

Wellbeing at Garon Park Newsletter



June 2023
Issue 8
Summer Edition

THE VITALITY PARK OPENING WEDNESDAY 31ST MAY 2023

The Vitality Park Opening took place on Wednesday 31st May 2023.



The sun shone, the Essex 2's were playing on the Peter Butler Oval for their T20 match and The Boundary provided a fabulous meal for all who attended the official opening of the Vitality Park and SUCET Education Centre.

The Vitality Park consists of a wide range of activity areas including, the Wellbeing Walk - with its multipurpose accessible paths and features. The Hive Nature School, Outdoor Gyms, Community Gardens, The Heritage Orchard and The Memory Pergola

THE SUCET EDUCATION CENTRE OPENING

The SUCET (Southend United Community Educational Trust) Education Centre is home to over 80 students taking part in SUCET's education programme as well as wide range of holiday and community activities.

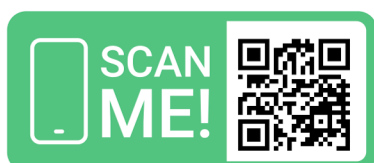
THANK YOU!

A big thank you to Mrs Jennifer Tolhurst, HM The Lord Lieutenant and Mrs Linley Butler on behalf of EASST for attending and officially opening the Vitality Park and The SUCET Education Centre at Garon Park.



01702965959
enquiries@garonparkcic.com

To visit our website please scan the QR code below:



Do you want to advertise with us through our newsletter?

If you have something you would like to advertise then please contact our enquiries inbox.

www.garonpark.com
enquiries@garonparkcic.com

SUMMER HAF PROGRAMME

The Garon Park Summer HAF Programme is taking place on the following dates: Monday 7th August 2023 - Thursday 10th August 2023 and Monday 21st August 2023 - Friday 25th August 2023.

Garon Park are only hosting 2 weeks of HAF throughout the Summer holidays this year, however, there is no need to worry as Alisha will ensure it's just as jam packed with fun filled activities as all our previous HAF programmes have been.



The children will have the opportunity to get involved in many different activities both indoors and outdoors including planting, sporting activities, wood work, nutritional education and more!

They will also have the opportunity to make new friends, learn new skills and participate in a wide range of activities which will boost their confidence and social skills as well.

If this is something your child would be interested in, then please remember to sign up using their HAF code!

THE BOUNDARY



Our friends at The Boundary were recently entered into a competition on the Essex Muddy Stilletos website under the category for Best Wedding Venue in Essex. Thanks to the numerous votes they received from their happy customers, colleagues, friends and family THEY WON!!! Many congratulations! This is a fantastic achievement for The Boundary and it means they can now be entered into further competitions to be named best wedding venue in the County

01702770033

the-boundary.uk

info-theboundary.uk

Garon Park, Eastern Avenue, SS2 4FA



SOUTHEND ADULT COLLEGE

Wellbeing at Garon Park continue working in partnership with Southend Adult College (SACC) and recently attended an Employer Engagement Event organized by the college, on Monday 5th June 2023. Students from the college were able to talk to employers, including representatives from the NHS and the construction industry, about their organizations and the ways in which SACC students can get involved, whether as a volunteer or in a paid role and the skills required to gain employment. A number of the students already knew John and Kay as they already volunteer at Garon Park, which was great. It was also good to meet some new faces and chat to people we haven't met before.



GARON PARK SHED

Throughout May, The Garon Park Shed's sessions have been taking place on Tuesday's, Thursday's and Friday's. During the sessions, members have been continuing to work on a workbench, which when finished, will be located on the decking area, making the most out of the additional outdoor space.

On Wednesday 3rd May the first scheduled session in the shed took place with our partners from ATF. Shed members worked with two students, who both seemed really enthusiastic and appeared to be thoroughly enjoying the session. Two additional workbenches with vices have just been ordered to enable students to participate in shed sessions.

GARON PARK YOUTH CLUB

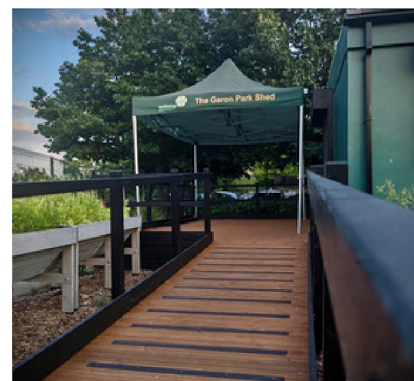


The Garon Park Youth Club runs every Wednesday evening from 6:00pm-8:00pm.

The children can enjoy lots of activities such as football, arts and crafts, games consoles, board games, outdoor games a chill out tent and cooking. Each session is £3 per child. There is also a tuck shop where they can buy drinks and snacks for a small charge. Thanks to generous funding from FSJ Charities, the youth club have been able to buy lots of new equipment for the children to enjoy.

One of our leaders, Zoe Wicks, has undertaken her FA Coaching Level 1. We have also welcomed David Tubbs to the team. They run the very popular activity, football. Sessions take place every week on the 3G pitch.

We are currently in the planning stages of holding a big event for all our members to celebrate being up and running for 1 year in the summer.



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 2's T20 CRICKET

What an amazing week at Garon Park, we had the joys of hosting the Essex 2's T20 cricket games at The Peter Butler Oval.

