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£30k boost for community projects from Kao SEED Fund - page 7

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Epping & Harlow Community Transport wants volunteer car drivers

Epping & Harlow Community Transport is the local charity enabling independence and connection for those who need it most. For many patients, getting to hospital appointments or essential services can be a real challenge. **Your support helps patients attend vital appointments and stay connected to care.**

Since 2001, and as an independent charity since 2015, we've provided thousands of safe, flexible journeys across Harlow, Epping, and beyond. This year alone, we've supported **over 60,000 trips** – from essential hospital visits to social activities that keep people connected.

We are growing and urgently need **volunteer car drivers**. Volunteering with us is hugely rewarding – **what a difference you can make!** Even an hour of your time can transform someone's day.

Many volunteers say they never realised how much a simple journey matters until they helped make it possible.

To make volunteering easier, all out-of-pocket expenses are paid. If you'd like to help keep this lifeline going, please get in touch:

www.efcommunitytransport.co.uk

efct@efcommunitytransport.org.uk

Tel: 01992 579556



Read our latest newsletter [here](#)

List your events on [Rainbow Services website](#)

Please contact info@rainbowservices.org.uk with details of the event and we will add the info to the calendar.

Next Harlow Connected out on 6 January.

Content to ian.tompkins@nhs.net by 4pm on 5 January.



HARLOW'S BACK FOR CHRISTMAS.

LIGHT UP BROAD WALK **CHRISTMAS MARKET**
6TH DECEMBER 2025 **13TH - 21ST DECEMBER**
FROM 1PM ONWARDS **10AM-8PM DAILY**

For more details visit
www.harlow.gov.uk/christmas

Christmas in Harlow Brought to you by **HARLOW** | BUILDING HARLOW'S FUTURE.



**WASSAIL
WINTER
FESTIVAL AND MARKET**

SATURDAY 13TH DECEMBER | 12:00 - 17:00

Join Matipo Arts in Harlow Museum's Walled Gardens for a winter festival with stalls of artisan makers, live music, and festive folk traditions.

HARLOW | BUILDING HARLOW'S FUTURE.

NEWS FROM HARLOW COUNCIL (3)

Council set to introduce new procurement policies to create more opportunities for local businesses

Harlow Council is set to introduce a new Social Value Policy and a refreshed Procurement Strategy to ensure that every contract and every pound spent delivers measurable benefits for the town.

The new policies – which will be considered at the next meeting of the Council’s Cabinet – will place residents, local businesses and community outcomes at the centre of all procurement activity. They are designed to ensure that council spending generates wider social and economic value by supporting local jobs, creating more opportunities for small and local businesses, strengthening local supply chains and keeping more investment within Harlow. This will help boost the local economy and deliver better value for every pound spent.

The updated Procurement Strategy reflects the requirements of the Procurement Act 2023 and places a strong emphasis on transparency, integrity and maximising public benefit. It simplifies processes, encourages innovation and ensures that whole-life value – rather than cost alone – is considered in procurement decisions. This is expected to result in improved services and stronger community outcomes for residents.

Both policies include clear performance monitoring and public reporting to ensure accountability and demonstrate the benefits being achieved for Harlow. They form an important part of the council’s wider transformation programme and support its commitment to delivering better outcomes for residents and businesses.

Announcing the new policies, Councillor Dan Swords, Leader of Harlow Council, said:

“We’re changing the way this council works – making sure every contract delivers real, measurable benefits for Harlow.

“With a strong Social Value Policy and a modern Procurement Strategy, we will open up more opportunities for local businesses, support local jobs and drive innovation.

“This is another important step as we transform the council and continue Building Harlow’s Future.”

NEWS FROM HARLOW COUNCIL (4)

(Click on image to open hyperlink)



NEWS FROM FOR BABY'S SAKE TRUST

(Click on image to open hyperlink)



NEWS FROM RAZED ROOF

Razed Roof's Colossal Chit Chat - 29 January 2026

Our Razed Roof Colossal Chit Chat at Harlow Playhouse on Thursday 29th January 2026 (7pm - 9.30pm) is now ready to book.

Razed Roof are pleased to welcome our community to join us at this exciting opportunity to contribute to discussions and ideas for our project 'Health Aware'.

Your involvement will inform our creative work as we devise our next production: 'Well, Well, Well' to be performed in May at Harlow Playhouse.

There will be an introduction and some short improvisations from Razed Roof to get discussions started, then everyone will have opportunities to share a range of thoughts and experiences around the topic of our health, care, and our NHS.

Razed Roof's 'Health Aware' project is working closely in partnership with Princess Alexandra Hospital; and linking with various community groups in Harlow, and the Francis Crick Institute, London.

We are grateful that this project is supported by Harlow Council Public Health Community Fund

Book on the link or through the Playhouse Box Office: all proceeds will be donated to Cancer Research UK

<https://harlowplayhouse.co.uk/event/razed-roofs-colossal-chit-chat/>

NEWS FROM KAO DATA

£30,000 boost for Harlow community projects thanks to Kao SEED Fund

Twenty Harlow-based community groups are celebrating new funding awards from the [Kao SEED Fund Harlow](#), sharing a total of £30,000 to power community initiatives that create positive social and environmental change.

Run by advanced data centre operator [Kao Data](#), the second Kao SEED Fund (Social Enterprise and Environment Development Fund) was launched in September, as part of the company's ongoing commitment to supporting the town where it operates its world-class AI data centre campus.

Developed in partnership with Harlow Council, the fund offered grants of between £500 and £2,500 to local community groups and not-for-profit organisations to help launch new programmes or create new pilot initiatives.

The wide-ranging projects includes funding to support: a fully sustainable theatre production of Alice in Wonderland; a women-only boxing programme, free tuition for disadvantaged pupils and a forest garden for a Scout group.



Picture shows: Kelly Harman, Public Health Improvement Practitioner at Harlow Council and Lizzy McDowell, Director of Marketing at Kao Data, with some of the Kao SEED Fund recipients - Rise Community CIC; Razed Roof; Harlow Arts Trust; PATACC Befriending; Victoria Hall Performing Arts Association; Norman Booth Recreation Centre; The Parent hood of Harlow; Butterfly Effect Wellbeing and Open Road Football.

Councillor Dan Swords, Leader of Harlow Council, said: "In Harlow, we are building a community where innovation, opportunity and local pride go hand in hand. The Kao SEED Fund is a fantastic example of how business and local government can work together to invest in the people and projects that make a real difference. The Harlow SEED Fund will help community groups across our town to roll out new projects or fund existing work, in order to reach more residents, and continue to make Harlow a great place to live."

Lizzy McDowell, Director of Marketing at Kao Data, added, "We have been so impressed with the creativity and dedication behind the community projects across Harlow. It was incredibly difficult to narrow down the applications, but we're thrilled to support a further 20 inspiring groups, through our Kao SEED Fund initiative, that make such a tangible difference, from environmental programmes, arts initiatives through to youth and wellbeing projects."

The Kao SEED Fund was launched for the first time in Harlow in September, in order to recognise and invest in community-led projects that make the town a better place to live and work.

The 20 funded Harlow projects are: Butterfly Effect Wellbeing; Changing Lives Football; Epping and Harlow Community Transport; Harlow Arts Trust; Harlow Band Stand; Harlow Hospital Radio; Matipo Arts; Norman Booth Recreation Centre; Open Road Vision; PATACC; Plant pots and Wellies; Potter Street Health & Wellbeing Hub; Razed Roof; Rise Community; Roots to Wellbeing; The Frequency Machine; The Parent Hood of Harlow; The Scouts; The Victoria Hall Performing Arts Association and Yellow Brick Road.

Continued on next page

NEWS FROM KAO DATA (2)

£30,000 boost for Harlow community projects thanks to Kao SEED Fund (cont from previous page)

