

Wellbeing at Garon Park Newsletter



April 2023
Issue 7
Spring Edition

THE KINGS CORONATION

**COMMUNITY EVENT
SUNDAY 7TH MAY AND
MONDAY 8TH MAY
10AM-4PM**



The Kings Coronation will be a special time for local communities as we celebrate with the Royal Family, King Charles III accession to the Throne.

To celebrate Garon Park CIC will be hosting two days of community activities at the Vitality Park.

Entrance £2 per adult, under 14's free & must be accompanied by an adult

SUNDAY 7TH MAY 10AM-4PM

A Community fayre with bouncy castles, picnic area, circus skills, stalls, activities, games and live music.

MONDAY 8TH MAY 10AM-4PM

The Big Help Out - a community celebration of volunteering organisations and opportunities in Southend. We will have tree planting activities, Bouncy Castles, picnic area, circus skills area and lots of activities for the whole family.

Email: enquiries@garonparkcic.com
Phone: 01702 965959
Web: www.wellbeingatgaronpark.com



GARON PARK YOUTH CLUB

Garon Park Youth has been running every Wednesday night for over 6 months, and now proudly boasts a membership of over 250 local children, supported by a strong team of young leaders and youth workers. Over these first six months we have listened closely to what our members and their parents want from the club, and have made some changes and improvements, the first of which was to change the time, with many parents finding the finish too late, so the club now runs from 6-8pm.

Other improvements have been to add more variety to our tuckshop, and to increase the amount of equipment we have. At every session we are now able to offer free access to karaoke, air hockey, table football, Playstation and Wii games, snooker, table tennis and various board games. For those that enjoy more structured activities, we also offer weekly cookery and craft sessions, with all ingredients and materials included within the £3 weekly charge.

For members that come to club to be more active and to let off steam, we are lucky to have a huge secure area at the back, where we offer activities including football, basketball, hula hoops, skipping, pogo sticks or just for free play outside.

In addition to our standard sessions, we have also held a whole variety of fun theme nights – and have plans for many more. So far, we have held a Neon Night, a Pyjama Party, a Halloween Spooktacular, Christmas and Valentines Discos, a fundraising 'Great Garon's Bake Off', and most recently an Ibiza themed Beach Party complete with mocktails to cheer the members up in the miserable weather. These theme nights are always a great success, and we are very lucky to have the support of local DJs and a professional face painter to add to the overall experience.

In our feedback questionnaires we had lots of requests for a 'Selfie Wall', so in a recent craft session we created our own unique one, with members decorating their own 'bricks' to reflect their individual personalities, leaving plenty of space for new members to add their bricks in the future as we continue to build the club. We have also created a much requested "chill out zone", where members can enjoy just sitting and chatting on beanbags, away from the noise in the main area.

Our most recent addition to the club has been a free Book Swap/Library, which has been a hugely popular, with many members rushing to look at what new books we have at the start of each session. We are always eager for more donations, so if you have any books suitable for ages 8 – 15, please drop them to the Garon Park Café. We are extremely fortunate to have been given a grant from the Trustees at Fowler Smith & Jones Trust, which will make a huge difference to the club, funding even more equipment and enabling us to run some extra activities for the members.

We are hugely proud of the youth club and how it's run, with the members being at the forefront of everything we do, and every decision we make. In our most recent member questionnaire, we asked the question 'What is the best thing about Garon Park Youth?'. Every single member responded with the same answer: 'Everything'. And we couldn't be prouder.



