

Community Services

Dear Colleagues

The spring and summer has seen Community Services to continue to develop and deliver a wide range of activities and events for local residents. It gives me great pleasure to introduce the third issue of the Community Services Newsletter. I hope you will enjoy reading about their work and the positive impact it has for participants.

Cllr Rikki Gadsby
Portfolio Holder for Leisure and Well Being.

Community Development

Holiday Playschemes

Holiday Playschemes were a sell out once again during February half-term and the two weeks of Easter. Over 700 children aged between 5 and 11 years attended Playschemes staged at Whitebridge Junior School and Thomas Willingale School.

Additional funding was secured via the Local Delivery Group (LDG) in the south of the district to enable 20 “free” places to be offered to children from families requiring additional financial support. Local Head Teachers were able to identify the children most in need of the service and additional Play Workers were employed to accommodate extra places at the Playschemes.

Feedback from children and parents has, once again, been exceptional and serves to highlight the vital service that Playschemes provide for local families during the school holidays.

Play in the Park

The Easter school holidays saw record numbers attend the increasingly popular Play in the Park sessions. Teams of Play Rangers facilitated fun and innovative “free play” sessions at a variety of open green spaces across the district, encouraging children, young people and families to enjoy the outdoors together and rediscover their local parks and recreation grounds. Through contributions from participating Parish and Town Councils, staff were able to bring along a range of play, sports and arts equipment to provide children and young people with the stimulus to have a great time outdoors.

20th Adult Learners Week – “Learn for Life”

National Adult Learners Week in May celebrated learning and aimed to inspire thousands of people to try something new. The initiative promoted the benefits of all kinds of learning, whether it was for fun or leading to a qualification. The Community Development Team, in partnership with the Epping Forest Learning Partnership, produced a programme of free workshops to motivate adults to take up new activities.



Sessions included 'Cook Fast & Fresh', an E-Bay themed IT workshop and Childcare session. Details of the full programme were publicised on the Council's website.

Crucial Crew

Crucial Crew is an annual initiative organised by the Community Development Team, on behalf of the Safer Communities Partnership. Every 11 year old pupil in the district attends the educational, half day event at Gilwell Park. Children participate in ten different interactive scenarios which are provided by agencies such as Essex Police, Essex Fire and Rescue Service, the Ambulance Service etc... Themes such as bullying, healthy eating, alcohol misuse, internet safety, to name but a few, are all addressed in a safe, supportive environment.

Teaching staff receive an Information Pack following the event to encourage follow up work in the classroom, and children all receive a Pupil Information Booklet. This

year's event will run for two weeks from 13th June.

Reality Roadshow

Reality Roadshow events have been organised and delivered in three of the districts secondary schools this academic year to date, with events planned for the remaining three schools throughout July. Once again, this initiative is organised by the Community Development Team, on behalf of the Safer Communities Partnership, and focuses on the delivery of educational "safety" themed sessions for the older age group of 14 year olds.

Drug awareness advice, sexual health and alcohol abuse are all topics covered depending on the needs and requirements of individual schools.

Forthcoming Reality Roadshows will be happening at St John's School in Epping, King Harold School in Waltham Abbey and West Hatch School in Chigwell.

Stay & Play at Norway House Homeless Hostel

The Community Development Team runs a regular parent and toddler session at Norway House Homeless Hostel for families and mums to be. The session provides space for children to run around, play, be messy and socialise.

The session utilises play to encourage parents to interact with their children and enhance their parenting skills in a friendly, supportive environment.

The group has recently been awarded the Pre-School Learning Alliance's Bronze Certificate following completion of the first annual review of the Baby and Toddler 'Good Practice Checklist'. Criteria included; sound health & safety practice, employment procedures, play activities, inclusion and record keeping.

In particular the group gained recognition for the ongoing quality childcare experience provided at Norway House.

Waltham Abbey Older Peoples Engagement Network (OPEN)

The Older Persons Engagement Network (OPEN) meets once a month at the Ninefields Community Centre in Waltham Abbey. The aim of the group is to provide an opportunity for older people to socialise locally, and try out a range of newly acquired skills, whilst providing the opportunity for many to overcome their feelings of isolation. OPEN provides informative talks from professionals as well as adult learning courses, creative classes and healthy living activities. Recent sessions have included Easter crafts, a pamper event, a computer skills session for beginners and a cake decorating class.

