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A lesson in toothbrushing

Henry Moore Primary School pupils have been singing their hearts out about toothbrushing.

Set to the tune of the *Hokey Cokey*, their song has been released to help promote the importance of good oral health from an early age.



You can watch it now on a new YouTube channel called [My Future My Harlow](#).

With an emphasis on the all-important early years of life from birth to starting school, the channel will in time feature information videos about the expected stages of development during this period and promote things like healthy eating and speech and language.

If you there is any topics you would like to see covered on the channel, including local help and support services, please get in touch with Ian Tompkins at ian.tompkins@nhs.net



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 15 December.

Content to ian.tompkins@nhs.net by 4pm on 12 December.

Are you 16+ and interested in working with children & young people with a special educational need or disability?

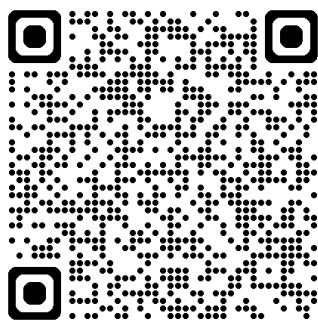


Do you know someone passionate about creating inclusive, engaging experiences for all? Does this sound like you?

We're looking for enthusiastic Community Activity Leaders and Workers to join our Disability Inclusion Team on a casual basis!

We are especially keen to hear from candidates with experience working with children and young people with Special Educational Needs and Disabilities (SEND), and those who demonstrate a strong understanding of neurodiversity and inclusive approaches to engagement.

For more information and to apply, scan the QR code:



Or click here:

[Jobs - Community Activity Workers & Leaders](#)

Applications Close: 2nd December 2025

For an informal chat contact Team Manager Wendy Cockbill on 07548 145 654



Let's talk about Cancer

Menopause and cancer

Virtual event (via Teams)

Tuesday 9 December 2025 • 6.30 – 7.30 pm

Please join us for this free online event (via Microsoft Teams) for anyone who wants to hear more about cancer.

The East of England Cancer Alliance Patient Partnership Group is hosting this special event with a line-up of speakers and a chance for you to ask your questions.

This is one of a series of events to keep you well informed about cancer.

If you would like to join the event please email cpicb.eoecancerallianceteam@nhs.net for details.

For more information visit: canceralliance.co.uk/public/lets-talk-about-cancer

JOIN IN WITH



Voluntary Sector Forum



Join
Us

Shaping the future together

Hear directly from commissioners at Harlow Council and Essex County Council as they outline their vision for the future and discuss how they plan to work in partnership with the voluntary sector to make it happen. This will be followed by speed networking.

Date:

12th December 10am - 12pm

Venue:

Harlow Civic Centre,
The Water Gardens,
Harlow, CM20 1WG

For more information or to book:

01279 210 404

info@rainbowservices.org.uk



www.rainbowservices.org.uk Charity Reg No. 1077228 Company limited by guarantee No. 3826440



HARLOW'S BACK FOR CHRISTMAS.

LIGHT UP BROAD WALK

**6TH DECEMBER 2025
FROM 1PM ONWARDS**

CHRISTMAS MARKET

**13TH - 21ST DECEMBER
10AM-8PM DAILY**

For more details visit

www.harlow.gov.uk/christmas

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in Harlow*

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HARLOW'S
FUTURE.

NEWS FROM HARLOW COUNCIL (2)

Rebuilt bandstand moves one step closer with visionary designs unveiled

The project to return the iconic Town Park bandstand to the heart of Harlow is now more than halfway complete as the council have today unveiled the designs for the new bandstand.

After the devastating fire that destroyed this much-loved landmark, the council made a commitment: to rebuild the bandstand in time to host major events next summer. That promise is well on track. The site has been fully cleared, specialist architects and contractors are in place, and the design has been shaped by valuable feedback from residents, performers and community groups.

Working closely with the community, the design that has been agreed, honours the bandstand's heritage while preparing it for generations to come.

Key features of the design include:

- A faithful return to the bandstand's iconic shape, now fully symmetrical for a cleaner, more elegant look.
- A robust low-carbon construction, stone structure that reflects the Town Park's Grade II listed character and strengthens its long-term resilience.
- A modern steel frontage, combining durability with a contemporary finish.
- A larger, upgraded performance area fit for major events and a wide range of cultural activities.
- State-of-the-art acoustics and audiovisual equipment, improving the experience for audiences while reducing noise for nearby residents.
- Vastly improved security and fire resistance to protect the structure for the future.
- A symmetrical frontage creates a balanced aesthetic that naturally forms an intimate, close-up viewing area for guests.
- A fully accessible stage with a ramp to ensure the venue is accessible to everyone.
- A purpose-built backstage area giving performers the facilities they need to deliver outstanding shows.
- New landscaping features – including a living green roof – will help anchor the bandstand within its historic setting.
- Brick salvaged from the original bandstand will be carefully incorporated into the new structure, preserving a tangible connection to its past.
- The design is inspired by the work of Sylvia Crowe, the visionary landscape architect behind the original Town Park.
- Integrated external power and water supplies will support community events and make the bandstand a fully equipped hub for activity in the park.

