
COUNCIL **BULLETIN**

Issued Week Ending Friday, 11 September 2020

Epping Forest District Council
www.eppingforestdc.gov.uk

Compiled, designed and produced by
Member Services

Contact: Kim Partridge
Telephone: 01992 564443



PART A - FORWARD DIARY

Key to abbreviations:

CC	Council Chamber	Cab Off	Cabinet Office
CR1	Committee Room 1	CONF	Conference Room (1st floor)
CR2	Committee Room 2	CH OFF	Chairman of Council's Office
MR	Members' Room	TR RM	Training Room
TBD	To be decided	HEM	Hemnall Street Offices.
TBN	To be noted	HH	Homefield House
TBC	To be confirmed	VM	Virtual Meeting
DPCC	Debden Park Community Centre	NWA	North Weald Airfield

Other venues are shown in full.

Currently meetings are subject to change, postponement or cancellation.

Many meetings will be held virtually but Democratic Services will advise arrangements for individual meetings.

Week One: 14 September 2020 – 20 September 2020

Monday 14 September	7.00pm	Cabinet	
Tuesday 15 September	7.00pm	Stronger Communities Select Committee	
Wednesday 16 September	7.00pm	District Development Management Committee	
Thursday 17 September			
Friday 18 September			
Saturday 19 September			
Sunday 20 September			

Week Two: 21 September 2020 – 26 September 2020

Monday 21 September	5.00pm	Qualis Board Member Interviews	
Tuesday 22 September	10.00am 5.00pm	Licensing Sub-Committee Qualis Board Member Interviews	
Wednesday 23 September	7.00pm	Area Planning Sub Committee South	
Thursday 24 September	7.00pm	Leisure Management Contract Board	
Friday 25 September			
Saturday 26 September			
Sunday 27 September			

Week Three: 28 September 2020 – 4 October 2020

Monday 28 September	7.00pm	Audit & Governance Committee	
Tuesday 29 September	7.00pm	Stronger Place Select Committee	
Wednesday 30 September	7.00pm	Area Plans Sub-Committee East	
Thursday 1 October	6.00pm	Executive Briefing	
Friday 2 October			
Saturday 3 October			
Sunday 4 October			

Week Four: 5 October 2020 – 11 October 2020

Monday 5 October	7.00pm	Joint Consultative Committee	
Tuesday 6 October	10.00am	Licensing Sub-Committee	
Wednesday 7 October	7.00pm	Area Planning Sub Committee West	
Thursday 8 October			
Friday 9 October			
Saturday 10 October			
Sunday 11 October			

PART B - ESSENTIAL INFORMATION

Committee Management System

The members' extranet facility for the Modern.Gov system is available at:

<https://eppingforestextranet.moderngov.co.uk/extranet>

Members may wish to save this link on their computer or mobile devices. Queries concerning login and password details for the extranet should be addressed to the Democratic Services Manager.

Constitution

The Council's Constitution is available at:

<https://rds.eppingforestdc.gov.uk/ieListMeetings.aspx?CId=638&Info=1>

Queries concerning the Constitution should be addressed to the Democratic Services Manager

ECC Highways Portal

Up to date details of all Highways work is available at:

<https://www.essexhighways.org/Transport-and-Roads.aspx>

Member Contact

Please be aware that all Member queries should be addressed to membercontact@eppingforestdc.gov.uk as this will ensure that your query or question is properly logged and chased up if you have not received a response within 5 days.

PART C - GENERAL INFORMATION

1. JACK COOPER - MEMBER CONTACT AND DIGITAL INCLUSION TEAM MANAGER

Please be advised that Jack Cooper is now in post. Jack replaces Louise Warren as Member Contact and Digital Inclusion Team Manager

Jack can be contacted on 01992 564000 ext 2527 or jcooper@eppingforestdc.gov.uk

2. IT FAULTS

Members please can you log any IT fault you have through calling our service desk on 01992 564888, please do not contact Democratic services or anyone else directly as this will result in your enquiry taking longer to be resolved.

If your enquiry relates to your iPad please contact either Jack Cooper or Will Defoe to receive further assistance.

(Further information: Jack Cooper tel: 01992 564000 ext 2527)

3. ECC HIGHWAYS HIGHLIGHTS BULLETIN (Pages 13 - 18)

Please see attached.