SPORT AT GARON PARK

CRICKET

May 6 th Sat	OSSCC League 2s
May 7 th Sun	Ground unavailable due to Kings event
May 8 th Mon	Ground unavailable due to Kings event
May 9 th Tue	Essex Seniors
May 13 th Sat	OSSCC League 2s
May 14 th Sun	Ground unavailable Race For Life
May 20 th Sat	OSSCC League 1s
May 21 st Sun	OSSCC Sunday xi + Youth Game
May 25 th Thu	Ground unavailable Prep Day
May 26 th Fri	Essex 2 nd xi T20
May 27 th Sat	OSSCC League 1s
May 30 th Tue	Ground unavailable Prep Day
May 31 st Wed	Essex 2 nd xi T20
Jun 1 st Thu	Essex 2 nd xi T20
Jun 3 rd Sat	OSSCC League 1s
Jun 4 th Sun	Ground unavailable Prep Day
Jun 5 th Mon	Essex 2 nd xi T20
Jun 7 th Wed	Kwik Cricket festival (Girls)
Jun 8 th Thu	Kwik Cricket festival (Boys)
Jun 10 th Sat	OSSCC League 2s
Jun 11 th Sun	OSSCC Sunday xi + Youth
Jun 17 th Sat	OSSCC League 1s
Jun 18 th Sun	Essex U16s
Jun 21 st Wed	Essex Seniors
Jun 24 th Sat	OSSCC League 2s
Jun 25 th Sun	OSSCC Sunday xi
Jul 1 st Sat	OSSCC League
Jul 2 nd Sun	Essex U15s
Jul 4 th Tue	Essex Seniors
Jul 8 th Sat	OSSCC League 1s
Jul 9 th Sun	OSSCC Sunday xi??
Jul 15 th Sat	OSSCC League 1s
Jul 16 th Sun	Denmark PM T20
Jul 17 th Mon	Denmark T20 x2
Jul 22 nd Sat	OSSCC League 2s
Jul 23 rd Sun	OSSCC Sunday xi??
Jul 29 th Sat	OSSCC League 2s
Jul 30 th Sun	Essex U15s
Aug 2 nd Wed	OSSCC Cricket Week
Aug 3 rd Thu	OSSCC Cricket Week
Aug 4 th Fri	OSSCC Cricket Week
Aug 5 th Sat	OSSCC League 2s
Aug 6 th Sun	OSSCC Sunday xi + Youth
Aug 9 th Wed	Essex U16s
Aug 11 th Fri	Essex U13s
Aug 12 Sat	OSSCC League 1s
Aug 19 th Sat	OSSCC League 2s
Aug 20 th Sun	OSSCC Sunday xi + Youth
Aug 24 th Thu	Essex U15s
Aug 26 th Sat	OSSCC League 1s
Aug 27 th Sun	Ground unavailable Prep Day
Aug 28 th Mon	U19s T20 Finals Day
Sep 2 nd Sat	OSSCC League 1s
Sep 3 rd Sun	OSSCC Sunday xi + Youth
Sep 10 th Sun	Nick Robins Fixture



ESSEX CROSS COUNTRY

What an amazing day at the Essex cross Country event today.

1000 runners, 30 sports leaders and staff from across Essex. Well done to all our Southend athletes that smashed it today, including all our Gifted and Talented runners that have been training for the last 6 months.

We set our bar high with gaining 50 medals we ended up with 68!!! What an amazing achievement the highest ever medal haul for Southend since the event has been running.

Thank you to all that supported us putting on this major event, without all the amazing SSP staff and SGOs from across Essex it would not run! You were all immense!! We are very lucky to have you all



FITNESS AT GARON PARK

CLASS TIMETABLE from 1st March

(Classes are £40 for a block of 4)

FIELD FIT

Monday 18:00 - 18:45 with Trevor

WARRIOR WOMEN

Tuesday 19:00 - 19:45 with Pip

CRUCIBLE KETTLEBELLS

Wednesday 17:30 - 18:15 with Joolz

DAD BOD

Wednesday 19:30 - 20:15 with Trevor

PAYG SESSIONS

BUGGY FIT - £5

Thursday 11:30 - 12:15 with Trevor

WALK AND WORKOUT OVER 50's - £2.50

Wednesday 09:30 - 10:30 with Trevor

PERSONAL TRAINING PRICING

One to One
£40 per session

Two to one
£25 per person per session

Contact us for more details and
availability



thefitnessshackgarons@gmail.com



FIELD FIT

Dare to be great

Want to improve your fitness and tone up? FIELD FIT is confidence boosting, strength building and shape changing. Work smarter with this tried and tested approach to improving fitness and muscle tone.

Intensity level: Beginners



BUGGY FIT

Dare to be great

Gentle buggy friendly exercises for new parents and carers to build fitness and meet new people. Suitable for anyone with newborns up to 2 years

Intensity level: Suitable for all

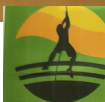


WARRIOR WOMEN

Dare to be great

A celebration of what our bodies are capable of, this female led, women only group session provides a perfect combination of strength, agility and cardio training to discover what you're really made of!

Intensity level: Suitable for all



CRUCIBLE KETTLEBELLS

Dare to be great

Our signature kettlebell class. Simple and effective, this one item will change the way you workout. Iron, sweat and enthusiasm will forge the best results. Cardio and strength training all in one solid workout.

Intensity level: Suitable for all



DAD BOD

Dare to be great

Not just for dads! A challenging workout for men of all ages and fitness levels. Heart rate and weight training for maximum fitness and strength gains.

Intensity level: Suitable for all

SPRING 2023

STEPS AHEAD



creative journeys • colourful destinations

AT THE HIVE NATURE SCHOOL

An inspiring outdoor nature base, providing a blend of Outdoor, Educational, Creative and well-being experiences for all ages and abilities.



