

Wellbeing at Garon Park Newsletter



March 2024
Issue 13
Winter Edition

SPRING COMMUNITY EVENT 2024

Garon Park Spring Community Day!

Garon Park will be hosting a Spring Community Day on Wednesday 10th April 2024 from 12pm-4pm. There will be community stalls and a whole host of Spring activities for the whole family to get involved in.

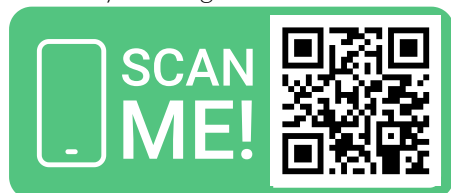
Our booking system is now live, so please book your tickets.

There will be a small entrance fee and some activities will be chargeable at the event, however these funds will be going straight back into the Wellbeing at Garon Park charity to help us fund further community projects and activities at Garon Park.

Please use our booking link or QR code below to book your tickets,

All children attending the event must be accompanied by an adult and tickets must still be booked for under 2s even though they can attend free of charge.

www.trybooking.com/uk/DCHN



SPRING COMMUNITY DAY

www.garonpark.com

**Wednesday 10th April 2024
12:00pm-4:00pm**

Garon Park are holding a Spring Community Day for all the family. There will be many different activities available on the day such as:

- Enchanted trail and quiz
- Soft archery
- Planting activities
- Sunflower challenge
- Splat the rat
- Limbo
- Hook a duck
- Community stalls

There will be a small fee for entry and refreshments on site but all these funds go straight back into the Wellbeing at Garon Park charity for future projects and events.

Scan our QR code to visit the ticket website and book your tickets today!! <https://www.trybooking.com/uk/DCHN>

01702965959

www.garonpark.com

enquiries@garonparkcic.com



Volunteers Needed!

We are always looking to recruit more volunteers at Garon Park to help with our ongoing projects and events such as this.

If you are a currently volunteering at Garon Park and are able to come and help us on the day to run the event, please contact our enquiries inbox.

If you are wanting to join the volunteer team at Garon Park please contact Liam.king@garonparkcic.com to start the process and learn more about volunteering opportunities at Garon Park.

www.garonpark.com
enquiries@garonparkcic.com

THE HIGH SHERIFF OF ESSEX

On Friday 23rd February the High Sheriff of Essex, Charles Bishop, visited our amazing site and the facilities at Wellbeing at Garon Park. He explored and learnt more about our fantastic projects such as the Shed, Community Garden and Nature Pond. During his visit he met some of the outstanding individuals committed to maintaining the high standards and vibrancy of our community programmes. Mr Bishop. spent time with our partners on site, Achieve Thrive Flourish (ATF), a local organisation dedicated to creating opportunities for children from economically disadvantaged backgrounds. He also met individuals from Southend United Community Educational Trust (SUCET), who run youth holiday soccer schools and an adults walking Football team at Garon Park.



Philip Burton, Groundsman of the 32 acre site, was presented with a certificate by the High Sheriff, in recognition of the upkeep and standard of the cricket facilities which are associated with the Essex County Cricket Board (ECCB).



Mr Bishop planted a Red Maple Tree on-site to commemorate his visit and to support our tree planting initiative, enhancing the environmental and wildlife value of Garon Park. Red Maple trees provide both aesthetic beauty through their vibrant red foliage and practical advantages such as shade and cooling, making them a visually appealing and an environmentally beneficial addition to our site.



Written by Tabatha Blueman

RAW LEARNING

Raw Learning has been at Wellbeing Park for an entire half term now. In that time, we have had lots of new families looking for support with their neurodivergent children in Southend. Some come just for one session a week from as far as London. Raw Learning is able to offer Wellbeing nature sessions because we truly understand their needs.

We are so grateful for the space at Garons which is enabling the children to plan what they would like in their own learning environment.

We still lack good shelter however, and the children have really struggled at times with the wind, rain and snow that we've experienced in the past six weeks. We are hopeful that warmer temperatures are ahead of us. One focus, as a team, is settling new children with us, and creating little pockets of hidden space such as a sensory area which we received a grant for from the Rosca Trust and an events type tent to offer lessons under cover for those able to access them. If you would like to pay us a visit please email the admin team on info@rawlearning.co.uk. They would love to welcome you.

Below is a picture of the lovely builders who offered us an unpaid day recently to help make the fire shelter more water proof. A big thanks to Beach buoy builders who come from right here in Southend. www.beachbuoy.co.uk



FEEL GOOD FITNESS



Are you interested in doing some light exercise while meeting new people and socializing at the same time? Jackie runs a Feel Good Fitness group every Saturday at 9:00am on the Garon Park site.

