



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

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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.

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 to finish	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

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

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

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 in the Square in Ninefields EN9 3EL.



FREE Goodie bag for children

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.

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