong.

helping you move forward with confidence



A strength and balance service for residents of Epping Forest, Harlow and Uttlesford.

A **FREE** 12-week programme of activity to help you **build strength, improve mobility** and help sustain your day to day activity levels.

Doing more gentle strength based physical activity can help improve mobility and balance leading to a more active, social and independent life. **Social. Active. Strong.** is a **FREE** service available to adults living in or registered to an Epping Forest, Harlow or Uttlesford GP Practice.

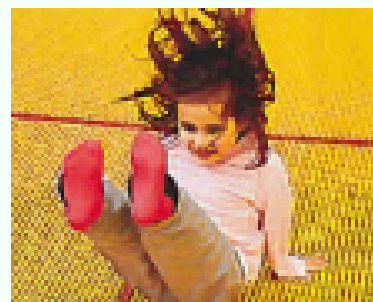
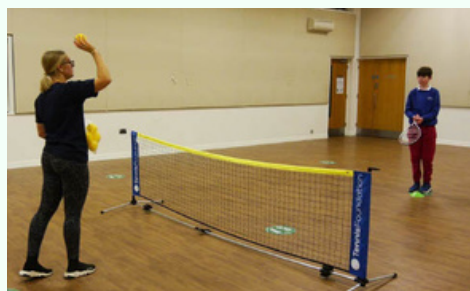
For information and to register for FREE classes please contact:

Epping Forest 01992 564226 sasreferrals@eppingforestdc.gov.uk

Harlow 07510 383146 sas@harlow.gov.uk

Uttlesford 07817 166274 Strength&BalanceReferrals@uttlesford.gov.uk

Children's Sessions



Inclusion Project:

The Epping Forest Inclusion Project supports children and young people up to 25 with a learning difficulty or disability. This autumn/winter we have a range of activities on offer during term-time, school holidays, and at weekends. From pumpkin carving to different sports days.

Inclusion Project sessions are inclusive of a wide variety of additional needs. Each session is designed to be easily adapted depending on each individual participant. Sessions include trampolining, tennis, boxing, horse riding and football.

For more information, to keep up to date with our latest news or to see what we get up to please like our Facebook page **Epping Forest Disability Forum**.

Contact Will Fordham: wfordham@eppingforestdc.gov.uk or call **07548 162269**

See below flyers.

Wildcats:

The Inclusion Project is pleased to announce a new partnership with the Essex FA delivering the Wildcats programme to girls aged 5-11 with learning difficulties or disabilities. This programme will support these girls on their footballing journey and work to develop key skills such as balance, co-ordination, increased mobility and movement all while having fun. Our key objectives are to support these girls to make friends, have fun and play football!

We can't wait to get started! See the flyer below for all info.

For more information, contact Will Fordham: wfordham@eppingforestdc.gov.uk or call **07548 162269**.

Starting back in Feb 2023



What's New?



We are always looking at ways to expand our programme to engage our residents as much as possible. See below for details on all of our new sessions and projects.

The Buddy Up Project

The Buddy Up Project supports adults with autism and learning disabilities into community based activities by connecting them with buddies in the community. Let's become a society that is more enabling and accepting of anyone, no matter their differences.

If you know someone who would benefit from this service, or if you are someone living locally, or if you are attending a GP clinic in West Essex, the project is live across Frontline:

<https://www.uttlesfordfrontline.org.uk/library-of-services/category/disability-and-sensory-impairment>

<https://www.eppingforestfrontline.org.uk/library-of-services/category/disability-and-sensory-impairment>

<https://www.harlowfrontline.org.uk/library-of-services/category/disability-and-sensory-impairment>

If you would like to volunteer as a buddy for this project, please get in touch:

Tel: 01992 564083 Mobile: 07729 109006

Email: otimotheou@eppingforestdc.gov.uk

Olivia Timotheou - Adult Disability Inclusion Officer, Epping Forest District Council

The Ninefields recruitment, training & skills development fair

See below poster

The cost of living directory

The cost-of-living support directory attached contains information on local services that may help people with cost-of-living issues. The directory contains an extensive range of services and is made for practitioners only. If you feel there is a service that's should be included please feel free to contact Fabrizio Ferrari
fferrari@eppingforestdc.gov.uk.

Ninefields Recruitment, Training and Skills Development Fair

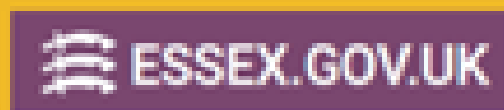
Come along and have a chat with professionals about the range of employment opportunities available locally in the public sector and partner organisations. Also have your say on training and skills development programmes to be delivered in Ninefields.

Monday 23 January 2023
Drop in anytime from
3pm - 7.30pm

Hazlewood Children's Centre
Waltham Abbey, Ninefields
EN9 3EL

Kids activities
available
while you
explore

Companies attending:



citizens
advice



Buddy Up

The Buddy Up project supports adults with autism, learning disabilities or both into community based activities by connecting them with buddies in the community.

Simply scan the QR code and scroll down for the Buddy Up Project.



Epping



Harlow



Uttlesford

VOLUNTEERS WANTED!

Have you found yourself with more free time? We are looking for volunteers to join our Buddy Up Project. Let's become a society that is more accepting and enabling.

For more information contact Olivia at:

otimotheou@eppingforestdc.gov.uk
or 01992 564083 / 07729 109006



Epping Forest
District Council

www.eppingforestdc.gov.uk



West Essex

Clinical Commissioning Group





Social Active Strong is on Zoom!

Social Active Strong classes are now ONLINE! Why not sign up to our FREE Social Active Strong course, now also available online via Zoom so you can join in from home or the office as a convenient way to fit them in to your life.

