



# WHAT'S ON

## IN EPPING FOREST

November 2024 – April 2025

[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

Activities  
for  
Adults

Activities  
for  
Children

Inclusion  
Programme

Volunteering

Other items  
of interest

Future  
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## Adult programme



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## Children's programme



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## Inclusion programme



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# Welcome

**A very warm welcome to the latest brochure brought to you by the Community and Wellbeing Team at Epping Forest District Council.**




The Community and Wellbeing Team is here to help boost health and wellbeing across the district, reduce isolation and provide a varied sports, recreation and culture programme for residents.

As well as hosting regular activities and one-off events, we are keen to share resources and opportunities with you. Did you know we have volunteering roles and active community groups across the district? You can find more information about this towards the back of this brochure.

## KEY TO ICONS

-  Suitability
-  Date of activity
-  Time of activity
-  Location of activity
-  For booking support or further information

## FIND US ON SOCIAL MEDIA

-  [efdccommunity](#)
-  [efdmuseum](#)
-  [efdccommunitieswellbeing](#)
- [efdmuseum](#)
- [EppingForestDFC](#)

## How to book

**Most activities need to be booked and paid for in advance, unless otherwise indicated. All bookable activities are listed on [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**

**For easy browsing on your device, try typing in key words in the search box on the top left-hand side.**

**Book online:** [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**How to pay:** You can pay by credit or debit card

**For booking support:** please call 01992 564226

(Lines open Monday – Friday 10am – 4pm)

Events and activities are subject to change. Please check the booking page for the most up to date information.



**Please use this link to sign up for  
EFDC weekly news updates from  
Epping Forest District Council**

(you can unsubscribe at any time)

# The Epping Forest District Museum Trust CIO

**Admission to the museum is free\***

\*some events and activities have a separate charge.

Epping Forest District  
**Museum**



**Opening times: Tuesday, Wednesday, Friday, Saturday 10am – 4pm**

The museum will be closed on all Bank Holidays.

**Epping Forest District Museum** tells the story of the people and events that have shaped the district. In the museum you will find everything from the remains of woolly mammoths who roamed here over 10,000 years ago to a wooden turkey, favourite toy of a Victorian child.

Come and see our six galleries and gift shop and enjoy a variety of events and activities suitable for all ages.

**[www.efdmuseum.org.uk](http://www.efdmuseum.org.uk)**

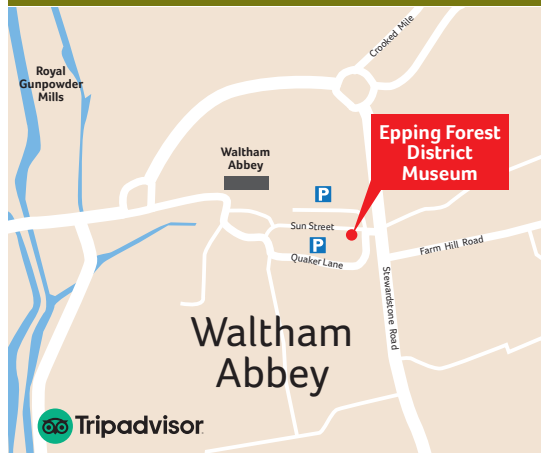
39-41 Sun Street, Waltham Abbey EN9 1EL.

Tel: 01992 716882

[enquiries@efdmuseum.org.uk](mailto:enquiries@efdmuseum.org.uk)

 [efdmuseum](https://www.facebook.com/efdmuseum)  [@efdmuseum](https://twitter.com/efdmuseum)

 [efdmuseum](https://www.instagram.com/efdmuseum)




Supported using public funding by  
**ARTS COUNCIL ENGLAND**


# Adult Programme

## Social. Active. Strong.


**FREE** (referral programme)



 **Adults 50+**  
(but open to adults who require the service or have been referred)

 **Every Monday, Tuesday & Thursday**

 **Various venues**

 **01992 564226**  
Lucinda Harvey  
Falls Prevention Officer  
[sasreferrals@eppingforestdc.gov.uk](mailto:sasreferrals@eppingforestdc.gov.uk)




**A FREE 12 week programme of activity to help you build strength, improve mobility and balance to help sustain your day-to-day activity levels.** Located at various venues in and around Epping, Ongar, Waltham Abbey, Loughton, Buckhurst Hill and Chigwell.


