

Wellbeing at Garon Park Newsletter



December 2023
Issue 11
Winter Edition

CHRISTMAS EVENT DECEMBER 2023

Garon Park are holding their very own Christmas Event this year.

'Light up the Park' is a light show, which will consist of lighting around the whole site, the pergola used as a tunnel with light features alongside other light displays and activities to complete on site.

Our light show will begin **Monday 4th December 2023** and will go on for 15 days throughout December including very exciting Specialty Days where the children will have the opportunity to meet Father Christmas as well as having Gemma's Farm on site.

Monday 18th December & Tuesday 19th December will be our signature Father Christmas days and **Wednesday 20th December** we will be greeted by animals from Gemma's Farm.

Please use the link below or scan our QR code which will take you to our try booking booking system to book your tickets today, limited spaces are available for these days so make sure you book now!!

Follow all our social media for continuous updates, make sure you turn our post notifications on to ensure you are the first to see our posts.

<https://www.trybooking.com/uk/events/landing/48599>



LIGHT UP THE PARK

WWW.GARONPARK.COM

- Monday 4th - Thursday 7th December
- Saturday 9th December
- Monday 11th - Friday 15th December
- Monday 18th - Thursday 21st December

The event will be a light show, which will consist of lighting around the whole site, the pergola used as a tunnel with light features along with other light displays and activities to complete while on site.

REMEMBER TO TURN OUR POST NOTIFICATIONS ON TO BE NOTIFIED OF WHEN WE POST WITH MORE INFORMATION

To book please use our QR code ----->

Some of the activities included in our Light up the Park event are:

- Letter writing to Father Christmas
- Reindeer food making
- Decorating Baubles
- Elf house trail
- Refreshments & Mulled wine available

Please contact us for any enquiries,

01702965959
www.garonpark.com
enquiries@garonpark.com



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TRINITY FC LTD

Trinity FC played in the local Sunday League for many years and 40 years ago the club initiated the building of their own clubhouse and subsequently connected it with the football pitches on the old Francis Sports Ground, now known as the Youth Ground at Garon Park. The senior teams at Trinity FC folded in 2010, but the junior club of the same is still thriving. Since the senior football club folded, the clubhouse has been used mainly as a social space. We are pleased to report that Garon Park CIC have reached agreement with the Directors of Trinity FC Ltd and are now in the process of repurposing the clubhouse building to create space for two local charities - Little Heroes ASD Support Group, who support local families of children with Autism and Open Arts, an arts therapy provider. The space will enable them both to expand their vital work with the local community as well as extending health and wellbeing volunteer programmes for local people. Plans for the refurbishment are currently with the council and work will begin soon with a planned opening in March 2024. For further information please contact Little Heroes - littleheroes.asd@gmail.com and Open Art - jo.keay@nhs.net. If you used to play for Trinity in the Sunday League, you are cordially invited to the official leaving party at the Clubhouse on 16th December at 6pm to catch up with old friends and reminisce about the old days.



GARON PARK YOUTH



Garon Park Youth were lucky enough to be nominated by the manager of one of the local Sainsburys stores and encouraged to apply for a grant as part of the Neighbourly Scheme. This is a partnership scheme that the youth club is part of, whereby they collect surplus food from the store and redistribute to our Youth Club members and their families. We are delighted to announce that our application was successful, and the youth club has received £1500 funding. This will go towards various sustainability initiatives aimed at addressing food poverty - including a significant gardening project that will see the members grow their own healthy food in raised beds, with seeds propagated in their own greenhouse. The grant will also be used to purchase more cooking and kitchen equipment to ensure we can provide the youth club members with healthy food options at the club sessions and so that eventually the members will be able to cook what they have grown. We would like to extend a huge thank you to Sainsburys for this money, which will hugely benefit the members of Garon Park Youth.

OUR FUNDERS

A BIG thank you to all of the funders who have generously supported Wellbeing at Garon Park in 2023. Your generosity does not go unrecognized and without your continued support we wouldn't have been able to provide many facilities and activities for local people.

A shoutout to all our funders this year:

- Community Investment Board
- FSJ Charities
- Sainsburys/Neighbourly Scheme
- Hivedome
- DEFRA
- The Priest Foundation
- Rural Payments Agency
- UKSPF
- Waitrose Give a Little Love
- Veolia Sustainability Fund

Some of the projects below are what we have been able to complete with the help of our funders this year.

- Conservation: Pond Restoration, hedgerow maintenance, pruning pot plants and planting, educational/environmental wellbeing programme
- Youth Club: New equipment, uniform and first aid courses.
- General Site Funding
- Booking System and Website
- Community Fitness and Wellbeing
- Smarter Travel
- Therapeutic art
- Volunteering Programme

THANK YOU!!

WWW.GARONPARK.COM

A big thank you to all of our funders for Wellbeing at Garon Park!

Your continuous support does not go unrecognized, without some of your help we wouldn't have been able to complete some of our projects.