1. **Butterfly Effect Wellbeing** - will use the funding to grow their community garden project to give more people the chance to get involved in growing vegetables, building connections, and enjoying the therapeutic benefits of gardening.
2. **Changing Lives Football** - the Community Football Initiative will see weekly football sessions for children from low-income families and the Mental Health kick around will support a football team for migrants and asylum seekers to help bring communities together.
3. **Epping and Harlow Community Transport** - will use the funding to recruit and retain more volunteer drivers to support Harlow residents unable to use public transport.
4. **Harlow Arts Trust** - will use the funding to expand the Cycle Create & Move Initiative (CCM) by running a new training programme to recruit new artists and give more training to CCM artists.
5. **Harlow Band Stand** - will use funding to re-build the town's band stand.
6. **Harlow Hospital Radio** - replacement and upgrade of studio equipment and other equipment which will be used both in studio broadcasting and outside events in Harlow and the wider Essex and East Herts area.
7. **Matipo Arts** - creates productions, facilitates workshops, and holds events in pursuit of a world in which all people have equal access to, and ownership of, theatre and arts. The funding will evolve their creative wellbeing project "Walk, Talk, Do, Care" for unpaid carers, caregivers and socially isolated individuals.
8. **Norman Booth Recreation Centre** - The Men's Kitchen project empowers men to come together to learn cooking skills, make food and connect while enjoying what they've made.
9. **Open Road Vision** - the funding will expand the Walled Garden Community Project, run by volunteers for Open Road's clients in recovery from drug and alcohol addiction.
10. **PATACC** - funding will be used to recruit 14 volunteers, provide them with befriending, safeguarding and health and safety training to equip them with the skills that will empower them to provide effective befriending services to enhance the social lives of our community citizens who experience loneliness and isolation.
11. **Plant pots and Wellies** - will use the funding to install an off-grid solar energy and storage system in one of their cabins, transforming how their community uses and enjoys the shared space.
12. **Potter Street Health & Wellbeing Hub** - the funding will support a Community Garden set up to help and bring together the local community of South East Harlow, and to provide children with an area that is safe and environmentally friendly where they can learn about the importance of biodiversity, sustainable energy and also introduce them to gardening.
13. **Razed Roof** - funding will support a devised production based on ideas and information gained through the 'Health Aware' project. The performers in Razed Roof are adults with Learning Difficulties and Disabilities who will use music, dance and drama to raise awareness, inform and entertain audiences in a performance on the Play-house main stage.
14. **Rise Community** - funding will support RiSEBOX, a ladies-only, non-contact boxing programme designed to support those who may face barriers to traditional fitness environments due to cultural, social, or economic factors.
15. **Roots to Wellbeing** - funding will support the Skate and Elevate project, which is a trauma-informed, all-inclusive community initiative that transforms roller skating into a tool for healing, joy, and connection.
16. **The Frequency Machine** - will use the funding to offer local DJ workshops for adults, children and young people to learn a new skill. This is to empower people and help them gain confidence.
17. **The Parent Hood of Harlow** - funding will create secure buggy storage which will sit outside their new premises to support parents.
18. **The Scouts** - will transform a neglected outdoor area next to the Scout Hut into an inspiring forest school-style learning space with an adjoining allotment garden.
19. **The Victoria Hall Performing Arts Association** - A Wonderland Christmas is an annual community-led Christmas production that unites around 80 local volunteers aged 12–80 in creating, performing and managing a professional-quality show.
20. **Yellow Brick Road** - The Closing the Education Gap project will use funding to provide free, high-quality maths and science tuition for disadvantaged Year 11 pupils.

NEWS FROM ARISE INNOVATION HUB HARLOW

Tackling Community Health Challenges Through Innovation

By Angela Makepeace, ARISE Innovation Hub Harlow, angela.makepeace@aru.ac.uk

[Arise Innovation Hubs](#) are excited to collaborate with [Innovate UK](#) and [Medilink Midlands](#) for a series of events this autumn and winter. Our second event focuses on a key theme from the NHS's 10-year plan: making the NHS fit for the future.

As we move from research to reality, **how can we enable more care within the community**, keeping hospitals ready for when they're truly needed? A recent Wellcome Trust paper highlights the need to put research at the heart of health and improve outcomes for all.



Join us as we **explore barriers and opportunities for community-based healthcare innovation**, addressing questions such as:

- How do we turn patchy patient engagement into a proactive, connected network?
- How can research be embedded into everyday care with trustworthy data and incentives?

How do we ensure innovations are adopted and scaled widely?

Event Highlights

Date: Thursday 29 January, 10am – 1pm

Location: Arise Innovation Hub, Harlow Innovation Park, Harlow, CM17 9TX

Agenda Includes:

Future of Healthcare: Remote monitoring and digital co-creation

Lightning Pitches: Innovative solutions from [Seacrest Care Services](#) and [Graphene Trace](#)

Support for Innovators: Insights from [AND Technology & Research](#), [Innovate UK Business Growth](#), and [Connected Innovation](#)

Speakers include:

[Dr Beverley Vaughan](#), Director of [Arise Innovation Hubs](#), [Bruce Adams](#) from [Clinitouch](#), [Dr Alice Byram](#) President of [RSM Digital Health Section](#), [Ebun Ojemuyiwa](#) founder of [CheckUp](#), [Dr Scott Dean](#) CEO of [Sensore Health](#), [Dr Lorraine Morley](#), Innovation and Business Growth Specialist at St John's Innovation Centre, and [Scott Cogman](#) Hubs manager for [Connected Innovation](#).

Places are limited, so register to secure your place: [IN-PERSON EVENT: Community - Driving Local Innovation to Meet Regional NHS Community - Medilink Midlands](#)



CARE WORKSHOPS



Join Rhiannon Faith Company and Mind in West Essex for a 6 week course of free creative wellbeing workshops!

- Workshops are completely free and open to everyone aged 18 and above - no experience needed!
- Explore your creative side and make new friends in a relaxed environment
- Build long term positive wellbeing and mental health
- Use creative writing and movement to explore personal experiences of living with and without care
- Weekly 'care cafe' after each workshop - an opportunity to socialise and discuss mental health over a cup of tea, supported by a Mind in West Essex Mental Health Facilitator
- Created by award-winning choreographer Rhiannon Faith

Next course dates:

Tuesday 6 January, 11:30 - 2:30
Tuesday 13 January, 11:30 - 2:30
Tuesday 20 January, 11:30 - 2:30
Tuesday 27 January, 11:30 - 2:30
Tuesday 3 February, 11:30 - 2:30
Tuesday 10 February, 11:30 - 2:30
At Harlow Playhouse, CM20 1LS

To join, or if you have any questions, email Anna on info@rhiannonfaith.com or call / text 07763 255324.

Please let us know about any access requirements at time of booking, so we can support you in the best possible way.



To access this poster in large print or audio file, please scan the QR code or visit rhiannonfaith.com



FREE 12 WEEK COURSE

LAND ON YOUR FEET

DESIGNED FOR OVER 65s

BUT ANY AGE WELCOME IF YOU FEEL YOU COULD BENEFIT

GET ACTIVE IN A SAFE ENVIRONMENT

IMPROVE YOUR
STRENGTH & MOBILITY

STARTS 10AM
23 JANUARY 2026

VENUE

HARLOW JUDO CLUB
FOLDCROFT
HARLOW
CM20 1SR



TO BOOK YOUR PLACE OR REQUEST FURTHER DETAILS

CALL 07976 955 905

EMAIL HARLOWJUDO@GMAIL.COM

- REDUCE THE IMPACT OF FALLING USING JUDO TECHNIQUES
- IMPROVE YOUR BALANCE AND CO-ORDINATION
- SOCIALISE AND MEET NEW PEOPLE
- FUNDED BY SPORT ENGLAND AFTER A SUCCESSFUL TRIAL



SCAN QR CODE TO
WATCH A CLASS



Get **FREE** meal plans

**FREE FOR EVERYONE
LIVING & WORKING
IN HARLOW!**

Fed up of deciding what to cook every night?

Want to save money on food shopping?

Want to eat healthier?

Then this is for you!

Get a new personalised meal plan & shopping list every week designed just for you - for FREE



Scan the QR code:
or visit



FiveDinners

[FiveDinners.com/MyCommunity](https://www.fivedinners.com/MyCommunity)



**FUNDED & SUPPORTED
BY HARLOW
HEALTH & WELLBEING
PARTNERSHIP BOARD**



NEWS FROM ESSEX POLICE

(Click on image and open hyperlink)



Latest news from Essex Police in the Harlow district

News 3 December to 9 December



Not just 'part of the job': Man sentenced for knife attack on officers

'It is never acceptable to assume assaults on police officers are just 'part of the job'.

That's the message from one of our senior officers after an attacker armed with a knife seriously injured a policewoman in the line of duty.

Declan Diedrick left one officer with an injury to her face which required urgent hospital treatment in an attack in Harlow on 29 December 2023.

NEWS FROM ESSEX POLICE (2)

Make your mark.

Text written with an ultraviolet (UV) pen can only be seen when a UV light is shined onto the item. These are easy to use and a discreet way to mark your property.

For more information on how property marking works, the different methods you can use, the recommended items to mark and how to register them for free visit:

<http://esxpol.uk/vOMbn>

Action Fraud

If you've been the victim of a scam, fraud or online crime (cybercrime) you can report it to Action Fraud: [online](#) or on [0300 123 2040](tel:03001232040) (Monday to Friday 8am to 8pm).

Action Fraud is the national reporting centre for fraud and cybercrime. It collects reports about fraud on behalf of the police in England, Wales and Northern Ireland. For fraud in Scotland please report it directly to Police Scotland.

Preventing car and vehicle theft

Don't let thieves get an easy ride. Follow these simple rules to protect your vehicle from thieves.

Lock your vehicle

Locking your vehicle, even when filling up or parked on your drive, greatly reduces the possibility of it being targeted by an opportunist thief. Even if you have locked your vehicle, check you haven't left any windows or the sunroof open.

It is actually illegal to leave your vehicle running unattended while you de-ice it or warm it up in cold weather. If someone takes it while it's left like this, your insurer won't pay out because you won't be covered.

If your vehicle has wing mirrors that fold in automatically when locked, make sure you lock it properly. Criminal gangs are looking for vehicles like these where the wing mirrors are still out because it is clear to them that the vehicle has been left unlocked.

