

# Wellbeing at Garon Park Newsletter



January 2024  
Issue 12  
New Year Edition

## LIGHT UP THE PARK 2023

Over 15 days in December, we hosted our Light up The Park Christmas event at Garon Park. The event was a huge success with around 1500 people visiting the Park to enjoy our amazing light displays and features around the Vitality Park, with festive activities such as reindeer food making, letter writing to Father Christmas, festive games, Christmas music playing through our pergola walk of lights.....we even had snow! We would like to say a massive thank you to all our volunteers and staff who gave up their time to help run the event - we could not have done it without you and really do appreciate each and every one of you.



Big thanks also go to Gemma's Farm who came along to our speciality day on Wednesday 20th December, bringing with them lots of animals such as donkeys, sheep and even turkeys! On 18th and 19th December, we had a special visit from the Big Man himself. Father Christmas took time out of his busy schedule to visit the children, read their letters and after checking if they had been naughty or nice, hopefully he brought them everything they asked for on Christmas Day. Thank you, Father Christmas! We hope to make Light up The Park an annual event so would really appreciate any feedback you would like to give, any ideas and suggestions or a review, so please ensure you contact us through our enquiries inbox below and keep your eyes peeled on our website for details of more events we plan to hold throughout 2024.

[enquiries@garonparkcic.com](mailto:enquiries@garonparkcic.com)  
[www.garonpark.com](http://www.garonpark.com)



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## SHUMEI AGRICULTURE

Garon Park Community Agriculture Project in partnership with Shumei international. On Saturday 16th December, Wellbeing at Garon park were visited by the Executive Director of Shumei International, to discuss establishing a partnership between the two organisations. Shumei International partners with projects all over the world to promote sustainable land management. The concept was developed in Japan over 100 years ago and has a set of defined principles with a clear ecological focus, the main objective being to protect the soil. Shumei is a no input system that is not reliant on fertilizers or any other form of soil amendment and employs techniques like seed saving and continuous cropping to form a relationship between plant and soil. The Director was really impressed with the Wellbeing at Garon Park project and particularly liked the community focus, as community is at the heart of his organisation's ethos. In the spring next year Garon Park will welcome Kay, an intern for Shumei international, who will help us to develop our community agriculture project. The initial phase will be to build the infrastructure necessary to support our onsite staff, volunteers and students with healthy nutritious lunches, as well as providing educational resources and much needed access to green space. In the future we hope to develop the plot enough to generate revenue from the produce and fund the project, to make itself sustaining



## WE ARE NOW MEAT FREE!!



To support our sustainability plans on site, we have decided to go meat free with our lunches from Monday 8th January 2024. This decision has been made by all the team on site and means we can now use the fruit and vegetables we grow at Garon Park as ingredients for all of our meals. This will also provide our volunteers with more opportunities to come down to Garon Park and plant and harvest more vegetables on site, with an even greater variety of produce being planted each year. There are numerous health benefits from going meat free or vegetarian such as increasing levels of vitamin C and E in our diet by eating more vegetables, as well as promoting bone health. The global demand for meat has been growing exponentially and over the past 50 years has more than tripled. The world now produces more than 350 million tonnes each year. Although meat is an important part of diet in many cultures, the current volume of production is having a detrimental impact on our environment. Excessive meat consumption has also been linked to many adverse health conditions, in particular cardiovascular disease. It is believed this is due to its impact on the gut microbiome, as in particular red meat can significantly alter the microbial colony in the gut and cause the release of harmful mycotoxins.

<https://www.ahajournals.org/doi/10.1161/ATVBAHA.121.316533>.

## WOMEN'S WELLBEING HUB



The Women's Wellbeing Hub, who are based at Garon Park every Wednesday from 10am, held a fundraiser recently to raise money for gardening equipment for our site.

Their fantastic efforts really paid off and they raised an amazing £420. We are very appreciative of all their hard work and support.

If you would like to join the Women's Wellbeing Hub, please contact Iwona - 07783756593. There are lots of opportunities to get involved with many different activities such as volunteering, cricket, PT sessions, horticulture and socialising. 10:30am-12:30pm every Wednesday



Please scan our QR code below to be directed to our website for updates.



Instagram: [achievethriveflourish](https://www.instagram.com/achievethriveflourish)  
Website: [www.atfcommunity.com](http://www.atfcommunity.com)

## WELCOME 2 THE UK

Welcome 2 the UK host regular Friendship Meals at Garon Park. The aim is to bring families together, enjoy a hot meal and activities while making new friends and sharing similar life experiences.

The next Friendship Meal will be held at Garon Park in February 2024, date is to be confirmed.

