

Essex

ACTIVate

Family Pack



Things to do · Foodie Fun · Explore the Outdoors · Family Support

Spring 2022

Things to do this Easter Holiday

Take a look at the table below to find activities happening in your region over the Easter break and beyond.

If you've got children ages 13+, youth clubs offer great support! Head to the Essex Youth Service [website](#) to find clubs near you, including a number of clubs dedicated to those with additional needs.



FIND YOUR ACTIVE

Search for both online and face to face sessions near you, with our handy Activity Finder - [Click here](#). You can filter by free or paid activities!

Explore country parks near you with our handy Daily Mile maps - [click here](#) to view more maps!



North Essex	Mid Essex	South Essex & Thurrock	West Essex
<p>Colchester - Roman Trivia Trail Take a walk through Colchester Town Centre and discover the Roman history that can be found right under your feet! Then submit a drawing of Roman Colchester, or your own exciting fact to receive a little prize! Get involved: Head to visitcolchester.com to download the map Cost: FREE</p>	<p>Chelmsford - Hylands Park Hylands Estate is home to an award-winning accessible castle-themed adventure playground. You can also explore over 574 acres of parkland, the house, gardens & stables. Get involved: The Hylands Park entrance, CM2 8FS, is closest to The Adventure Playground Cost: FREE, parking charges apply</p>	<p>South Essex - Langdon Hills Country Park Egg-rolling competition: On Easter Sunday join the 3rd annual Egg-rolling competition at Langdon Hills. Then explore the park, do some bird-watching and search for the strange wood carvings in the forest. Get involved: Easter Sunday, 2pm Cost: £2 for your egg</p>	<p>Harlow - Herts & Essex Community Farm - Easter Egg Hunt This year the team are bringing back their popular Easter Egg Hunt, as well as lots of games, food and refreshments. Get involved: Sat 16th April, 2022, 12-2pm. Pre-booking not required Cost: Price TBC</p>
<p>Natural History Museum Get up close to creatures great and small, past and present, at this family-friendly museum. Get involved: Open Tues-Sun each week. 66 High St, Colchester CO1 1DN. Cost: FREE</p>	<p>Essex Police Museum Find out about how crime is detected, discover stories about some of the criminals. Get your prints taken before trying out the recreation of a police cell and trying on some uniform! Get involved: The museum is open every Saturday from 10am-4pm. Cost: FREE</p>	<p>Wat Tyler Country Park Explore 125 acres of trails, and look out for wildlife and sculptures at this great family park. Plus, this April enjoy self-led Easter trails! Please be aware the adventure park is closed for refurbishment. Get involved: Join a self-led Easter Trail at the County Park on Mon 4th - Fri 8th and Mon 11th - Sun 17th April 10.30am-3.15pm Cost: Trails estimated to cost £4 per child</p>	<p>Pet's Corner This friendly little farm offers the chance to meet rabbits, chickens, ducks, reindeer, llamas and alpacas! Get involved: Located in Harlow Town Park, just a 10-minute walk from Harlow Town train station. Cost: FREE</p>
<p>Abberton Reservoir, Easter Eggsplorer! Take a walk around the reserve and complete the Easter Trail to collect your pin badge prize! Then create your own Easter crafts to take home. Get involved: Visit the Abberton Reservoir Nature Discovery Park on 17th or 18th April, any time between 10.30am - 3.30pm. Cost: £4 per child, accompanying adults go free.</p>	<p>White Elm Petting Farm Enjoy an afternoon at this family run petting farm with over 100 animals including goats, alpacas, sheep, pigs and rabbits. The ticket price also includes entry to the Play Barn soft-play area! Get involved: Open Mon-Sun, 2 sessions each day either 9am to 12.30pm or 12.30pm to 4pm. Please be sure to book online beforehand. Cost: Under 2's - FREE, 2-12-year-olds - £4.95, Adults - £5.95</p>	<p>Rayleigh Windmill Rayleigh Windmill is a 200 year old Grade II listed building where you can learn how the Windmill worked, climb to the top, try the quiz in the museum, dress up in traditional costumes. Get involved: Open Wed 10am - 1pm & Sun 1 - 4pm Cost: Entry is free of charge but a donation of £1 per person is suggested</p>	<p>Parndon Wood Nature Reserve A lovely woodland to explore as a family. As an extra treat youngsters could join in with Easter themed craft drop-in sessions, run by Twinkle & Snug. Get involved: Craft sessions include hanging butterflies, bird houses, squirrel plant pot and wind chimes. Cost: FREE</p>