4. MEMBER ICT EXPERIENCES AND SUGGESTIONS SURVEY

Will Defoe will be contacting all Members regarding their experience using the Council's ICT equipment and software, to gain their overall user experience of the technology being provided.

If you have any suggestions for improving the service ICT provides for Members, we would like you to share your ideas.

Your invaluable feedback will be explored so improvements can be made to the service ICT provides for you.

Will is happy to speak over the phone/MS Teams/email to discuss this at a convenient time including the evenings and weekends.

(Further information: Will Defoe ext 4295)

5. CHANGES TO THE FLEXIBLE SECURE TENANCY AGREEMENT

In response to recent legal changes, the Council's Flexible Secure tenancy Agreement has been amended with effect from Monday 24th August 2020, to include a forfeiture and break clause.

This change is not retrospective.

In addition, both the Flexible Secure Tenancy Agreement and the Secure Tenancy Agreement now include a requirement for tenants to advise the Council should they acquire an interest in property. This is further to the Cabinet Decision on 20/07/2020.

If you would like any further information, please send your queries to contactus@eppingforestdc.gov.uk

6. PRESS RELEASE REGARDING HOUSING REPAIRS TEAM MOVE TO QUALIS (Pages 19 - 20)

Please find attached the press release that will be sent out to week beginning 7 September 2020 to inform the public about the council's housing repair team moving over the Qualis Management Ltd from Monday 28 September.

7. CIPFA - SPECIAL COUNCILLOR WEBINAR CONFERENCE - UNDERSTANDING THE IMPACT OF COVID-19 ON YOUR' COUNCIL (Pages 21 - 22)

Please see attached invite.

Any Councillors who would like to attend should register directly with the provider.

8. BETTER HEALTH FESTIVAL (Pages 23 - 30)

Please find attached details of the Better Health Festival.

This is happening in the areas of Ongar and Waltham Abbey in response to a Community Consultation the Community Health and Wellbeing team took out in July, to see how our residents were feeling during lockdown.

(Further information: Vanessa Gayton ext 4559)

9. CHAIRMAN'S DIARY

None this week

LICENSING ACT 2003

Please be advised that the Licensing Unit has received the following application for a Premises Licence made under the Licensing Act 2003:

Applicant name: Sarwar Trading Ltd

Address of Premises: Post Office, 7 Queens Road, Buckhurst Hill, Essex, IG9 5BZ

Brief details of the natures of the application:

Currently the premises host a Post Office, as well as a convenience store offering Greeting Cards, Stationary, Confectionary, Crisps, and Soft drinks.

With the new premises licence, the shop will offer alcoholic drinks and beverages to customer only to buy but not to consume inside the premises.

Sale of Alcohol is the only licensable activity being applied for.

Monday – Saturday between 09:00 hrs and 19:00 hrs.

Consultation Period: From: 8th September 2020 To: 6th October 2020

Officer in charge: Hannah Gould

Applicant name: Ozer Hygiene Ltd.

Address of Premises: Farand Bar & Kitchen, First Floor, 24A Sun Street, Waltham Abbey, Essex, EN9 1EE.

Brief details of the natures of the application:

Restaurant & Bar serving Asian/British cuisine. Looking to include the sale of cocktails and high-quality wines

Application for the sale of alcohol for consumption on the premises.

Monday to Sunday 11:30 hours to 22:45 hours

New Year's Eve 11:00 hours to New Year's Day 02:00 hours

Consultation Period From: 8th September 2020 To: 5th October 2020

Officer in charge: Hannah Gould

Please ensure that any comments/objections are received by the Licensing team on or before the consultation end date.

Manager
Licensing Team

Kim Tuckey 01992 564034
licensing@eppingforestdc.gov.uk

PLANNING

1. Appeals Lodged

EPF/1072/20 Scathes Matching Green CM17 0P - Application for Variation of Condition 2 'plan numbers' for EPF/2975/17. (Demolition of an existing house in-conservation area & erection of a replacement dwellinghouse) – Written reps – Zara Seelig ext. 4379

2. Forthcoming Planning Inquiries/Hearings

EPF/1649/17 – White Rose Curtis Mill Lane Stapleford Abbots RM3 1HS – Re determination appeal by new Inspector- date to be arranged.

