

Welcome...

Welcome to the 2021 summer activities brochure brought to you by the Community, Culture and Wellbeing Team at Epping Forest District Council. Inside you will find lots of exciting things to do throughout the school holidays. As ever there is a wide range of activity days, family workshops and multisport activity sessions.

Young people with additional needs are welcome to take part in many of the activities. Please phone us before you book to check if your chosen activity can meet your requirements.

The Epping Forest Inclusion Project runs a number of sessions and activities for children and young people with additional needs. Please see page 6 for more details.

How to book

Most activities need to be booked and paid for in

advance, unless otherwise indicated.

Online bookings open 14 June

eppingforestdc.bookinglive.com
For help with your booking
please call

01992 564226

(open Monday-Friday 10am-4pm)

www.eppingforestdc.gov.uk

How to pay



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Indicates a venue has wheelchair access and disabled toilet facilities. Other venues may have limited access, call us for details.



Throughout the holidays

Multi-sports Camps

5-12 years

£21 per day

Multi-sports Camps

We're back! This summer our Multi sport camps return in both Epping and Loughton. Play loads of fun games and sports including Football, Tennis, Handball, Athletics, Dodgeball, Mini Olympics and so much more! This year we have

some great prizes up for grabs so be prepared to compete to win! We promise you'll have fun so join our brilliant coaches this summer for hours of fun. Book one day or the whole week!

Please bring a packed lunch and a refillable water bottle.

9.15am – 3.30pm Drop off 8.45am – 9.15am Pick up 3.45pm – 4.15pm

Tuesday 3 August, Wednesday 4 August Thursday 5 August, Friday 6 August

Epping Upper Clapton RFC

Tuesday 10 August, Wednesday 11 August Thursday 12 August, Friday 13 August AND

Tuesday 17 August, Wednesday 18 August Thursday 19 August, Friday 20 August

Loughton Cricket Club The Uplands, Loughton IG10 1NQ

Book a single day...
all four days...
or every week
- you choose!









Throughout the holidays

Play in the Park







Play in the Park

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 and

crafts resources for children and young people to enjoy. The team help organise activities and games.

All totally free of charge.

Children must be accompanied by an adult.



FREE OF CHARGE!

Mondav 26 July 1.30pm - 3.30pm CHIGWELL

The Limes Green

uesday 27 July 10am - 12 noon LOUGHTON

Roding Valley Recreation

1.30pm - 3.30pm THEYDON BOIS The Green

Wednesday 28 July

10am - 12 noon ABRIDGE Village Hall

1.30pm - 3.30pm BUCKHURST HILL Roding Valley Recreation Ground

Thursday 29 July

10am - 12 noon LOUGHTON Jessel Green

1.30pm - 3.30pm ONGAR Shelley Park

Friday 30 July 10am – 12 noon **EPPING UPLAND**

NAZEING Elizabeth Close

Monday 2 August

10am - 12 noon WALTHAM ABBEY **Town Mead Leisure Park**

1.30pm - 3.30pm **CHIGWELL** The Limes Green

Tuesdav 3 August

10am – 12 noon LOUGHTON

Roding Valley Recreation

1.30pm - 3.30pm **EPPING**

Stonards Hill Recreation Ground

Nednesday L August

10am – 12 noon **THORNWOOD** Parish Hall

Thursday 5 August

10am – 12 noon ROYDON Roydon Playing Fields

1.30pm - 3.30pm ONGAR Jubilee Park

Friday 6 August 10am - 12 noon CHIGWELL

Station Green

1.30pm - 3.30pm **LOUGHTON** Jessel Green

Monday 9 August

10am – 12 noon WALTHAM ABBEY Town Mead Leisure Park

1.30pm - 3.30pm CHIGWELL

The Limes Green

Tuesday 10 August

10am - 12 noon LOUGHTON

Roding Valley Recreation Ground

1.30pm - 3.30pm NAZEING Elizabeth Close

Throughout the holidays

Play in the Park continued

ages

Wednesday | 1 August

10am - 12 noon ABRIDGE Village Hall

1.30pm - 3.30pm BUCKHURST HILL

Hornbeam Road **Recreation Ground**

10am - 12 noon LOUGHTON Jessel Green

1.30pm - 3.30pm

ONGAR Shelley Park

Friday 13 August 10am - 12 noon **CHIGWELL**

Station Green

10am – 12 noon WALTHAM ABBEY Town Mead Leisure Park

1.30pm - 3.30pm

CHIGWELL The Limes Green

10am – 12 <u>noon</u> LOUGHTON

Roding Valley Recreation Ground

1.30pm - 3.30pm EPPING

Stonards Hill Recreation Ground

Wednesday 18 August

10am – 12 noon ABRIDGE Village Hall

1.30pm - 3.30pm BUCKHURST HILL

Roding Valley Recreation Ground

Thursday 19 August

10am – 12 noon ROYDON

Roydon Playing Fields

1.30pm - 3.30pm ONGAR

Jubilee Park

Friday 20 August 10am – 12 <u>noon</u>

CHIGWELL

Station Green

Monday

10am - 12 noon WALTHAM ABBEY

Town Mead Leisure Park

1.30am - 3.30pm NAZEING

Elizabeth Close

10am - 12 noon **NORTH WEALD** Memorial Playing Fields

1.30pm - 3.30pm **EPPING UPLAND** Doorstep Green

10am – 12 noon **ABRIDGE** Village Hall

1.30pm - 3.30pm BUCKHURST HILL Roding Valley Recreation Ground

10am - 12 noon LOUGHTON Jessel Green

1.30pm - 3.30pm ONGAR

Shelley Park

Station Green

Friday 27 August 10am - 12 noon CHIGWELL



FREE OF CHARGE!

