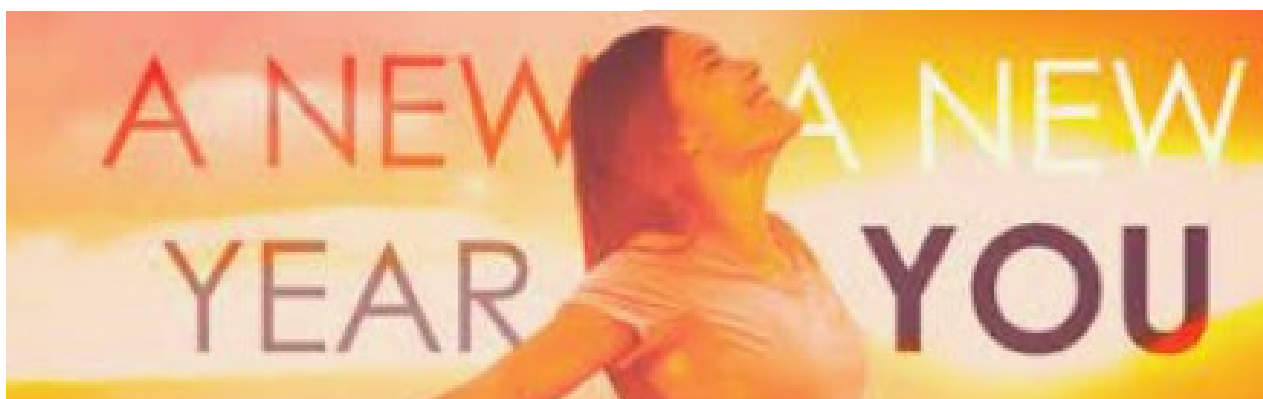


Wellbeing at Garon Park Newsletter



January 2022
Issue 2
New Year edition



FITNESS SHACK

We would like to introduce you to Trevor Ford, who brings with him a wealth of knowledge having worked in the fitness industry for many years.

PLACE: Wellbeing @ Garon Park Fitness Shack
DAY: Monday / Wednesday / Saturday (am only)
TIME: 9.30am-11.30am and 13.30pm - 15.30pm
Sessions times: 1 hour
Block Book: Monthly FREE - Starts 24th January
To book your place – please email Trevor at thefitnessshack@gmail.com

Trevor will be delivering guided exercise to all levels and ages, in line with the physical activity guidelines for adults aged 19 to 64+:

- to do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days per week.
- to do at least 150 minutes of moderate intensity activity per week or 75 minutes of vigorous intensity activity per week.

WALKING NETBALL



PLACE: Wellbeing @ Garon Park Walking Netball
DAY: Wednesday
TIME: 10am-11am
Pay as you go: £5 per session
Block Book 5 sessions for £20

To reserve your place – please email Sally at jax5green@hotmail.co.uk



enquiries:
thefitnessshack@gmail.com

www.wellbeingatgaronpark.com
enquiries@garonparkcic.com



WALKING FOOTBALL

This non-contact game is played on the impressive 3G pitch, with over 50s, over 60s, over 65s men and women's teams all taking part in the clubs' exciting activities.

Mark Elnaugh, who has a wealth of experience with Chelmsford City WFC and manages the South East of England Over 50 Squad, has taken charge of the club. We have now established a thriving, self-administrating walking football community from Southend and the surrounding areas. If you are interested in joining please email: enquiries@garonparkcic.com.

WALK & WORKOUT



Suitable for all ages and fitness levels. Come and make new friends whilst keeping fit outdoors. Cost is £5 per session. Please contact Jackie on 07725 710892 for enquiries and to book.

Sessions run every Saturday from 9.30am-10.30am and aim to improve muscle tone and strength...what are you waiting for !

THE HIVE NATURE SCHOOL

It was wonderful to celebrate the opening of "The Hive Nature School " at Garon Park in December. This unique space has been developed to support the biodiversity of the area and to enable people to enjoy and learn about the environment, while developing new skills and improving their wellbeing.

We would like to thank our amazing sponsors who have enabled us to create this fantastic resource including: Hivedome Ltd, The National Lottery, Veolia, Garfield Weston , Essex and Suffolk Water, EASST, Southend on Sea Borough Council and HSBC.

The Hive was opened by Southend on Sea Mayor, Councillor Margaret Borton, and we were delighted to welcome both Leon Mistry from Hinguar Primary School, who created the original design for the Logo, and Rosie Kotouckova from Official South Essex College, who brought the design to life, creating our final Logo.

We will be partnering with Steps Ahead who will be delivering inspirational programmes and visits for schools, nurseries, community groups and the general public to enjoy in 2022.

For more information about the Nature School or Wellbeing at Garon Park, which is open to the public, please call 01702 965959 or email enquiries@garonparkcic.com for more information.





INTO WORK AND MORE

Garon Park has now launched its new **INTO WORK** and **VOLUNTEER** programmes and we are now actively looking for volunteers and people who want to get into work 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. We will also discuss your own situation with you and allow you to experience a variety of different types of roles before you decide on your own future. 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 help them to find their way round. We are looking for people with admin experience and social marketing skills to help us spread the word 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 and help alleviate isolation and loneliness. So, if you are thinking about getting into work, or 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 tea and catch up sessions 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 - Kickstarts also now available through GOV.uk website

CHRISTMAS AT GARON PARK

The team at Wellbeing At Garon Park enjoyed a busy couple of days of festive fun, sharing some Christmas magic with our friends from the local community - 70 families from **Little Heroes ASD Support**, 25 families from **Home Education** and over 30 local beavers and cubs and their families.

As one parent said "As a mum this is one of the first times if not the only time, I've experienced one of my children enjoying a Santa experience, no tears, no fears....just amazing memories created and having all the different activities just made it that much better"

The children enjoyed cookie decorating, making decorations and writing a letter to Santa before following a magical path to our Hive nature school to visit the man himself. A big thank you to everyone who volunteered, especially the wonderful Young 'Elf' Leaders from **KAOS Phab Youth Club**, who were a fantastic help.

Thank you so much to Lorraine Coman, the Community Champion from **Asda Shoburyness** who joined us and donated lots of festive goodies such as mince pies, cookies and hot chocolate.

A big thank you also goes to Will from Cecil Jones School for providing Santa's transport and lighting our path.



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 items for Sale in our Pitchside Cafe* so please come a support the guys as all the monies raised go back into the project for them to make even more great items and gifts !

SOROPTIMISTS



It was lovely to welcome Southend Soroptimists to Wellbeing Garon Park to help them celebrate their 100th anniversary by planting a Redwood tree. The tree was planted with the help of Southend on Sea Mayor, Councillor Margaret Borton.

COME AND VISIT

The site is open everyday for people using the children's play equipment and the 3G floodlit pitches as these can be booked via the **WePlayFootball** link or via reception or you can just come along and if there is space you can **Pay and Play** at £5 per person.

If you would like to wander round the park on our all weather path then the gates are open every day from 9am - 5pm for booked activities or everyone is welcome on a Sunday from 9am - 5pm. A timetable of our booked activities is available from reception.

IT'S OPEN DAILY...

Pitchside Café

The Pitchside café is increasing in popularity all the time, with our visitors able to get hot drinks and snacks every day between 9am - 10pm.

We have plenty of outdoor seating for people to use which allows you to watch the activities happening on site while you enjoy your refreshments. Pop in next time you are over. We accept card and cash payments regardless of the amount.

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