[Preventing car and vehicle theft | Crime Prevention | Essex Police](#)

Dispatch newsletter

We're offering more ways for our communities to stay up to date with our work across Essex.

Our e-newsletter, Dispatch, sends you news, information, and advice from Essex Police.

Delivered every week, subscribers will receive an email about how we've been helping people, keeping our communities safe and catching criminals.

It includes news articles from our website, posts from our social media pages, crime prevention advice and more. Everything you need to know all in one place.

And if you're looking for something that's more focused on where you live - we offer local editions of Dispatch too.

Dispatch is completely free, and you can unsubscribe at any time. Please visit our website and search Dispatch.

NEWS FROM THE SOUTHEND ESSEX AND THURROCK DOMESTIC ABUSE BOARD

Our key campaigns for sharing over Christmas period

This Christmas, the SETDAB partnership is using its “Behind the Smiles Campaign”.

The campaign aims to raise awareness that domestic abuse is not just physical.

It challenges assumptions and aims to help people recognise that domestic abuse doesn't always look the way you might expect it to.


Help to raise awareness by [downloading the content](#) from the SETDAB Website and sharing across your channels.

All content directs to [Compass](#), the domestic abuse helpline for across Essex.



SETDAB #REFLECT campaign, led by Essex Police, with a host of [social media and video content](#) for behaviour change, also attached.

SETDAB older people campaign, led by ECC,

The  [toolkit and assets are in Sharepoint](#). The [full-length video is on YouTube](#).



NEWS FROM THE COMMUNITY SAFETY TEAM ESSEX COUNTY COUNCIL



Understanding 764 and The Com Network

Prevent is at the heart of safeguarding children and adults. It aims to provide early intervention to protect and divert people away from being radicalised.

The 'Com Network' is an online community that consists of interlocking groups with thousands of users, including hundreds of hard-core participants who victimise children. The Com Network primarily exists for the purposes of sharing child abuse, extreme violence and gore material.

They also have strong links to Neo Nazi and satanic groups, creating a Prevent concern for those involved. It is therefore important that we understand how these groups operate, in order to protect and support those we work with.

Who can take the training?

This training is open to professionals working within the public and voluntary sectors in Essex.

Please note that these sessions are aimed at improving your understanding of The Com Network and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

A separate session for schools is available, booking is via [Education Essex Training Hub](#).

What will the training cover?

- **Understanding the Com Network** – What the 'Com Network' is, how these groups operate online and details about some of the most prevalent groups, including 764.
- **Current Picture & Risks** – The UK footprint, some key incidents, the risks and challenges posed by the Com Networks and a Case Study.
- **Summary** – A round up of the main learning points and what to do if you are concerned about someone.

Please note that this session will include content of an extremist, violent and disturbing nature, including visuals. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

When is the training?

- | | |
|--|--|
| • Wednesday 21 st January 2026, 13:00-13:45 | • Tuesday 5 th May 2026, 10:00-10:45 |
| • Tuesday 27 th January 2026, 10:00-10:45 | • Wednesday 13 th May 2026, 10:00-10:45 |
| • Thursday 5 th February 2026, 11:00-11:45 | • Wednesday 20 th May 2026, 13:00-13:45 |

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

You can register onto one of the sessions via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

If you have any questions, please contact us on community.safety@essex.gov.uk

More events on next page

NEWS FROM THE COMMUNITY SAFETY TEAM ESSEX COUNTY COUNCIL (2)



Understanding Incel Ideologies and the Manosphere

The "manosphere" is an umbrella term referring to a set of interconnected misogynistic online communities. It encompasses multiple types and degrees of misogyny – from broader male supremacist discourse to men's rights activism and "incels".

Incels (short for involuntary celibates) forge a sense of identity around a perceived inability to form sexual or romantic relationships, blaming themselves, society at large and specifically women for these perceived failures, and therefore feel a bitterness towards women and themselves.

There is a high risk of self-harm for those involved in Incel subcultures, and there have also been incidents of mass-casualty violence committed by self-proclaimed Incels. It is important that we understand this ideology, and the narratives and terminology used, in order to protect and support those we work with.

Who can take the training?

This training is open to professionals working within the public and voluntary sectors in Essex.

Please note that these sessions are aimed at improving your understanding of Incel ideologies and will not provide guidance on addressing the topic directly with young people, however links to additional resources will be provided.

A separate session for schools is available, booking is via [Education Essex Training Hub](#).

What will the training cover?

- **The Manosphere** – What is meant by the 'manosphere' and some of the different groups and influencers within it.
- **Incels** – What is meant by the term Incel, the narratives and ideology surrounding it, how the sub cultures operate, links to other extremist groups and some case studies.
- **Incel Symbols & Terminology**– The language, terms and symbols used by Incels and what they mean.

Please note that this session will include content of an extremist and sexually explicit nature, including visuals.

When is the training?

- | | |
|--|---|
| • Thursday 22 nd January 2026, 11:00-11:45 | • Thursday 21 st May 2026, 11:00-11:45 |
| • Wednesday 28 th January 2026, 14:00-14:45 | • Thursday 4 th June 2026, 14:00-14:45 |
| • Monday 2 nd February 2026, 13:00-13:45 | • Wednesday 10 th June 2025, 14:00-14:45 |

All sessions are held via MS Teams and calendar invite with the joining link will be sent to you upon registration. Due to the content of the training, we strongly advise that you only book onto a session at a time when you can join from a private space.

You can register onto one of the sessions (or join our wait list for future sessions) via our [registration form](#).

You can also use this form to tell us about any accessibility needs ahead of the session.

If you have any questions, please contact us on community.safety@essex.gov.uk



HAVE YOU CONSIDERED BEING A MEMBER OF HARLOW NEIGHBOURHOOD WATCH ?

It costs you nothing to be a member of Neighbourhood Watch but by participating you can help to prevent crime being committed in your area and also may wish to join with your neighbours in making the neighbourhood a safe place to live.

WHAT ARE OUR AIMS?

- To increase public participation in preventing and detecting crime.
- To promote good citizenship and greater public awareness through Neighbourhood Watch Groups.
- To help increase community safety and reduce the fear of crime.
- To improve police/community liaison.

We are funded by the Police Fire and Crime Commissioner (PFCC) and work as volunteers to support the Police and Harlow Council Community Safety Team

When you join we will provide you with some useful items to help you protect yourself and your property. You will via email receive regular updates on criminal activity in the town and a weekly blogs to help you avoid scams and guidance on safe practices.

WANT TO JOIN

EITHER USE THE QR CODE

OR EMAIL US ON harlownhw.membership@gmail.com



WORKING IN PARTNERSHIP



Call Citizens Advice Harlow, part of the
Tackling Fuel Poverty Together Team

0808 189 6550

www.harlowcitizensadvice.org.uk

NEWS FROM ACTIVE ESSEX

HAF Essex Activate - Become a deliverer!

By Emma Alderman, Relationship Development Officer, Active Essex emma.alderman@activeessex.org

We're reaching out with an update about the Essex ActivAte (HAF) programme for 2026 and beyond!

We wanted to let you know that the procurement process for HAF will open on **1st December**, and we're sharing this information so you can consider whether you're in a position to deliver this much-needed programme within your community.

The application process for becoming a provider is managed through Essex County Council's Procurement Team, and it can be quite detailed and time-consuming. It also requires uploading several key documents as part of your submission. Our aim is to make sure you have the right information and support to be well-prepared when applications open, so you can confidently take the next step if you're interested in joining the programme.

NEW! Key Dates:

Procurement opens: Monday 1st December 2025

Procurement closes: 5pm on Tuesday 6th January 2026

Before you apply

Register on the Procurement Platform

Before you can apply to become a delivery partner for HAF through the ECC procurement portal, ALL organisations will need to register on a [NEW digital platform](#). This is a different platform to previous years so will apply to ALL organisations. Please see the message below from the ECC Procurement Team:

'The implementation of the Procurement Act (PA23) has meant a significant change in the way in which tenders are advertised and how providers can access these opportunities, therefore the reason for this e-mail is to advise providers that they will need to be registered on the new Central Digital Platform in order to participate in this opportunity.

If your organisation has not registered then further information can be found [here](#).

Active Essex will be opening applications for grant funding through the Holiday Activity and Food scheme for 2026, 2027 and 2028 on **1st December 2025** and the process will again be run through [ECC's e-sourcing platform Pro-Contract](#).'

Question and Answer sessions

We will be running two online Q & A sessions during the application window for existing and new delivery partners. If you would like to join one of these sessions please book your place using the booking link below and we will send you the meeting invite nearer the date. Please note we cannot offer direct support on the content of your upload. <https://forms.monday.com/forms/52975b2546af67f371e926012f270686?r=euc1>

Essex ActivAte Guidance Booklet

Please see the link to the online guidance booklet for Essex ActivAte delivery. Some sections of this guidance may change when the DfE release the official guidance for 2026-2028.

<https://tinyurl.com/4fd4meza>

Data Protection

As part of the Essex County Council Data Protection policy, you will be asked to detail what security measures you have in place and provide a link to your Privacy Notice which should be displayed on your website or social media.