The session comprises of walking at varying paces to improve your cardio function, bodyweight/resistance exercises, use of the outdoor gym and stretches. Meet new friends & enjoy our social lunches & outings, as well as keeping fit.

Anyone is able to join Feel Good Fitness regardless of your age, gender and ability. Everyone works at their own pace and Jackie is very keen to help you along the way!

There are many different benefits such as studies show that being in nature has a positive effect on our bodies by reducing stress levels, helps with muscle tension & releases endorphins. It improves both physical & mental health & helps you sleep better.

Each session is £5 per person but you are also able to block book 4 week sessions at once if you wish, For more information please contact Jackie using the below email.

g.sirdifield@btinternet.com

LITTLE HEROES

We are so pleased to announce we have officially welcomed Little Heroes to our Community Centre over at Trinity.

We are really looking forward to working alongside them and can't wait until their forever home is finished with us.

Little Heroes ASD Support Group is a parent led support group for families of children who are on the autistic spectrum. Helen and Kim met on a professional level when Kim's son Alfie was in the early days of receiving an official diagnosis of autism back in 2011.

What Is Autism?

With our upcoming move over to Garon Park, combined with World Autism Acceptance Week early April, we thought we would take the opportunity to spread some awareness...

Autism is a lifelong developmental disability which affects how people communicate and interact with the world

Let's Talk About Autism, Acceptance & Understanding

MYTH #1 "EVERYONE'S A LITTLE AUTISTIC"
FALSE - Everyone has autistic traits & everyone presents autistically at different times to a certain extent. But you are only autistic if your brain is built in that way.

MYTH #2 "AUTISM IS A MENTAL HEALTH CONDITION"
FALSE - Autism is a cognitive difference between people. It should not be viewed as flawed or problematic & does not need to be treated. It is simply a difference.

MYTH #3 "AUTISM MAINLY AFFECTS YOUNG CHILDREN"
FALSE - People are autistic all of their lives.

MYTH #4 "ALL AUTISTIC PEOPLE HAVE LEARNING DIFFICULTIES"
FALSE - Many autistic people have learning differences, some may require extra support, however most of all there is a need for **PATIENCE & UNDERSTANDING.**

www.littleheroesasd.co.uk littleheroes.asd@gmail.com

MYTH #5 "AUTISTIC PEOPLE DO NOT FEEL EMPATHY"
FALSE - Autistic people feel empathy the same as everyone else, however they may not demonstrate their empathy in the way you would expect.

MYTH #6 "ALL AUTISTIC PEOPLE ARE THE SAME"
FALSE - The autism spectrum is a broad spectrum & no two people share the exact same traits.

MYTH #7 "YOU CAN TELL SOMEONE IS AUTISTIC BY LOOKING AT THEM"
FALSE - Autism does not have a look, nor does it have visible identifying characteristics.

MYTH #8 "AUTISTIC PEOPLE LIKE TO BE ON THEIR OWN, THEY ARE ANTI-SOCIAL"
FALSE - Autistic people can find socialising more tiring, particularly if trying to blend in. However this is not being anti-social.

MYTH #9 "AUTISM WAS NOT AROUND MUCH WHEN I WAS AT SCHOOL"
FALSE - It may have been that there was not much awareness at that time & people did not recognise autism was there.

MYTH #10 "AUTISM CAN BE CURED"
FALSE - It is not an illness, you cannot cure or grow out of autism.
LET'S WORK TOGETHER TO MAKE THE WORLD A MORE UNDERSTANDING AND CARING PLACE.

www.littleheroesasd.co.uk littleheroes.asd@gmail.com

Our intentions are that all children, no matter what their ability/disability, are able to participate in activities and events that other neurotypical children can do. We give families the means to do this by arranging such activities in safe and secure surroundings.

Little Heroes provides a drop in service for parents and families of children with autism on a regular basis at the Support Hub. During term time there are regular bookable activities each week for the parent/carer and their children. Please refer to our social media pages for up to date information.

We offer activities throughout the school holidays and provide suitable events for families whilst offering them the chance to socialise with other likewise families whilst receiving advice and support from one another, as well as potentially creating new friendships within a circle of support.



SPORT 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

Here is a list of all our Garon Park cricket fixtures throughout the 2024 season.

Put them into your diary and come on down to support Old Southendian CC.