3. Enforcement Appeals

None this week

4. Appeal Decisions

EPF/1629/19 - The Barn 5 Chambers Manor Mews Epping Road Epping Upland CM16 6NZ - Proposed new dwelling – Dismissed

5. Tree Preservation Orders

None this week

6. S106 Agreements

None this week

7. Changes to Planning Systems

None this week

PORTFOLIO HOLDER DECISIONS

The notification of decisions taken by individual Portfolio Holders is no longer included in the Council Bulletin.

All members of the Council receive automatic email notification of the publication of each individual Portfolio Holder decision and the call-in period for each decision commences immediately. Members wishing to call-in a decision should complete the attached call-in form and return it to Democratic Services before the expiry of five working days following the publication date of the decision. Members should refer to the Constitution (Article 6 - Overview and Scrutiny) for the rules of call-in.

HIGHWAYS HIGHLIGHTS

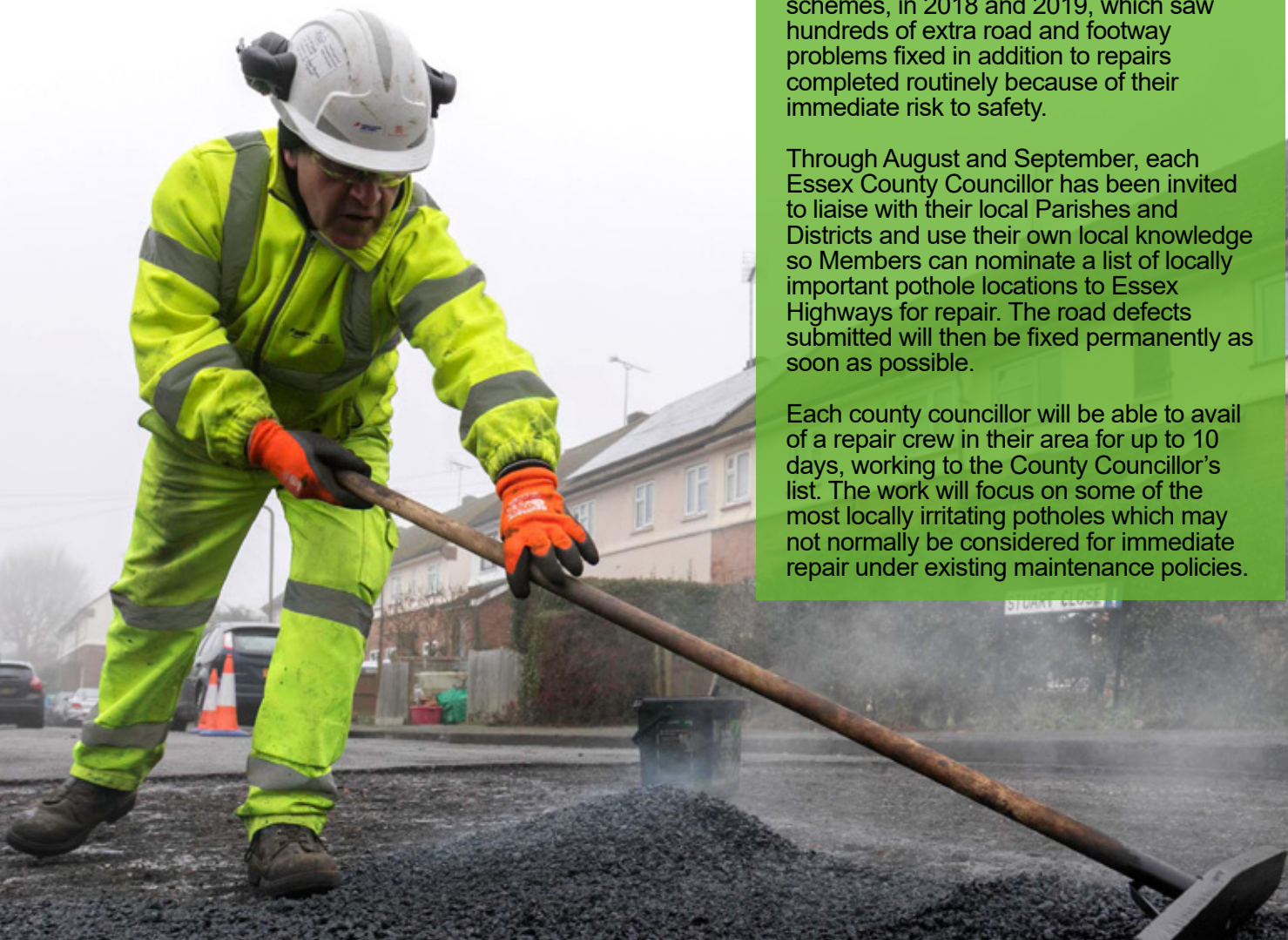
LATEST 'MEMBER-LED' POTHOLE REPAIR SCHEME UNDERWAY