Safeguarding & Child Protection Policy

As part of your application, you will be required to upload your organisation's Safeguarding & Child Protection Policy. To support providers in meeting best practice guidance, we have developed a Safeguarding Brochure which outlines key expectations and standards attached.

In addition, we will be offering **Safeguarding Policy Guidance training** sessions [bookable on this link](#)

We strongly encourage all providers to attend at least one workshop to ensure your policy aligns with current safeguarding expectations.

Continued on next page

NEWS FROM ACTIVE ESSEX

HAF Essex Activate - Become a deliverer!

(Continued from previous page)

Risk Assessments

As part of your application process you will be required to upload a Risk Assessment for each venue you are applying to deliver in. This Risk Assessment should have the venue name on it, must be dated for the first holiday delivery period (Easter 2026) and should be signed by the Organisation Lead.

Ensure your Risk Assessment covers all possible risks at the venue and how you would mitigate them, including:

- A lock down procedure in case of intruders
- Food and other Allergies
- Injuries due to Activity
- Contingencies

Food Business

With food provision being a core element of the HAF programme, providers are considered to be operating as food businesses whether they are cooking the food on site or handling the food being delivered into the venue.

Therefore, it is a mandatory requirement that all providers are registered with their local authority as a food business. Registration can be done online here - [Food business registration - GOV.UK](#)

Evidence of registration must be submitted with your application. If your organisation has been inspected, please include your food hygiene rating. Applications without this documentation will not be accepted.

Public Liability Insurance

When you upload this document, please ensure it is the Public Liability rather than the Employee Liability, this may cause your application to be rejected if it is the wrong one. The document must be in date and reflect the appropriate level of liability for the level of risk associated with your activities.

I am more than happy to answer any questions you may have and support where possible.

Your Essex Community Learning Series - Fully Funded Seminars for the Voluntary and Community Sector

By *Danielle Warnes, Relationship Manager, Active Essex* danielle.warnes@essex.gov.uk

Active Essex is excited to launch our new online learning series, created specifically for voluntary and community sector organisations across Essex.

Each session explores key topics identified through our place-based research and insight gathering, ensuring the content is relevant, practical, and rooted in the real challenges and opportunities you've shared with us.

Sessions available to book onto now:

- Utilising marketing to promote your offer - Tuesday 11th November 10-11am
- Engaging local communities effectively - Tuesday 11th November, 11am-12pm
- Effective leadership for VCS during change - Wednesday 3rd December 10.30-11.30am
- Inclusive language and communication - Wednesday 21st January 2026 12-1pm
- How to demonstrate your impact - Thursday 5th February 2026 4-5pm

You can book your place on each seminar by clicking here:

[Your Essex Community Learning Series - Active Essex](#)

NEWS FROM ACTIVE ESSEX (2)

Take part in the Find Your Active Big Winter Walking Challenge

By Danielle Warnes, Relationship Manager, Active Essex danielle.warnes@essex.gov.uk

Struggle to get your daily steps in during the winter months, or spend too much time eating mince pies?

Then why not take part in this years Big Winter Walking Challenge as part of the Active Essex, Find Your Active: Move for your Mind campaign! In teams of five, you will complete more than 1 million steps as you virtually walk to Lapland, all in aid of moving for your mental health!

Running from the 1st-24th December, the virtual challenge will cover 944.7km

How to register your team for the challenge:

- Register on the challenge's website or app, then go to your dashboard and find the "Create a Team" option.
- You will need to name the team, write a description, and choose if it's open to anyone or private and requires an invite.
- creating the team, use the "My Team" or "Invite Member" button to send invitations to your teammates via email.

Need help?

Check out the useful tips and videos directly from Big Team Challenge <https://help.bigteamchallenge.com/en/>

Register for the challenge and invite your fellow team members here: <https://www.activeessex.org/find-your-active/the-find-your-active-big-winter-walking-challenge/>



Development Grant - Round 2 Launch

By Danielle Warnes, Relationship Manager, Active Essex danielle.warnes@essex.gov.uk

Active Essex is excited to relaunch the Development Fund for Round 2 on Monday 15th December, a new approach to funding that focuses on strengthening organisations from within.

Unlike traditional project-based funding, this fund is designed to support the development needs of your organisation, whether that's improving internal processes, investing in staff, enhancing governance, or building long-term resilience.

This fund is open to organisations working to improve health and wellbeing across Essex through active lives and is part of our commitment to supporting people, culture, and skills that drive meaningful change.

This initiative is powered by Active Essex and the London Marathon Foundation, offering grants of up to £3,000 to eligible organisations working to improve health and wellbeing across Essex through active lifestyles.

To prepare for your application and for more information, please visit the Active Essex website [here](#).

The team will be hosting drop-in sessions on Monday 1st December, Wednesday 3rd December, Tuesday 9th December & Thursday 11th December, to provide an opportunity to discuss ideas and ask questions ahead of applying. Please click [HERE](#) to book your session!

We look forward to receiving your application.

NEWS FROM ESSEX COUNTY COUNCIL

West Essex Stay Safe Conference 25 March 2026!

By Fiona Cuthbertson, Children & Families, Essex County Council Fiona.Cuthbertson@essex.gov.uk

We're pleased to announce the return of the ESCB Stay Safe Conferences in 2026 and this year our theme is Inclusion and Diversity.

Learning objectives:

- **Improve** knowledge of equity, diversity, and inclusion
- **Learn** more about anti-racist practice
- **Hear** about challenges faced by local children
- **Strengthen** your multi-agency connections and collaborative practice

Who should attend?

This event is ideal for **all** practitioners working with children and families in Essex.

Time: 9.30am to 4pm

Lunch: Sandwich lunch provided

Cost: £20 for all agencies, £15 for ECVYS members.

Come and join the fantastic partners that work across West Essex (West is Best) and build upon your network of support.

[Request a place on Stay Safe Conferences](#)

NEWS FROM RAINBOW SERVICES

NEXT Community projects

By Jason Shaves, Rainbow Services jason@rainbowservices.org.uk

It's that time of year where we are starting to plan for our next cohort of students for the youth community projects.

If your organisation has a project you would like to be considered, please complete the application form below by **19th December 2025**

Please see below for more details about how the community projects work

Rainbow Youth Carpentry Workshop is currently funded to produce youth-led community projects for the Harlow area.

Proposed projects will be put before a panel of young people who will then choose which ones to implement.

These chosen projects will then, over a 12-week period, be costed, designed, built, and installed by Youth Workshop users.

The funding for each project covers main build materials and fittings up to a value of £1000. Any extra materials and/or peripheral items (for example: plants, soil, etc) would not be covered by project funds and would have to be fundraised/supplied by your organisation.

A hypothetical example would be:

A pair of pub-style picnic tables with umbrellas.

£ 900 - Timber	FUNDED
£ 100 - Screws and fittings	FUNDED
£50 - Paint/varnish	REQUIRES FUNDRAISING
£160 - 2 x Garden Parasol with base	REQUIRES FUNDRAISING

Please do not hesitate to contact us with any questions you may have regarding the project.

Rainbow Community Youth Project Application Form

To help our young people choose their projects, please give an overview of your organisation and how it benefits the local community.

Organisation:	
Contact name:	
Contact number:	Contact email:
What is your proposed project?	
<input type="text"/>	
How would your organisation benefit?	
<input type="text"/>	
How would the community benefit?	
<input type="text"/>	
If required, how would you fundraise for any extras?	
<input type="text"/>	
How would you transport the project to your site?	
<input type="text"/>	

Please be aware of the following:
Although supervised, projects will be constructed by young people between the ages of 14 and 17 and not professional tradesmen.
Rainbow Services are not liable for any maintenance or upkeep once the project has been installed.
Rainbow Services does not have access to vehicles able to transport large pieces of carpentry. Any large builds would either have to be:
i. constructed on site
ii. collected by yourselves after construction at Rainbow Workshop



Please send completed application to jason@rainbowservices.org.uk

FOR DETAILS ON ALL THESE ORGANISATIONS
AND MORE, PLEASE CHECK OUT FRONTLINE

essexfrontline.org.uk



THIS COMMUNITREE HAS
BEEN CREATED BY HARLOW
HIVE. FIND OUT MORE ABOUT
EACH ORGANISATION AND
HARLOW HIVE AT

www.harlowhive.org



HARLOW

COMMUNITREE



Charity No 1065066

Harlow Hive is a campaign group of people living in Harlow, taking action to make people's lives here better. If you feel an organisation should be on this communitree, please contact hello@harlowhive.org

Disclaimer: Organisations are presented for information only, rather than endorsement.



The Essex Map

Discover your local community

The Essex Map is a free tool designed to bring our communities closer together by helping you to find the services, groups, and activities available in your area.

The Essex Map isn't just for anyone though, it was created to promote the work of organisations and individuals who work hard to make our communities better, rather than those who focus on making a profit.

Adding a listing to the Essex Map is completely free! To add a listing for your group, activity, or organisation, [please click here to add your listing](#).

The Essex Map is owned and maintained by [The Essex Alliance](#).

