

Wellbeing at Garon Park Newsletter



May 2024
Issue 14
Summer Edition

“NEW” GARON PARK COMMUNITY CENTRE

Garon Park are delighted to welcome two new partners to the site in our new community centre.

Little Heroes

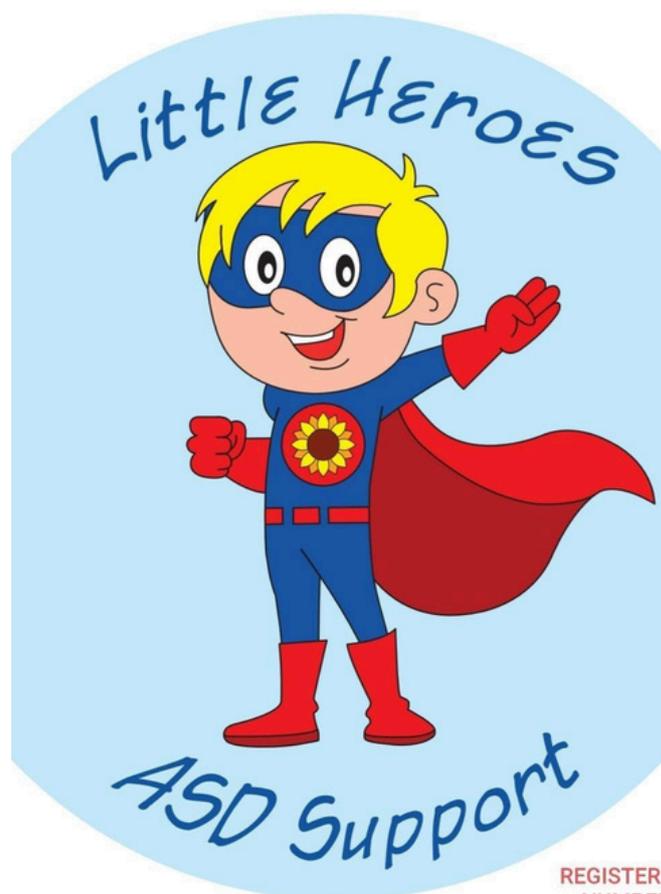
Little Heroes ASD Support Group is a parent led support group for families of children who are on the autistic spectrum.

Their intentions are that all children no matter what their ability/ disability is that they will be able to participate in activities and events that other neurotypical children can do.

Operational times!
Contact below for details

Little Heroes ASD support group hub, Garon Park Community Centre, Garon Park, Southend-On-Sea, Essex, SS2 4FA

<https://littleheroesasd.co.uk/>



REGISTERED
NUMBER

Open Arts

Open Arts is a community arts and health programme, which helps manage and maintain mental health and wellbeing through creativity.

Come and be creative with Sally on the next Open Arts course starting Tuesday 11th June for 9 weeks on Tuesdays, 11am to 1pm.

£10/£5 concession per week.

To sign up or refer call Jo 07580 982 462 or email jo.keay@nhs.net

SUMMER ACTIVITIES

Holiday Activity and Food Programme

Is your child aged 8-11 years? Would they enjoy taking part in nature activities, sports, arts and crafts here at Garon Park over the summer holidays? Do you want them to have fun, learn something new and improve their health and wellbeing?

If the answer is yes and they are on Free School Meals, please contact atfcommunity.com to find out more.



SUCET Summer Soccer School

The summer soccer school will be running again this holiday, offering plenty of fun and interactive sessions to children aged 5-13.

The camps consist of plenty of fun, skills, drills and football-themed days, including competitions and opportunities to win prizes in addition to visits from Southend United players.

Book online or contact Dan King on 01702 341351 or d.king@southendunited-cet.co.uk for more information.

<https://www.sufcommunity.co.uk>



Garon Park Summer Event

Wednesday 28th August, 12pm-5pm.

Join us for a fun filled afternoon of activities including; a fairy trail, face painting, arts and crafts, a play zone and fairground games with prizes! Ice creams, cream teas, burgers and pizzas available.

Tickets £1 per adult, £5 per child.



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: 01702 965959

The Boundary Essex

Email: info@the-boundary.uk
Website: www.the-boundary.uk
Phone: 01702 770033

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: 01702 965959

Garon Park Youth

Email: garonparkyouth@gmail.com
Website: www.garonpark.com
Phone: 01702 965959

Padel4All

Email: garonpark@padel4all.com
Website: padel4all.com/garonpark
Phone: 01702 683040

SUCET

Email: info@southendunited-cet.co.uk
Website: sufccommunity.co.uk
Phone: 01702 341351

SUCET Youth Hub

Email: j.medland@southendunited-cet.co.uk
Website: sufccommunity.co.uk
Phone: 01702 341351

Little Heroes

Email: bookingslittleheroes.asd@gmail.com
Website: www.littleheroesasd.co.uk
Phone: 07379897947

Open Arts

Email: jo.keay@nhs.net
Website: www.openartsessex.org
Phone: 07580982462

Raw Learning

Email: info@rawlearning.co.uk
Website: www.rawlearning.co.uk
Phone: 07536983299

WE NEED YOUR HELP!!



Volunteers Wanted

www.garonpark.com

Gardening, conservation and friendship.

If you have a few hours to spare and are interested in gardening, we have lots of different projects you can get involved in from our community gardens which include allotment raised beds, herb gardens, dry gardens and a small orchard to mowing, strimming and watering. There are lots of things to get involved in while enjoying friendship and the great outdoors. Support and guidance provided.

Why not call or pop in to take a look.
Scan the QR code to visit our website to find out more.

01702965959
www.garonpark.com
enquiries@garonparkcic.com

GARON PARK
CONNECTING COMMUNITIES

wellbeing
@garonpark