Play in the Park venues



Village Hall Playing Fields, Ongar Road, Abridge **RM4 1BS**

BUCKHURST HILL

Roding Valley Recreation Ground Rous Road. **Buckhurst Hill IG9 6BJ**

BUCKHURST HILL

Hornbeam Road Recreation Ground (near Newton Court) **Buckhurst Hill** IG9 6JT

The Limes Green (next to The Limes Centre). Limes Avenue, Chigwell IG7 5LP

Station Green (next to Chigwell Station) High Road, Chigwell IG7 6QZ

Stonards Hill Recreation Ground Stonards Hill, **Epping CM16 4QF**

EPPING UPLAND

Epping Green Playing Fields (Doorstep Green), **Epping Road, Epping** Green CM16 6QJ

Jessel Green Jessel Drive, Loughton IG10 2EQ

Roding Valley Recreation Ground (near Tennis Courts) Roding Road, Loughton IG10 3BS

Elizabeth Close Play Area Elizabeth Close. Nazeing EN9 2HX

NORTH WEALD

Queens Hall Memorial Playing Field

School Green Lane, **North Weald CM16 6EY**

NORTH WEALD **Norway House**

Epping Road North Weald **CM16 6BH**

Shelley Park St. Peters Ave. Shelley, Ongar CM5 OBT

Jubilee Park Love Lane, Ongar CM5 9BL

Roydon Playing Fields

Occupation Lane, Roydon CM19 5HL

THEYDON BOIS

The Green **Theydon Bois CM167LH**

THORNWOOD

Parish Hall Thornwood, Epping **CM16 6NR**

WALTHAM ABBEY

Town Mead Leisure Park Brooker Road Waltham Abbey EN9 1JH





The Epping Forest Inclusion Project, run by Epping Forest District Council, provides a variety of sports and leisure activities for children and young people with SEND. The activities are suitable for all ages (unless stated) and we cater for a wide range of needs. Siblings and parents are also welcome to join us on some activities, please read below for details. Families can self-refer on to the programme and do not need to have Short Break hours.

As well as a dedicated holiday programme for children and young people with SEND, the **Epping Forest Inclusion Project** runs an extensive clubs and activities programme during the school term. If you want to find out more about the Inclusion Project or be added to the mailing list, please contact Disability Inclusion Assistant, Will Fordham by email at **wfordham@eppingforestdc.gov.uk**

The Epping Forest Inclusion Project also holds regular **Parent Forum meetings.** They give families the unique opportunity to have a voice in the provision that is provided for their children.



To keep up-to-date with all our latest news, like our Facebook page **Epping Forest Disability Forum**

> All ages

Forest Fun Days

Monday 26 July Monday 9 August Monday 23 August **10am – 3pm**

FSC Epping Forest Paul's Nursery Road High Beach IG10 4AF **£16** for one child

£8 additional sibling Forest Fun Days

Come and join us for some Summer fun

in the forest, bug hunts, trails, pond dipping, crafts and just some of the activities we will be doing on these days. Siblings and parents are more than welcome to join in the fun too!

Please dress appropriately for the weather and bring a packed lunch. Must book in advance.

Parent will need to stay for children under 5. Wear suitable clothing and footwear, be prepared for all weathers. Please bring a packed lunch and plenty to drink.

3 dates to enjoy all the fun!





Athletics

5+ years

Tuesday 27 July 2pm – 3.30pm Roding Valley Rec (Tennis Courts) Roding Road, Loughton IG10 3LQ



Athletics

Join us in Loughton (on the short track) where we'll be playing lots of different Athletics based games practicing and improving our skills.

We'll be working on balance, coordination and more skills all while having fun. Have a go at sports such as shotput, discus, long jump and more!



All ages



Bounce & Swim

Wednesday 28 July Friday 20 August 1pm – 3pm

Ongar Leisure Centre The Gables, Ongar CM5 OGA



Bounce & Swim

Come and enjoy an hour of trampolining and 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 only for children or young people with disabilities/SEN and their siblings.





Street Tennis

All ages

Thursday 29 July 11am – 12.30pm Roding Valley Rec (Tennis Courts) Roding Road, Loughton IG10 3LQ



Street Tennis

Get into Tennis with our fun and exciting Street Tennis session. This is perfect for all abilities; we cover all the fundamentals of tennis with fun and engaging games. A great session that will get your ready for any Grand Slam!

Siblings welcome too. Please feel free to bring your own racquet. Please note this session takes place outside, please dress for the weather.

This session is only for children or young people with disabilities/SEN and their siblings.





CanalAbility

All ages

Monday 2 August 10.45am – 3pm

Lock View
Burnt Mill Lane
Harlow
CM20 2QS

£18

CanalAbility

Join us on the River Stort as we take the Stort Daybreak for a day trip.

Whether you want to steer, work the locks or just sit and watch the world go by from the water, this promises to be a great day out!

