

Wellbeing at Garon Park Newsletter



October 2023
Issue 10
Autumn Edition

GARON PARK FUN DAY AUGUST 2023

Garon Park were delighted to host Gemma's Farm and Fun day for three days during the summer holidays, two days open to the public and a separate event for Little Heroes ASD Charity.

Over 1500 people visited us over the three days, which was a great turn out considering the changeable weather, from torrential rain to glorious sunshine!

Visitors had the opportunity to get close to the farm animals, feed and hold them. Gemma and her team, were on hand to provide information about caring for animals and answer any questions.

The fun day activities were also a great success, with the opportunity to win a coconut at the coconut shy, to have a go at the soft archery, hook a duck and the bean bag toss stalls. Splat the rat was another favourite along with the chance to throw wet sponges at our volunteers in the stocks and for visitors to show off their flexibility at the limbo game.

Garon Park would also like to thank Everyone Health, for supporting our event and providing an activity for children to get involved in. And finally, thank you as always to the group of volunteers who made the activities possible.



FESTIVALS AND EVENTS

The August bank holiday was very busy on site at Garon Park. We had a very successful weekend with the festivals and events with over 10,000 people walking through our gates to attend either SED Fest, UB40 or Raver tots. For more information on events at Garon Park please go to our website.

www.garonpark.com



SUCET YOUTH HUB

At Southend United we have been running a youth hub for young people aged between 11-18 male and female, with both indoor and outdoor activities such as football, dodgeball and FIFA tournaments.

We are also giving out free match tickets to any new attendees that attend the 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

www.garonpark.com
enquiries@garonparkcic.com

ANNUAL REPORT 2022

EXECUTIVE SUMMARY

I'm pleased to report another year of progress at Wellbeing At Garon Park, in pursuit of our aspiration of Improving the Mental and Physical Health and Wellbeing of the Local Community. You will see from my full report (www.garonpark.com) that in 2022 we have formed more partnerships with local community organisations and we are running more programmes like our: In2Volunteering and In2Work programmes that help build peoples' confidence and make them better able to cope with modern life; and our Education Hub 4 Children and Parent (EH4CP) programmes aimed at helping families and individual students to deal with daily life.

Our core physical facility, The Vitality Park, saw user numbers increase from around 16,500 in 2021 to in excess of 21,500 in 2022 (40% growth) as our activities helped people recover from the pandemic and our facilities enabled WBGP to play a full role in the recovery of the local community. Our triumphant Platinum Jubilee event was delivered free of charge, staffed by volunteers and was attended by nearly two thousand local people, demonstrated the scale of our delivery potential. While our friendship meals provided happiness, content and camaraderie for Afghan, Ukrainian and my other refugees throughout the year.

Funding wise 2022 saw the end of our first Big Lottery grant that enabled us to start capacity building and begin to reach into the community. It also saw the end of a six-month Government grant from the Community Regeneration Fund (CRF) which was designed to help the community over the effects of Covid. These two major grants meant we built a delivery team which included skills as diverse as job interview skills to conservation and eco skills and we took the decision, alongside our business partners Garon Park CIC, that we would maintain these skills on site and continue to bid for further regeneration style contracts, with GP CIC making up the deficit in terms of funding.

We added a youth focus to the mix in the year and this has led the way to our aspirations for 2023 where we are bidding for funds to expand our youth focused facilities and enable our levelling up agenda to reach more and younger local people. We started Garon Park Youth from scratch and have a regular weekly attendance of 60 + local youth – a real success.

We ran an important base line survey in 2022, which highlighted a range of local inequalities for young people, and we consulted a with wide audience of local young people who told us exactly what they required to attract them to use our facilities – at the top of the pile was the facilities had to be secure, so they felt safe. The survey and consultations are available to view on our website www.garonpark.com.

We are all excited for the year ahead as one of capacity building in the community and raising funds to provide more facilities which our surveys and consultations have highlighted as desperately needed.

Clive Shiret
Chair of Trustees



To read the full report please scan the QR code to find it on our website.



SUMMER HAF PROGRAMME

The Garon Park Summer HAF Programme took place for 2 weeks in August. We had a very successful HAF with all of our places being fully booked even before we had started! We provided a full programme packed with many different activities and all the children had so much fun.

We had many big wins throughout the HAF programme such as our great food offering, where we were able to give the children the choice of what they would like for their lunch as well as offering a light breakfast each morning with snacks and drinks available to them throughout the day. As always, our staff really enjoyed taking part in the HAF programme and can't wait to start planning for the Winter HAF. If you have any questions about the HAF programme please do not hesitate to contact us. Keep your eyes peeled on our social media accounts for the dates we are running throughout winter.



GARON PARK YOUTH CLUB



Garon Park Youth celebrated it's first anniversary with a massive party, complete with DJ, face painter and hair stylists. With over 75 members in attendance, they partied the night away, enjoying various activities including a tombola, guess the teddy's name, cake sale and a fund raising raffle, raising £250 towards new equipment. Everyone had an amazing night, celebrating how far the club has come in a year, and how many young people we have welcomed. On 30th August we welcomed the Mayor of Southend, Councillor Stephen Habermel to the club, and gave him a tour of our facilities. He was really enthusiastic about all our work, and had a great time interacting with members and answering their (many) questions. He even entered a penalty shoot out with our football group.