Thanks to this thoughtful and sensitive design, the new bandstand will once again become a premier venue for major events and a focal point for community celebration.

The remaining steps of the 8-step rebuild plan include securing planning permission, completing the construction and hosting a special opening event next year.

Announcing the designs, Councillor Dan Swords, Leader of Harlow Council, said: "After the devastating fire that destroyed our much-loved bandstand, we promised not just to rebuild it, but to bring it back better – honouring its heritage while creating something truly worthy of Harlow's cultural landscape. And that is exactly what these designs deliver.

"Guided by the community every step of the way, the new design retains the bandstand's iconic shape while giving it the symmetry, strength, and presence it always deserved. From the stone structure and green roof that root it firmly in its historic setting, to the modern steel frontage, improved acoustics, and fully accessible ramps, this is a bandstand built for the future. We're even incorporating original brickwork to ensure a direct link to its past.

"With larger performance space, purpose-built backstage facilities, and integrated power and water for other town park events, this will once again become a centrepiece for major gatherings in the Town Park. We are already more than halfway through our eight-step plan, and the excitement is building as we move closer to welcoming residents back for its grand reopening next year ahead of a summer of major events.

(continued on next page)

NEWS FROM HARLOW COUNCIL (3)

Bandstand designs unveiled

(continued from previous page)

Councillor Dan Swords, Leader of Harlow Council, continued:

"The proposed Bandstand embraces the pioneering design ethos of Harlow. Sylvia Crowe, who advised Harlow Development Corporation on landscaping and designed the Town Park once said 'A New Town in the landscape, and not the landscape in the New Town', and that is exactly what the new bandstand design achieves.

"This is a major milestone for arts and culture in our town – delivering something truly special for Harlow and celebrating the pride we all share in our community."

Harlow Council urges residents to ensure 'Harlow is run from Harlow' in Government's consultation on local government reorganisation

(source [Your Harlow](#) 20 November 2025)

Harlow Council is calling on residents to take part in the Government's consultation on the future of local government in Essex and to back the option that keeps local decision-making closest to home.

The Government is proposing a major reorganisation of councils across Essex, replacing the current two-tier system of county and district councils with new unitary authorities responsible for all local services.

One option being consulted on – the "five-unitary" model – would see Harlow form part of a new West Essex unitary council alongside Epping Forest and Uttlesford – with Harlow at the centre. This option is named 'Creating a Local Future for Greater Essex'.

While the council does not endorse the Government's wider reorganisation, it supports this option as the best way to keep Harlow at the centre of local decision-making. Alternative proposals include much bigger configurations such as Harlow joining with Epping, Brentwood, Chelmsford and Maldon – with Chelmsford as the centre and Harlow on the periphery.

The council remains clear that the reorganisation is being driven forward at pace by central government without the detailed planning, modelling, or evidence that such a significant change requires. However, with reform likely to proceed, the priority is to protect Harlow's interests and make sure the town is placed in the strongest possible position.

Under the proposed five-unitary structure, Harlow would be the largest urban centre within West Essex and a major driver of economic growth. The area already shares important economic, transport, and community links, forming part of the UK Innovation Corridor between London and Cambridge.

Residents can respond to the Government's consultation here: <https://www.gov.uk/government/collections/essex-southend-on-sea-and-thurrock-local-government-reorganisation>

The Five Unitary model is one of four proposals for Essex, and all of the business cases can be found here: www.essexlgrhub.org/stronger-greater-essex

Cabinet Portfolio Holder for Local Government Reorganisation and Devolution, Councillor Michael Hardware, said:

"The Government is forcing through the biggest reorganisation of local government in 50 years. While reform is needed, the pace and lack of detailed modelling is a concern. Despite this, we must ensure Harlow's interests are protected. **The five-unitary option – creating a West Essex council with Harlow as the centre – is the model that keeps decisions rooted closest to Harlow's communities.**

"Harlow would form the economic engine of West Essex, strengthening our ability to deliver growth, regeneration, and investment. If we must go through this reorganisation, this configuration gives Harlow the greatest opportunity to thrive. That is why it is essential that residents take part in the consultation and back the option that keeps local government local.