Following last year's hugely successful 'member-led' pothole repair initiative there is now another chance for county councillors to put forward their priority repairs after a major cash investment by Essex County Council.

The new programme follows two previous schemes, in 2018 and 2019, which saw hundreds of extra road and footway problems fixed in addition to repairs completed routinely because of their immediate risk to safety.

Through August and September, each Essex County Councillor has been invited to liaise with their local Parishes and Districts and use their own local knowledge so Members can nominate a list of locally important pothole locations to Essex Highways for repair. The road defects submitted will then be fixed permanently as soon as possible.

Each county councillor will be able to avail of a repair crew in their area for up to 10 days, working to the County Councillor's list. The work will focus on some of the most locally irritating potholes which may not normally be considered for immediate repair under existing maintenance policies.





COMMENT COUNCILLOR KEVIN BENTLEY

**DEPUTY LEADER,
ESSEX COUNTY
COUNCIL
AND CABINET
MEMBER FOR
INFRASTRUCTURE**

I am delighted that we are able to re-run the Member led pothole scheme which was such a success last year and puts Council Councillors in control of repairs in their Divisions.

I hope you are also liaising with your District and Parish/Town colleagues to assist in getting some of these defects fixed quickly.

I am also pleased to report that from April to July we were able to fix over 5,000 defect repairs with proper social distancing in place. This is because of the brilliance and hard work of all of our crews. Like you, I am very proud of them.

BID FOR SECOND STAGE TRAVEL FUNDING SUBMITTED

Early in August Essex County Council submitted an ambitious bid for further Government Emergency Active Travel funding to the Department for Transport (DfT).

The proposals built on recent experience gained from the emergency Safer, Greener, Healthier measures set up in several towns across Essex, the previously published Essex Cycling Strategy and existing planning already underway.

Nearly 20 proposals were evaluated against DfT criteria and the strongest five were shortlisted and included in one overall bid. The schemes submitted are

required by DfT to reallocate road space to active travel measures such as cycling and walking to ensure better access to town centres, places of employment and other key areas.

Schemes were submitted covering Basildon, Braintree, Brentwood, Chelmsford and Colchester. A summary is available in the [Press Release](#). We expect the DfT to announce bid results later in the Autumn.

Over the longer-term, the intention is to improve public health and reduce congestion and pollution, by providing more opportunity to use more sustainable forms of travel where possible.



HAVE YOU SIGNED UP TO THE STOP, SWAP, GO! 60 DAY CHALLENGE?

The Stop.Swap.GO! 60 Day Challenge is in full swing with hundreds of people across Essex taking part in daily walking and cycling tasks that are building lasting sustainable travel habits.

Prizes are dished out weekly with details of winners shared on social media alongside helpful tips and progress updates of those taking part.

The challenge is still open for new sign-ups and there are still plenty of prizes to be won just for including more walking and cycling into your usual routines.

As the back to school season is also now upon us Stop.Swap.GO! has started to share information supporting

parents and young people travelling back to school.

Updates on the website and social media are about encouraging more walking and cycling, raising awareness on social distancing on the buses and highlighting the likelihood of traffic gridlock.

Look out for maps of walking and cycling routes around secondary schools and 'drive and drop' zones to decrease congestion at the school gates – all available on the [website](#).

Sign-up and take part in the 60 Day Challenge on the [website](#) and follow the campaign for all Stop.Swap.GO! content on [Facebook](#), and [Twitter](#).