You are guaranteed low impact, fun exercise to help you achieve a more active, social and independent life. Available to adults living or registered to a GP practice in the Epping Forest district. Please register your interest and an instructor will contact you to explain more about the service, available classes and to complete a health questionnaire.


## Walking Football

**FREE**



 **Adults 45+**

 **Every Tuesday**

 **11.30am – 12.30pm**

 **Town Mead Football Pitches,  
Waltham Abbey  
EN9 1JH**

 **[cw@eppingforestdc.gov.uk](mailto:cw@eppingforestdc.gov.uk)**

**A slow paced version of the beautiful game,** Walking Football is aimed at getting players back into the sport.

## Let's Get Together

**FREE**



- Adults 18+
- Epping, Loughton & Chigwell (Waltham Abbey coming soon)
- 01992 564226

- Every Tuesday
- 2.30pm – 4.30pm
- The Epping Community Hub, Civic Offices, 323 High Street, Epping CM16 4BZ
- Karen Murray  
kmurray@eppingforestdc.gov.uk or call 07789 372196

- Every Wednesday
- 12.30pm – 2.30pm
- The Oakwood Hill Community Hub, Longcroft Rise, Loughton IG10 3NB
- Claire Evans  
clevans@eppingforestdc.gov.uk or call 07763 218593

- Every Friday
- 1.00pm – 3.00pm
- The Limes Centre, Limes Avenue, Chigwell IG7 5LP
- Rebekah Lewis  
rlewis@eppingforestdc.gov.uk or call 07928 511454

**These free weekly sessions are run by Epping Forest District Council's Community, Development and Wellbeing team and are open to the whole community.** Come along and get to know others in your local area. Learn a new skill, play a few games or just relax and enjoy a cup of tea and a chat.  
**NO NEED TO BOOK – JUST TURN UP**

## Museum Activities

Epping Forest District Museum runs various activities and events, including **Museum Movers, Crochet Chain** and a variety of talks and exhibitions.



For bookings, email enquiries@efdmuseum.org.uk, phone 01992 716882 or speak to a member of the Front of House Team at the museum in Waltham Abbey.






Epping Forest District Museum, 39-41 Sun Street, Waltham Abbey EN9 1EL

For further details please visit [www.efdmuseum.org.uk/activities-for-adults](http://www.efdmuseum.org.uk/activities-for-adults) or [www.facebook.com/efdmuseum](https://www.facebook.com/efdmuseum)

## Epping Forest District Museum Community Café

**FREE**



-  All welcome
-  Every Wednesday
-  12 noon – 1.45pm
-  Epping Forest District Museum, 39-41 Sun Street, Waltham Abbey EN9 1EL.
-  enquiries@efdmuseum.org.uk

**The Community Café in Waltham Abbey is a space where you can enjoy light refreshments, have an opportunity to chat and meet new friends in a relaxed, warm and welcoming environment.** The café is dementia friendly. **NO NEED TO BOOK – JUST TURN UP.**

## Stay Safe and Well this Spring 2025

**FREE**

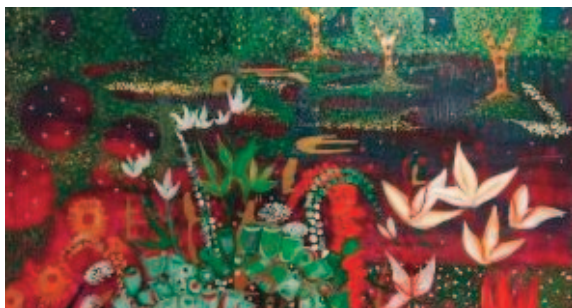







-  Adults 18+
-  Monday 17 March, 10.30am – 3.30pm
-  Epping Conference Suite, Civic Offices, 323 High Street, Epping CM16 4BZ
-  01992 564226  
eppingforestdc.bookinglive.com

**Informative talks from health and wellbeing advisors on how to stay safe and well.** A seated exercise session suitable for all will take place as well as a free information bag, lunch and an interactive performance about scamming. Book your place (from January 2025) to avoid disappointment.