If you are looking at joining a team for the 2024 season please contact the below email to discuss your options. keithspenceley@gmail.com

OSS&CC also offer youth training for children 8 years old and above for more information please contact ossccyouth@hotmail.com



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



CONSERVATION

Leaf Buds Fattening

Pay close attention to the trees that you pass every day, and you can observe the wonder of budburst in action. The leaves emerge from the buds that have developed slowly and unobtrusively over winter, unfurling and spreading, growing ready to catch the light during the long days of summer.

Tree species each have their own pattern of bud growth, whether simple and singular linear progression, alternating rows, natural Fibonacci spirals, or an eruption from the end of their twigs. The muted, drab browns now erupt into vivid and lively greens and yellows, ready to again soak up the sunlight.

It's a perfect time to visit us at Garon Park and see it for yourself! Our young orchard of Essex-native fruit trees, as well as the many other species on site are ripe for observation and examination.

Conservation Quiz

Can you guess the tree species from the pictures of buds below?

Follow the QR code below to submit your answers and be in for the chance to win some plants!



STEPS AHEAD



Home Ed Sessions at The Hive

Friday 15th March, Friday 19th April and Friday 24th May 2024.

10:00am start up until 12:00pm.

Steps Ahead Life welcomes Home Ed families to The Hive. This is an ideal opportunity for young people and their families to come together to Discover, Explore, Care and Connect in the backdrop of nature. Whatever your learning style each session combines activities to promote a love of learning through a creative lens.

These fun child centered learning experiences are aimed for children age 6 – 11 looking to deepen their knowledge of themselves, each other and their world. Parent/Guardian are to support their child throughout these sessions

Cost £8.00 per child (siblings £6.95) per session

Block booking Price – All three sessions per child £19.50

SUCET



Southend United Community & Educational Trust will be holding a final open event on Wednesday 10th April 2024 to recruit potential students for our educational / football programmes for September 2024.

If you are interested in joining the practical session, please scan the QR code or contact Head of Education Andy Edmunds a.edmunds@southendunited-cet.co.uk / 07538 350 457.



Please scan the QR code to be directed to their website.

THE BOUNDARY

Welcome to 'The Boundary'—your go-to venue for all kinds of events! From weddings to corporate gatherings and exhibitions, we've got you covered with our adaptable space and top-notch amenities. Picture-perfect surroundings, surrounded by lush greenery, it's perfect for any event in any season! Inside, our flexible layout makes hosting large conferences, gala dinners, or parties a breeze. Whatever your event needs, we're here to make it happen seamlessly. Come experience the versatility and charm of 'The Boundary' for yourself!

Weddings | Corporate meetings | Conferences | Seminars | Workshops | Training sessions | Product launches | Gala dinners | Award ceremonies | Exhibitions | Fashion shows | Charity events | Fundraisers | Networking events | Cocktail parties | Receptions | Birthday parties | Anniversary celebrations | Team-building events | Performances | Theater productions | Dance events | Community gatherings | Religious ceremonies or services | Wakes & Celebrations of Life

*This list is not exhaustive, we can accommodate a wide range of events based on our facilities and resources.

For availability and more information email info@the-boundary.uk or call 01702 770033. www.the-boundary.uk



GARON PARK SHED

The Garon Park Shed members have been hard at work designing and making a wooden 'bat box'. This is now ready to go up on site.

This was something that Neil had put together as a test piece so he could plan some lessons with the students that work alongside the shed during the week.

While working on this bat box he was able to figure out which tools could be used that would be suitable for the children to work with and use safely.

Liam King, our Conservation Officer requested these bat boxes for site after our visit from a bat surveyor last year.



WALKING NETBALL



Walking netball is a slower version of the game you all love and remember. Netball at walking pace. Women across the country are playing this sport for the fun, laughter and camaraderie the social session brings, as much as the health benefits on offer.

These sessions run every Wednesday at Garon Park from 10:00am - 11:00am and Every Monday evening from 7:00pm - 8:00pm.

If you require more information about the sessions or would like to join in with the fun and socialising please contact Sally.

jax5green@hotmail.co.uk

Please scan the QR code below to be directed to our website for regular updates on the site and what we offer.

Contact us via our enquiries inbox if you have any questions or require any information.

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

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: garonpark@padel4all.com

Website: padel4all.com/garonpark

Phone: 01702683040

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!!



Garon Park Youth are looking for more volunteers to join their ever growing team. If you are able to give up some of your time each Wednesday evening to ensure the children of Southend on Sea and other surrounding areas have a safe space to go to and enjoy a place to get involved in many different activities and make new friends. If you require more information please contact garonparkyouth@gmail.com