Please note due to extremely limited places we encourage children and young people to attend without an adult where possible. Bring a packed lunch. This session is only for children or young people with disabilities/SEN.





Soccerability

Thursday 5 August 1pm - 2.30pm

Epping Upper RFC 61 Upland Road, Epping CM16 6NL £5

SoccerAbility

A fun football based session, suitable for all levels.

Plenty of individual games and skills, followed by lots of mini challenges and team games.

Siblings welcome.

This is only for children or young people with disabilities/SEN and their siblings.





Trampolining

Tuesday 10 August

11.30am - 12.30pm

10am - 11am

Debden Park High

Willingale Road,

Loughton IG10 2BQ

£4.50 Trampolining

Come and join us

for an hour's bounce session!

Work with our coaches on learning some new moves!

Please remember you must be wearing socks. Siblings welcome.

This is only for children or young people with disabilities/SEN and their siblings.





School

Multi Sports

All ages

Wednesday 11 August 10am – 3pm

Loughton Cricket ClubThe Uplands, Loughton
IG10 1NQ



£16 Multi Sports

Join our sports Loughton Cricket Club camp for a day of activities.

The coaches will be putting on a variety of fun sports sessions ranging from Short Tennis, Football, Tag Rugby, Athletics and Boccia to name just a few!

Your child will need a packed lunch, plenty to drink and please wear suitable clothing-some activities will take place outside. Plenty of fun and prizes to be won.

This is only for children or young people with disabilities/SEN and their siblings.



7+ years

Pizza Making

Monday 16 August 11am – 1.30pm The Limes Centre Limes Avenue,

Chiawell IG7 5LP



session.

Pizza Making

Calling all budding chefs! Join us for this Pizza making

You will learn how to make the dough from scratch, have a selection of toppings to get those taste buds going... and the best bit.... we get to eat the goods at the end!

This is only for children or young people with disabilities/SEN and their siblings.





Seed Bomb Workshop

All ages

Tuesday 24 August 2pm – 4pm

Epping Bloom Community Garden Market Terrace, Epping

at the back entrance to Marks and Spencer



£8

Seed Bomb Workshop

Come along and make Seed Bombs in the beautiful Community Gardens in Epping, your creations will help plant an area in the Community Garden.

Seed Bombs make great gifts, so we'll make sure you make enough, so you can take some home with you.

All materials provided, the whole family welcome.

This session is only for children or young people with disabilities/SEN.



Camping at Lambourne End



Wednesday 25 August Drop off 10am

(1 night) Pick up 2pm Thursday 26 August

(2 nights) Pick up 2pm Friday 27 August

Lambourne End Centre
Manor Road
Lambourne End
RM4 1NB



This two-night camping adventure will be a perfect way to end the summer!

Your child will need a sleeping bag, swimming costume, towel and warm clothes for the evening. Various activities throughout the days and evenings will include Pizza making, Fencing, team games, BBQ and much, much more.

This is only for children or young people with disabilities/SEN and their siblings.



inspired to inspire .

£90 2 nights

£55 1 night

Week 1 Monday 26 July - Saturday 31 July

Family Fun with Clay

5-11 years

Tuesday 27 July **10.30am – 3.30pm**

Epping Forest District Museum39-41 Sun Street
Waltham Abbey
EN9 1FL



£2.30

Family Fun with Clay

Join us for a fun, simple craft activity inspired by our special exhibition for you to make together and take home.

No need to book, just drop in and allow approximately 20 minutes for the activity. Children must be accompanied by a responsible adult.

We regret we cannot accommodate large groups or holiday clubs at these sessions.



Athletics Fun and Games

Tuesday 27 July 11.30am – 1.30pm

Roding Valley
Recreation Ground
(Short Track)
Roding Road,
Loughton IG10 3BS



£8.80

Athletics Fun and Games

Come and join our coaches for 2 hours of guaranteed fun and games with an Athletics focus.

We will be playing lots of fun games all while working on your Athletics skills. We'll be running, jumping, throwing, racing and so much more! Show off your Athletics skills in our Loughton Mini Olympics competition!

Please bring a refillable water bottle.



Paradise Garden Workshop

Wednesday 28 July 10am – 12 noon

Epping Forest District Museum 39-41 Sun Street Waltham Abbey EN9 1EL



£10.80

Paradise Garden Workshop

Create your very own paradise garden to take home.

This fun workshop will give you the growing confidence to produce an amazing take home tray landscape design.

All materials will be provided.



Pizza Making Workshop



Wednesday 28 July **2pm – 4pm**

The Limes **Community Centre** Limes Avenue, Chigwell IG7 5LP



Pizza Making Workshop

Come along and learn how to make magnificent pizzas.

Start from scratch making the dough base and then get crazy adding your toppings, You can make funny faces or even your favourite characters. Best of all you will get to eat some of your amazing creations!

All materials and ingredients will be provided.





Tennis Masterclass

Thursday 29 July 2pm – 4pm

Roding Valley Recreation Ground (Short Track) IG10 3BS



£8.80

Tennis Masterclass

Join us for this 2 hour tennis session where we will be working on improving all of Roding Road, Loughton our tennis skills including our forehand, backhand, hand to eve co-ordination and speed.

> Play lots of fun games with our coaches and improve your tennis ability!

Please bring a refillable water bottle.