## Mindful Art Space

**FREE**



-  Adults 18+
-  Every Friday (from 22 November 2024)
-  12.30pm – 3.30pm
-  Oakwood Hill Community Hub, Longcroft Rise, Loughton IG10 3NB
-  eppingforestdc.bookinglive.com/  
Claire Evans  
clevans@eppingforestdc.gov.uk  
or call 07763 218593




**A drop-in space to creatively express your mental health led by RMN Janet Ellington.** An opportunity to be playful with art in a mindful, safe space in a small group setting and to have direct access to mental health advice. Light refreshments provided. **NO NEED TO BOOK – JUST TURN UP.**


\* Our picture is the artwork of Janice Birks who attended previous sessions with Janet and now has her own art exhibition.


## Ladies Dance and Dine

**FREE**




-  Adults 18+
-  Loughton, Waltham Abbey and Chigwell
-  [teri@makingitmindful.co.uk](mailto:teri@makingitmindful.co.uk)


 **Every Tuesday**  
7 Jan – 10 March 2025

 **1.15pm – 2.45pm**


 **Oakwood Hill Community Hall, Longcroft Rise, Loughton IG10 3NB**

 **Every Wednesday from**  
9 Oct – 11 Dec 2024

 **9.30am – 11.00am**

 **Waltham Abbey Leisure Centre, Hillhouse, Waltham Abbey EN9 3EL**

 **Every Thursday**  
from 10 Oct – 12 Dec 2024

 **3.00pm – 4.15pm**

 **The Limes Centre, Limes Avenue, Chigwell IG7 5LP**





**Come and join us for an uplifting, high energy dance class in a safe, non-judgemental environment.** At the end of the session, we will make healthy snacks such as energy balls, flapjacks and fruit snacks. To book your place contact [teri@makingitmindful.co.uk](mailto:teri@makingitmindful.co.uk)

## Children's Programme

### Christmas Treasure Hunt

**£3.00**



-  4-11 years
-  **Monday 23 December**
-  **11am – 1pm**
-  **Roughtally's Wood, (end of Pike Way), North Weald Bassett, CM16 6BL**
-  [what3words](https://www.what3words.com)
- [swim.value.soccer](https://www.swim.value.soccer)
-  [eppingforestdc.bookinglive.com](https://www.eppingforestdc.bookinglive.com)

**Come to one of our local nature reserves for a Countrycare Christmas Treasure Hunt.** See how many Christmas wildlife riddles you can answer and win a treat. Book online today at [eppingforestdc.bookinglive.com](https://www.eppingforestdc.bookinglive.com)

Children need to be accompanied by an adult, no large groups please. Some uneven and muddy footpaths through the woodland.



## Easter Play in the Park

**FREE**



 All ages  
 Monday 7 April – Thursday 17 April

Keep an eye on our bookings page for the full list of dates and times.

 [eppingforestdc.bookinglive.com/](http://eppingforestdc.bookinglive.com/)




**Play in the Park is an inclusive session and all about playing games and having fun outdoors. No need to book, just drop in at any time.** This is a great opportunity for parents and carers to socialize with other families and even bring a picnic whilst the children safely play. The Play in the Park team will bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together\*. The team will be there to help organise activities and games.

\*Children must be accompanied by an adult.

## Easter Scavenger Hunt

**£3.00**



 4-11 years  
 Wednesday 9 April  
 11am – 1.00pm  
 Roughtally's Wood, (end of Pike Way), North Weald Bassett, CM16 6BL  
 what3words  
 swim.value.soccer  
 [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com/)

**See how many wildlife riddles you can answer and win some Easter treats at our Countrycare Scavenger Hunt.** Book online today at [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

Children need to be accompanied by an adult, no large groups please. Some uneven and muddy footpaths through the woodland.



