

wellbeing  
@garonpark



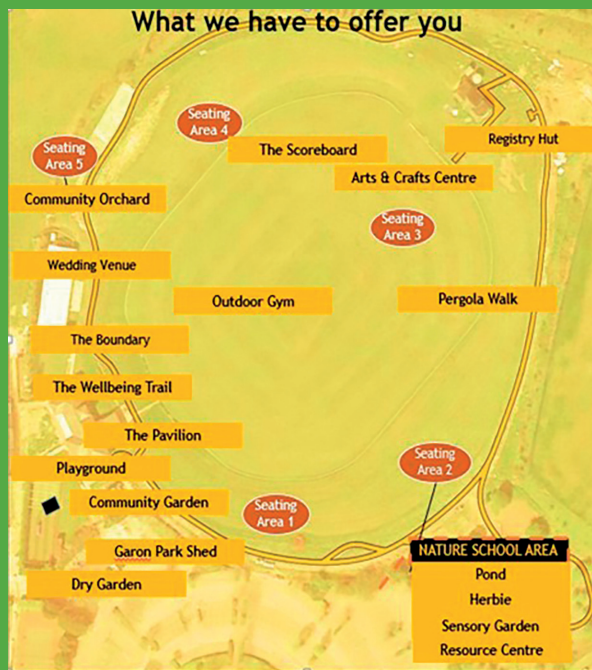
# NEWSLETTER

## Why we love coming to Wellbeing at Garon Park?

'Wellbeing at Garon Park has benefited our families that have visited in a multiple of ways'

'A great secure open space, giving us privacy but also freedom to enjoy this amazing place'

'It's the perfect place for our children to let off steam'



## Our brand new Nature School

Wellbeing at Garon Park's brand-new Nature School is falling into shape just in time for the spring and summer months –we look forward to seeing families and schools exploring our special school. The Nature School Resource Building is in place and the associated Nature School Area's pond is full up - and already attracting wildlife. The sensory garden will be fully planted later in the spring and already hundreds of hedgerow plants and trees have been planted and staked.



Wellbeing at Garon Park is located in the popular Garon Park site just off Eastern Avenue in Southend on Sea. Our charity is enhancing the site to be able to offer activities that promote the health and wellbeing of our local community. Not only this, we want to enhance the beauty, biodiversity and environmental value of the 30-acre Garon Park site.

We are well underway in developing our site. Our key features will have:

- ✓ Nature School and Resource Centre – working with local schools and communities to educate children about all things nature (development in progress)
- ✓ Community Garden (coming soon)
- ✓ Children's Playground (coming soon)
- ✓ Outdoor Gym (coming soon)
- ✓ Wellness Trail
- ✓ Dry Garden (coming soon)
- ✓ Wedding Venue
- ✓ The Boundary
- ✓ Garon Park Shed.



Southend-on-Sea's latest, most vibrant and community-friendly facility is coming out of Covid restriction with new buildings in place, a fresh emphasis on community education, outdoor events, activities and lots of ideas for local involvement. Most importantly, we operate in a safe and secure environment so you can enjoy our beautiful grounds.

## Garon Park Shed



## RE House

R.E. House is a day opportunities service for adults with learning disabilities, based in Southend-on-Sea. The wide-open space and sports facilities give us a chance to meet with friends for the first time in months. The Wellbeing at Garon Park staff have supported us, making us feel at home. Everyone has been so helpful, allowing our service to resume - in a safe manner. It has been a lifeline for many of our families who were struggling to support their loved ones during lockdown. In such strange times it is often the kindness and support of others that makes a real difference. Thank you to all involved who have made this possible.

- Are you interested in learning more about woodworking?
- Looking for the perfect workspace to build your latest project?
- Want somewhere to visit to share time and interests?

If so, Garon Park Shed is the place to be!

The man who built and runs the Garon Shed, Ian Bysouth, is keen that Southend residents make the most of Wellbeing at Garon Park's woodwork workshop facilities as the town begins to open up as lockdown restrictions begin to come to an end. "The Shed philosophy is about promoting personal connections and combating loneliness.

"It's a way of bringing together people who may be lonely, bereaved or isolated and giving them somewhere they can pursue woodworking projects with like-minded people. "The idea started in Australia, and now has a strong following in the UK. So we're here for anyone who wants to construct a bird-box, work on a restoration project or get involved as a volunteer."

If you are interested contact Ian on [garonparkshed@wellbeingatgaronpark.com](mailto:garonparkshed@wellbeingatgaronpark.com)

## Coming Soon

An arts and crafts centre, outdoor gym, community garden, sensory garden, Herbie and playground are just some of the facilities we aim to have on the site soon for you to enjoy.

We're about helping all members of the local community have a space where they can feel safe, pursue arts and crafts, hobbies and activities (whatever their age) and improve their physical, mental health and wellbeing.

If you have some free time and would like to volunteer please reach out to us [wellbeing@garonpark.com](mailto:wellbeing@garonpark.com)

## Some of our events from the past.... Walk and Workout Sessions...

What a great success this was. Getting fit and having some fun in the sun.



## Lockdown 2.0 didn't stop our Walking Football

No matter what the weather, we had a mixed team of keen outdoor adventurers ready to get fit.



## Little Hero's Picnic

Little Heroes ASD Support Group is a parent led support group for families of children who are on the autistic spectrum

"It's been great to be able to access somewhere where we do not feel judged by others. The use of Wellbeing At Garon Park has benefited our families that have visited in a multiple of ways, the freedom has improved their mental wellbeing, which in turn improves the quality of life for the whole family unit".

Kim Drake

Autism Mummy, Co-founder @ Charity Co-Ordinator at Little Heroes ASD Support Group



*We're listening!*

*And we want to know what you want to see at Garon Park.*

*Tell us if you have an idea for new and innovative ways to use this safe and secure space for Southend's diverse community needs.*

Contact us

[wellbeing@garonpark.com](mailto:wellbeing@garonpark.com)  
Cricket Pavilion  
Eastern Avenue  
Southend-on-Sea  
SS2 4FA

[www.wellbeingatgaronpark.com](http://www.wellbeingatgaronpark.com)

[wellbeing@garonpark.com](mailto:wellbeing@garonpark.com)

Charity number 1178847