As with the in person classes, the programme is designed to help participants build strength, improve their mobility and help them sustain day to day activities through a series of gentle exercises week by week, as well as encouraging them towards a more social and independent lifestyle.

If you would like to know more or to sign up then contact us at sasreferrals@eppingforestdc.gov.uk or call **01992 564226**.

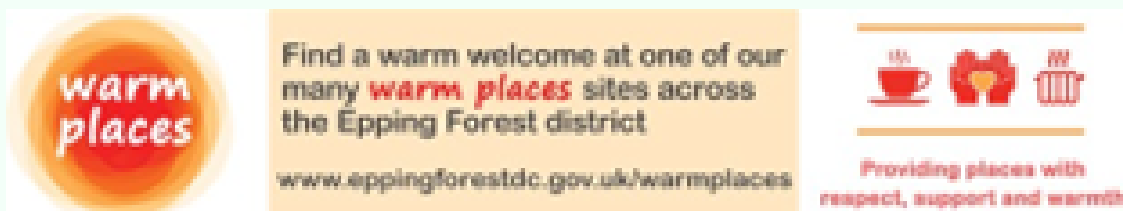
Ninefields youth club

See below poster

Brand new 6 week active living course

Held at Waltham Abbey sports centre, every Monday 2-3pm. This is a free 6week course encouraging participants to set goals, get active & be sociable.

Booking details in Active living description.



NINEFIELDS YOUTH CLUB

TUESDAYS 18:00 - 20:00

THURSDAYS 16:30 - 18:30

TERM TIME

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

SECONDARY
SCHOOL YEAR 7+

FREE

HAZELWOOD CENTRE
NINEFIELDS ESTATE
EN9 3EL

PLEASE BRING EMERGENCY CONTACT DETAILS TO YOUR FIRST SESSION

GET HELP AND SUPPORT WITH YOUR DIGITAL SKILLS

Visit our drop-in centre in Epping for help, support, and advice from friendly and experienced staff to help you improve your digital skills.

Get support with:

- Zoom
- Banking
- Social media
- Health appointments

Where to find us

Epping Community Hub

Every Thursday

9.30am to 12.30pm

Epping Forest District Council Civic
Offices, 323 High Street, Epping

CM16 4BZ

Contact us to find out more

Chris Seaman • Email communityhub@vaef.org.uk • Call 07529 222655



Communicating
online - Emails &
video



Online Shopping



Completing online
forms



Managing health
appointments
online





Partner Updates



We would love to have your input for our newsletter. If you have any updates to current services or any new services in the pipeline please feel free to email me on **lvandermark@eppingforestdc.gov.uk** to have your piece included. This is a great way for everyone to become aware of all the services that are available and to get our clients referred to the most appropriate ones.

*Thank
you!*



Testimonials



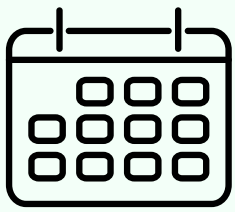
Here are some comments from our participants telling us how they feel about our sessions...

"Our Thursday afternoon session really puts a smile on my face week after week"

"I am now able to play with my sons and grandsons again. I have made some really nice friends in a really nice atmosphere with just the right level of competitiveness."

"When I can get out it really helps me relax, gain exercise and be alive for a few hours. To be honest I worry to think where I would be without it."

"Laughing, talking, and chatting with friends is just lovely"



Quick Search Timetable

Day/Time

Activity

Location

Price

Monday

10:00-various	Lifewalks	Various Locations	£2.60
11:00-12:00	Strength & Balance	Waltham Abbey	£5.40
14:00-15:00	Social. Active. Strong	Waltham Abbey	£0 12 week
17:00-17:45	Active Living	Chigwell	£0 6 week

Tuesday

10:00-various	Lifewalks	Various Locations	£5.20
10:00-11:00	Social. Active. Strong	Loughton	£0
14:00-15:00	Social. Active. Strong	Ongar	£0
16:00-16:45	Inclusion Trampolining	Debden	£5
17:00-17:45	Inclusion Trampolining	Debden	£5
18:00-18:45	Inclusion Trampolining	Debden	£5

Wednesday

12:30-13:15	Social. Active. Strong	Zoom	£0
14:00-15:00	Social. Active. Strong	Chigwell	£0
16:00-16:45	Inclusion Trampolining	Ongar	£5.50
17:00-17:45	Inclusion Trampolining	Ongar	£5.50

Thursday

10:00-11:00	Social. Active. Strong	Buckurst Hill	£0
10:00-various	Lifewalks	Various Locations	£2.60
11:45-12:45	Social. Active. Strong	Chigwell	£0
14:00-15:00	Social. Active. Strong	Epping	£0
18:00-19:00	Inclusion Boxing	Debden	£3.50

Friday

09:00-09:45	Strength & balance	Loughton	£5.40
10:00-12:00	Indoor Bowls	Waltham Abbey	£5.40
10:00-11:00	Keep Fit	Loughton	£5.40
10:30-11:30	Museum Movers	Waltham Abbey	£5.20
16:00-17:00	Soccerability	Waltham Abbey	£3.50

Sunday

10:00-various	Lifewalks	Various Locations	£2.60
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Adults Physical Activity

Loyalty Card



Scan to purchase



**Attend 10 classes
and save up to £10**

Classes included:

**Keep Fit
Pilates
Strength & Balance
Yoga
Street Dance
Museum Movers
Indoor Bowls**

£42

How to use:

- Purchase Loyalty Card
- Book classes using £0 slots on BookingLive
- Collect card from instructor at first class
- Take card to each class to get stamped



**Purchase your Loyalty Card now
via eppingforest.bookinglive.com
or call 01992 564226**

 **Epping Forest
District Council**

Community, Culture
and Wellbeing


livewell