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!

Simply visit:

[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

## Museum Activities for children

The museum is very child friendly. There are explorer kits – hats, magnifying, glasses and torches to take around the museum and see what amazing things you can find. Have your own tea party with our popular Victorian stove with lots of play food! Activities include **Toddler Wednesdays** and **Development baby massage and yoga**.



For bookings, email [enquiries@efdmuseum.org.uk](mailto:enquiries@efdmuseum.org.uk), phone 01992 716882 or speak to a member of the Front of House Team at the museum in Waltham Abbey. For further details please visit [www.efdmuseum.org.uk/activities-for-children](http://www.efdmuseum.org.uk/activities-for-children) or [www.facebook.com/efdmuseum](https://www.facebook.com/efdmuseum)

## Ninefields Youth Club

**NINEFIELDS  
YOUTH  
CLUB**

For more information contact: Michelle Pickett, [mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)

**THURSDAYS 18:00 - 20:00**

TERM TIME

FOOTBALL • MUSIC • COOKING  
ART • THEMED NIGHTS  
GAMES • SNACKS

SECONDARY SCHOOL YEAR 7+

**FREE**

HAZELWOOD CENTRE  
NINEFIELDS ESTATE  
EN9 3EL





PLEASE BRING EMERGENCY CONTACT DETAILS TO YOUR FIRST SESSION


# Inclusion Programme

## Christmas Memory Train

**FREE**



 **Adults 18+**  
 **Wednesday 4 December**  
 **11am – 1.30pm**  
 **Epping–Ongar Railway  
North Weald Station,  
Station Road  
North Weald Bassett  
Epping CM16 6BT**  
Note train leaves from North Weald Station

 **what3words  
paths.focus.noises**  
 **Book at [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)**  
**For info call Karen Murray  
07789 372196  
email [kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)**

**This FREE Christmas train trip is being brought to you by Epping Ongar Railway in partnership with Epping Forest District Council's Community Development and Wellbeing Team.** The event is funded by the Essex County Council's Community Carers Fund. This day out is for residents in the district living with dementia or mild cognitive impairment to enjoy with a carer or companion.

## Buddy Up – West Essex Adult Inclusion Project



The Buddy Up project supports adults 18+ with learning disabilities, autism or both across West Essex (Epping Harlow and Uttlesford) into accessing community activities. The project will pair a buddy with an individual, based on common interests. If you know someone

or are someone living locally and/or attending a GP clinic in West Essex who would like to hear more about this project, then we'd love to hear from you!

Adult Disability Inclusion Officers:

**Olivia Timotheou** Tel: 01992 564083 Mob: 07729 109006 [otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk)  
**Liza Dos Santos** Mob: 07707 147961 [ldossantos@eppingforestdc.gov.uk](mailto:ldossantos@eppingforestdc.gov.uk)

### Epping

<https://eppingforest.essexfrontline.org.uk/Library/ServiceDetail/6283bf6082242551f1f3e6d2>

### Harlow

<https://harlow.essexfrontline.org.uk>

### Uttlesford

<https://uttlesford.essexfrontline.org.uk>

To book and pay visit [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

## Volunteer for our Buddy Up project

**Have you found yourself with more free time?** We're looking for buddies to join our Buddy Up programme to support individuals into accessing the community. Volunteering is very flexible, and all expenses will be reimbursed!

For more information, contact Olivia Timotheou, West Essex Adult Inclusion Officer at [otimotheou@eppingforestdc.gov.uk](mailto:otimotheou@eppingforestdc.gov.uk) or 07729 109006

## West Essex Inclusion Project



**The West Essex Inclusion Project supports children and young people with autism and/or a learning disability, a physical and/or sensory impairment registered with Essex Short breaks through our clubs and activities.** We are thrilled that Epping Forest District Council is commissioned to deliver Short Breaks Community Clubs and Activities for the next two years, across West Essex.