Musical in 2 Days - Lion King

Monday 2 August & Tuesday 3 August 10am - 3.30pm

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

E

Musical in 2 Days - Lion King

Be a fabulous performer, show off your singing, dancing and acting skills in a mini version of Disney's The Lion King.

Working with our choreographer, you'll recreate scenes and musical numbers such as 'Circle of Life' and 'I Just Can't Wait to be King'; then show them to your family and friends in a performance at the end of day two.

Please wear comfortable clothes, suitable footwear for movement and bring a packed lunch and a bottle of water. Please arrive promptly, registration taken at 10am each day.

Two days of fun and excitement for budding actors and actresses!





Family Fun - Make a Star of David

Tuesday 3 August 10.30am - 3.30pm

Epping Forest District Museum 39-41 Sun Street Waltham Abbey EN9 1EL

Family Fun -Make a Star of **David**

Join us for a fun, simple craft activity inspired by our special exhibition for you to make together and take home.

No need to book, just drop in and allow approximately 20 minutes for the activity.

Children must be accompanied by a responsible adult.

We regret we cannot accommodate large groups or holiday clubs at these sessions.





Craft Camp

Tuesday 3 August 10am – 3pm

Jack Silley Pavilion Stonards Hill Recreation Ground. **Epping CM16 6SP**



Craft Camp

Come along and enjoy a fun packed day of crafty summer activities!

We will be making lots of exciting crafts for you to take

All materials will be provided. Please bring a packed lunch and wear appropriate clothing for indoor and outdoor activity.



Patchwork Quilt Workshop

Wednesday 4 August 10am - 12 noon

Epping Forest District Museum 39-41 Sun Street Waltham Abbev EN9 1EL



£10.80

Workshop

Why not be part of history by helping make a community patchwork quilt.

Ouilt

You will be designing your own squares out of fabric, creating one to be part of the community quilt and one to take home to show your friends and family.

All materials will be provided.



Felted Pebble Making Workshop

Wednesday 4 August 2pm - 4pm

Epping Forest District Museum 39-41 Sun Street Waltham Abbey EN9 1EL



Felted Pebble Making Workshop

Join this fun workshop and make a felted pebble.

You will learn the process of making unique felted pebbles and make a pebble to join the community display at the museum as well as have one to take home to show your friends and family.



Butterfly and Bee Craft Workshop

5-14 years

Thursday 5 August 10am – 12 noon

Cripsy Brook MeadowMoreton Road
Ongar CM5 0AP



£10.80

Butterfly & Bee Craft Workshop

Learn how to create works of art to take home by using materials that we often throw away.

Turn junk into beautiful butterflies and bees to take home and show your friends and family.

All materials will be provided.



Mythical Creatures Animation

Thursday 5 August 10am – 12 noon

Epping Forest District Museum 39-41 Sun Street Waltham Abbey EN9 1EL



£10.80

Mythical Creatures Animation

Let loose your creativity and learn how to produce a short animated film.

You will make your own mythical creature, and find out how to bring it to life with some simple animation techniques.

Please wear old clothes. All materials will be provided.



Create a Roman Catapult

Thursday 5 August 2pm – 4pm

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL



£10.80

Create a Roman Catapult

Calling all budding engineers! Come and make your own working Roman catapult and hone your design skills to see whose can fire the furthest.

Please wear old clothes.
All materials will be provided.



Week 3 Saturday 7 - Saturday 14 August

Arts Award - Bronze

11-16 years*

Saturday 7 August Monday 9 August Wednesday 11 August Friday 13 August Saturday 14 August 10.30am – 3.30pm

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL

£107.50

Arts Award
- Bronze

Spend 5 days with our in-house artist and gain a nationally recognised qualification in the arts.

Do you want to...

- participate in arts activities
- · experience arts events
- get inspired by artists
- take on challenges in art form
- share your arts skills with others?

If so, then Arts Award Bronze is for you!

You will create a portfolio to keep a record of your creative work and progress along the way, so come ready to focus as well as have lots of fun!

The Arts Award program aims to support and encourage learners of all levels and abilities and from all backgrounds and cultures to engage and participate in the arts.

All materials will be supplied, but please bring a packed lunch and drink, and wear old clothing that you don't mind getting messy!

*Please note that participants must be 11 years or over to attend.





Family Fun – Printmaking

Tuesday 10 August £2.30 Printmaking 10.30am – 3.30pm

Join us for a fun, simple craft activity inspired by our special exhibition for you to make together and take home.

No need to book, just drop in and allow approximately 20 minutes for the activity. Children must be accompanied by a responsible adult. All ages welcome (most suitable for 5 - 11 year olds). We regret we cannot accommodate large groups or holiday clubs at these sessions.



5 day course!

Epping Forest
District Museum

39-41 Sun Street Waltham Abbey EN9 1EL



Week 3 Saturday 7 – Saturday 14 August

Craft Camp

Tuesday 10 August 10am – 3pm

Jack Silley Pavilion Ground. **Epping CM16 6SP**



£21.50

Craft Camp

Come along and enjoy a Stonards Hill Recreation fun packed day of crafty summer activities!

> We will be making lots of exciting crafts for you to take home.

All materials will be provided. Please bring a packed lunch and wear appropriate clothing for indoor and outdoor activity.