- Community Investment Board
- FSJ Charities
- Priest Foundation
- Rural Payments Agency
- UKSPF
- DEFRA
- Hivedome
- Sainsburys
- Waitrose

Logos: Sainsbury's, the priest foundation, wellbeing @garonpark, HIVEDOME, FSJ, Rural Payments Agency, community investment board, UKSPF, DEFRA, Waitrose.

GARON PARK SHUTTLE BUS

GARON PARK SHUTTLE BUS

Relaunch - November 2023.

Every Tuesday and Wednesday

- Southend Leisure & Tennis
- The Hive Nature School
- Garon Park 3G Pitch
- Garon Park Golf club
- Adventure Golf
- Kids Kingdom
- Padel4All
- Just Ride

Pick up from -
 Shoebury Asda 10am
 Shoebury Youth Centre 10:05am
 Infracombe Avenue Car Park Southchurch 10:20am

Return pick up -
 Southend Leisure & Tennis Bus Stop 1:30pm
 (Please arrive 5 mins before)

Tickets - Booking required
 £3 per person - return ticket
 £10 family ticket - return ticket (family of 4)
NON-REFUNDABLE

FREE - Tea and coffee on arrival from Wellbeing at Garon Park

Logos: SECAT, VECTEO, Community Connectors, JUST RIDE, PROJECT SOUTHCHURCH.

01702 908888 (Option 3) - Please Call to book your ticket

The Garon Park Shuttle Bus has relaunched!!

If you would like to come on down to Garon Park and use some of the facilities on site then sign up to the Garon Park Shuttle Bus.

Every Tuesday and Wednesday

Pick up from Shoebury Asda 10am
 Shoebury Youth Centre 10:05am
 Infracombe Avenue Car Park Southchurch 10:20am

- Facilities included are:
- Southend Leisure & Tennis Centre
 - The Hive Nature School
 - Garon Park 3G Pitch
 - Garon Park Golf Complex
 - Adventure Golf
 - Kinds Kingdom
 - Padel4all
 - Just Ride

TICKETS NEEDED
 £3 PER PERSON - RETURN TICKET
 £10 FAMILY TICKET - RETURN TICKET (Family of 4)

01702908888 (Option 3) - Please call to book.

STEPS AHEAD



STEPS AHEAD AT THE HIVE

Outdoor live theatre this Christmas for all the family.
Once Upon a Wish at The Hive
Time is running out!
Can you help the animals at The Hive
find their friend- Purple Tree's light in time for
Christmas?
Join Weasel, Badger, Owl, Mouse & the Hive Gardener
on an outdoor, interactive adventure this December.

Price £8.95 per child (2 and over) £8.95 per adult

For Tickets
scan the QR code or visit
<http://bookthatin.com/link/stepsahead>

Please note:
This is an outdoor event so come dressed for the
weather
Wheelchair accessible.
No pushchairs or dogs.
Steps Ahead at the The Hive
Garon Park, Eastern Avenue, Southend on Sea, Essex
SS2 4FA
Website : stepsahead.life

SOUTHEND WHEELERS

Youth cycle coaching at Garon Park

Throughout the school Summer holidays and more recently during October half term, Southend Wheelers Cycling Club have been providing cycle coaching at Garon Park, to children aged between 10-16. All participants received indepth coaching from the clubs' coaches who provided advice on balance and coordination, gearing, braking, and group riding techniques and at the end of each coaching series they brought those newly learned skills together for an off-road/cyclo-cross race. Southend Wheelers would like to express their thanks to Garon Park for their support in providing a safe environment where youth cycle coaching can take place. Cycle coaching will return to Garon Park in the February half-term 2024, with details being published across Southend Wheelers social media and club website in the new year.

<https://www.southendwheelers.org/placestoride>

<https://www.instagram.com/southendwheelers/>

<https://www.facebook.com/southendwheelers>



EH4CP

EH4CP stands for Educational Hub 4 Children and Parents.

Location:

- Garon Park Cricket Pavilion, Eastern Avenue, SS2 4FA

Mission:

- To work alongside and empower schools, parents and/or carers to build relationships with their child, gaining support and skills to use in everyday situations while understanding the community around them.

Main contact is Jack O'Connor, 07769221375, JOC.EH4CP@gmail.com

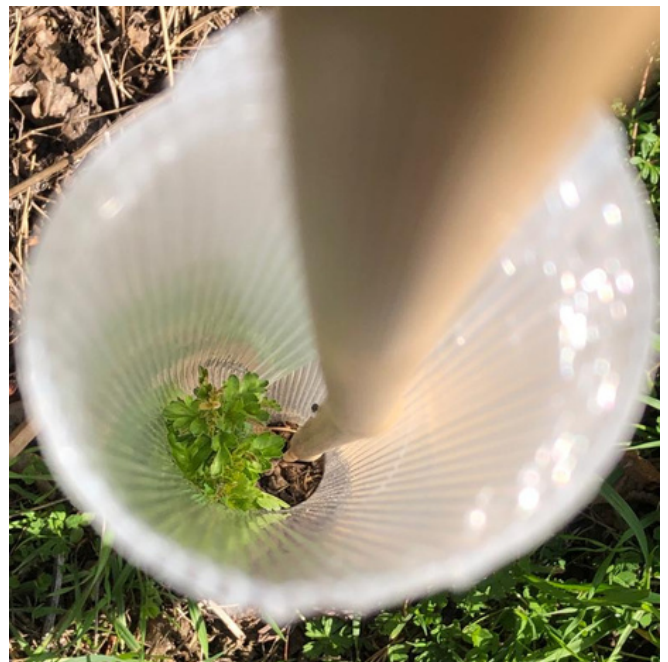
Some activities that are included are:

- Exercise
- Personal Training
- Cooking & Food Handling
- Nature & Gardening
- Arts & Crafts
- Wood Work
- Nutrition
- Sporting Activities

For more information please contact Jack directly on either 07769221375 or JOC.EH4CP@gmail.com



CONSERVATION



Wellbeing at Garon Park School Outreach Project. Garon Park is partnering with Steps Ahead to deliver a School Outreach Project which looks to improve mental and physical wellbeing and environmental awareness.

The objectives for this project are:

- Connect local schools and get them involved in the fantastic opportunities at Garon Park.
- Provide educational activities that promote environmental awareness, in line with our core objective.
- Support local schools by providing alternative provision, in places where this is otherwise not possible.

Phase 1 will consist of a project launch and community; this will last for 6 weeks. The project will begin with our tree planting bonanza, which will run from half term week until the end of international tree planting week. This will give us the opportunity to reach out to schools and get them to join our community and share upcoming, fantastic opportunities. Phase 2 will consist of bespoke programmes for school and community groups supporting young people. Starting in spring 2024 we will take young people on a journey through the seasons and work on a number of project on site to inspire young people and give them a sense of stewardship of the land. Groups will support the development of our Community Vegetable Garden.

GARON PARK WINTER HAF 2023

Garon Park will be running a Winter HAF programme this year during 4 days of the Christmas holidays.

The dates we are running our event are

- Thursday 21st December
- Friday 22nd December
- Thursday 28th December
- Friday 29th December

Our HAF programme will run from 10:00am up until 2:00pm and includes many different activities such as:

- Woodwork
- Sporting activities
- Nutritional education
- Arts and Crafts
- Planting
- Team Building

A hot and cold lunch will be offered to all the children everyday as well as a small breakfast on their arrival. Our HAF programme is aimed for children aged between 8-15 years old, please use the QR code to book your child on or follow the link below. Spaces are limited to so ensure you book as soon as you can!

We want our HAF programme to ensure that your children can come and enjoy their Christmas break, improve on their social skills as well as meeting new friends.

We like to help with the transition from primary school to secondary school by introducing the children of different ages to each other to ensure they can make friends and have a familiar face seen around their new school. If you think our HAF programme will benefit your child, please remember to book on as soon as possible.



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If you think our HAF programme will benefit your child, please remember to book on as soon as possible.



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

Email: enquiries@garonparkcic.com

Website: www.garonpark.com

Phone: 01702965959

The Boundary Essex

Email: info@the-boundary.uk

Website: www.the-boundary.uk

Phone: 01702770033

Steps Ahead Life

Email: hello@stepsahead.life

Website: www.stepsahead.life

Phone: 07553 470114

The Garon Park Shed

Email: enquiries@garonparkcic.com

Website: www.garonpark.com

Phone: 01702965959

Garon Park Youth

Email: garonparkyouth@gmail.com

Website: www.garonpark.com

Phone: 01702965959

Padel4All

Email:

Website:

Phone:

SUCET

Email: info@southendunited-cet.co.uk

Website: sufccommunity.co.uk

Phone: 01702341351

SUCET Youth Hub

Email: j.medland@southendunited-cet.co.uk

Website: sufccommunity.co.uk

Phone: 01702341351



WE NEED YOUR HELP!



WE NEED YOU
WWW.GARONPARK.COM

GARON PARK NEEDS YOU!!
IF YOU ARE LOOKING FOR VOLUNTEER ROLES YOU ENHANCE YOUR CV OR JUST TO GET OUT AND MEET NEW PEOPLE THEN GARON PARK IS THE PLACE FOR YOU.

YOU HAVE THE OPPORTUNITY TO GET INVOLVED IN MANY DIFFERENT VOLUNTEERING ACTIVITIES SUCH AS,

- CONSERVATION
- COOKING
- CHRISTMAS EVENT
- & MORE!

PLEASE CONTACT US FOR MORE INFORMATION

01702965959 enquiries@garonparkcic.com www.garonpark.com

We are always looking out for volunteers to help us with ongoing projects and activities around site at Garon Park. If you are interested in getting involved with activities such as:

- Conservation
- Maintenance
- Christmas Event
- Youth Club

Please contact us through our enquiries inbox for more information and to start the process. Phone: 01702965959 Website: www.garonpark.com Enquiries: enquiries@garonparkcic.com