**To find out about activities and to join The West Essex Inclusion Project, please email our Disability Inclusion Officer – Emily Stevens: [estevens@eppingforestdc.gov.uk](mailto:estevens@eppingforestdc.gov.uk)**

You can follow us on Facebook [@WEInclusionProject](https://www.facebook.com/WEInclusionProject) or visit [eppingforestdc.bookinglive.com](https://eppingforestdc.bookinglive.com)



Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!

Simply visit:

[eppingforestdc.bookinglive.com](https://eppingforestdc.bookinglive.com)

# Volunteering

## Community Champions

The Community Champions programme is aimed at building on the skills and knowledge of local people to create happy, friendly and healthy communities.

If you are...

- **Passionate about where you live**
- **Able to build strong community connections**
- **Happy to support and promote fun days and community events**
- **Willing to share information about local services in your area**
- **Able to promote useful health improvement information with your community**



Please get in touch:

Wendy Cockbill on 07548 145654 [wcockbill@eppingforestdc.gov.uk](mailto:wcockbill@eppingforestdc.gov.uk)


Michelle Pickett on 07548 162273 [mpickett@eppingforestdc.gov.uk](mailto:mpickett@eppingforestdc.gov.uk)

or visit: [www.eppingforestdc.gov.uk/community/community-champions/](http://www.eppingforestdc.gov.uk/community/community-champions/)


## Longfield Allotment - Come and Join Us


**FREE**



 Everyone

 Longfield Allotment,  
Abbots Drive, Ninefields,  
Waltham Abbey EN9 3HH

 what3words  
count.hangs.tells

 Karen Murray 01992 564222  
[kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk)

**Longfield Allotment site has been cleared and is ready to make your own.** By getting involved you will not only contribute to the overall wellbeing of the community, but also reap countless personal rewards. Engaging with nature, learning new skills, sharing your horticultural knowledge with others, and forging meaningful connections are just a few of the benefits you can experience by becoming part of this incredible project.

To book and pay visit [eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

# Other items of interest

## Awards for Young People



### Creativity Awards and Active Epping Forest Sports Award 2025

**Recognise and support our district's up and coming young creative and sporting talents and help them develop their skills by nominating them for this year's awards.**

Winners, chosen by a panel of judges, will receive up to £500 to spend on their chosen discipline.

The Creativity Award can help boost creative skills and the Epping Forest Sports Award can be used for costs associated with sporting activity.

**Applications close on Friday 10 January 2025.**

**To apply, visit [www.eppingforestdc.gov.uk/community](http://www.eppingforestdc.gov.uk/community)**



## Young Citizen of the Year 2025



**Every day there are young people in our district selflessly supporting others in the community – our unsung heroes.**

The Epping Forest District Council **Young Citizen of the Year 2025 Award** is open for nominations. Young people must live in the district and be under 18 years of age. These awards have been showcasing young people in the community who go above and beyond, making positive changes in the Epping Forest district, for many years.

We cannot accept nominations for previous winners of this award.

**Applications close on Friday 29 November 2024.**

Visit [www.eppingforestdc.gov.uk/community/young-citizen-of-the-year](http://www.eppingforestdc.gov.uk/community/young-citizen-of-the-year) to nominate someone.



EPPING FOREST DISTRICT COUNCIL

# CREATIVITY

AND

# SPORTS AWARDS

2025

Aged 13 to 25 and passionate about culture or sports?  
Apply or nominate a young person for the  
Creativity and Sports awards.

For more information or to make an application visit  
[www.eppingforestdc.gov.uk/creativity-award](http://www.eppingforestdc.gov.uk/creativity-award)  
[www.eppingforestdc.gov.uk/sports-award](http://www.eppingforestdc.gov.uk/sports-award)

Apply by

**FRIDAY 10 JANUARY 2025**

## Empowering Epping Forest Female Entrepreneurs



[eaffe.deytonbell.com](http://eaffe.deytonbell.com)

**PROVIDING SUPPORT THROUGH YOUR NEW BUSINESS JOURNEY WITH A LISTENING EAR, A HELPLINE, GROUP SUPPORT AND CHEER LEADERS TO HELP YOU SUCCEED!**

*What's stopping you?*



**This free business support programme is providing help, support and empowerment to female entrepreneurs in the Epping Forest area.** Giving female entrepreneurs the opportunity to start or grow their business with us.