Fruit Art Workshop

Thursday 12 August 2pm - 4pm

Epping Forest District Museum 39-41 Sun Street Waltham Abbey EN9 1EL



£10.80

Fruit Art Workshop

Come and join us for this fruity fun workshop.

Learn how to make wonderful works of art out of fresh fruit and take your edible creations home to share with friends and family.

All materials will be provided.



Week 4 Monday 16 – Saturday 21 August

Family Fun – Acts of Kindness Paper Quilt

Tuesday 17 August 10.30am - 3.30pm

Epping Forest District Museum 39-41 Sun Street Waltham Abbev EN9 1EL



£2.30

Family Fun -Acts of Kindness Paper Ouilt

Join us for a fun, simple craft activity inspired by our special exhibition for you to make together and take home.

No need to book, just drop in and allow approximately 20 minutes for the activity. Children must be accompanied by a responsible

We regret we cannot accommodate large groups or holiday clubs at these sessions.



Craft Camp

Tuesday 17 August 10am - 3pm

Jack Silley Pavilion Stonards Hill Recreation Ground. **Epping CM16 6SP**



£21.50

Craft Camp

Come along and enjoy a fun packed day of crafty summer activities!

We will be making lots of exciting crafts for you to take home.

All materials will be provided. Please bring a packed lunch and wear appropriate clothing for indoor and outdoor activity.



Slime

Wednesday 18 August £10.80 2pm - 4pm

Epping Forest District Museum 39-41 Sun Street Waltham Abbev EN9 1EL



Slime

Come and join us for this super fun

and slippery slime workshop! Learn how to make different

kinds of slime and even have a go at making and eating edible slime!

All materials will be provided.



Week 4 Monday 16 - Saturday 21 August

Flower Making Workshop

8-14 years

Thursday 19 August 10am – 12 noon

Cripsy Brook Meadow Moreton Road Ongar CM5 OAP



Flower Making Workshop

Come along and make flowers out of bottles to add to the wishing tree.

Get creative with your designs so you can also take a flower home to display in your garden or on your windowsill.

Please bring along rinsed out plastic bottles or milk cartons. All other materials will be provided.



Family Fun Day

Saturday 21 August 10.30am – 4.30pm

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL



FREE suggested donation £2.50 Family Fun Day

Join us for simple fun activities all

the family can enjoy to find out more about the story of the boys who feature in our special exhibition.



Week 5 Monday 23 - Friday 27 August

Family Fun - Fun with Clay

5-11 years

Tuesday 24 August 10.30am – 3.30pm

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL



£2.30

Family Fun – Fun with Clay

Join us for a fun, simple craft activity inspired by our special exhibition for you to make together and take home.

No need to book, just drop in and allow approximately 20 minutes for the activity. Children must be accompanied by a responsible adult.

We regret we cannot accommodate large groups or holiday clubs at these sessions.



Seed Bomb Workshop

8-14 years

Wednesday 25 August 10am – 12 noon

Epping Bloom
Community Garden
Market Terrace,
Epping

at the back entrance to Marks and Spencer



Seed Bomb Workshop

Come along and make seed bombs to help plant the community garden as well as making your own seed bomb gifts to take home as well.

All materials will be provided.





Become a Floral Artist

8-14 years

Wednesday **25 August 10am – 12 noon**

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL



£10.80

Become a Floral Artist

Become a floral artist and learn to create beautiful corsages, flower arrangements and head dresses to take home using a selection of freshly cut flowers and herbs picked from the museum garden.

All materials will be provided.



Wind Chime Workshop

Thursday 26 August 2pm – 4pm

Epping Forest
District Museum
39-41 Sun Street
Waltham Abbey
EN9 1EL



£10.80

Wind Chime Workshop

Learn how to make a selection of windchimes that can be displayed in your windows or gardens.

All materials will be provided.



The Limes Centre is a facility for the whole community



Whether it is for wedding receptions or children's parties, fitness classes or meetings, or another event you have in mind take a look at the facilities we have to offer.

A fully accessible venue, the Limes Centre has 3 distinct areas:

- 1. The Limes Hall which comes with a fully fitted kitchen and can accommodate up to 150 people (120 seated, 30 standing).
- 2. Limes Activity Hall is a space for up to 50 people and has a small kitchen area.
- 3. Limes Meeting Room is a meeting area for up to 12 people.

For further information on hiring the three rooms including capacity, hire charges and booking details please call 01992 564561.





Epping Forest District Museum
39 - 41 Sun Street, Waltham Abbey, Essex, EN9 1EL
Please check the website for full details of the museum opening hours.