<p>Cudmore Grove Country Park Enjoy a day out at this park & beach, with walking trails through meadows, a playground & the ruins of a 16th-century fort. Get involved: Open daily from 8am-dusk Cost: FREE</p>	<p>Braintree - Active Families Together Free weekly after school club, providing fun on inclusive games and fitness activities. Snacks and drinks will be provided too. Get involved: Wednesdays 3.45-4.45pm, for 12 weeks, starting in April. 5 Springwood Dr, Springwood Industrial Estate, Braintree CM7 2GB Cost: FREE - please email richard.moss@childrenssociety.org.uk to get involved</p>	<p>Thorndon Country Park Walk through the forest spotting all your favourite characters from The Gruffalo books by Julia Donaldson. Get involved: No booking required, pathways are buggy and wheelchair friendly. Opens daily at 9.30am Cost: FREE, parking charges apply</p>	<p>Epping - Epping Forest District Museum Enjoy 2 Easter activity drop in sessions for youngsters. Pop in any time between 10.30am - 3.30pm to take part in: - Make an Easter Chick in a basket - 5th April - Make an Easter bonnet - 12th April Cost: Activities are £2.30 per child. Children must be accompanied by a responsible adult.</p>
<p>Tendring - Naze Family Fossil Discovery with the Essex Wildlife Trust Head out on a group fossil hunt on the beach! Get involved: Fri 8 April 10am-11:30am or Thurs 14 April 2pm-3:30pm. Meet at the Naze Nature Discovery Centre. Cost: £3 per person. Please note pre- booking is essential.</p>	<p>Brookes Nature Reserve Step into this wonderful pocket of ancient woodland and meadows, filled with wildflowers in spring. Get involved: This nature reserve is accessible at all times Cost: FREE.</p>	<p>Leisure Island Fun Park Treat the kids to a day out at this seafront fairground! Ideal for youngsters from 18-months to 9-years-old. Get involved: Open every Saturday and Sunday from 10.30am-5pm Cost: £7 wristband provides access for the whole day. Accompanying adults ride free</p>	<p>Redwings Horse Sanctuary Redwings Ada Cole is home to 80 horses, ponies and donkeys, rescued from across the UK. They provide them with a safe place to live and provide lifelong care. Get involved: The sanctuary is open to the public one weekend per month, in April this is Sat 30th April & Sun 1st May Cost: FREE, donations encouraged</p>
<p>Harwich Redoubt Fort For budding history buffs this impressive circular fort makes a great day out! Get involved: The fort is open every Sunday from 10am-4pm. Cost: Adults £4, children go free.</p>	<p>Gants of Braintree Gants' refers to the little access routes that lead to the old market square. Some have very silly names and it's a fun game to challenge your teenagers and kids to find them all. Get involved: the six main Gants are: Bird In Hand Gant Pig's Head in the Pottage Gant Leatherworkers Gant Hilly Gan Bailey's Gant Osborn's Cost: FREE</p>	<p>Thurrock - Chafford Gorges Nature Discovery Park Set in a spectacular position overlooking Warren Gorge, this park offers 200 acres of green space for numerous wildlife, providing a great day out for all the family. Get involved: the park is open all year round, however the discovery centre is currently closed. Cost: FREE</p>	<p>Epping Forest Epping Forest is a magnificent resource for people and wildlife, allowing visitors to explore the open grasslands, majestic oak, beech and hornbeam woodlands, as well as watching pondlife and listen out for birds and insects. Get involved: There is good public access, with tube, train and bus routes and stations around it, as well as plenty of car parks. Cost: FREE</p>
<p>Thrive Outdoor Wild Gym Go wild this Easter at this outdoor obstacle course / mud run! Get involved: The Wild Gym is located at Devereux Farm, Island Lane, Kirby le soken, CO130DA. Be sure to wear clothes you don't mind getting mucky Cost: £4 per person, allowing you access all day.</p>	<p>Maldon - Promenade Park With riverside walks, play areas, a sandpit, a skate park and an ornamental lake - this park makes a great day out! As an extra treat why not take some seeds to feed the ducks and swans? The Splash Park is also due to re-open in 2022 after renovation! Get involved: the park is open all year round Cost: Use of the park is free, however Splash Park and parking charges apply</p>	<p>Essex Fire Museum The Essex Fire Museum gives visitors the opportunity to take a fascinating look at the history of the Fire Service here in Essex. Get involved: The next open days are April 5th, 12th, 19th, 24th and 26th. Pre-booking in essential - museum@essex-fire.gov.uk / 01376 576847 Cost: FREE</p>	<p>Uttlesford - The Forgotten Gardens of Easton Lodge Explore the stunning gardens, tree glade, and blooming wildflowers during one of the Lodge's open days. Plus, you are welcome to bring your own picnic! Get involved: Please park in designated car park as parking is not permitted on Park Road Cost: Adults £4.50, children under 16 go free</p>