Providing tailored business support for early-stage businesses and help, guidance and confidence to overcome business challenges faced in the first 12 months of trading.

The programme has created a welcoming and supportive environment with a female led approachable operations team who work with friendly expert mentors that inspire to help females to enhance their business skills, boost confidence, and promote business finance. The Empowering Epping Forest Female Entrepreneurs programme aspires to boost a thriving community of female entrepreneurs in Epping Forest. The programme is open to residents or those already managing a new business (under 12 months) within the Epping Forest area. There is a dedicated website where you can find more information and the application process is very simple – [eaffe.deytonbell.com](http://eaffe.deytonbell.com)

## Multiply



**Multiply offers a variety of courses from improving basic maths, Pre-School, KS1, and KS2 homework assist courses for parents and financial courses to assist in building confidence in managing your budgets.**

**FREE** Multiply Courses for adults (age 19+) through a unique offer to allow as many people to participate as possible.

Contact the Multiply team for help choosing the right courses for you.

[www.essexopportunities.co.uk/multiply](http://www.essexopportunities.co.uk/multiply)

EFDC and Essex County Council are working in partnership with local providers to deliver workshops.

**Coming soon to the District...** speak to our Community Engagement Officers  
**Limes Farm: Rebekah Lewis 07928 511454, Ninefields: Michelle Pickett 07548 162273**  
and **Oakwood Hill: Claire Evans 07763 218593** for more information.



## TIEGr – The International Education Group



**TiEGr is a Harlow based training provider working with Essex County Council to deliver FREE Government funded Multiply Maths courses to help adults improve their everyday numeracy confidence and skills.**

If you are 19+, live or work in Essex and do not have maths GCSE at grade C or equivalent sign up today for these **FREE** courses.

Choose from a range of online Multiply Maths courses to increase your confidence and skills in:

- **Family Finance and Budgeting**
- **Supporting your children (0 to 11 years old) with their maths at school or homework**

Book at: [www.eventbrite.co.uk/o/the-international-education-group-32396782067](http://www.eventbrite.co.uk/o/the-international-education-group-32396782067)

## KBM

**Practical Training Courses to Boost Employability**

**SKILLS FOR LIFE MULTIPLY** Essex County Council

**100% PRACTICAL - 100% FLEXIBLE**

Are you looking to advance your career without the financial burden of training fees? We are excited to offer you an incredible opportunity to upskill at No Cost! Our **Fully Funded Training Courses** are designed to boost your employability and set you on the path to success.

- 1 FULLY FUNDED YOU PAY NOTHING
- 2 100% FLEXIBLE (ONLINE) YOU CHOOSE TRAINING DAYS
- 3 EMPLOYABILITY SUPPORT CV & INTERVIEW PREPARATION

**Free practical online training courses to boost employability** (8 hours in total)

Options are:

- **Intermediate and advanced Excel**
- **Practical Accounting**
- **Self-Assessment Tax (learning how to calculate tax for the self-employed)**
- **Practical payroll Training (understanding tax codes and income tax deductions).**
- **These courses are 100% flexible, meaning that learners can choose their training days.**
- **There is also some employability/ CV Support if needed.**

Eligibility: 19+ and without GCSE Grade C (4)

For more information, call **020 8124 1289** Email [info@kbmtr.com](mailto:info@kbmtr.com) or visit [www.kbmtr.co.uk](http://www.kbmtr.co.uk)

## Epping Forest Community Lottery



**Epping Forest Community Lottery is an exciting weekly lottery raising money for local good causes.** The lottery is a chance for residents and visitors alike to support local charities and good causes, while also getting the chance to win cash prizes. Players supporting the Epping Forest Community Lottery are supporting Epping Forest.