WORKING FOR THE PUBLIC: ESSEX HIGHWAYS KEPT ROADS SAFE AND IMPROVEMENTS ON TRACK

The start of the pandemic lockdown in March introduced a torrid, challenging and frightening period for individuals, organisations and society.

Throughout it all, Essex Highways was able to adapt successfully and at speed, keeping the roads open for people to use safely; adjusting forward programmes in changing and ambiguous circumstances so that improvements could continue; and keeping the workforce and the public safe at all times.

And all this without the access to offices and depots. **Watch our short video**, which opens the door on the incredible work that was achieved in unheard of times.



WATCH HOW ESSEX HIGHWAYS
RESPONDED TO THE PANDEMIC



JUNCTION 7A M11 WORKS UNDERWAY



Works to deliver one of the county's largest new infrastructure projects have begun this month.

The new M11 Junctions 7A at Harlow will see a new motorway junction and link road created, connecting the M11 with Gildea Way, east of Harlow, and creating a new east-west link through the town.

Funded through Highways England and Essex County Council, the scheme will help support future housing and economic growth, ease congestion on the local road

network and create new public transport opportunities. It also generates opportunities for a safer, greener, healthier way of transport through increased and improved walking and cycling infrastructure.

Works on the scheme are being undertaken by contractor Graham and are due to be completed by 2022. For more information on the background and to sign up for the scheme newsletter visit:

www.essex.gov.uk/junction7a

For any enquiries please email: m11j7a@essex.gov.uk

INNOVATION: NEW "RECOFOAM" ROAD RESURFACING MATERIAL SAVES CO2 AND RECYCLES THE OLD ROAD!



This saves up to half of the CO2 normally produced while heating conventional "hot mix" asphalts.

This "Heavy Duty" material is being trialled on Hawkwood Rd, South Hanningfield in the Chelmsford Council area.

It is as durable as other materials, and follows trials of "Warm-mix" asphalt for top surface layers featured in [Highways Highlights in June](#).

Councillor Robert Mitchell, Deputy Cabinet Member for Infrastructure, explains how using this new material for base courses when resurfacing uses up to 85% recycled materials (usually the material planed off roads before resurfacing) in a cold mix material.

WATCH THE VIDEO



BACK TO NORMAL HOURS OF USE FOR ESSEX CONCESSIONARY BUS PASS HOLDERS

In March, in response to the COVID-19 outbreak, ECC extended the hours of operation for Essex bus passes to all day from the usual off-peak times to help people make use of early hours opening for high risk groups.

Now businesses and shops are starting to return to normal, with schools preparing for a September return, social distancing requirements on bus services mean that during the peak morning travel period there will be additional pressure on bus capacity for school children and workers.

As a result, ECC has agreed with bus operators that the times of operation

for Essex concessionary bus passes are returning to normal hours - 9am to midnight on weekdays and all times on weekends and public holidays from Tuesday, 1 September 2020.

If you know of pass holders who want to travel outside the hours of operation of their bus pass please let them know that they will once again need to pay the full fare for their journey from this date.



POTHOLES, PAVEMENTS DRAINS AND STREETLIGHTS FIXED IN THE MONTH...

Potholes fixed per district/city/ borough in July are as listed below:

When considering these numbers, remember that there are many more miles of road in Uttlesford than in Harlow, for example, and the balance of types of road (main, secondary, local) are different too, so a direct comparison is misleading.

Drains cleared in July on our regular cyclical programme and according to risk-based clearing on both main and local roads are shown.

Drains cleared in Braintree were on dual carriageways. Castle Point continued in August. Chelmsford was completed in July.

August drain clearing also in Basildon, Castle Point, Colchester and Uttlesford.

DISTRICT	COUNTY ROUTES	LOCAL ROADS	PAVEMENT DEFECTS FIXED	DRAINS CLEARED	STREETLIGHTS FIXED
BASILDON	107	38	169	2877	602
BRAINTREE	125	128	26	114	209
BRENTWOOD	13	28	27	0	143
CASTLE POINT	27	40	9	816	170
CHELMSFORD	35	57	33	2889	307
COLCHESTER	38	65	28	3258	241
EPPING FOREST	79	79	19	0	160
HARLOW	24	35	9	0	306
MALDON	28	20	19	0	70
ROCHFORD	19	13	29	0	126
TENDRING	15	53	66	0	234
UTTLESFORD	63	69	24	1574	109
TOTALS	573	625	458	11528	2677



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Council Housing repair service moves to Qualis

Tenants renting their homes from Epping Forest District Council will receive day to day repairs, planned maintenance and emergency repair services from Qualis Management Ltd, part of the Qualis Group, the Council's new wholly owned company from Monday 28 September 2020.