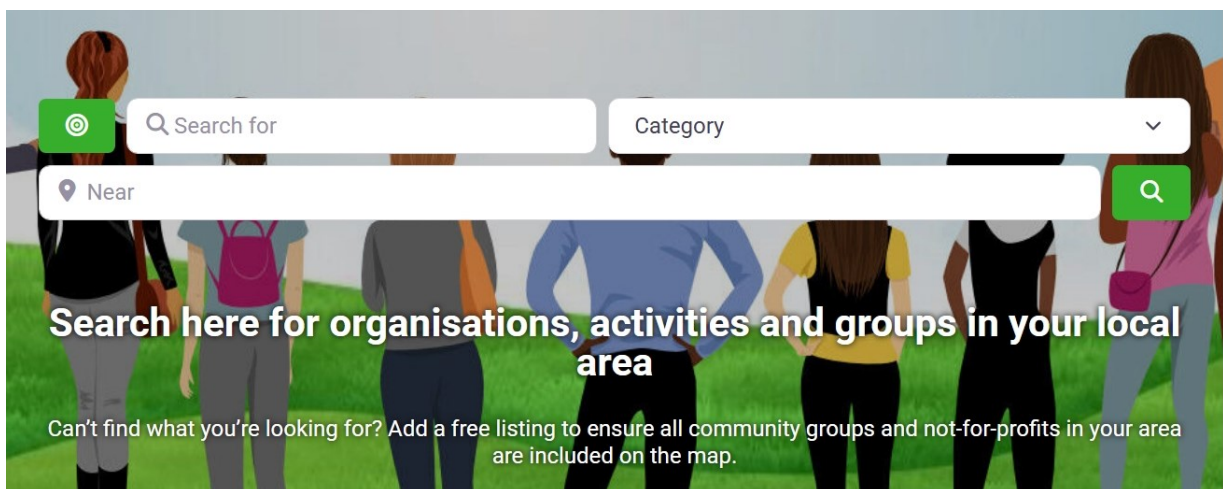
Email communications@essexalliance.org.uk

Facebook www.facebook.com/EssexMap

Instagram www.instagram.com/essexmap

Twitter www.twitter.com/essex_map

(Right click on image below and open hyperlink)



HEALTH & CARE

NEWS FROM ESSEX WELLBEING SERVICE (EWS)

New Hospital Discharge Guide



According to Carers UK 12,000 people become unpaid carers in the UK every day with many unaware of their legal rights and entitlements, and missing out on support designed to reduce some of the pressures caring can bring.

What are your legal rights as an Unpaid / Informal Carer?

- The right to 5 days unpaid Carer's Leave per year
- The right to request flexible working from your employer
- The right to ask your GP practice to identify you as a Carer
- The right (and choice) to request a free flu jab
- The right to request a Carer's Assessment
- The right to protection against discrimination or harassment for being a Carer
- The right to being consulted when the person you care for is discharged from hospital.

More information on Carers' rights can be found on Carers UK's website at:
<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

Essex County Council's new **Hospital Discharge Support Guide** reinforces unpaid carers' legal right to be involved in discharge planning, and is a practical resource designed to help family/unpaid carers support someone leaving hospital.

It provides clear, accessible information and helpful checklists to make the transition from hospital to home safer and less stressful.

The guide also signposts carers to local and national support services, ensuring they know where to turn for help. It is available free of charge in both digital and printed formats.

A digital version of the Guide and further information on going into and leaving a local hospital can be found at:
<https://www.essex.gov.uk/adult-social-care-and-health/going-and-leaving-hospital/leaving-hospital>



Supporting someone leaving hospital?

Get free practical advice and information for carers in our new guide



To find out about local support available to family/ unpaid carers of all ages contact the Essex Wellbeing Service by calling tel: 0300 303 9988 E: provide.essexwellbeing@nhs.net or go to <https://essexwellbeingsservice.co.uk/support/carers/>

Or contact West Essex's specialist carers support service Action for Family Carers on 0300 770 8090 <https://affc.org.uk/>

HEALTH AND CARE

NEWS FROM THE DIRECTOR PUBLIC HEALTH

FLU VACCINATIONS

Flu is now circulating in the community with the number of people infected higher than we usually see at this time of the year.

The main virus circulating is a strain of Influenza A which is associated with more severe illness and higher death rates than other types of flu, particularly in the elderly.

Experts nationally are predicting that we are likely to see a worse flu season than we have experienced for many years.



The flu vaccination remains the best protection against influenza and is expected to continue to offer protection this year particularly against severe clinical disease.

Can you help us to get messages out into the community to encourage residents to get vaccinated to protect themselves, their family and friends?

Please push out the messages in blue below.

Flu is highly infectious and can lead to serious illness.

Don't forget to get your flu vaccine this year to protect yourself and others around you.

Those who are most at risk of serious illness can get it for free - here's how you can book your free flu vaccine today:

Speak to your GP practice

Online, search 'NHS pharmacy vaccine'

NHS app

Call 119 (translator available)

Even if you can't get a free vaccine, you can still pay for one from a participating local pharmacy.

Let's keep each other safe this winter.

Visit: <https://www.hertsandwestessex.ics.nhs.uk/your-health-and-care/vaccinations/flu-vaccines/>

It takes about two weeks following the flu vaccination to build up immunity against the virus, so it's important that people book in as soon as they can and to do that well ahead of the festive season.

Vaccination against **Respiratory Syncytial Virus (RSV)** and **COVID** is also important for those eligible. Information here [RSV vaccine - NHS](#) and here [COVID-19 vaccine - NHS](#)

Who can get the free NHS flu vaccine?



- People aged 65 or over
 - Anyone 6 months to 64 years old with certain long-term health conditions
 - Pregnant women
 - Children aged 2 to 3 years old
 - School aged children (Reception to Year 11)
 - Carers in receipt of Carer's Allowance, or those who are the main carer of an elderly or disabled person
 - Anyone living with someone who has a weakened immune system
- Speak to a member of staff to book your flu vaccine or visit nhs.uk/bookflu

The COVID-19 vaccine is for people at highest risk of serious illness



- This includes:
- people aged 75 or over
 - people aged 6 months to 74 years who have a weakened immune system
 - residents in an older adult care home

Book your appointment in the NHS App, visit nhs.uk/bookcovid, call 119, or find walk-in sites at nhs.uk/covid-walk-in

Please do forward/circulate this message to your networks, share in a newsletter, social channels, etc.

HEALTH AND CARE NEWS FROM HEALTHWATCH ESSEX

Community Pharmacy Survey

By Lily Boag, Project Officer, Healthwatch Essex lily.boag@healthwatchessex.org.uk

Healthwatch Essex are very excited to announce the launch of our new project exploring 'Experiences of Community Pharmacies in West Essex' on behalf of the NHS Hertfordshire and West Essex ICB. Please find attached a leaflet, screen display, and a summary below of how you can get involved.

If you could share this project with your networks, we would greatly appreciate your support. Your voice matters. By taking part in our survey, you can help shape how local health and social care services are delivered. Share your voice now to make a difference.

Experiences of Community Pharmacies in West Essex

Share your views here: <https://www.smartsurvey.co.uk/s/healthwatchessex-community-pharmacies/>

We want to explore how people are using their local community pharmacies and how they think services could be improved. As part of this project, we have launched a new survey and are hosting one-to-one interviews to hear your views and provide you with the opportunity to share your experiences. We are interested in speaking with anyone from West Essex about their experiences using local pharmacies.

Whether it's picking up prescriptions, getting health advice, or using walk-in services, your voice matters. By getting involved you'll be shaping how pharmacy services are delivered and improving access to healthcare.

We are particularly interested in hearing from:

- Children and young people
- Frail/housebound residents
- Parents and carers
- People with neurodiverse conditions

People with sensory disabilities

For more information, visit the Healthwatch Essex website:

<https://healthwatchessex.org.uk/2025/10/experiences-of-community-pharmacies-in-west-essex/>

All responses will be kept anonymous and any personal information you provide will be strictly private and confidential.

Get in touch: If you would like to speak to us directly to share your story, please email our Project Officer Lily Boag, lily.boag@healthwatchessex.org.uk or call 07742 072740. (Please get in touch if you would like this survey to be provided in an alternative format.)

Our engagement period closes on February 20th 2026.



Healthwatch Essex Trauma Ambassador Blog

By Sharon Westfield de Cortez, Information & Guidance Manager and Safeguarding Lead Healthwatch Essex sharon.westfield-de-cortez@healthwatchessex.org.uk

I am delighted to share with you the latest blog from our Trauma Ambassador, Georgina.

<https://healthwatchessex.org.uk/2025/11/things-i-dont-always-understand-and-things-i-do/>

Please do share widely with your contacts.

HEALTH AND CARE EVENTS & SUPPORT SERVICES



FOR OVER 50S

Weds 1.30-2.45pm

You're never too old to play
CIRCUSFIT

FREE!