PRESIDENTS SHEILD TOURNAMENT

Old Southendian FC are running a Presidents Sheild Tournament on Saturday 16th June 2023.

There will be 3 teams including Gary Nelson's All Stars with former Southend United players, Steve Tilson, Ron Pountney, Adrian Owers and Jon O'Brien and is also managed by Southend United legend Frankie Banks.

Each game will be 30 minutes each way and the kick off will be 1pm.

There is no entry fee for this but there will be a raffle and bbq and all funds for this will be in aid of the charity Tommy's which holds a place with Old Southendian FC

Tommy's
Together, for every baby

THE HIVE NATURE SCHOOL

WHAT THEY OFFER



Step Outside Family Sessions
Spend time together participating in nature inspired activities

Dates:
Saturday 3rd June
Saturday 1st July
Saturday 5th August
Saturday 23rd September
10.00am start - 12.00 noon
£12.50 per child Adults Free

Children to be accompanied by adult

To Book <https://bookthatin.com/link/stepsahead>

The Hive Nature School, Wellbeing Garon Park,
Eastern Avenue, Southend on Sea, Essex, SS24RS

STEP OUTSIDE FAMILY SESSION

An inspiring outdoor nature base, providing a blend of outdoor, educational, creative and wellbeing experiences for all ages and abilities.

Steps Ahead welcomed families to their family session at The Hive Nature School on Saturday 3rd June.

They have sessions running on Saturday 1st July, Saturday 5th August and Saturday 23rd September 2023 all sessions start at 10:00am-12:00pm.

To book please use the QR code below any of the sessions.



ADULT OUTDOOR YOGA

The adult outdoor yoga will be a combination of

- Pranayama (breathwork)
- Asana (postures)
- Meditation



OUTDOOR YOGA
ENERGISE BODIES AND MINDS IN BIRDSONG AND NATURE

Next weeks class |
Price Drop
£6.00 (normally £9.50)

[BOOKTHATIN.COM](https://bookthatin.com)

ADULTS
TUESDAY 6TH JUN
TUESDAY 13TH JUN
TUESDAY 20TH JUN
TUESDAY 27TH JUN
6.00-7.00PM
£9.50 PER SESSION
£36.00 FULL BLOCK

Regular investment £9.50 for a single session.
(Discounted rate of £6.00 for June 2023)

Tuesday 20th June 2023 and Tuesday 27th June 2023.

6:00pm-7:00pm

If you are looking for facilities to hire to deliver your nature event then please contact us using our email.

Hello@stepsahead.life

Website - Stepsahead.life

Facebook / Instagram - Stepsaheadlife

FITNESS AT GARON PARK



KICK START YOUR LIFESTYLE CHANGE TODAY!

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

This takes place every Thursday at 1pm, this gives you the opportunity to sit down with our PT Julia Rowland-Taylor and learn about exercise and nutrition for weight management on a budget.

Enquiries@garonparkcic.com for more information.

JOB CLUB AT GARON PARK



VOLUNTEERING OPPORTUNITIES

Volunteers we need you!

Garon Park offers many different volunteering opportunities such as, 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



We are urgently trying to find a volunteer to take over running the Garon Park Job Club. We have sadly had to say goodbye to Nikki who has gone on to complete her degree! If you think you have the skills to run our Job Club every Wednesday from 10:30am-12:00pm then please email our enquiries inbox.

Enquiries@garonparkcic.com

CONSERVATION OFFICER



Celebrating the fruits of our labour. Over the last few weeks some of the first fruits of our community orchard have started to show. The orchard was planted with locally bred fruit trees by families and organisations from the local area, who can all come back and visit their tree year after year. The fruits will contribute to our food sharing network and support the provision of healthy food to local members of the community.

CAFE & BAR OPPORTUNITIES



We are currently looking to expand our team in the café and bar area. If you are 18+ and want to join our team please send your CV to our enquiries inbox.

Experience is not necessary because we can offer you training and inductions. It is a 0 hour contract with casual shift based work so if this is right for you then please get in contact with us.

Enquiries@garonparkcic.com

Deadline is July 2023

Grand opening of the park and revealing a very special tree. We spent the day celebrating the hard work that our staff, partners and volunteers have done since the project was envisioned in 2016. We have seen a tremendous transformation on site, with the development of our Nature school, Community Garden and Heritage Orchard and we are grateful for the support from our partners and the dedication of our staff. More so we are grateful of our volunteers that go above and beyond the call of duty to make the park what it is. This marks the finalization of the first chapter of the Wellbeing at Garon Park master plan and there are many more exciting developments to come. To mark the occasion a tree was planted on site by Linley Butler, representing EASST and we invited a number of our sponsors, partners and trustees to join us.

On this day we also revealed a very special tree on site. We have been lucky enough to be given one of the 'tree of trees' that was planted to commemorate the Queen's Jubilee. It is a great honour to have such a tree on site kindly given to us by Mrs Jennifer Tolhurst, HM The Lord Lieutenant.



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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Steps Ahead Life

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The Garon Park Shed

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SUCET

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Website: sufccommunity.co.uk

Phone: 01702341351

WE NEED YOUR HELP!



We need a volunteer driver to help with our monthly friendship meal bus run!

If you have a full D1 UK driving license then please contact us to volunteer.

For more information please email our enquiries inbox.