What this means for tenants

The transition from direct provision to Qualis will be done with minimal disruption to EFDC housing tenants.

What is changing

Housing residents will call Qualis Management Ltd via the housing team telephone number for any repairs. They will deal with the same staff they may have got to know and will receive the same high-quality service.

The main changes that tenants will notice after 28 September will be contact details and the branding on maintenance vans, staff uniform and ID badge, which will show the Qualis logos.

The contact details are changing to:

- Call 0333 230 0464
- Email repairs@qualismanagement.co.uk

Reduced waiting times

As part of this change, a new ICT system will be introduced to help provide a better service.

It will use a GPS system to match a member of the repairs team nearest to the tenant in need. The team will not always be based at a central point, which will cut down travel time. It also means waiting times will be reduced and tenants can be given a more accurate estimated arrival time.

Qualis Group

Qualis Management Ltd is the management services section of the Qualis Group Ltd.

Qualis Group Ltd has been set up by EFDC and acts as a parent company that has responsibility for the overall performance and governance of the subsidiary companies.

One benefit to EFDC overseeing Qualis means that profit generated from the company will be reinvested into council services.

A greener way of working

Councillor Holly Whitbread, Portfolio Holder for Housing and Communities Services said: "The transfer of our housing repairs and maintenance service to Qualis will improve the quality of the service. Changes are being put in place to help enhance what we offer to our residents. Bringing the service for tenants into the 21st century.

Being able to assign jobs to staff in the areas they are already close to, by using the GPS system, will help save fuel, general wear and tear on the vans and equipment and therefore be a greener and more effective way of working.”

Dear Colleague,

Special Councillor Conference - Understanding the impact of COVID-19 on your' council

09 October 2020 - Webinar (free to access)

CIPFA is heavily invested in helping local government practitioners understand the current impact of COVID-19 on their service activity and professional areas. More recently this support and orientation messaging has been repurposed, in order to reach out to and support Members of the council and other key strategic decision makers.

I am therefore delighted to tell you that, as part of this re-purposed support, CIPFA is pleased to tell you of a new free to access webinar that is designed to provide Councillors with a high level and strategic update covering many of your' business critical areas, typically brought about by COVID-19, including how these challenges are likely to impact on your core service areas and, by extension, the community that your council serves.

The webinar will also provide an opportunity to bring together Councillors from across local government who are all facing these same challenges through COVID via our round table session, online discussion format and wider 'chat-box function during the webinar; an additional level of engagement that is expected to help foster a positive sharing of ideas and some best practice solutions, to the challenges of COVID being faced by all authorities around the country.

Who should attend?

This webinar is principally aimed at supporting local government councillors and other strategic council leaders, chief executives and other decision makers. The webinar will also help operational staff working within a council gain a greater appreciation of upcoming challenges for their respective service areas, typically:

1. resource managers
2. service directors
3. commercial leads
4. transformation and policy staff

How will I benefit from attending?

Delegates at this event will benefit from:

1. A greater awareness of the current council challenges brought on by the COVID-19
2. Learn more on CIPFA's current advice to councils and further planned support going forward
3. Give council leaders and other strategic decision takers more information on the operational stresses currently being placed on their front-line staff
4. Provide the opportunity to learn from other councils on how they are dealing with many of the issues covered during the day through a virtual round table and on-line chat function

Booking details

To view the webinar programme and to book your place, please visit our [website](#) .

**Please note that you may be asked to register for this event via a personalized 'My-CIPFA' account if you don't already have one.*

Registration to 'My-CIPFA' is also free but is required due to GDPR guidelines and should only take a few seconds. If you have any difficulty in registering your place on this webinar, please contact Elizabeth Oladogba at the e-mail address below.

Any local government Councillor and/ or officer can attend this webinar for free, although a limit will be placed on this event of 180 delegates. So please don't delay in registering your place today if you would like to join us.

