

Wellbeing at Garon Park Newsletter



July 2022
Issue 5
Late Summer Edition

JUBILEE EVENT

Despite the weather and grey skies, over 1000 people attended the Garon Park Jubilee Event on Sunday 5th June.

In the morning Wellbeing at Garon Park had its Community sports events, kicking off with Soccer 66, who provide coaching for girls aged up to 14. Next on the 3G pitch were Southend United Community Education Trust (SUCET) providing youth football and men's walking football for our more mature players. The ladies were in action with women's walking netball, displaying drills and skills, and playing matches. Finally, a fun event everyone could join in - Zorb Football, also known as bubble football, where you cover yourself in bubbles and play football!



We were also fortunate to have traditional entertainment, which has always been associated with Southend - Punch & Judy. Chris started his career with Punch & Judy the same year as the Queen's coronation and is still delighting young audiences with his performances today.

For art lovers, there was a pop up art gallery hosted by the New City Art Gallery, who are based in the Victoria Shopping Centre in Southend. A number of local artists were able to display their amazing artwork. They also provided a number of art and craft workshops for children to get involved with and become creative.

There was another form of art provided by Kaos Youth Club and that was face painting. Thank you to Darren and his Young Leaders who spent a very busy day painting Union Jack flags on children's faces as well as other artwork and glitter!

For little ones who wanted something a little more energetic, we had bouncy castles and a soft play area which was free to use and very busy most of the afternoon. Thank you to volunteers from Southend Soroptimists for keeping the children safe all afternoon.

Live music in the form of the band "Juke Box" played some old favourites to sing along to. There was an opportunity for a number of ukulele players to join the band for a ukulele strum along!



In the afternoon, the Vitality Park hosted our Jubilee Picnic in the Park to celebrate the Queen's Platinum Jubilee as a community. Family and friends were encouraged to bring a picnic or a plate of food to share and enjoy all the activities that were available and free to everyone.

One highlight of the afternoon was the Bollywood Dancing with our great instructor, Kriti, who encouraged the spectators to join in.. She made it look easy - it certainly wasn't! It was great to see people participating and having fun, particularly the ladies netball team!

Many people visited Meryl from "Hands Above" who provided a relaxing hand and arm massage, Meryl supports carers, and families caring for those with dementia and life limiting illnesses.

Wellbeing at Garon Park would like to thank all the charities and organisations who supported the event, gave their time and provided raffles, lucky dips, the coconut shy and information about the services they provide for the local community. In particular, we would like to thank Essex Community Foundation's Southend Fund and National Lottery Awards for All for funding the event.

The event couldn't have gone ahead without the help of our volunteers. A big Thank You to you all, for giving up your time to make the event such a success.

We have a wide range of volunteering opportunities at Garon Park and if you would like to become a volunteer and be involved in helping at our events or are interested in gardening, maintenance or just enjoy being with nature, please contact us. Our email address is enquiries@garonparkcic.com or alternatively you can contact us on 01702 965959 or visit the website at www.wellbeingatgaronpark.com



PYRAMIDAL ORCHID



Here at Garon Park, we are delighted to reveal the presence of a special plant species that flowers during this early summer period. That is *Anacamptis pyramidalis*, the pyramidal orchid. It is a highly distinctive wild flower with a pyramid shaped head of flowers. Colour can range from deep magenta to pure white. It was chosen as the county flower of the Isle of Wight, where it abounds on the island's chalk landscape. Like many Orchids it requires a specific fungus to be present in the soil for it to bloom. Originally a flower of old, semi-natural chalk and limestone grasslands, including graveyards, the pyramidal orchid has shown a penchant for more artificial environments in recent times. Colonies have appeared along motorways, ring-roads, canals, marinas and even at one time at Stansted airport. The scientific name *Anacamptis* comes from a Greek word meaning 'bend forward', while the Latin name *pyramidalis* refers to the pyramidal shape of the inflorescence. The dried and ground tuber gives a fine white powder, called salep. This very nutritious sweet and starch-like substance is used in drinks, cereals and for making bread. It is also used medicinally in diets for children and convalescents. The presence of this beautiful species is nationally significant as the grasslands that it grows on, once widespread in Europe, are now a scarce and threatened habitat. However, sites of Orchid rich grasslands do tend to be in the southern half of England, as Orchid biodiversity declines with altitude. Please do visit us to see this spectacle, however we ask that you respect the habitat by sticking to the paths.

STEPS AHEAD

Celebrating Her Majesty's Reign at the Hive - Steps Ahead welcomed visitors to the Hive Nature School on Sunday 5th June.

Activities featured a Queen in Residence performance, a Royal Storyteller, and a nature inspired Jubilee Art Trail. Fun was had by all.



This month we are featuring details about the Steps Ahead Roots to Shoots programme at The Hive Nature School.

For adults - All abilities welcome
'Building a Hive Community that supports and nurtures each other and our planet'

Wild at the Hive Friday 29th July 11.30-1.00pm £5.00
Connect with the outdoors to nurture your wellbeing
This hands-on experience will see you Identify the biodiversity at the Hive Nature School and A Chance to give back to nature.