ActivAte Self-care Mode

It's time to look after you, whilst getting active

Leading busy and hectic lives, often means we forget to look after ourselves. Looking after children, earning money, and putting dinner on the table often means that parents and guardians are constantly busy. But good physical and mental health for ourselves and our family is the most precious asset in life!

To care for your physical and mental wellbeing, you don't need to take part in organised sport or taking evenings out of the week to get active. We can make small changes to our busy lives to truly benefit us, short term, and long term! Even just short 10-minute bursts of brisk walking to pick the kids up or having a dance in the kitchen whilst the dinner cooks, can increase mental alertness, energy and enhance your mood – therefore benefitting many aspects of your life!

Whilst getting active is great for your physical and mental wellbeing, it's important to take time to relax. Mindfulness is a great way to connect with yourself and make you more present in your day-to-day life. A simple 5 minute breathing exercise before bed or a deep stretch first thing can give you some 'you' time. Find Your Active have simple videos for you to follow along, if you need some guidance.

Visit www.activeessex.org/find-your-active/workout-channel/ to find a video that suits you.

If you would like some more guidance in caring for your mental wellbeing, Mind charity are here to support you –



Mind: www.mind.org.uk
0300 123 3393



Foodie Fun

Cooking and eating food can be great quality time for families, but can sometimes be clouded by stress! Why not let little ones get creative with things you might otherwise throw away, so that you can focus on getting dinner ready?



Eggshells

#GrowWithEssexActivAte and win prizes – Your child should have received an activity pack and may have been given some seeds too! Take a look at page 7 of their pack to find out how to grow the seeds in eggshells. Share your photos with use on social media @EssexActivAte to be entered into our exciting prize draw!

Sensory collage

Quickly wash used shells and leave them to dry, before popping them in a bag for little ones to crunch and break up. If you happen to have any food colouring you can put a few drops in the bag and the shells will soak it up. Once dry, children can use the pieces of shell to create a cool picture or collage! Children could also make a collage with vegetable peelings.

Grow food using kitchen scraps

Did you know you can grow new fruits and vegetables using the bits you might otherwise throw away? This is not only a great way to help your money go further, but it's also great fun for kids!

The easiest one to do is grow new lettuce – simply keep the stalk, ensuring there is at least 3cm remaining, and place it in a bowl with 2cm of water. Pop this in a sunny spot and watch for signs of new life (this can be as quick as 3 days)!



Potato printing

Using off cuts of potatoes to create prints and patterns with paints!

FULL TIME
GET COOKING WITH
MARCUS AND TOM

Keep an eye out for your Full Time Meals recipe cards - Alongside this booklet, you should have received two recipe cards from Tom Kerridge and Marcus Rashford's Full Time Meals campaign.

Whatever you cook up, send us a photo on social media @EssexActivAte, to be entered into our new prize draw!

If you cook the omelette, try and keep some of the eggshell intact and get the kids involved in one of the activities below?

Find Support

We are working with a network of organisations across Essex to support you and your family. Whether you are looking for family guidance, ways to save money or finding out about courses and training – take a look at the list below to get started.



Essex Child and Family Wellbeing Service

To access a range of health and wellbeing information to support you and your family, head to www.essexfamilywellbeing.co.uk, visit your nearest family hub or delivery site, or come to a drop-in session (view the timetable online).