**Tickets for the lottery cost just £1.** You can choose which good cause to support from over 50 that are signed up. **Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000.** That's a better chance of winning than the National Lottery or the Health Lottery.

Good causes can apply to be supported by the Epping Forest Community Lottery. There's no limit on the number of causes the lottery supports, and you can apply via the lottery's website at any time.

For more information and to get involved, head to the Epping Forest Community Lottery website [www.eppingforestcommunitylottery.co.uk](http://www.eppingforestcommunitylottery.co.uk)

## Epping Forest District Warm Places



**Warm Places provide a free, friendly, warm and comfortable space for those who need it throughout the winter.**

Find a warm welcome at one of our many sites across the district, visit [www.eppingforestdc.gov.uk/cost-of-living-and-community-support/warm-places-24](http://www.eppingforestdc.gov.uk/cost-of-living-and-community-support/warm-places-24)

## NEW Dementia Support Webpage



Visit the Epping Forest District Council dedicated webpage for information, advice and support on living with dementia.

[www.eppingforestdc.gov.uk/community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)

## Carers Support Programmes

4-week support programmes for carers looking after loved ones living with dementia.



**This is a series of carers support programmes, funded by the Essex County Council's community carers fund in partnership with Buckhurst Hill Parish Council, that will run across different areas of the district for carers looking after loved ones living with dementia.**

This programme is to inform carers of the local support that is available and explore creative ideas for their own well being as well as their loved ones.

It is time away from a caring role in a safe, friendly and supportive environment.

Each session runs for 2 hours, once a week over 4 weeks.

For enquiries and bookings contact Karen Murray  
[kmurray@eppingforestdc.gov.uk](mailto:kmurray@eppingforestdc.gov.uk) / 07789 372196



**Adults 18+**  
 Wk 1: Monday 11 Nov  
 Wk 2: Monday 18 Nov  
 Wk 3: Monday 25 Nov  
 Wk 4: Monday 2 Dec  
 10am – 12 noon  
 Waltham Abbey Leisure Centre, Hillhouse, Waltham Abbey EN9 3EL

**Adults 18+**  
 Wk 1: Wednesday 8 Jan  
 Wk 2: Wednesday 15 Jan  
 Wk 3: Wednesday 22 Jan  
 Wk 4: Wednesday 29 Jan  
 10am – 12 noon  
 Ongar Fire Station, High Street, Ongar CM5 9DT

**Adults 18+**  
 Wk 1: Monday 3 Feb  
 Wk 2: Monday 10 Feb  
 Wk 3: Monday 17 Feb  
 Wk 4: Monday 24 Feb  
 11.15am – 1.15pm  
 St Mary's Church Hall, Theydon Bois, CM16 7ER

**Adults 18+**  
 Wk 1: Wednesday 19 March  
 Wk 2: Wednesday 26 March  
 Wk 3: Wednesday 2 April  
 Wk 4: Wednesday 9 April  
 10am – 12 noon  
 Victory Hall, Chigwell IG7 6QX

**Adults 18+**  
 Wk 1: Wednesday 16 April  
 Wk 2: Wednesday 23 April  
 Wk 3: Wednesday 30 April  
 Wk 4: Wednesday 7 May  
 10am – 12 noon  
 Sheering Village Hall, Sheering CM22 7LX

## Visit Epping Forest



**Things to See and Do.** There's so much on offer across the district including activities which are free and ideal for families. It's all to be found at [www.visiteppingforest.org](http://www.visiteppingforest.org) along including helpful information, local history, an event listing to keep you well informed, and so much more. Whether you want to relax, explore, discover, stay, eat or admire, there's something for everyone. And best of all – it's right up your street.