Outdoor Yoga - Saturday 20th August 9.30-11.00am
£8.50

Immerse yourself and open your senses.
Guided meditation, abdominal breath work and a sensory walk of silence in beautiful, welcoming, natural surroundings.

Nature Inspired Art - Friday 9th September 9.30-11.30am £8.50
Here at the Hive Nature school, we are surrounded by nature's beauty.

We invite you to pause, observe, sketch and let the tranquil surroundings inspire your creativity.
Available to book

Please email hello@stepsahead.life to register your interest

We look forward to welcoming you.

stepsahead.life

SUMMER HAF PROGRAMME

Holiday Activity and Food Programme



Is your child aged 8 - 15 years? Would they enjoy taking part in nature activities, sports, arts and crafts? Do you want them to have fun, learn something new and improve their health and wellbeing? If the answer is yes and they are on Free School Meals then:

9am- 1pm Monday- Thursday. Selected holiday weeks,

Book via this website
<https://southendonseaboroughcouncil.coordinate.cloud>

EMAIL
enquiries@garonparkcic.com

PHONE
01702 965959

UK'S FAVOURITE PARK

Voting for UK's Favourite Parks 2022 will be open on our website from midday on Tuesday 5th July until 19th August, after which the shortlist will be announced.

The one park with the highest number of public votes in each of England, Wales, Scotland and Northern Ireland will be shortlisted and the overall winner announced over the August bank-holiday weekend.

Vote at:-
<https://www.fieldsintrust.org>

SAFE MARKS 25 YEARS

On Saturday 25th June 2022, SAFE (Supporting Asperger Families in Essex) together with eighty-five guests, celebrated twenty-five years' of operating.

In 1997, Carolann Jackson, SAFE's President, brought together a group of parents of children with Asperger syndrome to try to improve the situation for families in Essex; Carolann went on to found the parent support group 'Supporting Asperger Families in Essex' (SAFE).

In the last 25 years, the introduction of updated versions of the DSM and how autism is diagnosed have been improved. SAFE is still supporting an increasing number of individuals diagnosed with autism, their families and carers and looks to the next 25 years continuing to represent those people who are autistic but do not have a learning disability.

The celebration event included Storytelling entertainment from Hannah Needham, arts and crafts with The Art Ministry and Face-painting from Donna and delicious food provided by the ATTIC's chef and team.



We were delighted to welcome distinguished guests including the new Mayor of Southend, Cllr Kevin Robinson and Mayoress, Mrs Debbie Robinson and Southend West's new MP, Anna Firth. They were very impressed by what SAFE has achieved over the past 25 years and enjoyed looking through the photos of our SAFE STUFF group's activities from when it was launched in 2007 up to current times.

WEEKLY WORKOUTS

MONDAY

9am - 10am Monday Walk & Workout £5 per session

10am - 11am Parent & Child Workout £5 per session

11am - 12noon Buggy Push £5 per session

7pm - 7.45pm Bootcamp £10 per person

WEDNESDAY

9.30am - 10.30am Walk & Workout £5 per session

10.30am - 11.30am Time For Me -suitable for all ages
£5 per session

6pm - 6.45pm Bootcamp £10 per person

Please call us to book a place
01702 965959

RIG FITNESS BOOTCAMP



New Classes Available
Monday 7pm
Monday 8pm
Wednesday 6pm

Please Call To Book
01702 965959

Thank You

A special thank you goes to a group of Thorpe Bay neighbours who have raised £102.10 for the Wellbeing At Garon Park Food Exchange Project.

REACTIVATE

This month we have welcomed some of our regular visitors who have enjoyed using the sports equipment and making use of the outdoor gym areas in the beautiful summer sun.

The first arts and crafts sessions took place and some smoothie making sessions cooled things down on a hot day back at base.

We welcomed SAFE (Supporting Asperger Families in Essex) to celebrate their 25th Anniversary with us.

They held a very successful garden party with 85 people including the Mayor & Mayoress, Cllr Kevin Robinson and MP Anna Firth.

Southend Community Investment Board provided funding for the entertainment and a good time was had by all.

We have had a number of enquiries about further use of the facilities and look forward to welcoming more new faces in the weeks and months ahead.

MAYOR'S CHARITY LAUNCH



We were delighted to attend the launch of Cllr Kevin Robinson's charity for 2022- 2023 at the Metro Bank. He has chosen St Vincent's Centre in Southend who support local people in need and are dedicated to changing their lives through practical support, advice & community.

GARON PARK NEWS

The park welcomed Councillors from St Luke's and Southchurch wards who were very impressed with the facilities at Garon Park and are keen to be involved in the future.

James Duddridge MP also visited and he was very interested in learning more about the work done in supporting the health & wellbeing of local residents. He is very supportive of plans for the site which include a new 3G Football Pitch and a 3rd Generation Hockey Pitch. He is often approached by people keen to access work experience so he will refer them to the site in future.

DIARY DATES

16th July 2022
Human League

19th August 2022
Feel Good Festival

28th August 2022
Soultasia

29th August 2022
Raver Tots Outdoor Festival