We are very lucky to have been paired with Sainsburys to receive surplus food each week, meaning that we can always ensure there is free food available at youth club for the children, and we can also pass on this generosity, providing children with food to take home to share with their families.

Garon Park Youth runs on a Wednesday night from 6-8pm, for 8-15 year olds.



COMMUNITY ENGAGEMENT

Garon Park hosted its first Macmillan Coffee Morning and was well attended by groups using the site, such as the Ladies Walking Netball Team, Women's Wellbeing group, Garon Park Shed as well as representatives from Little Heroes, A Better Start Southend, Southend Carers and members of the public.

We were also supported by the Mayor, Stephen Habermel and Rt. Hon. Anna Firth MP who joined us for coffee and cake. Thank you so much to all those who attended and to our wonderful volunteers for making the event such a success. We raised a total of over £450 for Macmillan Cancer Charity!



MULTICULTURAL MEAL

On Friday 29th September, Iwona organised a multicultural meal for ladies of different nationalities who attend her Wednesday Wellbeing group. We had 40 ladies attending who came together and enjoyed an evening of celebrations. The amazing food was ordered from outside caterers and the night ended with music and dancing. We can't wait to help you host another event like this!



CONSERVATION OFFICER



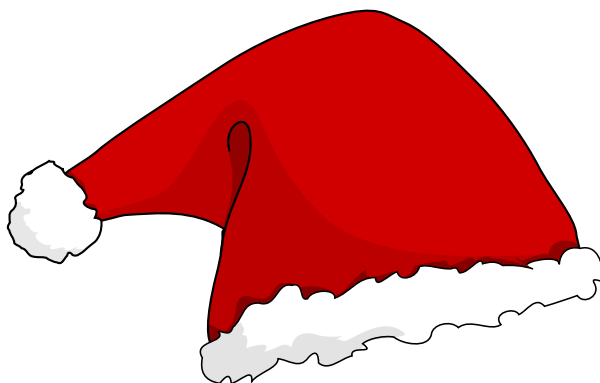
Wellbeing at Garon Park Tree Planting Bonanza! We are proud to announce that we will be host 6 weeks of tree planting this Autumn. Starting on the 23rd October to incorporate International Day of Climate Action (24th October) and continuing until the end of International Tree Planting Week on Monday 4th December. During the period we hope to reach out to at least 15 schools in the local area, to both promote environmental awareness and support the health and wellbeing of the local community, through access to green space. The event is part of a larger project to engage with young people and introduce them to the fantastic opportunities we have at Garon Park.

NORMAN RETURNS HOME

Norman the Elephant returned to Garon Park, his forever home, on Monday 25th September 2023. He is named after the Norman Garon Trust, who own the land that the park is on, The land was gifted to the town by Norman Garon, for the purpose of Sport and Wellbeing for local people. Norman the elephant was sponsored by a number of the park's users, whose logos have been placed on Norman to showcase their sponsorship. His 4 legs were painted to represent colours from the main users of the site: Green for the Old Southendian Football Club and yellow for the Old Southendian Cricket Club, black and cream to represent the day and night activities of EH4CP, K9S and The Boundary, the purple trunk was to represent the diverse groups we have using the site such as Little Heroes ASD, Southend Soccability, Music on Sea and The GP Shed. The tail is blue for SUCET and their new partnership with the site. Finally the head is green and covered with leaf patterns to represent the biodiversity in the park and the work of the nature school by Steps Ahead. It was painted by a number of staff's children with the initial undercoat by some Duke of Edinburgh award volunteers with all the Logo's being produced by our Printing Partner Kestrel Print Ltd. The Design was by John Roy. Thank you everyone. In the coming weeks we are hoping to have Norman installed to welcome visitors to the park.



CHRISTMAS EVENT



Plans are afoot for Garon Park to host another Christmas Event this year. The event is looking to run from 5th December 2023 - 21st December 2023. Keep your eyes peeled on our social media, website and future newsletters for more information.

Please visit our social media pages and website :
Facebook: Wellbeing Garon Park
Instagram: Wellbeing_Garonpark_CIC
Website: www.garonpark.com

We are in need of volunteers to help with the running of our Christmas event this year as well as the set up and take down processes. If this is something you are interested in the please contact us through our enquiries inbox for more information nearer the time.

Enquiries@garonparkcic.com



For more information please scan our QR code to take you to our website which will have updates on all events at Garon Park

SPORT AT GARON PARK

POSTIES VS FIRE FIGHTERS

On Saturday 2nd September 2023, the Posties ran their annual charity football match in memory of Danny Elgar.

Unfortunately the Fire Fighters were unable to bring a team together but that didn't stop the event going ahead. The match ended up being Posties vs Posties with a result of 5-4 at the end of the match.

They ran a raffle at the end of the event to raise money and everyone got involved!