This webinar has been specifically put on by CIPFA to support local government during an unprecedented time of change due to COVID-19. A charge of £495.00 + VAT will be made for any other delegates wishing to attend this event.

If you have any administrative enquiries, please contact Elizabeth E:
Elizabeth.oladogba@cipfa.org.

With Kind Regards,

Cliff Dalton

Head of CIPFA Commercial Networks

CIPFA

www.linkedin.com/in/cliff-dalton

t: 020 7543 5600

e: customerservices@cipfa.org



Ongar Town Council

Ongar Better Health Festival

SEPTEMBER 2020

Physical and
creative activities
Professional advice



**STARTS
MONDAY
14TH SEPT**



Helping to bring the
community together.

Ongar Better Health Festival

**STARTS
MONDAY
14TH SEPT**

The Epping Forest District Council's Community, Culture and Wellbeing Team recently spoke to some of the community of Ongar to check how people were feeling in July and to hear what matters most to them in their community.

Things that mattered the most:

- **Positive activities – physical and cultural**
- **Being part of the Community**
- **A better environment**
- **Improved mental health**

Working with partners from across the district, our first step towards addressing what matters to the community will be to hold a **Better Health Festival** in September. The festival will offer the opportunity to get involved in physical and creative activities, to speak to professionals from various organisations and make a pledge on how you can get involved with your community.

The week long festival takes place locally with times, locations and how to get involved included in this leaflet.

We hope that you will join us to bring the community together.



Online Classes

**JUST
£2**

Revive – gentle stretch and Pilates class	Tuesday and Thursday 13:00-13:30
Get Active – bodyweight cardio, strength and balance session	Tuesday 19:00-19:30 and Friday 10:00-10:30
Stretch and Relaxation – stretching class with relaxation and breathing exercises	Thursday 19:00-19:30

All £2 – book at www.eppingforestdc.bookinglive.com

Monday 14th September

Museum Movers

10.30am – 11.30am

Come along and try our very own Museum Movers session, with a combination of seated dance and exercise and plenty of fun.

All equipment provided. **Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.**



FREE

FREE

Community Information Market

3pm – 8pm

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, Meet the Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

Children will receive a free goodie bag.

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



FREE
Goodie bag
for
children

Thursday 17th September

Writers Group

10.00am – 12 noon

Come along and meet likeminded people who are interested in creative writing. Help and support is on hand to create your very own masterpiece. Current members will be sharing their work to give you a flavour what can be achieved.

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



FREE

FREE

Active Living – Seated Exercise

10.15am – 11.00am

Active Living is a gentle introduction to exercise and physical activity with a social focus with most exercises being chair based or at a beginner level. Strength & Balance aims to help you maintain your physical health and independence through aerobic, balance, flexibility and strength activities. **Come and give it a try.**

Meet at the Shelley Park (next to the Shelley shops) CM5 0BT.



Thursday 17th September

FREE



Walking Football

1.30pm – 2.30pm

A slower pace version of the great game of football, come and give it a try in a fun and friendly environment.

Meet at the Shelley Park
(next to the Shelley shops) CM5 0BT.

FREE

Social. Active. Strong.

2.30pm – 3.15pm

The Social – Active - Strong. program is to help maintain your strength and balance, help you become more active and improve your general wellbeing. **Come along and give the session a try.** All equipment provided.

Meet at the Shelley Park
(next to the Shelley shops) CM5 0BT.



Saturday 19th September

Community Information Market

10am – 12 noon

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, Meet the Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

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FREE



FREE
Goodie bag
for
children



Waltham Abbey
Town Council

 Epping Forest
District Council
www.eppingforestdc.gov.uk

Waltham Abbey Better Health Festival

SEPTEMBER 2020

Physical and
creative activities
Professional advice



**STARTS
MONDAY
14TH SEPT**



Helping to bring the
community together.

Waltham Abbey Better Health Festival

**STARTS
MONDAY
14TH SEPT**

The Epping Forest District Council's Community, Culture and Wellbeing Team recently spoke to some of the community of Waltham Abbey to check how people were feeling in July and to hear what matters most to them in their community.