Mon 2 Mon 2 Tues 2 Tues 2 Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	26 July 26 July 27 July 27 July 27 July 27 July 27 July 28 July 28 July 28 July 28 July 29 July 29 July 29 July	Forest Fun Day (SEND) Play in the Park Play in the Park Play in the Park Family Fun with Clay Athletics Fun and Games Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop Play in the Park	FSC Epping Forest, Paul's Nursery Road, High Beach The Limes Green, Chigwell Roding Valley Recreation Ground, Loughton Epping Forest District Museum, Waltham Abbey Roding Valley Recreation Ground, Loughton The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill The Limes Centre, Chiqwell	10am - 3pm 1.30pm - 3.30pm 10am - 12 noon 10.30am - 3.30pm 11.30am - 1.30pm 1.30pm - 3.30pm 2pm - 3.30pm 10am - 12 noon 10am - 12 noon 1pm - 3pm	All ages All ages All ages 5 – 11 years 4-12 years All ages 5+ years All ages 5 – 14 years	6 4 11 11 4 7
Mon 2 Tues 2 Tues 2 Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	26 July 27 July 27 July 27 July 27 July 27 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Play in the Park Play in the Park Family Fun with Clay Athletics Fun and Games Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	The Limes Green, Chigwell Roding Valley Recreation Ground, Loughton Epping Forest District Museum, Waltham Abbey Roding Valley Recreation Ground, Loughton The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	1.30pm – 3.30pm 10am – 12 noon 10.30am – 3.30pm 11.30am – 1.30pm 1.30pm – 3.30pm 2pm – 3.30pm 10am – 12 noon 10am – 12 noon	All ages All ages 5 – 11 years 4-12 years All ages 5+ years All ages	4 11 11 4 7
Tues 2 Tues 2 Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	27 July 27 July 27 July 27 July 27 July 27 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Play in the Park Family Fun with Clay Athletics Fun and Games Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Roding Valley Recreation Ground, Loughton Epping Forest District Museum, Waltham Abbey Roding Valley Recreation Ground, Loughton The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	10am - 12 noon 10.30am - 3.30pm 11.30am - 1.30pm 1.30pm - 3.30pm 2pm - 3.30pm 10am - 12 noon 10am - 12 noon	All ages 5 – 11 years 4-12 years All ages 5+ years All ages	4 11 11 4 7 4
Tues 2 Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	27 July 27 July 27 July 27 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Family Fun with Clay Athletics Fun and Games Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Epping Forest District Museum, Waltham Abbey Roding Valley Recreation Ground, Loughton The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	10.30am – 3.30pm 11.30am – 1.30pm 1.30pm – 3.30pm 2pm – 3.30pm 10am – 12 noon 10am – 12 noon	5 – 11 years 4-12 years All ages 5+ years All ages	11 11 4 7 4
Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	27 July 27 July 27 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Athletics Fun and Games Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Roding Valley Recreation Ground, Loughton The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	11.30am – 1.30pm 1.30pm – 3.30pm 2pm – 3.30pm 10am – 12 noon 10am – 12 noon	4-12 years All ages 5+ years All ages	11 4 7 4
Tues 2 Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	27 July 27 July 28 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Play in the Park Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	The Green, Theydon Bois Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	1.30pm – 3.30pm 2pm – 3.30pm 10am – 12 noon 10am – 12 noon	All ages 5+ years All ages	4 7 4
Tues 2 Wed 2 Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	27 July 28 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Athletics (SEND) Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Roding Valley Recreation Ground, Loughton Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	2pm – 3.30pm 10am – 12 noon 10am – 12 noon	5+ years All ages	7 4
Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	28 July 28 July 28 July 28 July 28 July 28 July 29 July 29 July	Play in the Park Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Village Hall, Abridge Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	10am – 12 noon 10am – 12 noon	All ages	4
Wed 2 Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	28 July 28 July 28 July 28 July 29 July 29 July	Paradise Garden Workshop Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Epping Forest District Museum, Waltham Abbey Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill	10am – 12 noon		
Wed 2 Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	28 July 28 July 28 July 29 July 29 July	Bounce & Swim (SEND) Play in the Park Pizza Making Workshop	Ongar Leisure Centre, Ongar Roding Valley Recreation Ground, Buckhurst Hill		5 – 14 years	