The group continues to go from strength to strength with members playing an active role in the planning of future programmes and the wider promotion of the group.

Aiming High for Disabled Children funding

Following the submission of a detailed funding application, a total of £46,000 was recently secured by Community Development, via the Essex Aiming High for Disabled Children Fund, in order to support the improvement of two playgrounds in the district. Working closely with Loughton and Waltham Abbey Town Councils, plans were developed to enhance play spaces at Hillyfields and Larsens Park ensuring more accessible play opportunities for children with disabilities. Funding paid for improved pathways, accessible swings, roundabouts and interactive sensory boards. Both playgrounds were fully reopened in April.

Youth Councillors assist with City Of London's "Branching Out" Consultation

Youth Councillors were invited to visit Epping Forest in April to view the Heritage Lottery funded work being carried out by the City Of London and to take part in the related consultation. Tree surgeons joined the Youth Councillors and explained their apprenticeship scheme.



The Youth Councillors also toured the new Visitor Centre next to the Queen Elizabeth's Hunting lodge. The project includes the renovation of two Victorian coach houses and the Butlers Retreat Tea Shop. Youth Councillors gave feedback on the work to date and input a number of innovative ideas to encourage more young people to use the forest area.

Youth Council produce their "How Safe are U?" personal safety DVD

Youth Councillors have been working hard over the school holidays to produce a Personal Safety DVD for schools to raise pupil's awareness of staying safe. Key messages include; travelling safely on public transport, personal safety, care of personal belongings and alcohol awareness.



The project has been funded by the Youth Opportunity Fund and has enabled the Youth Councillors to work in partnership with the Ignite Youth Group at St Marys Church Loughton, Roding Valley High School and Essex County Council. The DVD will be completed by July.

Youth Councillors are also producing a 'How to Report a Crime' leaflet for young people. They consulted with

80 of their peers and the majority said that they did not know how to report a crime or an incident. David Eyles, the Council's Cross Border Officer, highlighted that statistics do not illustrate the numbers of young people who actually report crime. Youth Councillors are also producing worksheets for schools in the district to support the DVD and to ensure that pupils understand the key messages.

Youth Council links in with the Jack Petchey Achievement Award scheme.

The Jack Petchey Achievement Award Scheme has been granted to the Epping Forest Youth Council group; this Award Scheme enables the Youth Councillors to nominate three winners each year for their work in the community. The grant is designed to give the winner the opportunity to make a financial contribution to the group they are involved in. Most importantly, the group decide what they would like and the winner decides how the money is spent.

The Jack Petchey Award will give the Youth Council an extra £1100 each year. The three winners will each receive £200 to spend on the group, for training, equipment or an evening out. The Youth Councillors can also nominate a leader to receive the Leaders Award; the leader will receive £500 to spend on the group. All winners will receive a certificate and attend a celebration evening to receive their awards.



The first Youth Councillor to receive the Jack Petchey Achievement Award was Beejal Valera. Beejal was nominated because of her commitment to the Youth Council school survey project, co-ordination of the suggestion box initiative and for her willingness to complete work during school holidays.

Epping Forest Arts

The Elvis Presley Fan Club meet... Reachback

'We want to make a film!'

In November last year, Sally Panrucker from VAEF relayed this comment to Epping Forest Arts from the Artability participants a group of 8 people with learning difficulties who Sally has been working with in the community. Five workshops later, over February and March 2011, a documentary of their experience making the film and meeting the band Reachback is now complete.

Reachback are a young four piece rock band, Joe Williams (bass), Tom McHenry (Guitar), Ruby Williams (vocals), Craig Chin (drums, based in based in Loughton and formed in 2008. The band won the Essex

Undiscovered competition in 2010 and in the same year released their debut EP "Butterflies" which went into the UK Chart 100.

The band took time out of their busy gigging and recording schedule to work on the project with the Artability group. The group, who have called themselves the Elvis Presley Fan Club met Joe, Ruby and Tom at The Space, Loughton Youth Project's venue, to ask them questions about their influences and history and plans for 2011, and then filmed the band rehearsing at Soundlab Studios in Loughton. Covering subjects as diverse as Elvis Presley, Metallica, cake, football, TV and hedgehogs, the video group have made a unique documentary, assisted by Epping Forest Arts Community Artist, Sonja Zelic

Lee (participant) described the project: "Really cool, I feel like a rock star"

Ruby (band member) said: "Its really nice to have the opportunity to take part in this project. We visited the (Artability) chorus group, and the passion and joy they have for singing is overwhelming! It's amazing to see people enjoying learning one of our songs!"