### THINGS TO DO

[www.visiteppingforest.org/things-to-do](http://www.visiteppingforest.org/things-to-do)

### EVENTS

[www.visiteppingforest.org/events](http://www.visiteppingforest.org/events)

### EXPLORE

[www.visiteppingforest.org/explore](http://www.visiteppingforest.org/explore)



### TOWNS & VILLAGES

[www.visiteppingforest.org/town-and-villages](http://www.visiteppingforest.org/town-and-villages)

### FOOD & DRINK

[www.visiteppingforest.org/food-and-drink](http://www.visiteppingforest.org/food-and-drink)

### STAY

[www.visiteppingforest.org/accommodation](http://www.visiteppingforest.org/accommodation)

## Discover Local App



**Discover the district with the Discover app.** Epping Forest District Council has teamed up with the Discover App to showcase amazing places, events and experiences across the district.

**What is the Discover App?** The app shows what's happening in your community including places to eat, where to shop and fun events for all ages. It's easy to use and you can personalise your preferences when you first sign up so that it only shows what interests you. If your tastes change, you can quickly and easily modify your preferences through the app settings.

Download the app for free and discover what you've been missing.

Just search 'Discover App' in your app store!



Visit [www.discoverapp.co.uk](http://www.discoverapp.co.uk)

## Digital Skills Drop-in

**FREE**



-  **Every Thursday**
-  **9.30am – 12.30pm**
-  **The Epping Community Hub,  
Civic Offices,  
323 High Street,  
Epping CM16 4BZ**
-  **Chris Seaman  
[communityhub@vaef.org.uk](mailto:communityhub@vaef.org.uk)  
or call 07529 222655**

**Visit our drop-in centre in Epping for help, support and advice from friendly and experienced staff to help you improve your digital skills.** Get support with: Zoom, Banking, Social Media, Health Appointments etc. Drop-in service is free of charge, no appointment or booking needed.




# Future Events

## Epping Forest Dementia Fair 2025

FREE




 Epping Forest District residents affected by dementia or those interested to know more

 Saturday 17 May 2025

 10am – 2pm

 Sheering Village Hall,  
Sheering, CM22 7LX

 01992 564226  
cw@eppingforestdc.gov.uk

**The Dementia Fair will provide lots of information and advice for people living with dementia and their families and carers.**

For more information about support within Epping Forest district visit Dementia website [www.eppingforestdc.gov.uk/community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)

## Awareness Raising – Dementia Action Week 2025


Asking the  
same question  
over and over again.  
over and over again.  
over and over again.



**It's not called  
getting old, it's  
called getting ill.**

 All carers supporting a person with dementia

 19–25 May 2025

 01992 564226  
cw@eppingforestdc.gov.uk

**Dementia Action Week is an awareness raising campaign. Each year, the Alzheimer's Society works with individuals and organisations across the UK to encourage people to 'act on dementia'.**

There are currently around 900,000 people with dementia in the UK. This is projected to rise to 1.6 million people by 2040.

Epping Forest District Council and partners support Dementia Action Week by highlighting the dementia friendly groups and support within the district.

For more information about support within Epping Forest district visit Dementia website [www.eppingforestdc.gov.uk/community/dementia](http://www.eppingforestdc.gov.uk/community/dementia)



# EPPING FOREST COMMUNITY

L O T T E R Y

Support your local good causes and take part in the Epping Forest Community weekly lottery

**WIN UP TO**  
**£25,000**

**£1**  
TICKETS

Visit the website for more information and to sign up  
[www.eppingforestcommunitylottery.co.uk/support/find-a-good-cause](http://www.eppingforestcommunitylottery.co.uk/support/find-a-good-cause)

18+

GambleAware

 Epping Forest  
District Council

EPPING FOREST COMMUNITY

LOTTERY

SUPPORTING GOOD CAUSES IN THE EPPING FOREST DISTRICT





Booking and paying for your favourite activities is quick and easy on your computer, tablet or smart phone!

Simply visit

[eppingforestdc.bookinglive.com](http://eppingforestdc.bookinglive.com)

**Please use this link to sign up for EFDC weekly news updates from Epping Forest District Council**

(you can unsubscribe at any time)

 **Epping Forest District Council**  
[www.eppingforestdc.gov.uk](http://www.eppingforestdc.gov.uk)

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