Wed 2 Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	28 July 28 July 29 July 29 July	Play in the Park Pizza Making Workshop	Roding Valley Recreation Ground, Buckhurst Hill	1pm – 3pm		11
Wed 2 Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	28 July 29 July 29 July	Pizza Making Workshop			All ages	7
Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	29 July 29 July	<u> </u>	The Limes Centre, Chieseell	1.30pm – 3.30pm	All ages	4
Thur 2 Thur 2 Thur 2 Thur 2 Thur 2 Fri 3	29 July 29 July	<u> </u>	The Lines Centre, Chiqweii	2pm – 4pm	5 – 14 years	12
Thur 2 Thur 2 Thur 2 Fri 3	29 July		Jessel Green, Loughton	10am – 12 noon	All ages	4
Thur 2 Thur 2 Fri 3		Street Tennis (SEND)	Roding Valley Recreation Ground, Loughton	11am – 12.30pm	All ages	7
Thur 2 Fri 3		Play in the Park	Shelley Park, Ongar	1.30pm – 3.30pm	All ages	4
Fri 3	29 July	Tennis Masterclass	Roding Valley Recreation Ground, Loughton	2pm – 4pm	4 – 12 years	12
	30 July	Play in the Park	Doorstep Green, Epping Upland	10am – 12 noon	All ages	4
111	30 July	Play in the Park	Elizabeth Close, Nazeing	1.30pm – 3.30pm	All ages	4
		-		1.30ріп 3.30ріп	All ages	
		O: Monday 2 Augu	st – Friday 6 August			
Mon 2	2 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am – 12 noon	All ages	4
Mon 2 A	Aug &	Musical in 2 Days: Lion King	North Weald Village Hall, North Weald	10am – 3.30pm	5 years +	13
Tues 3 Au						
Mon 2	2 August	Canalability (SEND)	Lock View, Burnt Mill Lane, Harlow	10.45am – 3pm	All ages	8
Mon 2	2 August	Play in the Park	The Limes Green, Chigwell	1.30pm – 3.30pm	All ages	4
Tues 3	3 August	Multi-Sports Camp	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am – 3.30pm	5 – 12 years	3
Tues 3	3 August	Play in the Park	Roding Valley Recreation Ground, Loughton	10am – 12 noon	All ages	4
Tues 3	3 August	Craft Camp	Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping	10am – 3pm	5 – 14 years	14
Tues 3	3 August	Family Fun – Make a Star of David	Epping Forest District Museum, Waltham Abbey	10.30am – 3.30pm	5 – 11 years	13
Tues 3	3 August	Play in the Park	Stonards Hill Recreation Ground, Epping	1.30pm – 3.30pm	All ages	4
Wed 4	4 August	Multi-Sports Camp	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am – 3.30pm	5 – 12 years	3
Wed 4	4 August	Patchwork Quilt Workshop	Epping Forest District Museum, Waltham Abbey	10am – 12 noon	5 – 14 years	14
Wed 4	4 August	Play in the Park	Parish Hall, Thornwood	10am – 12 noon	All ages	4
Wed 4	4 August	Felted Pebble Making Workshop	Epping Forest District Museum, Waltham Abbey	2pm – 4pm	5 – 14 years	14
Thur 5	5 August	Multi-Sports Camp	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am – 3.30pm	5 – 12 years	3
Thur 5	5 August	Play in the Park	Roydon Playing Fields, Roydon	10am – 12 noon	All ages	4
	5 August	Butterfly and Bee Craft Workshop	Cripsey Brook Meadow, Ongar	10am – 12 noon	4 – 14 years	15
	5 August	Mythical Creatures Animation	Epping Forest District Museum, Waltham Abbey	10am – 12 noon	8– 14 years	15
	5 August	Soccerability (SEND)	Epping Upper Clapton RFC, Upland Road, Thornwood	1pm – 2.30pm	4+ years	8
	5 August	Play in the Park	Jubilee Park, Ongar	1.30pm – 3.30pm	All ages	4
	5 August	Create a Roman Catapult	Epping Forest District Museum, Waltham Abbey	2pm – 4pm	8– 14 years	15
	6 August	Multi-Sports Camp	Epping Upper Clapton RFC, Upland Road, Thornwood	9.15am – 3.30pm	5 – 12 years	3
	6 August	Play in the Park	Station Green, Chigwell	10am – 12 noon	All ages	4
	6 August	Play in the Park	Jessel Green, Loughton	1.30pm – 3.30pm	All ages	4
		-		т.оорт олоорт	7 iii ages	
WEE	EKTHI	REE: Saturday 7 Aug	gust - Saturday 14 August			
Sat 7 Aug		Arts Award – Bronze (5 days)	Epping Forest District Museum, Waltham Abbey	10.30am – 3.30pm	11 – 16 years	16
Sat 14 A	August 9 August	Forest Fun Day (SEND)	FSC Epping Forest, Paul's Nursery Road, High Beach	10am – 3pm	All ages	6
	9 August 9 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am – 3pm	All ages	4
		Play in the Park	•			4
	9 August	·	The Limes Green, Chigwell	1.30pm – 3.30pm	All ages	
	10 August	Multi-Sports Camp	Loughton Cricket Club, The Uplands, Loughton	9.15am – 3.30pm	5 – 12 years	3
	10 August	Trampolining (SEND)	Debden Park High School, Loughton	10am – 11am	All ages	9
	10 August	Play in the Park	Roding Valley Recreation Ground, Loughton	10am – 12 noon	All ages	4
	10 August	Craft Camp	Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping	10am – 3pm	5 – 14 years	17
	10 August	Family Fun – Printmaking	Epping Forest District Museum, Waltham Abbey	10.30am – 3.30pm	5 – 11 years	16
	10 August	Trampolining (SEND)	Debden Park High School, Loughton	11am – 12.30pm	All ages	9
Tues 1	10 August	Play in the Park	Elizabeth Close Play Area, Nazeing	1.30pm – 3.30pm	All ages	4

