

Wellbeing at Garon Park Newsletter



November 2021
Issue 1
Christmas edition



WINTER HAF

Schoolchildren aged 8yrs to 11yrs can enjoy some festive fun at our Holiday Activities and Food (HAF) programme here at Garon Park.

Our holiday sessions will run from 20th to 23rd December 2021 from 9am to 1pm.

If you think your child is eligible and they would like to join us, and you do not receive your HAF Code, please contact your child's school or email the HAF team at Haf@southend.gov.uk.

Children who receive benefit related free school meals, are eligible to take part in the programme. Should you have any other questions please email us at enquiries@garonparkcic.com.

Our programme consists of Nature activities, Arts & Crafts as well as fitness sessions all finished off each day with a hot meal made by our chef!

PLAY PARK

Our new play equipment was installed over the summer and has been a real success with families. It is lovely to see siblings playing on the equipment while their brothers and sisters enjoy the activities on the all weather pitches. We also welcome children who are visiting the Leisure Centre to come and play.

"Everyone is welcome"



www.wellbeingatgaronpark.com
enquiries@garonparkcic.com



OPPORTUNITIES

Garon Park has now launched its new volunteer programme and we are now actively looking for volunteers to help us open the park to the wider community, as well as helping us to maintain and develop the facilities on offer. Whatever your skills and expertise, we will have a role for you where you can really help to make a difference. In January 2021 we will begin a planting programme, planting our very own orchard and we will be looking for volunteers to help plant and maintain our trees as well as other planting jobs around site. We also have a community garden for green fingered volunteers. We are looking for Meeters and Greeters who can welcome visitors to the park and to help them find their way round. We are looking for people with admin experience and social marketing skills to help us spread the work about Garons and what is going on at the park, improving awareness. We are also looking for community supporters who can go out into the community to promote what is going on at Garons. So, if you have a bit of time on your hands and could spare some time each week and would like to meet other people with similar interests, we would love to hear from you. We are hosting a volunteer tea and catch up session each Wednesday from 10.45am to 11.15am so why not come along and talk to Liam and the team. There is no pressure but a chance to see if it is something for you. Alternatively, call us on 01702 965959 or enquiries@garonparkcic.co.uk

NATURE SCHOOL LAUNCHES

On 14th December at 2pm we will be opening our Nature School following the completion of our Hive resource centre which has been generously funded by **Hivedome**. We now need help to name our new hare who was donated by **Hivedome** and who will sit at the entrance to the park to welcome visitors. Please send us your ideas on a name by emailing enquiries@garonparkcic.co.uk

We have a fantastic learning space, a resource room and toilet and hand washing facilities, as well as a sensory garden and pond. Our 'Herbie' man is filled with herbs which relate to different parts of the body, all of which have a medicinal purpose. The wildflower meadow is full of colour and looks amazing in the summer and now during the autumn and winter it has been cut to allow the seeds to drop. It will be exciting to see how the nature school area evolves and changes next year. During the year we have been surveying the area to see what wildlife have been visiting us. We are delighted to report sightings of hedgehogs, bats, slow worms and grass snakes. We are making sure they have the right habitat to thrive. We also have green woodpeckers and a host of other birds and insects. If you would like to visit the nature school or to hire any of the facilities please contact enquiries@garonparkcic.com

We are delighted to announce that Steps Ahead will be partnering with us to run the nature school. They will be able to offer exciting activities for children and adults, linked to the national curriculum supporting learning with a focus on the natural world, sustainability as well as performing arts. Their vision and values align perfectly with those of Garon Park and we are looking forward to welcoming them in the new year.



GARON PARK SHED

The shed is open every Tuesday and Friday from 10 am - 1 pm. Our shed is a place for you to come if you have a love of woodwork, making or mending or if it is something you would like to learn. It is also a great place to make new friends. If this is something which interests you please come along and see us.



Above a couple of pieces made for Little Heroes*

SMALL BUSINESS INCUBATOR HUB

Garon Park wants to help small businesses to thrive so if you have a small business or an idea for a small business that will support the health and wellbeing of local residents then please contact us to discuss how you think we can help on enquiries@garonparkcic.com

We are not able to provide funding although we may be able to direct you to:

<https://southeastbusiness.org.uk/essex-southend-thurrock/>

We may be able to help in respect to partnership working.

GIVE US SOME IDEAS?

For those of you who have already visited the park, you will know that things are constantly changing and evolving. Our aim is to benefit the local community and we would like to continue to hear your ideas on what you would like to see over at Garons.

IT'S OPEN DAILY...

Pitchside Café

We are aware that not all our visitors know that we have a Café on site which is open everyday from 9am - 10pm for hot and cold drinks and refreshments.

Please pop in next time you are over. We accept card and cash payments and will soon have a small food offering...watch this space !

GETTING TO GARON PARK

We hear from many of our visitors how difficult it can be to get to us without a car. We are currently in discussion with the council to see if we can get a bus service reinstated to bring our visitors to site. They are not convinced it would be used, so we would be really grateful if you could complete the council survey to let them know if this would be helpful. To access the survey please copy and paste the link into your browser:

<https://yoursay.southend.gov.uk/southend-bus-service-improvement-plan>

or email the council with your thoughts on placeconsultations@southend.gov.uk