

Wellbeing at Garon Park Newsletter



August 2023
Issue 9
Summer Edition

THE GREEN FLAG THURSDAY 20TH JULY 2023

Over the last year, led by our Conservation Officer, Liam King and supported by many other members of staff, we have been busy applying for the prestigious Community Green Flag award and we are proud to announce that we have been successful! The Green Flag is a mark of excellence for public outdoor spaces and environmental management. The criteria is tough and looks at everything from health and safety, to maintenance, as well as environmental management and biodiversity. Liam had been working on the management plan for the site for a long time leading up to the application. The plan lays out where we are now, where we want to be and how we will get there and is available to read on our website. All members of staff and our trusted volunteers worked extremely hard leading up to the day of the inspection and everyone was extremely nervous, but we passed with flying colours. We applied for the community flag as we have a real community focus on site, however due to the exceptional standards we maintain on site, it was recommended we go for the full flag next year. A big thankyou to all that worked endlessly to make this possible.



FEEL GOOD FESTIVAL 2023



The Feel Good Festival took place on our event field on 29th July 2023. Photo's and a report on the day will be in our next edition.

BATIK ART WORKSHOP

Come along to Garon Park and learn the ancient art of Batik. Help design and make some giant silk flags for the Garon Park site.

The workshop started on Tuesday 18th July 2023 and will run for 6 weeks. 1:00pm-3:00pm every Tuesday. This is a free session where you can bring a picnic and enjoy the tranquil space.



SUMMER HAF PROGRAMME

The Garon Park Summer HAF Programme has had a huge amount of interest and we filled all 15 spaces allocated to us by the Council. Due to the demand we have requested more spaces and we could not wait for the HAF programme to begin.



Activities included, wood work, planting, arts and crafts, animal workshops, nutritional education, outdoor games, team building activities and lots more! We helped the children become more confident in social situations and help them to meet some new friends over the Summer break. The Garon Park team all want to make sure all the children had the best time with us too.

Our enquiries inbox is always open to enquire about our next programme

- enquiries@garonparkcic.com

WALKING NETBALL



Walking Netball takes place every Wednesday morning at Garon Park from 10:00am-11:00am.

If you are interested in joining the ladies in the Walking Netball team, enhancing your skills or using it to socialise and get yourself out and about please don't hesitate to contact Sally.
jax5green@hotmail.com

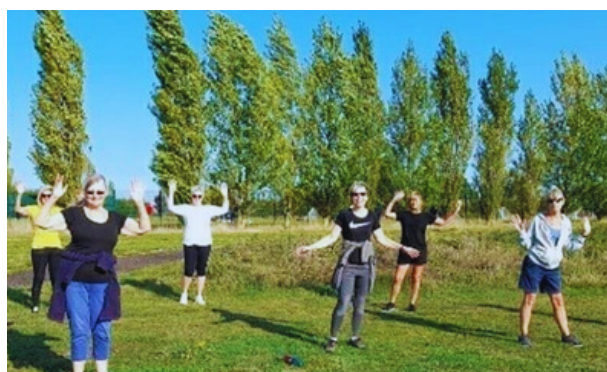
FEEL GOOD FITNESS

Are you looking to improve your fitness whilst meeting new friends?

Come along to our Feel Good Fitness group on a Saturday morning 9:30-10:30am, £5 per session. The session comprises of walking at varying paces to improve your cardio function, bodyweight exercises, use of the outdoor gym and stretches. We meet in the lovely green space around the cricket ground, so a perfect setting to enjoy the fresh air and nature.

Suitable for all ages and fitness levels. A warm welcome awaits you.

Contact Jackie on Jackie.sirdifield@outlook.com



COMMUNITY ENGAGEMENT

Students from Harlow College visited Wellbeing at Garon Park for the second time, having previously planted trees and hedgerow with us in March this year. This time, the students were mulching the trees that they had planted and took part in a cycling activity around the Vitality Park on the Garon Park trail. All the students had great fun cycling together and were rewarded with a certificate for completing the challenge. A fun day was had by all. We look forward to welcoming the students from Harlow College again in the Autumn.



CONSERVATION OFFICER



The harvest has begun!

Over the last few weeks or so we have been busy harvesting our garlic. Marking the beginning of the harvesting period, that will take us up to September. Garlic is a winter crop and is planted in October, as it needs a cold spell to form good bulbs. We harvested approximately 15kg of garlic from our raised beds and this will contribute to providing our volunteers with healthy organic produce for lunches. Our community garden is supported by many volunteers and groups that visit the site and we are growing a range of different produce, from pumpkins, to tomatoes, potatoes and more. If you want to get involved in our community garden project then please get in touch with our volunteer coordinator, volunteer@garonparkcic.com.

EID EVENT 2023

On Wednesday 28th June 2023 we worked with the Southend Mosque Association to host a large Eid Event for people to come to Garon Park and celebrate. We opened the gates at 8am to welcome everyone on to site and closed down at 5pm, there was a range of different activities on site including rides, games, food and stalls, bouncy castles, face painting and much more! This was a free event and allowed families to come and celebrate together. The day was a great success and over 3500 attended.