Day	Date	Event	Venue	Time	Age Range	Page
Wed	11 August	Multi-Sports Camp (SEND)	Loughton Cricket Club, The Uplands, Loughton	10am – 3pm	All ages	9
Wed	11 August	Multi-Sports Camp	Loughton Cricket Club, The Uplands, Loughton	9.15am – 3.30pm	5 – 12 years	3
Wed	11 August	Play in the Park	Village Hall, Abridge	10am – 12 noon	All ages	5
Wed	11 August	Play in the Park	Hornbeam Road Recreation Ground, Buckhurst Hill	1.30pm – 3.30pm	All ages	5
Thur	12 August	Multi-Sports Camp	Loughton Cricket Club, The Uplands, Loughton	9.15am – 3.30pm	5 – 12 years	3
Thur	12 August	Play in the Park	Jessel Green, Loughton	10am – 12 noon	All ages	5
Thur	12 August	Play in the Park	Shelley Park, Ongar	1.30pm – 3.30pm	All ages	5
Thur	12 August	Fruit Art Workshop	Epping Forest District Museum, Waltham Abbey	2pm – 4pm	8 – 14 years	17
Fri	13 August	Multi-Sports Camp	Loughton Cricket Club, The Uplands, Loughton	9.15am – 3.30pm	5 – 12 years	3
Fri	13 August	Play in the Park	Station Green, Chigwell	10am – 12 noon	All ages	5
WE	EK FO	JR: Monday 16 – Sa	turday 21 August			
Mon	16 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am – 12 noon	All ages	5
Mon	16 August	Pizza Making (SEND)	The Limes Centre, Chigwell	11am – 1.30pm	7+ years	9
Mon	16 August	Play in the Park	The Limes Green, Chigwell	1.30pm – 3.30pm	All ages	5
Tues	17 August	Play in the Park	Roding Valley Recreation Ground, Loughton	10am – 12 noon	All ages	5
Tues	17 August	Craft Camp	Jack Silley Pavilion, Stonards Hill Recreation Ground, Epping	10am – 3pm	5 – 14 years	18
Tues	17 August	Family Fun – Acts of Kindness Quilt	Epping Forest District Museum, Waltham Abbey	10.30am – 3.30pm	5 – 11 years	18
Tues	17 August	Play in the Park	Stonards Hill Recreation Ground, Epping	1.30pm – 3.30pm	All ages	5
Wed	18 August	Play in the Park	Village Hall, Abridge	10am – 12 noon	All ages	5
Wed	18 August	Play in the Park	Roding Valley Recreation Ground, Buckhurst Hill	1.30pm – 3.30pm	All ages	5
Wed	18 August	Slime	Epping Forest District Museum, Waltham Abbey	2pm – 4pm	8 – 14 years	18
Thur	19 August	Play in the Park	Roydon Playing Fields, Roydon	10am – 12 noon	All ages	5
Thur	19 August	Flower Making Workshop	Cripsy Brook Meadow, Ongar	10am – 12 noon	8 – 14 years	19_
Thur	19 August	Play in the Park	Jubilee Park, Ongar	1.30pm – 3.30pm	All ages	5_
Fri	20 August	Play in the Park	Station Green, Chigwell	10am – 12 noon	All ages	5_
Fri	20 August	Bounce & Swim (SEND)	Ongar Leisure Centre, Ongar	1pm – 3pm	All ages	7
Sat	21 August	Family Fun Day	Epping Forest District Museum, Waltham Abbey	10.30am – 4.30pm	5 – 11 years	19_
WE	EK FIV	E: Monday 23 – Frid	day 27 August			
Mon	23 August	Forest Fun Day (SEND)	FSC Epping Forest, Paul's Nursery Road, High Beach	10am – 3pm	All ages	6
Mon	23 August	Play in the Park	Town Mead Leisure Park, Waltham Abbey	10am – 12 noon	All ages	5
Mon	23 August	Play in the Park	Elizabeth Close, Nazeing	1.30pm – 3.30pm	All ages	5
Tues	24 August	Play in the Park	Memorial Playing Fields, North Weald	10am – 12 noon	All ages	5
Tues	24 August	Family Fun – Fun with Clay	Epping Forest District Museum, Waltham Abbey	10.30am – 3.30am	5 – 11 years	19
Tues	24 August	Play in the Park	Doorstep Green, Epping Upland	1.30pm – 3.30pm	All ages	5
Tues	24 August	Seed Bomb Workshop (SEND)	Epping Bloom Community Garden, Epping	2pm – 4pm	All ages	10
	5 August – 6 August	Camping (SEND)	Lambourne End Centre, Lambourne End	10am on 25 Aug – 2pm on 26 Aug	8+ years	10
Wed	25 August	Play in the Park	Village Hall, Abridge	10am – 12 noon	All ages	5
Wed	25 August	Seed Bomb Workshop	Epping Bloom Community Garden, Epping	10am – 12 noon	8 – 14 years	20
Wed	25 August	Become a Floral Artist	Epping Forest District Museum, Waltham Abbey	10am – 12 noon	8 – 14 years	20
Wed	25 August	Play in the Park	Roding Valley Recreation Ground, Buckhurst Hill	1.30pm – 3.30pm	All ages	5
Thur	26 August	Play in the Park	Jessel Green, Loughton	10am – 12 noon	All ages	5
Thur	26 August	Play in the Park	Shelley Park, Ongar	1.30pm – 3.30pm	All ages	5_
Thur	26 August	Wind Chime Workshop	Epping Forest District Museum, Waltham Abbey	2pm – 4pm	8 – 14 years	20
Fri	27 August	Play in the Park	Station Green, Chigwell	10am – 12 noon	All ages	5

Terms & Conditions

By giving your child permission to take part in these activities, you accept that Epping Forest District Council (EFDC) cannot be held responsible for any changes in the programme that become necessary, and fully accept the organisation and decisions of those responsible for the activity. You understand that your child will be under the control of the activity leader and/or other adults approved by EFDC and that, whilst staff in



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charge of the party will take all responsible care of participants, they cannot necessarily be held responsible for any loss, damage or injury suffered by any participant arising during or from the activity. You agree to your child taking part in any/all of the activities and authorise the activity coordinator to sign any written form of consent required by the hospital authorities, if the delay in getting your signature is considered, by the doctor, to endanger your child's health and safety.



HELPING ADULTS STAY ACTIVE IN EPPING FOREST





Active Living is a free lifestyle change programme from Epping Forest District Council, offering FREE activities and one to one support.

For more information telephone 01992 564000 email contactus@eppingforestdc.gov.uk