As always it was a really successful night and we cant wait to host the next one here in 2024.



ESSEX U19 T20 FINAL



On Monday 28th August 2023, Garon Park was pleased to host the Essex Cricket U19 T20 Finals Day. In the opening match a strong Wanstead & Snaresbrook side saw off Hutton by 6 wickets, In the 2nd Semi-Final Woodford Wells beat Orsett & Thurrock by 8 wickets. In the final Woodford Wells batted first setting Wanstead & Snaresbrook a target of 113 for victory, this target proved to be well within Wansteads reach, easing home by 8 wickets with 35 balls to spare to lift the Ravi Bopara Trophy. Garon Park has been approached to host the finals day again in 2024 after this years success.















FOOTBALL SEASON 2023

Garon Park is the home to Old Southendian FC who play their seasonal matches on our 3G pitch. Their 2023/2024 season has just recently started so if you would like to come down to Garon Park and support the Old Boys then please do! Our Pitchside Cafe will be open serving many different hot and cold drinks as well as bacon and sausage baguettes!!

Here is a list of the home fixtures for Old Southendian when they will be playing at Garon Park.

For more information please click the link to their Facebook page



Date / Time	Home Team	Away Team
23/09/23 14:30	Old Southendian First 	VS  Harold Wood Athletic First
30/09/23 14:30	Old Southendian First 	VS  Bishop's Stortford Swifts First
07/10/23 14:30	Sungate Saturday First 	VS  Old Southendian First
14/10/23 14:30	Old Southendian First 	VS  Shenfield A First
21/10/23 14:00	Leigh Ramblers First 	VS  Old Southendian First
28/10/23 14:30	Old Southendian First 	VS  Rayleigh Town Saturday First
11/11/23 13:30	Lawford Lads First 	VS  Old Southendian First

STEPS AHEAD

THE HIVE NATURE SCHOOL

Steps Ahead at 'The Hive' are pleased to announce our new website is LIVE.

Providing information on each of our Services

- Discover Explore Care Connect - Education
- Roots To Shoots - Community
- Step Outside - Family Events
- Hive Hire - Hire packages for individuals and organisations to exclusively Hire The Hive

The Hive is an inspiring outdoor nature base, providing a blend of Outdoor, Educational, Creative and Wellbeing experiences for all ages and abilities.

Take a look at our website stepsahead.life there is sure to be something to click, book and enjoy at The Hive.

For more information contact us directly at hello@stepsahead.life



WOMEN'S WALKING NETBALL



Garon Park have supported the Ladies Walking Netball team in raising funds for Jayden Nash, who lives in Southend.

Jayden, 15, has Down Syndrome. In November last year, Jayden was found to have an irregular heartbeat. Whilst waiting for tests, Jayden collapsed at home and was rushed to the Royal London Hospital. 24 hours later, he had a cardiac arrest which caused damage to his heart and has subsequently had 3 strokes whilst in hospital. Jayden is now paralysed and currently having intensive rehabilitation, at a paediatric brain injury rehabilitation centre.

The £500 raised by the netball ladies is going towards trying to fund essential items, to get Jayden home.

GARON PARK SHED

One of the Garon Park Shed members had willingly set up a few dates throughout September and October to run a sign language programme. This will allow you to learn the basics of sign language.

£4 per session or £15 up front. Free Session on 25th September.

2nd October 2023 - 6-7pm

9th October 2023 - 6-7pm

16th October 2023 - 6-7pm

23rd October 2023 - 6-7pm

For more information please contact enquiries@garonparkcic.com

FITNESS AT GARON PARK

The Fitness Shack offer a wide range of different fitness groups and sessions including, personal training, group training sessions, classes, bootcamps and family fitness.

If you are interested in getting fit or meeting new people while doing some exercise, please contact Julia.

Julia-Rowland-Taylor@garonparkcic.com

Price lists are available on The Fitness Shack's social media.

Instagram: thefitness.shack_



THE SPORTS REHAB LAB

The Sport Rehab Lab is an injury and performance clinic that's just opened up within the leisure centre. If you or any of your fellow players have anything that needs seeing to, we recommend these guys not just for convenience, but to support our local businesses within Garon Park. If you inform them of your connection to us, they have agreed to discount 10% from services. Their website is www.thesportsrehablab.com, or find them on Facebook by searching their business name

VOLUNTEERING OPPORTUNITIES



Be our new pond expert! We are looking for someone with some experience and passion for pond life. Aquatic habitats are an important place for many species but they need managing properly to get the right balance. If you think you have what it takes and can be our new pond manager or have any questions you would like answered then please contact us through our volunteer email to start the signing up process.

volunteer@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

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The Garon Park Shed

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Garon Park Youth

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The Fitness Shack

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SUCET Youth Hub

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Website: sufccommunity.co.uk

Phone: 01702341351



WE NEED YOUR HELP!



If you are a business or a school or even a group of people who would like to volunteer your time to help us plant some tree's for national tree planting week then please contact us on our phone number and ask for Liam 01702965959 or our enquiries inbox enquiries@garonparkcic.com