Moot House
The Stow
Harlow
CM20 3AG



www.generationcircus.co.uk

KINDA VINTAGE
KINDA SAVAGE

Don't Forget about Dementia

Harlow
Dementia Friendly
Community



Don't Forget:

Dementia is not a natural part of ageing

Dementia is caused by diseases of the brain

Dementia is not just about losing your memory

It is possible to live well with dementia

There is more to a person than dementia

It is possible to reduce your risk of developing dementia

Around 982,000 in the UK live with dementia, expected to rise to 1.4m by 2040

HEALTH AND CARE EVENTS & SUPPORT SERVICES

Whether you realise it or not, you probably know at least one person with dementia. When people develop dementia, they do not want to be forgotten by friends and family, even when they are struggling to remember you.

The more you know about dementia the better you will be able to help them to live well with dementia.

Help us make Harlow a more Dementia Friendly Community.



Watch this five-minute video explaining how dementia can affect people. Search 'Dementia Bookcase Video' or scan this QR code



Register with us for an online or in-person Dementia Awareness Session



ron@rainbowservices.org.uk
07918 605744

Contact us to see how you or your organisation could help

HEALTH AND CARE EVENTS & SUPPORT SERVICES




Buddy Up

The Buddy Up project supports neurodiverse adults, living in West Essex, into accessing the local community through the support of a buddy.



Find us on Essex Frontline, scan the QR code!

 Epping Forest District Council
www.eppingforestdc.gov.uk

 COMMUNITY FUND



Buddy Up

VOLUNTEERS WANTED!

The Buddy Up project are looking for volunteers to support us. If you're interested and want to find out more information, contact us via emails below.

Liza Dos Santos
ldossantos@eppingforestdc.gov.uk
or call 07707 147961

Olivia Timotheou
otimotheou@eppingforestdc.gov.uk
or call 07729 109006



 COMMUNITY FUND



HEALTH AND CARE

Information about EWS Wellbeing Service



Welcome to Partnership Working with the Essex Wellbeing Service

At Essex Wellbeing Service, partnership is at the heart of everything we do. We know that by working together, we can deliver the best possible support for residents across Essex.

Our Commitment to Collaborative Care

We take a *no wrong door* approach to wellbeing and community support, ensuring every individual is connected to the right services, first time.

Our experienced team uses **Priority Digital Health**, a powerful platform that enables us to assess each person's needs holistically, coordinate care, and track progress so no one falls through the cracks.

We welcome all organisations large and small who share our passion for improving health and wellbeing to join us in this mission.

Visit our **Care Navigation** page for more about our approach:

[Care Navigation](#)

Celebrating Our 2024–2025 Achievements

Together with an extensive range of partner organisations, we've had a record-breaking year supporting communities across Essex:

- ✔ 1,888 people engaged across North, South, and West Essex through our Outreach Team
- ✔ 45,000+ calls handled and 75,000+ enquiries responded to within the Single Point of Access
- ✔ 506 individuals matched with trained befriending volunteers, providing over 10,500 hours of companionship
- ✔ 50,000+ NHS Health Checks delivered, the highest in the East of England
- ✔ 5,513 people supported to quit smoking, with 4,174 successful quitters
- ✔ 116 families completing our Children and Families programme, 84% reported a BMI reduction and positive growth
- ✔ Over 6,000 residents offered weight management support, with a 15% increase in self-service via our app
- ✔ Community Agents: 7,144 enquiries handled, 1,559 avoided social care input, 1,650 home adaptations arranged

These achievements are only possible because of the dedication and collaboration of our partners and our internal teams within the Essex Wellbeing Service and Single Point of Access.

(See the attached infographic for more details about our impact.)

Seamless Onboarding and Referrals

As part of our commitment to making support as accessible as possible, we offer flexible ways to **onboard services and providers onto our digital platform**.

By joining our system, your service can:

- ✔ **Receive referrals directly** from our Single Point of Access team, with all the information you need to deliver safe, effective, and personalised care.

For referral partners



At Essex Wellbeing Service, You're at the Heart of Everything We Do

The Essex Wellbeing Service offers a comprehensive network of support for residents throughout Essex, with the exception of Southend-on-Sea and Thurrock.

We connect people to a wide range of services that promote health, wellbeing, emotional support, and help with everyday needs.

Whether you need assistance with quitting smoking, getting health checks, managing your weight, or improving emotional wellbeing, our approach ensures you can access the right help. Our goal is to empower self-care, deliver personalised support, and strengthen community connections for everyone.

We believe that by working together with you, we can offer the best possible support to help you live a healthier, happier life.

Our Commitment to You

We take a *no wrong door* approach to wellbeing and community support. This means that no matter how you reach us, you'll be guided to the right help and services.

Our experienced team uses **Priority Digital Health** a secure digital platform that helps us understand your needs, coordinate your care, and track your progress so nothing gets missed.

Whatever your situation, we're here to listen, support, and connect you with the right help.

Learn more about how we can help:

<https://essexwellbeing.service.co.uk/single-point-of-access/>

Our 2024–2025 Achievements – Supporting Our Communities

Over the past year, we've been proud to help thousands of people across Essex:

- ✔ 1,888 people supported by our Outreach Team in North, South, and West Essex
- ✔ More than 45,000 calls taken and over 75,000 enquiries to by our Single Point of Access
- ✔ 506 people matched with trained befriending volunteers, providing over 10,500 hours of companionship
- ✔ Over 50,000 NHS Health Checks delivered, the highest in the East of England
- ✔ 5,513 people supported to quit smoking, with 4,174 successfully quitting
- ✔ 116 families completing our Children and Families programme, with 84% reporting positive health changes
- ✔ Over 6,000 people offered weight management support, with more residents using our app to access help
- ✔ 7,144 enquiries supported by Community Agents, including over 1,500 people avoiding the need for social care and 1,650 home adaptations arranged



For residents

essexwellbeing.service.co.uk

Priority Digital Health is a registered company, 512 The Terrace, Garswood, Barking, Essex, S61 2SU, Essex, UK. Registered in England, 11200000.



HEALTH AND CARE EVENTS & SUPPORT SERVICES



Department
for Work &
Pensions

UC Universal
Credit

Child Care Costs

On universal credit you may be entitled to up to 85% of child care costs if both parents or single parent are in paid work or about to go into paid work. There is a full list of elements that make you entitled for help with child care costs, scan the QR code below for all the information. You can also ask our staff for a leaflet at front of house.

Can I get Help with
child care costs?



Scan the
QR Code



OR Go to Universal Credit
childcare costs - GOV.UK

*You can also ask for a leaflet

5 Things YOU Need to Know about Child Care Costs

- Both parents or single parent needs to be in paid work OR starting work in the next month
- It does not matter how many hours you work - there is no minimum
- UC can also help with upfront costs
- The child OR children must attend an Ofsted approved childcare provider
- UC can help with up to 85% of child care costs

HEALTH AND CARE EVENTS & SUPPORT SERVICES



Diploma in Leading Dance with Older People



A qualification in Leading Dance for Older People. This inspiring, inclusive diploma course is accredited at Level 3 and is offered as an online course. Packed with practical ideas, creative tasks, individual mentoring & essential research, to enable you lead engaging, safe and beneficial dance sessions for older adults.

To Include:

- Age-related health issues
- Neurological conditions in older people
- Wellbeing for older people
- Health and Safety
- Planning and delivering dance sessions for older people
- Use of music and resources
- Effective communication
- Choreographing and Developing dance for older people
- Effective Evaluation

Applications from outside of the UK welcome!

✓ Delivered by highly experienced industry professionals - online practical delivery/demonstrations, lecture presentation and discussion.

✓ Assessed through - verbal/visual presentation, written assignments and practical demonstration.

✓ Suitable for anybody interested in delivering high quality dance sessions for older people including but not limited to community dance practitioners, dance artists and healthcare workers.

> Sign Up Now!

£1500 per person. Personalised payment plans available. Applicants from outside of the UK are welcome.

For More Information

admin@greencandle.com

07846957972

Accredited by OCN Open College Network



BECKENHAM THEATRE TRUST
Supporting performing, creative & community arts projects in the South East of England



An Alzheimer's Society initiative



Plus one additional finale weekend
Online via Zoom

Course dates:

15th/16th November 2025

13th/14th December 2025

17th/18th January 2026

21st/22nd February 2026

21st/22nd March 2026

18/19th April 2026

24th/25th May 2026

Green Candle Ltd is registered in England Reg No 2266864 · Registered Charity No 801774.

HEALTH AND CARE EVENTS & SUPPORT SERVICES

Essex Oral Health Webpage



Essex Child and Family
Wellbeing Service

Call us 0300 247 0013

[About](#) [Services](#) [For families](#) [New](#) [Contact](#)

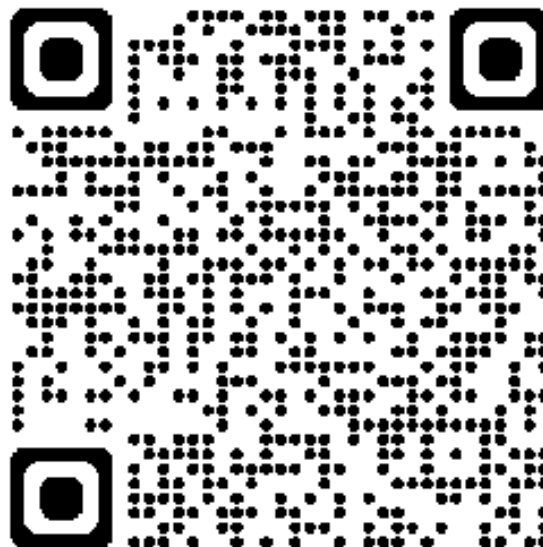


Oral Health for Babies, Children and those with
Additional Needs

This webpage has helpful advice and videos on food and drinks, toothbrushing advice and videos, and finding a dentist. It is aimed at parents, carers and families

<https://essexfamilywellbeing.co.uk/oral-health>

Please share with families and professionals across Essex.