SPORT AT GARON PARK

POSTIES VS FIRE FIGHTERS

On Saturday 2nd September 2023, the Posties will take on the Fire Fighters in their annual charity football match in memory of Danny Elgar. Kick off is at 5pm at the Garon Park 3G pitch. Why not come down and support all involved and help raise money for Macmillan. All are welcome to come and watch from the side lines or come and raise a glass after the match,



REMAINING CRICKET 2023

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



DENMARK T20 CRICKET GAME

On Sunday 16th and Monday 17th July 2023, Garon Park welcomed the Danish National side for the 3rd time for some T20 practice ahead of their T20 World Cup qualifying campaign in Scotland later in the month. On Sunday, Denmark entertained the South Asian cricket academy with Denmark losing narrowly by 1 run. On Monday, Denmark played a double header against the club cricket conference winning the first game by 65 runs and losing the second game by 94 runs. We wish Denmark every success in their World Cup matches.

CRICKET SUMMER CAMP 2023

Old Southendian Cricket Club have been running some Cricket Summer Camps on site throughout July and August

With great attendance on both camps its something they will look to do in further holidays so please do watch out for the advertisements.



FITNESS AT GARON PARK



The Fitness Shack
TheFitnessShack_Garonpark

PRICE LIST

WALK AND WORKOUT - £2.50
CRUCIBLE KETTLEBELLS - £40 (BLOCK OF 4)
WARRIOR WOMEN - £40 (BLOCK OF 4)
BUGGY FITNESS - £5
FIELD FIT - £80 (8 WEEK SESSION)
DAD BOD - £40 (BLOCK OF 4)

JOIN NOW!

FOR MORE INFORMATION PLEASE CONTACT US!

DARE TO BE GREAT!

ENQUIRIES@GARONPARKCIC.COM

The Fitness Shack are having their Instagram page redesigned and run by Alisha now, so please keep your eyes peeled for some new content.

The Fitness Shack run many different sessions at Garon Park including one-to-one personal training sessions and many different group sessions that you can get involved in.

If you are interested in getting fit or just getting out and enjoying some exercise please contact The Fitness Shack for more information.
Julia.rowland-taylor@garonparkcic.com

SUCET YOUTH HUB



SUCET YOUTH HUB

Starting on 06/07/2023

Date and Time
Every Thursday and Friday 5pm - 7pm

Venue
Garons Park 3G/ Cabin Space

- Free admission
- 11 - 18 year olds
- Meet new friends
- Build self esteem and confidence
- Try a range of new activities
- Develop key life skills

FOR MORE INFORMATION EMAIL
J.Medland@Southendunited-cet.co.uk

ESSEX
VIOLENCE & VULNERABILITY

VOLUNTEERING OPPORTUNITIES

We are always looking to engage with more volunteers at Garon Park, so if you are eager to get involved and help with the development of our site, then please contact our Volunteer Co-Ordinator to find out how to sign up with us.

Some of the volunteering opportunities include, Conservation and Land Management, Business Administration, Sport and Maintenance.

If these are roles you would be interested in and you would like to get involved to enhance your CV or skills and knowledge, the please contact us to find out more.
volunteer@garonparkcic.com



SUCET are now running their own youth hub for children aged between 11-18 years old. They offer a variety of different activities including indoor and out door spaces. Some of the activities include, dodgeball, football, basketball, team games, games consoles, music and board games. Every Thursday and Friday 5pm-7pm with no fee at all!

You can develop new life skills, meet new friends and build your self esteem and confidence!

For more information contact j.medland@southendunited-cet.co.uk

GEMMA'S FARM AT GARON PARK

Garon Park held 2 fun days during the holidays alongside Gemma's Farm for children and families to come along and enjoy the animals. Tuesday 7th August 2023 and Tuesday 22nd August 2023. Gates opened at 1pm till 4pm on both days

With close to 1100 local families coming to site and engaging in the traditional games such as Staff in the Stocks, Bean Bag Toss and the classic Coconut Shy.

We were so amazed by the local support the park can only look into doing this again.



THE HIVE NATURE SCHOOL



Steps Ahead recently welcomed Platform Theatre Arts and Southend Shakespeare Company as part of their Hive offer. A fabulous time was had by all involved.

They have received some amazing feedback: "The staff at the Hive Nature School have been nothing but helpful and supportive with our event. From looking around and booking the venue up until the day of our event, they couldn't do enough for us. The venue is beautiful and was the perfect spot for our outdoor show. They helped with advertising our event as well as being on hand when we were setting up on the day. We will certainly be returning to this hidden gem!"



BOOKING SYSTEM



Both John and Mark have been working hard to get our new booking system up and running, ready to start taking bookings online, which will mean we can eventually move away from our whiteboards in the office and to our online system. There is still a lot of work going on behind the scenes to get the booking system up and running but they are working hard to get it done. Big thanks to the Community Investment Board for their funding support, which is making this possible.

www.garonpark.com
enquiries@garonparkcic.com

CONTACT US

if you like anything you have read and would like to know more information please don't hesitate to contact us!

Wellbeing at Garon Park

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The Boundary Essex

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Phone: 01702770033

Steps Ahead Life

Email: hello@stepsahead.life

Website: www.stepsahead.life

Phone: 07553 470114

The Garon Park Shed

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Garon Park Youth

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The Fitness Shack

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SUCET

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SUCET Youth Hub

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Website: sufccommunity.co.uk

Phone: 01702341351



WE NEED YOUR HELP!



Garon Park Youth are looking for volunteers. If you are interested in giving up 2 hours of your time on a Wednesday to help run our youth club, then we would love to hear from you.

Our youth club is all about supporting local children and allowing them a safe space to meet a let off steam, make new friends and take part in activities such as cooking, arts and crafts, games consoles and much more!

Please contact us for more information:
garonparkyouth@gmail.com