Things that mattered the most:

- **Positive activities – physical and cultural**
- **Being part of the Community**
- **A better environment**
- **Improved mental health**

Working with partners from across the district, our first step towards addressing what matters to the community will be to hold a **Better Health Festival** in September. The festival will offer the opportunity to get involved in physical and creative activities, to speak to professionals from various organisations and make a pledge on how you can get involved with your community.

The week long festival takes place locally with times, locations and how to get involved included in this leaflet.

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Get Active – bodyweight cardio, strength and balance session	Tuesday 19:00-19:30 and Friday 10:00-10:30
Stretch and Relaxation – stretching class with relaxation and breathing exercises	Thursday 19:00-19:30

All £2 – book at www.eppingforestdc.bookinglive.com

Monday 14th September

Walking Football 1.30pm – 2.30pm

A slower pace version of the great game of football. Come and give it a try in a fun and friendly environment.

Meet in the Square in Ninefields EN9 3EL.



FREE

Active Living – Seated Exercise

2.00pm – 2.45pm

Active Living is a gentle introduction to exercise and physical activity with a social focus with most exercises being chair based or at a beginner level. Strength & Balance aims to help you maintain your physical health and independence through aerobic, balance, flexibility and strength activities. **Come and give it a try. Meet in the Square in Ninefields EN9 3EL.**



Tuesday 15th September

Walking Football 11.30am – 12.30pm

Another chance to join this slower pace version of the great game of football. Come and give it a try in a fun and friendly environment.

Meet at Town Mead astro pitch EN9 1JH.



FREE

Community Allotment Project

11.00am – 1.00pm

Come and be part of this new and exciting Community allotment project. Learn how to grow and maintain this community plot. Join a like minded team, headed by our very own CCW expert and the team, who will be happy to answer your gardening questions.

Meet at the Longfield's allotment site, Ninefields EN9 3EL.



Wednesday 16th September

Museum Garden Project

1.30pm – 3.30pm

Come along and join the gardening team at our District Museum, see how the garden grows and pick up your **free gardening starter pack.**

Meet at the District Museum in Sun Street EN9 1EL.



FREE

Community Information Market 3pm – 8pm

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, District Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

Children will receive a free goodie bag. Meet in the Square in Ninefields EN9 3EL.



Thursday 17th September

Buggy Walk

9.30am – 10.15am

Come and try buggy fitness! A great opportunity to get fit and meet likeminded people during this fun session.
Meet in the Square in Ninefields EN9 3EL.



FREE

FREE

Social. Active. Strong.

6.00pm – 6.45pm

The Social.Active.Strong. program is to help maintain your strength and balance, help you become more active and improve your general wellbeing.
Come along and give the session a try. All equipment provided.
Meet in the Square in Ninefields EN9 3EL.



Friday 18th September

Museum Movers 1.30pm – 2.00pm

Come along and try our very own Museum Movers session, with a combination of dance and exercise and plenty of fun.

**Meet at the District Museum
in Sun Street EN9 1EL.**



FREE

Wild Cat Girls Football 5yrs-12yrs

5.00pm – 6.00pm

Come along and join this new and exciting Girls football session. All levels welcome. Whether you want to learn new skills or have fun... this session is perfect for you! Coached by our fun and friendly team of coaches.
Meet at Town Mead Astro EN9 1JH.



FREE

Saturday 19th September

Community Information Market

1.00pm – 3.00pm

Come and meet the staff from the Epping Forest District Council's Community Culture and Wellbeing Team and our Health and Wellbeing partners to find out more about what's going on in your community, including Community Engagement Pledges, Meet the Museum, Exercise Classes, Health and Wellbeing information and what is on for adults and children.

Children will receive a free goodie bag.
Meet in the Square in Ninefields EN9 3EL.



FREE

FREE
Goodie bag
for
children

EPPING FOREST DISTRICT COUNCIL

Notification of Call-In of Portfolio Holder Decision under Paragraphs 45-52 of Article 6 (Overview & Scrutiny) of the Constitution

This form must be signed and completed and the original returned to the Proper Officer in person no later than the fifth working day following the publication of the decision to be called-in

Decision to be called-in:
Decision reference:
Portfolio:
Description of decision:
Reason for call-in

Members requesting call-in
(3 members of the Overview and Scrutiny Committee or 5 other members)

Members Name:	Signed:
Lead member:	
Office Use Only: Date Received:	

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