This runs from 4:45pm-6:45pm. Please book using the QR code generated by Welcome 2 the UK below



Garon Park Cricket Pavilion,  
SS2 4FA  
Southend - on - Sea, Essex



# VOLUNTEERS WE NEED YOU

Garon Park are always looking to expand their team of volunteers on site. If you are looking to get out in the open, meet new people, socialize and learn new skills, then please contact us via our enquiries inbox to be invited down to our volunteer induction day. There are a wide range of opportunities for you to get involved in lots of different activities such as, Business Administration, Maintenance, Conservation, Fitness and Cooking. If this something you would be interested in, please contact us using our QR or our contact details



**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

# SOUTHEND WHEELERS RETURN



Southend Wheelers are making a return to Garon Park! Put the dates in your diaries for February 2024. Saturday 17th February 2024 Tuesday 20th February 2024 Saturday 24th February 2024. Southend Wheelers Cycling Club provide cycle coaching at Garon Park, to children aged between 10-16. All participants receive indepth coaching from the clubs' coaches who provide advice on balance and coordination, gearing, braking, and group riding techniques and at the end of each coaching series they bring those newly learned skills together for an off-road/cyclo-cross race. More details are being published across Southend Wheelers social media and club website.

<https://www.southendwheelers.org/placestoride>  
<https://www.instagram.com/southendwheelers/>  
<https://www.facebook.com/southendwheelers>



**SCAN ME**



# THE OUTREACH PROJECT

Following research and discussion with local schools, we have identified a distinct lack of provision for green space in schools in the local area. As much as half of the primary schools in Southend have very little or no access to green space. Access to green space has profound benefits to health and wellbeing and it has also been shown to support cognitive development in young people. At Garon Park we have fantastic facilities on our 32 acre site to be able to support all kinds of horticultural and conservation based activities, that we can combine with other health and well being activities to create an immersive experience that is both beneficial for the environment as well as for the mental health of the young people.

Starting in the spring of 2024 we will take young people on a journey through the seasons and work on a number of projects 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, including everything from planting, building structures, sowing seeds and more.

They will also support our conservation plan on site by looking after our conservation features and carrying out species surveys. Sessions will be designed to suit the needs of individual groups and will include fitness sessions, like sports and martial arts such as health and well being practices, such as sports, fitness, yoga, martial arts and more. The wellbeing practices work well with the outdoor sessions to support mental health and promote awareness in the young people.

The specific dates you can book onto our Outreach Project are,

- Monday 15th April 2024
- Monday 22nd April 2024
- Monday 29th April 2024
- Friday 3rd May 2024
- Monday 13th May 2024
- Monday 3rd June 2024
- Monday 24th June 2024
- Monday 1st July 2024
- Friday 5th July 2024
- Monday 8th July 2024
- Monday 15th July 2024

Please use our QR code below to be directed to our booking form.

## SCAN ME!



# PADEL4ALL

Whether you're picking up a racket for the first time or you're a seasoned player looking to refine your skills, the courts at Garon Park are the perfect place to dive into the action. At Padel4All Garon Park, you'll find a welcoming community. The players here embody the spirit of fun and friendliness, representing a broad spectrum of skills. The team at Padel4All are on hand to explain the rules, provide coaching and match you to other padel curious players.

Padel4All offers a one-hour coach-led intro to Padel sessions at just £5 per person, including rackets and balls.

Padel4All is open from 10:00am - 10:00pm on weekdays and 8:00am - 8:00pm on weekends, with ample parking available.



Use the links below to contact Padel4All at Garon Park



# GARON PARK SHED



Towards the end of November, Garon Park Shed were approached by a local school who had an old dinghy in their playground that the children enjoyed playing in but some of the wooden structure of the boat had become broken, making the boat unsafe to use.

Two of our members visited the nursery to see if they could help, and having worked out what was required came back to the shed to source some suitable wood.

As part of our timber stock, we had purchased some beech planks and the members were able to cut one of these to the correct size and prepare the timber for fitting to the boat.

They then revisited the nursery to fit complete the work and the dinghy is now back in action for the children at the school to enjoy