The project came about after Tom McHenry was awarded a young person's Arts grant earlier this year from Epping Forest District Council to support the development of Reachback. He added: *"We're all really grateful to Epping Forest Arts team for recognising what the band are trying to achieve and to do this documentary and music project with the Artability group is another amazing part of the Reachback journey we're on!"*

A showing of the documentary, and a live performance with the Artability choir is planned for the summer.

Motiv8

After the success of last year's show, Epping Forest Arts once again worked in partnership with Epping Forest College to the opportunity for local youth groups to showcase their latest dances in the College's theatre. The College also integrated the event into the curriculum; the marketing materials were all designed by students, and the performances themselves were supported by technical theatre students. The show ran for two nights with 210 young people and children of all ages performing a diverse range of styles, including musical theatre, street dance and contemporary. The new dance project 'Make a Move' was also launched with the unsuspecting audience being taught some moves which had everyone dancing in their seats.

Both nights were filled to capacity with over 500 audience members.

Planning for 2012 has already started with the college with the possibility of even more courses being involved in the event.

Audience member: *"Great to give young performers a venue to perform to the public"*



Lift Off!

'Lift Off' is the annual three-day arts event for 8 – 12 year olds, held during the school holidays at St Michael and All Angels Church Hall.

The event offers participants a rare opportunity to work with all three of the EFA artists to design and create their own short production, which they then perform to their amazed parents on the final day.

This Easter holiday the performance took the form of a promenade performance inspired by the myth of Orpheus and Eurydice. Parents were seated at a giant banqueting table in the over-world before following a snake through the smoke filled foyer into the dark, cinematic under-world.

16 participants came from across the district and represented a mixture of new comers and those returning for more.

Flyaway Katie

On Wednesday 13th April 2011, Theydon Bois Village Hall played host to Epping Forest Arts Easter puppet show *Flyaway Katie* performed and devised by Long Nose Puppets, who made yet another return visit to the district due to popular demand.

The two shows at 11am and 2pm were sold out with 100 excited children and their grown-ups packing out the hall at each performance.

Flyaway Katie is an inspiring flight of fancy about the power of imagination based on the popular children's book by Polly Dunbar, with music by Tom Gray of Gomez.

Top Hat with Toe-tapping and Tea!

On Saturday 14th May Fred Astaire came to Waltham Abbey Town Hall.

'Top Hat with Toe-tapping and Tea' – my, that's a mouthful! – was a day of vintage themed entertainment, including a showing of the 1930's classic film 'Top Hat' starring Ginger Rogers and Fred Astaire.

The audience were also treated to a selection of war-time tunes, sung in perfect harmony by the 'Polka Dot Dolls' trio, and a lindy-hop lesson with Warren Hayes, founder of the acclaimed Jiving Lindy Hoppers.

Participants came from across the district and fully entered into the spirit of the day by donning spectacular vintage costume, and

the Epping Forest Guardian photographer was spoiled for choice.

Men and women from their mid-twenties to their late seventies danced together, stopping only for tea and cake – served in vintage china of course...

The event was a collaboration between Epping Forest Arts and Waltham Abbey Town Council, and builds on EFA's hugely popular vintage film screening series, which previously has included 'Brief Encounter' and 'The 39 Steps'.



District Museum

As part of our summer programme the Museum is opening a new temporary exhibition

'I Love Music' Exhibition 9 July – 27 September 2011

Epping Forest District Museum
39-41 Sun Street
Waltham Abbey
Essex
EN9 1EL

I Love Music showcases the talent and influence of music artists, bands, radio and venues of the eastern region. From the birth of radio at Chelmsford...to Dagenham's barefoot pop princess, Sandie Shaw...to the experimental sound of bands like Pink Floyd and Depeche Mode...right through to the sell-out crowd-pleasing V-Festival at Hylands Park, Chelmsford, this exhibition offers something for everyone to enjoy.