Community 360 & partner organisations



The Essex Family Support Service offers early help for families with children and young people aged 8-19, to help you build a happier life together. They will listen to you and take the time to work with you to find solutions. Visit www.community360.org.uk to get started.

Family Hubs Network



Family Hubs Network are here to ensure families with children and young people aged 0-19 can access integrated early support to overcome difficulties and build stronger relationships. Visit www.familyhubsnetwork.com/hubs to find a hub near you.

Adult Community Learning



ACL offer a wide range of free interactive courses, covering everything from first aid, budgeting, and parenting, to wellbeing, mindfulness, and crafts. Most sessions take place online, with some face to face crafts, story-time and parenting sessions available. Visit www.aclessex.com/community-family-learning to find out more.

Essex Library Services



Why buy when you can borrow? Alongside free borrowing of books/DVDs and free use of computers, Essex Libraries have now launched their own 'Library of Things!' This offers a wide range of items to borrow for free - from bread makers and sports equipment, to telescopes and drum kits. Library members (18+) can reserve items using the library catalogue and collect from one of five libraries or your nearest mobile library.

Foodbanks



The cost of food adds up quickly and there are all kinds of circumstances in which a family may need support in putting food on the table. For info about your local foodbank email essex.partners@essex.gov.uk or pop into your local Citizens Advice Bureau. may need support in putting food on the table. For info about your local foodbank email essex.partners@essex.gov.uk or pop into your local Citizens Advice Bureau.



Finance Focus



All finance challenges can be solved and there are lots of organisations that offer free help.

Essex Floating Support gives housing related support, including how to:

- maintain your tenancy and prevent homelessness
- budget your money
- manage debt
- claim welfare benefits

To access Essex Floating Support Service visit www.peabodycareandsupport.org.uk/essex-out-reach-support/. Alternatively, you can call **0800 288 8883** or email efsc-ordinator@peabody.org.uk.

Essex Credit Unions

Credit unions are community co-operatives that provide savings and loans to their members. They can help you save regularly and borrow responsibly. Visit www.findyourcreditunion.co.uk to search for one near you.

Funds you may be able to apply for:

Essex Essential Living Fund – This grant system is open to anyone living in Essex. Applicants need to answer questions about income and savings, and give proof of their financial situation. Grants can be used to pay for furniture, clothing, fuel connection charges and daily living costs.

To apply visit www.southend.gov.uk/extrajfinancial-help/essential-living-fund

Healthy Start Voucher – You may qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4. This voucher can be used for healthy foods, including fruit & vegetables, milk and pulses. Plus, you can get free vitamins.

To apply visit www.healthystart.nhs.uk/howto-apply/

Who else can I speak to for free debt and money advice?

Citizens Advice – visit www.citizensadvice.org.uk/debt-and-money/ or pop into your local Citizens Advice Bureau

Turn2us – visit www.turn2us.org.uk

StepChange – visit www.stepchange.org or freephone **0800 138 1111**

National Debtline – visit nationaldebtline.org or call their free helpline on **0808 808 4000**

The Money Advice Service – visit www.moneyhelper.org/en

Christians Against Poverty – visit capuk.org or call their free helpline on **0800 328 0006**





Fresh air helps promote good sleep, whilst sunshine gives you essential Vitamin D.

Get outside this Easter and explore your local area. Experiences in the great outdoors, connecting with nature, whether in our villages, towns, cities or on the coast, will make us happier and healthier.

You don't need to buy a ticket to get outside and be active, or any special equipment!

Whether it's a stroll with the kids to the local playground, a sunny afternoon on the beach or a jog around the block with a friend, it's all free for you to enjoy whenever you want to.

For more ideas, visit activeessex.org/find-your-active/ways-to-keep-active/keep-active-outdoors/

On the weekend of 27-29th May, RideLondon will be coming to Essex for the first time; the UK's biggest cycling festival across 3 days.

To help get Essex excited, we want you and your family to actively travel to as many places as possible on your bikes, by walking, or even on your scooters! Travelling actively is a great way to spend time with the kids, explore new places and get moving in the fresh air. We've got plenty of ways you could do this, so check out our Active Travel toolkit at:

www.activeessex.org/children-young-people/active-travel/



To find more things to do outdoors visit www.visitessex.com/explore

Get Active with our [YouTube](#) channel