STEP OUTSIDE FAMILY EVENTS



Steps Ahead welcomed families to 'Spring to The Hive' on Thursday 6th April to enjoy time with each other outside this Easter.

Much fun was had as families wandered along Hive Way and Wilderness Walk in search of Eggs and taking part in Spring themed activities.

This day was delivered by Steps Ahead Life CIC in association with Wildflowers and Wellies and Sketchy Kid Art club.

Here's what families had to say:



We are pleased to announce that Jamie won the 'Guess how many eggs in the Easter Basket' competition and Safia won 'Count how many birds on Hive Hare' competition. Each receiving a winner's Easter Egg

Thank you to all who visited the Hive to make it such an enjoyable event.

PLEASE VISIT OUR WEBSITE STEPSAHAD.LIFE FOR FORTHCOMING FAMILY EVENTS.

ROOTS TO SHOOTS PROGRAMMES FOR THE COMMUNITY



ART IN NATURE FOR ADULTS

Friday 21st April

Friday 5th May

Friday 19th May

Friday 2nd June

Time: 9.30am to 11.30am

<https://bookthatin.com/link/rootstoshoots>
£9.50 per adult per session or

£34.50 for all four sessions



ART IN NATURE

Workshop 1 -Nature's Colours- Mandala Dot Art

Workshop 2- Nature's Gift- Dream Catcher

Workshop 3- Natural Light-Sun Prints

Workshop 4 -Earth Below- Coil Pot

Take a step out and connect with your creative side
in nature.

PLEASE VISIT OUR WEBSITE [STEPSAHEAD.LIFE](https://stepsahead.life) FOR FORTHCOMING COMMUNITY WORKSHOPS.

*DISCOVER * EXPLORE * CARE * CONNECT



PROGRAMMES FOR SCHOOLS

This April we are looking forward to welcoming local schools to participate in our Leave Only Footprints programme, funded by Veolia. Children will participate in

immersive activities focused on caring and protecting the planet and meet The Hive Nature School litter detective.



SCHOOL ENQUIRIES: [HELLO@STEPSAHEAD.LIFE](mailto:hello@stepsahead.life)

HIVE HIRE



LOOKING TO HOST YOUR OWN EVENT?



The Hive Nature School is available to Hire through our Hive Arrive, Alive and Thrive packages.

PLEASE VISIT OUR WEBSITE [STEPSAHEAD.LIFE](https://stepsahead.life) FOR FURTHER DETAILS OR TO ARRANGE A VISIT.



STEPS AHEAD LIFE CIC

Steps Ahead believe in the power of creativity to deepen connections within ourselves, each other and the world around us.

PLEASE HELP SUPPORT US

If your organisation would like to sponsor a Steps Ahead Life CIC programme or a green educational zone within the Hive please get in touch hello@stepsahead.life

Your contribution will help support the work we do in:

Raising Environmental Awareness

Promoting Health and Wellbeing

Championing Creativity and Culture

Empowering Through Education.

Thank-you



COMMUNITY



On Thursday 16th March, Wellbeing at Garon Park and the volunteers were out promoting the Vitality Park and all the activities that take place on site, including the Garon Park Shed, the Hive Nature School and the sporting opportunities that are available.

The volunteers, who are members of the Garon Park Ladies Walking Netball team, organised a raffle, to raise funds, for the Pergola Walk of Memories in the Vitality Park.

A big thank you to Waitrose, Southend for allowing us to visit their store and for their generosity in donating 25 Easter Eggs for the raffle, which took place on Wednesday 5th April. Wellbeing at Garon Park would also like to thank our volunteers, Sally, Vanessa, Jane and Maria for giving up their time to help promote at Waitrose.

EASTER RAFFLE WINNERS

CONGRATULATIONS GO TO



SOUTHEND ADULT COMMUNITY COLLEGE



Students supporting and helping us to give a better visitor experience by improving our entrance.

Just one of the projects working in partnership with SACC.

COMING UP

14 MAY: RACE FOR LIFE

16 MAY: SHED NETWORK

TREE PLANTING



Wellbeing at Garon Park celebrated conservation within the park, by organising a tree planting event which incorporated World Wildlife Day on Friday 3rd March.

The tree planting event took place between Monday 27th February and Friday 10th March, with the intention of planting 1750 trees, which included hawthorn, blackthorn and deciduous trees. A number of students from schools, including Bournemouth Park, Richmond, Belfairs and Lancaster Schools as well as Harlow College and Waitrose took part in the event. The trees were donated by the Conservation Volunteers (who are working with the Queen's Green Canopy) and Carbon Footprint whose aim is to sequester carbon emissions by planting trees.