The newly refurbished Your History gallery has opened at Epping Forest District Museum in Waltham Abbey and is proving very popular with the public

Following a 12-month development programme, the new display picks up the history of the area at the start of the 18th Century and follows it through to the end of the 20th Century.

By focussing on the themes of Work, Home Life and Shopping, it reflects the changes in the District and the lives of its residents over the last 300 years. We are also able to include a permanent costume exhibit for the first time.

Among the artefacts featured in the new gallery are a selection of familiar, or maybe not-so-familiar, domestic items, tools used in local industries and the original poster for the opening concert of Lopping Hall.

The gallery features a number of new features for younger visitors. including replica Victorian costume

and a replica Victorian stove and tea set .

The new gallery is on the first floor of the Museum and the displays will change regularly.

A recent addition has been the new costume display in the Your History. Gallery

Epping Forest District Museum's fancy has turned to Weddings to celebrate the recent Royal event.

We are taking the opportunity to showcase some of the dresses and suits that the District's residents have worn for their Big Day. Those selected from our extensive costume collection include a rare silk chiffon dress from 1914, and a delightful velvet outfit worn by a wartime bride in the 1940's, as well as representative examples of wedding wear from across the 19th and 20th centuries.



For more information please telephone, (01992) 716882 or e-mail, museum@eppingforestdc.gov.uk

Events for Families

Every Sunday afternoon between now and the end of September there are free art and craft activities available at the museum between 2.30pm and 4pm. Everytime you visit and complete an activity, you can collect a stamp in your museum mini book.

On Saturday 23 July as part of the London 2012 Open Weekend events, visitors to the museum face a mammoth challenge - to create their own multi coloured mini mammoth inspired by the real mammoth tooth and tusks on display, and the new mammoth interactive for our younger visitors. The activity runs from 12 - 4pm and costs £1 per child.

As part of the Council's summer leisure programme, the museum runs activities every Tuesday afternoon from 12 - 4pm during the school holidays. This year, there will be a different activity each Tuesday based on print making, music making or clay modelling to tie in with the themes of the special exhibitions. These activities cost £1 per child.

On Saturday 6 August, the museum's popular family fun day returns with sandcastles and shrimping in the garden, as well as willow creatures to make and the Little Red Riding Hood puppet show to keep you entertained. Admission is free of charge. A small charge will be made for the willow creatures. Activities are available between 11am and 4pm

On Saturday 20 August a very special experience is on offer with a chance to taste real chinese tea and create your own blend to take home with you as part of the Stories of the World 'China in the East' project. This event is available between 11am - 1pm and 2pm - 4pm and is free of charge. An opportunity not to be missed for all ages.

Sports & Health Development

All Ability Trampolining

The Council's Sports and Health Development Team has secured an extra £4,800 to carry on delivering the All Ability Trampolining sessions for young people with disabilities and their families at Debden Park High School on Wednesday evenings.

The money came from Essex County Council's Aiming High funding stream and is aimed at children and young people with disabilities and their families who want to take short breaks, Aiming High for Disabled Children provides the chance to enjoy, achieve and participate in a wide range of activities. The trampolining sessions at Debden Park High School have been running for over a year now and with the extra funding the session can now continue for the foreseeable future.

Health Works

The HealthWorks project is now up and running in Waltham Abbey, reaching out to young people aged 11 to 19, providing a diverse and fun programme of activities that encourage and enable young people's health improvement, well-being and aspirations. HealthWorks takes a positive and holistic approach to health and well-being, placing a great emphasis upon young people's participation to ensure that the project provides quality activities that young people want to participate in.

The project kicked off with a consultation with over 600 young people in Waltham Abbey Youth Clubs and King Harold School. The activities young people suggested are being fed into a growing programme that includes a Thursday 6pm to 7pm after School session, in the Waltham Abbey Sports Centre, King Harold School, which is running multi-sports until May 25th, freestyle football June 9th to 23rd and trampolining June 30th to July 21st. A summer programme of activities that includes street dance, cheerleading, football coaching along with gym and fitness sessions is also planned. Following on from the consultation, to ensure continued young people's participation, a HealthWorks Young People's Planning Group has also been set up where young people can have their say about how to promote HealthWorks and what activities to develop.