# CRICKET AT GARON PARK

APRIL 13TH OSSCC Friendly  
APRIL 20TH OSSCC Friendly  
APRIL 27TH OSSCC League Cup  
MAY 4TH OSSCC Friendly  
MAY 11TH OSSCC League  
MAY 12TH OSSCC Sunday  
MAY 18TH OSSCC League  
MAY 22ND GROUND UNAVAILABLE  
MAY 23RD ESSEX 2ND XI T20  
MAY 25TH OSSCC League  
MAY 26TH GROUND UNAVAILABLE  
MAY 27TH ESSEX 2ND XI T20  
JUNE 1ST OSSCC League  
JUNE 2ND OSSCC Sunday  
JUNE 5TH KWIK CRICKET  
JUNE 6TH KWIK CRICKET  
JUNE 8TH OSSCC League  
JUNE 15TH OSSCC League  
JUNE 16TH OSSCC Sunday  
JUNE 22ND OSSCC League  
JUNE 29TH OSSCC League  
JUNE 30TH GROUND UNAVAILABLE  
JULY 1ST ESSEX 2ND XI T20  
JULY 6TH OSSCC League  
JULY 8TH GROUND UNAVAILABLE  
JULY 9TH ESSEX 2ND XI T20  
JULY 13TH OSSCC League  
JULY 14TH OSSCC Sunday  
JULY 20TH OSSCC League  
JULY 27TH OSSCC League  
JULY 28TH OSSCC Sunday  
AUGUST 3RD OSSCC League  
AUGUST 7TH OSSCC CRICKET WEEK  
AUGUST 8TH OSSCC CRICKET WEEK  
AUGUST 9TH OSSCC CRICKET WEEK  
AUGUST 10TH OSSCC League  
AUGUST 11TH OSSCC Sunday  
AUGUST 17TH OSSCC League  
AUGUST 24TH OSSCC League  
AUGUST 25TH GROUND UNAVAILABLE  
AUGUST 26TH U19 T20 FINALS DAY  
AUGUST 31ST OSSCC League  
SEPTEMBER 7TH OSSCC League  
SEPTEMBER 8TH OSSCC Sunday

Please see our current fixtures for cricket throughout our Spring/Summer season.

If you are looking for availability for cricket nets hire, or cricket facilities hire please contact our enquiries inbox.

We still have more dates waiting to be confirmed so once these have been agreed we can advertise the dates so you can come on down to Garon Park to watch the cricket on site at our brilliant facilities.

If you are looking for youth or adult coaching for cricket please contact Old Southendian & Southchurch Cricket Club. They will be able to help you with all your coaching needs.

ossccyouth@hotmail.com



Please scan our QR code to be directed to our website for updates



## 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](mailto:enquiries@garonparkcic.com)

Website: [www.garonpark.com](http://www.garonpark.com)

Phone: 01702965959

### The Boundary Essex

Email: [info@the-boundary.uk](mailto:info@the-boundary.uk)

Website: [www.the-boundary.uk](http://www.the-boundary.uk)

Phone: 01702770033

### Steps Ahead Life

Email: [hello@stepsahead.life](mailto:hello@stepsahead.life)

Website: [www.stepsahead.life](http://www.stepsahead.life)

Phone: 07553 470114

### The Garon Park Shed

Email: [enquiries@garonparkcic.com](mailto:enquiries@garonparkcic.com)

Website: [www.garonpark.com](http://www.garonpark.com)

Phone: 01702965959

### Garon Park Youth

Email: [garonparkyouth@gmail.com](mailto:garonparkyouth@gmail.com)

Website: [www.garonpark.com](http://www.garonpark.com)

Phone: 01702965959

### Padel4All

Email: [garonpark@padel4all.com](mailto:garonpark@padel4all.com)

Website: [padel4all.com/garonpark](http://padel4all.com/garonpark)

Phone: 01702683040

### SUCET

Email: [info@southendunited-cet.co.uk](mailto:info@southendunited-cet.co.uk)

Website: [sufccommunity.co.uk](http://sufccommunity.co.uk)

Phone: 01702341351

### SUCET Youth Hub

Email: [j.medland@southendunited-cet.co.uk](mailto:j.medland@southendunited-cet.co.uk)

Website: [sufccommunity.co.uk](http://sufccommunity.co.uk)

Phone: 01702341351



## SUCET

'Come and join our Open Event on Wednesday 21st February 2024 from 4pm - 6pm'. Find out more about our education pathways and opportunities to represent Southend United Football Club. All abilities welcome!

Contact [a.edmunds@southendunited-cet.co.uk](mailto:a.edmunds@southendunited-cet.co.uk) for more information

**SOUTHEND UNITED  
COMMUNITY &  
EDUCATIONAL  
TRUST**

**OPEN EVENING 2024  
EDUCATION / FOOTBALL  
PROGRAMME**

**Take part in a football training session**  
**Meet our coaches**  
**Learn more about our courses and college pathways / opportunities**

**Location/Date/Time**  
Garon Park SS2 4FA  
Wednesday 21st February 2024  
from 4.00pm - 6.00pm

**Call us on**  
01702341351/07538350457

**For more Information email**  
[a.edmunds@southendunited-cet.co.uk](mailto:a.edmunds@southendunited-cet.co.uk)

**SPACES AVAILABLE**