THE BOUNDARY

WEDDING SHOWCASE 2023

The Boundary is opening its doors for a Wedding Showcase on **Saturday 22nd April 2023 - 11-3pm.**

The wedding showcases are the flagship event for engaging couples looking for their dream wedding venue.

Due to demand there is limited availability for attendees so please book your tickets quick! Tickets are FREE and the link is below.

www.eventbrite.com/e/585166487717



Unfortunately, not all the schools who volunteered were able to be involved due to the wet weather. However, there will be other planting events planned in the future

Thank you to all the students and staff that took part..

THE SHED



On Wednesday 17th May at The Boundary in Garon Park, Southend, John will be sharing some stories and messages in his unique and unforgettable style. If you've not heard him before, take this rare chance to see him perform locally as he normally works with large corporate companies. You'll have a great laugh and go away knowing more about your own health.

So come along from 12.30 to enjoy a hog roast bap lunch, then sit down to watch and learn. All while not knowing whether to laugh, cry or probably both!!

Tickets are only £5, plus the £1.13 booking fee: including lunch so come along and support us to help us support you.

Tickets can be purchased at Eventbrite (The Head Shed) or ask at Garon Park Shed.

www.garonparkshed.co.uk

PERGOLA OF MEMORIES



The Pergola of Memories is a brand-new wooden structure in Garon Park's accessible Well Being Trail. It's 105 metres long and 2.3 meters high, and will be home to an amazing exhibit of seasonal plants and flowers to encourage wildlife to flourish. It will also be lit by solar powered lights.

We want to give people a peaceful journey through our relaxing pergola, where they can engage with nature and the beauty and biodiversity of the rapidly evolving 30-acre site of Well Being.

Along the pergola walk will be ornate wooden memorial plaques, made on site by Garon Park Shed's visitors and volunteers. Each plaque will be engraved with a loved one's name, date of birth and date of death, or with a cherished memory and a date. They'll be made from genuine Southend pier timber, treated and varnished to withstand the elements. They'll have a minimum lifespan of 5 years, after which they can be refurbished if needed. A nominal charge will be made for each plaque, with any funds being reinvested into the Pergola of Memories and Garon Park Shed .

The Pergola of Memories project will be undertaken by Garon Park Walking Netball group, under the guidance of Liam King, Conservation Officer and Volunteer Leader at Garon Park.

VOLUNTEERS



Volunteers are crucial to the development of the Wellbeing at Garon park project. Without them the site would not be the beautiful place it is today. Their devotion supports the ongoing maintenance of the site, making it a safe and welcoming place. We believe it is important to recognize their contribution and as such we have awarded one of our long-term committed volunteers with a special award for outstanding volunteering at Garon Park.

Callum Kelly has been with us for nearly a year and supports the team at least 3 days a week. He is dedicated to the Garon Park cause, hardworking and passionate about his work. We would like to say a big thankyou to Callum for all his help over the months and look forward to working with him in the foreseeable future

SPRING HAF



After weeks of planning from Alisha and Jessica the Garon Park HAF was in full swing on 4th April 2023. Alisha and Jessica had planned lots of fun Easter activities for the children to get involved with including: Animal workshops, Salt dough making, Tie dying, Tree planting with Liam, Wood working provided by the Garon Park Shed as well as the opportunity to learn some Nutritional Education with the help of Julia. For the first time since running the HAF programme we hit our target of 25 children and were fully booked weeks before the event was due to start, this was amazing for Garon Park and the Council were more than impressed too.

On 5th April we had a visit from the Council who expressed how happy they were with everything we had done and how amazing the programme had been.

Both Alisha and Jess have worked so hard to make this HAF a good experience for the children who attend alongside the help of Zoe and Sammi too. We are looking forward to seeing what we can offer for future HAF programmes to ensure that we can get bigger and better.

Alisha is currently in the process of looking into applying for a Blue Peter badge for the site which was suggested by Fiona due to the planting we do on site. Once this has been finalised Alisha will be able to let you know what it is we have achieved to get this badge.

A big thank you to everyone who has helped throughout the planning and the running of the HAF programme it doesn't go unnoticed and it is really appreciated by all involved. Here's to a great start to the 2023 HAF programme.



Fitness @ Garon Park

Where fitness comes naturally

'Kickstart your lifestyle change.

Join us for weekly fitness and nutrition sessions at Wellbeing at Garon Park CIO.

Taking place every Thursday, for 6 weeks, from 4th May to 8th June 2023 at 13:00hrs.

Learn about exercise and nutrition for weight management on a budget.

It's free to sign up.

Please contact Wellbeing at Garon Park - details below
'Spaces are limited so book in quickly to avoid disappointment!'

EMAIL

enquiries@garonparkcic.com

PHONE

01702 965959

WEB

www.wellbeingatgaronpark.com



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