



March 2022
Issue 3
Spring edition



REactivate

RE HOUSE

We would like to introduce you to REactivate, situated within the Garons Wellbeing complex.

The business has been set up to enable young people & adults with physical learning disabilities the opportunity to gain valuable access to the outdoor sports activities across the Garons site.



With the addition of our new building we provide a dedicated location for our guests to spend time between participating in the fabulous sporting opportunities on offer and mindful crafting activities back at 'base'.

We are most grateful for the contribution of equipment including four of these super tricycles for our service users to exercise within the extensive grounds here at Garons.

A wide range of crafting activities and events will also be held throughout the year to support the wider growth and learning requirements and certainly supporting overall wellbeing.

We are working behind the scenes to get the finishing touches completed on the unit including signage and interior design. Social pages are being setup as we speak and a flurry of leaflets are soon to be distributed advertising this fabulous inclusive space to the local community.

We look forward to welcoming our first regular guests on site in April.

Karen & Carol

DID YOU KNOW?

Oak galls are formed by solitary wasps in the family of Cynipidae and can be found around our Vitality Park.

Liam King our Conservation Officer said "Females lay a single egg in developing leaf buds and the emerging larvae feed on the leaf tissue resulting in secretions that modify the bud into the gall."

This structure protects the larvae until they undergo metamorphosis and transform into a wasp.

Interestingly Oak galls have been used in the production of ink since at least the time of the Roman Empire."



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.

CAFE OPEN DAILY...

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.

ONE WITH NATURE



You will love to see our new sustainable oak gazebo structures, creating shade and natural beauty once the roofs go on. This is the most sustainable and durable material on the planet, which we used to ensure our Vitality Park becomes one with nature.

TOP 5 BENEFITS

- They can be used throughout the year. 100% cover factor for the ultimate protection from both sun and rain
- They're low maintenance and easy to look after
- They can provide a great social boost
- They look fantastic
- They're sturdy when they're set up

For more information about the Nature School, Community Garden, The Garon Park Shed or anything else at Garon Park, please call 01702 965959 or email enquiries@garonparkcic.com.





IN2WORK AND MORE

Garon Park has now launched its new **IN2WORK** 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.

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.

Check out our YouTube Channel - **Wellbeing at Garon Park** to see videos and meet 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

SPORT AT GARON PARK

Our Football Leagues kicked off on 20th March and if you are interested in being involved please then visit our Facebook page Garon Park Football League to get all the information you need or call Matt Street on 07917 134798

If you are not a fan of the competitive side of football and just want a "Kickabout" then we now offer this every Sunday evening from 7pm - 8pm.

The site is open everyday for people using 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. (please check for holiday times by calling 01702 965959)



Cricket season is about to start as well so our Groundsman , Burt has been busy getting everything ready.

If you would like to be involved with a Cricket Team or like more information then please email: cricket@oldsouthendianassociation.org and look at the website http://osscc.play_cricket.com





KAOS YOUTH CLUB

It was great to see Kaos Phab Youth Club back at Wellbeing at Garon Park, taking part in the "Sleep Easy" Event, organised by The YMCA.

The event, which took place throughout England & Wales encouraged supporters to sleep rough (or not in their own comfortable bed!) to understand the realities of life on the streets.

Armed with cardboard boxes, the children from Kaos Youth Club camped out at the Vitality Park. They raised £1300 for YMCA which will go towards providing additional services for the homeless. Well done to Kaos Youth Club and Thank you to Asda for supporting the Event with essential supplies!

If you have something you would like to organise then please call us on 01702 965959 or enquiries@garonparkcic.co.uk



ORCHARD PLANTING

We cannot begin to thank all the people that supported us with the planting of our orchard but I am going to try....

Jackie and Sharon (Soroptimists), Holly and family, Metro Bank, Little Heroes, Living Values Club, Jill and Elsa, Eve and family, Ashtanga Yoga Essex, Marie, Lorraine - ASDA Community Champion, Hinguar School, Winnie and family, Hayley, Zoe and Nicole, Just Ride, Temple Sutton School, Lorraine, Lancaster School Joe Kidd, St Mary's School, RE House, Jill and Cathryn, Moss family ...

...and that does not include Kay our Community Engagement Officer, Liam our Conservation Officer who organised it all and John our Data Management Officer.

A MASSIVE THANK YOU



PAVILION HIRE

If you are ever looking for a meeting space, small events, presentations, wakes, birthday parties then why not consider our Pavilion and Bar.

We have the ideal location in beautiful surroundings for all ages, Call us on 01702 965959 or email us on : enquiries@gaornparkcic.com

DATE FOR YOUR DIARY

5th June Garon Park
Community Jubilee Event