HEALTH AND CARE EVENTS & SUPPORT SERVICES



**Essex
Working Well**

NEWS

EDITION:

Free Workplace Training

essexworkingwell.co.uk

FREE online Mental Health Training

Open to any employer in Essex

- **4-hour MHFA England Mental Health Awareness Training**
- **1-hour online Self-Care training**

<div style="text-align: center;"><p style="font-size: 0.8em;">MHFA England</p></div> <div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center; font-size: 0.8em;">MHFA England - Mental Health Awareness training Booking and Consent form 2025</div> <div style="text-align: center;"></div>	<p>The Mental Health Aware course will cover:</p> <ul style="list-style-type: none">• Introduction to mental health and mental health issues• Factors affecting mental health and recovery• Learn skills to begin a conversation about poor mental health• Signpost to appropriate support• Looking after your own mental health <p>Participants receive a manual, workbook and local contact information. Please scan the QR Code to book your place (1 free place per workplace, other places can be booked at highly discounted rates)</p>
<div style="background-color: #4CAF50; color: white; padding: 5px; text-align: center; font-size: 0.8em;">Self-Care Week - Stress Awareness session - Tuesday 19th November 2025 12noon - 1pm</div> <div style="text-align: center;"></div>	<p>Stress Awareness session will cover:</p> <ul style="list-style-type: none">• What is Stress• How stress impacts physical and mental health• Explore techniques to manage stress and self-care

We offer a wide range of free workplace support including:

- Workplace Wellbeing Award & Healthy Schools Wellbeing Award
- Accreditation programme
- Wellbeing Strategy support, Guest Speaker sessions, webinars, online training and eLearning
- Face to face and digital health checks, stop smoking support and weight management

For more information about our holistic workplace support
www.essexworkingwell@nhs.net

Part of the



Service commissioned by



PAGE 1

HEALTH AND CARE EVENTS & SUPPORT SERVICES



Help and support to quit vaping

The Essex vaping service

The Essex Vaping service is offering support to young people who would like help quitting vaping or nicotine-based products.

Young people between the ages of 13 - 18 and living within Essex can access this support with one of our Vaping Practitioners. Support can be engaged with face to face in the community, virtually or over the phone.

Support includes 4 to 6 sessions looking at:

- Individual quitting plans
- Nicotine awareness
- Vaping knowledge
- Nicotine reduction support
- Wellbeing and diversionary activity support whilst quitting

To access this support, young people can self-refer through the referral form on our website by scanning this QR Code.



For more information parents and professionals can email lauren.watkinson@childrenssociety.org.uk

Alternatively to speak to a Vaping Practitioner, call the service on **01245 493311**.

childrenssocietyeast.org.uk
© The Children's Society 2025. Charity Registration No. 221124.

**The
Children's
Society**

commissioning

Essex County Council

Support 4 Employment

Are you visually impaired, looking for work or in work but having difficulties due to your sight loss?

Support 4 Sight supports visually impaired people, living in Essex, with all aspects of employment

Our Support 4 Employment programme has helped over 350 people gain or retain work, realise self-employment opportunities and pursue their career choices



- **Pre Employment Advice:** Including job searching, developing a good CV, writing cover letters, completing application forms and disclosing a disability
- **Retention Advice:** Including Equality Act 2010, Assistive Technology and Access to Work
- **Self-Employment Advice**
- **Volunteering Advice**
- **Benefits Advice**
- **Ill Health Retirement Advice**

Contact 01245 933572 or info@support4sight.org.uk

Support 4 Sight

Supporting visually impaired people in Essex
Registered charity number: 1169324

HEALTH AND CARE EVENTS & SUPPORT SERVICES

ACTION FOR FAMILY CARERS

Support service for unpaid family carers in West Essex

Action for Family Carers is commissioned by Essex County Council to deliver support for Adult Carers in West Essex (Epping, Harlow & Uttlesford districts)

What services are available?

The charity provides personalised guidance and support to help carers effectively navigate the challenges of caring and maintain their own well-being.

- Providing information, advice and practical guidance
- Emotional support and somebody to talk to
- Free counselling service
- Support groups
- Time 4 You grants for wellbeing

You can refer for specialist carer support here: <https://affc.org.uk/make-a-referral/>

West Essex Activity Groups Run by Action for Family Carers

We run 'Keeping Active' and 'Active Minds' groups for people with dementia or other forms of memory loss in Dunmow, Harlow and Epping, which also provides a few hours break for family carers.

Our groups are perfect for anyone living with mild to moderate dementia who want to stay active, keep their mind busy, and have some fun.

Find out more [here](#) or email ActivityGroups@affc.org.uk



Do you look after a family member or friend who couldn't manage without you?



Colchester
Tendring

Epping Forest
Uttlesford
Harlow

Get in touch:
0300 770 80 90
affc.org.uk/make-a-referral



Service commissioned by

Essex County Council

HEALTH AND CARE EVENTS & SUPPORT SERVICES



**ESSEX
RECOVERY
FOUNDATION**

RECOVERY SPACE

HARLOW

A drop-in space for people in
recovery from addiction

Every Wednesday from 10:30am - 12:30pm

Harlow Playhouse,
College Gate, Harlow,
CM20 1LS

Essex Recovery Foundation is
building a recovery community.
The spaces we've set up exist to
help us connect with more
people and to make recovery
visible in the community.

Find out more:
essexrecoveryfoundation.org

 HELLO@ESSEXRECOVERYFOUNDATION.ORG  [ESSEX RECOVERY FOUNDATION](https://www.facebook.com/ESSEXRECOVERYFOUNDATION)

The Rainbow Recovery Cafe



Every Wednesday 12:30 – 13:30
Harlow Playhouse, 1st floor
College Gate, Harlow CM20 1LS



A safe space for the LGBTQIA+ community in Essex,
who are in or seeking recovery from drug & alcohol
addiction, and their allies.

Specifically looking at Chemsex, hazardous alcohol & drug
use, and signposting to mental & health services.
Come, enjoy a complimentary coffee, and meet our friendly &
helpful team and join our regular group participants.

If you have any questions, please email:
rainbowrecoverycafe@aol.com



HEALTH AND CARE EVENTS & SUPPORT SERVICES



Free Emergency First Aid at Work Courses

Calling all Harlow charity & volunteer heroes!

Grab your spot on one of our 2025 Emergency First Aid one-day course
10 free spots available monthly! Dive into 6 hours of life-saving skills and
enjoy lunch on us!

Don't miss out – places limited

Empowering our community with lifesaving skills 🚑 🧤

For further details scan QR code or email
enquiries@hohs.org



enquiries@hohs.org

Edinburgh Place, Harlow, CM20 2DJ

www.hohs.org

01279 422377

HARLOW

PARKINSON'S TABLE TENNIS.



Friendly coached sessions for people with Parkinson's
Partners/Carers/Spouses welcome too

£5
PER
SESSION

FRIDAYS 2-4PM

EQUIPMENT
PROVIDED

NORMAN BOOTH CENTRE, ELDERFIELD,
MULBERRY GREEN, HARLOW, CM17 0EY (HOME OF BATTS TTC)
FULLY ACCESSIBLE WITH AMPLE PARKING

FOR MORE INFORMATION
EMAIL OR CALL

Sandy Nash:

sandynashTT@gmail.com
07957 634558

Pauline Jones:

DrPaulineJones@sky.com
07831 287459



COME & JOIN US!

Supported by:



HEALTH AND CARE EVENTS & SUPPORT SERVICES

Grieving Friends Support Network

a community support group for people who have lost loved ones

Grieving Men?

&

Grieving Women?

Lost someone recently or years ago? Find yourself surprised by grief and wonder what's normal?

Join us for a Bereavement Conversation

Date:

2nd Saturday of every month

Time: 10:30am-12:30pm

Venue: Harlow Study Centre

Netteswellbury Farm, Harlow CM18 6BW

An interactive morning with a combination of presentation, discussion and reflection.

Facilitated by: REV DR CHRISTIAN OKEKE

A priest, counsellor and hospital chaplain, who has supported people and spoken extensively about bereavement and loss.

For further information please:
email: grievingfriendsgroup@gmail.com
or call/text: 07497613274



HEALTH AND CARE EVENTS & SUPPORT SERVICES

Butterfly Effect Carers Relaxation Session - every Thursday



CARERS RELAXATION SESSION

10.30-11.30am Thursday

www.butterflyeffectwellbeing.com

HEALTH AND CARE EVENTS & SUPPORT SERVICES

Butterfly Effect Carers Wellbeing Group - every Thursday



CARERS WELLBEING GROUP

12-2pm Thursday

www.butterflyeffectwellbeing.com

OTHER EVENTS & SUPPORT SERVICES



Have you used our **EMPLOYMENT** icon to search for support yet?