Partners in the HealthWorks project are the NHS, the Tottenham Hotspur

Foundation, the Waltham Abbey Town Council and local Youth Clubs so a Steering Group has been set up to develop the project and ensure successful partnership working. Local young people also sit on the Steering Group providing another avenue for their participation. The consultation work with young people, along with developing the programme, is on going and the HealthWorks staff will now be out in Waltham Abbey over the next couple of months doing outreach work to promote and raise local awareness of the programme.



Lifewalks

The successful Lifewalks programme continues to grow, achieving 1,869 attendances between January and April 2011.

Lifewalks is a walking for health scheme organised by EFDC's Sports and Health Development Team, is approved by local doctors and hospitals, and the West Essex NHS.

The Lifewalks diary of walks for May 2011 to April 2012 is out now on available as a download from the Council's website.

New Horizons

The Council's current New Horizons 50+ activity brochure is now readily available, either as a hard copy from local libraries or Council satellite Offices or can be downloaded from the Council's website at www.eppingforestdc.gov.uk

New Horizons activities take place across the District at a large number of different venues. A qualified coach or supervisor is on hand and equipment is provided at most sessions. Everyone aged 50+ is welcome with absolutely no restrictions regarding fitness or ability and there is certainly no upper age limit.

Active Health

Active health has attracted 889 attendances since January to June. Activities delivered include golf, seated exercise, movement classes, tea dances and allotments. The project has been working hard to secure external funding to sustain many of the seated exercise classes and to provide allotments for sheltered housing schemes.

Street20 Cricket

Street20 Cricket Coaching course was delivered to 16 coaches and volunteers on Limes Farm Estate by Essex County Cricket Board. Street20 is a fast and exciting urban version of cricket. Weekly sessions will begin on the estate for young people with the hope of forming a team and entering local and national competitions. The sports and health

Development team have secured £1,000 from Essex County Cricket Board to implement the initiative.

Loughton Athletics Club

A successful initiative to get more young people to join Loughton Athletics Club was delivered throughout May. Sessions on a Saturday morning for young people were delivered throughout the month. A total of 29 young people attended the sessions. The Sports and Health Development helped develop the sessions, purchase equipment and promote the sessions to local schools.

UP AND COMING EVENTS

eNgage 2011 is the annual youth and community dance showcase for Epping Forest Arts. The evening performance at the Harlow Playhouse has a variety of groups from around the district and gives groups the thrill of performing in a large venue. eNgage is always guaranteed to be an explosion of energy from ideas and choreographic pieces not to be missed. Thursday 16 June.

Running Sisters

Epping Forest District Council's Sports and Health Development Team are launching for the second year running a beginners' running course called Running Sisters for women, based at Stonards Hill Recreation Ground, Epping.

Running Sisters is aimed at women aged 16 or over and will be led by a

qualified female instructor. Initially, the course will run for 6 weeks and by the end it will show you how to run consistently for 20 minutes at a moderate pace. After the initial course, the team aims to run an intermediate course to allow the runners to progress.

The course is also an ideal series of training sessions for those women or girls who have booked on to the Race for Life at North Weald Airfield on July 13th 2011.



Sports and Health Development team and Tottenham Hotspur Foundation presents the **Football Freestyle Competition 2011**.

Thursday 23rd June – Limes Farm Estate 7pm -9pm

Saturday 25th June – Townmead, Waltham Abbey, 12 noon – 2pm

Saturday 2nd July – Roding Valley School, 1pm -3pm

Saturday 16th July - Final



Epping Forest District Council's Community Services directorate, in partnership with Waltham Abbey Town Council, will be organising a festival event for young people aged 11 to 19yrs on Sunday 24th July 2011.

The W Fest will be part of the London 2012 Open Weekend programme and will be held at the Town Mead Recreation Ground

The free event will include a skate and BMX jam, sessions with Tottenham Hotspur Foundation football coaches and freestylers, screenings of the films "Street Dance" and "Lords of Dog Town", dance workshops, henna, hair braiding and DJs.

Summer Programme 2011

Community Services will be providing a varied and exciting summer programme for 2 to 19 year olds throughout the district. Activities include playschemes, play in the park, dance workshops, fitness sessions, trampolining, football, theatre productions, the Epping animated games and much more.

2011 Summer Brochure is available now from Community Services or from EFDC's website.