If you are supporting anyone looking for work/struggling to stay in work, there's so many services on Frontline ready to help!

Read on below or just click on the icon on Frontline to find more!

Focus on: Employment



For adults either **IN work** or **OUT OF work**, and **young people** out of education.

- Epping Forest
- Harlow
- Uttlesford



Free interview-appropriate clothing and preparation support for **women**.

- Epping Forest
- Harlow
- Uttlesford



For people who are **not currently in paid work** and face **barriers** to employment.

- Epping Forest
- Harlow
- Uttlesford

OTHER EVENTS & SUPPORT SERVICES

TIME FOR CHANGE
KIDS CLUB

FIND YOUR ACTIVE
HARLOW

Free FAMILY FUN in the park

Join us every Sunday at the amazing Stow Park for free fun packed sessions that are suitable for the entire family!

Team games & Sports

- Football
- Dodgeball
- Cricket
- Badminton
- Tag rugby
- & more

Fun & enrichment

- Archery
- Zorbs
- Inflatables
- parachute games
- giant board games
- Special themed events

SESSIONS MAY MOVE INSIDE DUE TO WET WEATHER

**Every Sunday
@ 10am**

Contact Us
07884251662

Visit Our Website
timeforchangekids.com

Our Location
The Stow Park, Harlow
what3words: care.brief.middle

OTHER EVENTS & SUPPORT SERVICES



Early help drop-in sessions



Weekly drop-in sessions –
you can attend **any** session

These session is designed to give partners in Essex who work with children, young people & families the chance to: discuss anonymised cases, gain peer support, be signposted to advice & help to answer general questions.

These sessions are supported by our panel of subject experts from across the children's system including:

- Team Around the Family Support Officer (TAFSO)
- Inclusion Partners
- Engagement Facilitator
- Attendance Specialists
- Early Years Specialists
- Education Access Specialists
- Essex Youth Service
- Peabody Outreach
- Essex Child & Family Wellbeing Service
- Domestic Abuse Specialists
- DWP
- and others



These sessions **DO NOT** replace work undertaken by the Children & Families Hub as outlined in **Effective Support for Children & Families in Essex**

August 2025



North Essex drop-in session

Tuesday 15:30–16:30pm

→ [Click here to join the meeting](#)



Mid Essex drop-in session

Wednesday 12:00–13:05pm

→ [Click here to join the meeting](#)



South Essex drop-in session

Wednesday 13:00–14:00pm

→ [Click here to join the meeting](#)



West Essex drop-in session

Thursday 12:00–13:00pm

→ [Click here to join the meeting](#)

If you have any questions about the drop-ins email C&FPartnershipLeads@essex.gov.uk

PLEASE NOTE – Mid Essex has an [online booking system](#), where you are able to pre-book a slot to present a case. Colleagues are still welcome to join the session without booking, but you won't be guaranteed a time to discuss your case.

OTHER EVENTS & SUPPORT SERVICES

YOUR ESSEX COMMUNITY

Free support for all voluntary and community sector organisations in Essex

The voluntary and community sector (VCS) is at the heart of strong resilient communities in Essex. It supports residents, resolves issues and drives local change. However, to continue making an impact, these organisations need the right support.

Your Essex Community will help charities, community groups, and social enterprises thrive. It aims to create the conditions for a connected VCS that works together to:

- minimise duplication
- maximise available resources
- ensure skills and assets are used to their best advantages
- design and deliver solutions

To find out more click the link [Welcome to Your Essex Community | Your Essex Community](#)



Your Essex Community

Support offer to the Voluntary and Community Sector



OTHER EVENTS & SUPPORT SERVICES

The Parent Hood Hub – Activities & Timetable

Located in the heart of Bush Fair, The Parent Hood Hub offers a warm and welcoming space for families to meet, play and learn together.

Our core sessions include:

- Mothers Moving – Postnatal yoga-social sessions for new mums and pre-walking babies
- We Move – Family movement, music & performance classes for toddlers and preschoolers
- Mothers Meeting – Peer support group with toys for little ones and refreshments for parents
- Postnatal Plus – Expert-led course supporting parents in the first 6 months
- Rainbow Ready – School readiness sessions for preschool children

Alongside these, our timetable also features a range of fantastic sessions led by local providers – from baby signing and yoga, to first aid, dance and more.

View the full timetable and book all sessions here: https://linktr.ee/Parent_hood

Autumn Term*				
Monday SING AND SIGN Baby and toddler signing from 0-3 years 	Tuesday MOTHERS MOVING Postnatal Yoga CATERPILLAR MUSIC Pre-school music & sensory sessions WE MOVE Family movement classes 2-5y Donations welcome	Wednesday HEY MAMA FITNESS Postnatal baby-recovery workout LET THEM BE MESSY Messy play sessions 0-3 years MOTHERS MEETING Peer support group 0-5y PREGNANCY YOGA	Thursday POSTNATAL+ 6-week postnatal course for mums & babies 0-6m Donations welcome DANCE FUSION Move with the toddler music & dance group Friday RAINBOW READY School-readiness play & story for pre-schoolers	Saturday DAISY FIRST AID (parent-led) CATERPILLAR MUSIC RAINBOW CHILDREN'S CORNER Sunday CLOSED

*SUBJECT TO CHANGE | ALL CLASSES REQUIRE ADVANCED BOOKING | VISIT OUR WEBSITE FOR MORE INFO



WE move
 Family music, movement & performance
Tuesdays 13:45
Age 2+
 Booking essential
 Donations welcome
 DANCE Fusion



RAINBOW READY
 School Readiness Stay & Play
 Exploring
 Early Maths · Sensory Play
 Role Play · Coordination
 Fine Motor Skills · School Routines
 Social Skills
Fridays 9:30
18m+
£3.75 per session
 with support from: Hill The Hill Group



MOTHERS moving
 Postnatal Yoga-Social
Tuesdays 9:30
From £4.50 a class
 Babies welcome
 Refreshments provided
 Booking essential
 SPORT ENGLAND



MOTHERS meeting
 Coffee · Cake & Catch-up
Wednesdays 13:00
 Refreshments
 Booking essential
FREE (donations welcome)
 Funded By Essex Community Foundation



POSTNATAL Plus
 A 6-week postnatal course
 Led by local experts
 Supporting your emotional, mental and physical recovery
Thursdays 10-12
From £4.50 a session
 Funded by COMMUNITY FUND

OTHER EVENTS & SUPPORT SERVICES



**Safer
Places**

Harlow Community Outreach Service



Outreach support for survivors
of domestic abuse.



Rosie Centre, Harlow



Monday - Friday 9-5:30pm

**Please get in touch if you think we can
support you, or someone you know.**

We accept professional referrals
and self-referrals.

www.saferplaces.co.uk

03301 025 812



OTHER EVENTS & SUPPORT SERVICES




Baby and Toddler Rhymetime

Harlow Library Every Wednesday	10:00 - 10:30
Harlow Library Every Thursday	10:00 - 10:30
Great Parndon Library Every Friday	10:00 - 10:30
Mark Hall Library Every Saturday	10:00 - 10:30
Old Harlow Library Every Monday	10:00 - 10:30
Tye Green Library Every Tuesday	10:00 - 10:30



libraries.essex.gov.uk

ESSEX LIBRARIES Libraries

Events at Harlow libraries this week

Click on image below and open hyperlink to all Harlow libraries



Health & Wellness

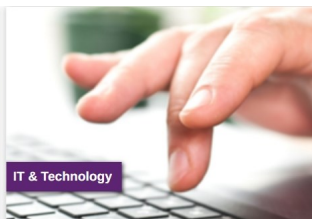


Seated Exercise

📅 Mon 15/12/2025, 11:00-12:00

📍 Harlow Library

Health & Wellness Social



IT & Technology

Digital and Device Help

📅 Tue 16/12/2025, 10:00-12:00

📍 Harlow Library



Health & Wellness

Dementia Support Stand

📅 Tue 16/12/2025, 11:00-12:00

📍 Harlow Library

Health & Wellness Seniors



Childrens

Baby and Toddler Rhymetime

📅 Wed 17/12/2025, 10:00-10:30

📍 Harlow Library



OTHER EVENTS & SUPPORT SERVICES

Saturday Club

by **integration support**

Our Saturday Club session is specifically tailored to meet the unique needs and experiences of families with children under 5 who are asylum seekers, refugees and migrants.

 **Every Saturdays**

 **10am - 12pm**

 **12.30pm - 2.30pm**

 **Tree house family hub CM18 7NG**

FREE

MAX NUMBER OF PEOPLE
(INCLUDING ADULTS AND CHILDREN)
FOR EACH SESSION IS 35



**Essex Child and Family
Wellbeing Service**



INFO@INTEGRATIONSUPPORT.ORG.UK

01279 639442

WWW.INTEGRATIONSUPPORT.ORG.UK