"Other proposals would not serve Harlow's best interests. I therefore urge residents to make their voice heard in the Government's consultation in support of the five-unitary option." The Government's consultation is now underway on all four options for reorganisation in Essex, with a decision set to be made in Spring 2026.

Shadow elections for the new authority are set to be held in May 2027 with the new authorities coming into effect from May 2028.

NEWS FROM HARLOW COUNCIL (4)

New homes nearing completion for Harlow families

The first new homes in Harlow Council's ambitious council housebuilding programme are nearing completion and will shortly be ready for Harlow families on the Housing Needs Register to move into.

Developments in Staple Tye – including Perry Road, the former council depot, and Parnall Road – as well as at Woodleys near The Stow, are receiving their final finishing touches before becoming new homes for local residents.

These sites are part of the council's programme to deliver more new council homes than in the past three decades combined, transforming long-derelict land into high-quality homes.

Construction is also progressing rapidly at other sites across Harlow, including The Yorkes, Arkwrights, Pytt Field, and Sherards House.

All new homes are being built to very high standards of quality, sustainability, and energy efficiency, helping to renew and strengthen communities across the town.

Councillor Dan Swords, Leader of the Council, said: "We are not just talking about building new council homes, we are delivering more than in the past 30 years combined. Every single home completed will change the life of a Harlow family, and I am incredibly proud to see the new homes at Staple Tye and Woodleys nearing completion.

"These modern, high-quality homes are turning unused land into thriving communities and giving Harlow families the security, dignity, and opportunities they deserve. This is about more than construction; it is about delivering on our mission to 'rebuild our town' and 'invest in our housing' as we Build Harlow's Future."

Antisocial behaviour in The Stow falls by 38% over past year

Antisocial behaviour (ASB) in The Stow has fallen by 38% over the past year following the successful implementation of the joint 'Clear, Hold, Build' initiative led by Harlow Council and Essex Police.

The initiative has focused on working closely with local residents, businesses, and community groups to target crime and ASB in The Stow, which previously recorded the highest levels of incidents in the town.

High-visibility patrols, improved CCTV and additional security measures have resulted over the past year in ASB falling by 38%.

The council has supported the initiative through improvements to housing, public spaces, and community facilities, while continuing to deliver events and engagement activities to bring residents together and enhance neighbourhood safety.

The Safe to Go Stow Community Hub will remain open for another year, as more major improvements are scheduled for the neighbourhood centre and its surrounding areas. The next phase of the programme will also focus on empowering residents and local groups to lead change, ensuring that improvements in safety, community cohesion, and the public realm are long-lasting and sustainable.

Commenting on the reduction in reported cases of ASB in The Stow, Councillor Joel Charles, Cabinet Portfolio Holder for Public Protection, said:

"The Stow is not a place where ASB can go on unchecked. Members of the council's community safety team, neighbourhood police officers, local business leaders and committed residents have all worked together to confront several issues that have impacted The Stow for some time.

"Although the 38% reduction in reported ASB cases is positive news, there is still more work to do. The priority now is to build an even greater sense of community in The Stow. A Christmas tree will be installed again in the main pedestrianised area to celebrate the festive season, and details about an outdoor urban themed art project will be announced soon.

"The steps taken to improve community safety in The Stow are working. It is the council's intention to apply the insights gained from the targeted work in The Stow to reduce reported incidents of ASB in other parts of the town."

To report ASB to the council, [visit our webpage](#).

NEWS FROM HARLOW COUNCIL (5)

Construction of new Arts and Cultural Quarter moving at pace

A bold new chapter in Harlow's regeneration story is advancing rapidly, with major progress now being made on the construction for the transformational new Arts and Cultural Quarter in Playhouse Square – a key milestone in Harlow Council's mission to rebuild our town.

Following months of detailed design, planning, and preparation, the construction is now moving at real pace. This momentum marks an exciting step forward for a project backed by significant government investment and forming a central part of the council's wider programme to revitalise the town centre and place culture at the heart of Harlow's future.

Construction is well underway on the Occasio House site, with works directly outside the Playhouse due to commence shortly which will result in the taxi rank being relocated into College Square (next to St Paul's Church).

When complete, the Arts and Cultural Quarter will become a regional powerhouse for creativity – attracting talent, investment, and visitors from across the East of England. It will build on the excellent work of Harlow Playhouse and deliver a stunning new offer including:

- An inspiring new live performance venue and exhibition spaces
- A welcoming new café/restaurant and booking office for the Playhouse
- A state-of-the-art music school and recording studios
- Modern studio spaces for both community and commercial use
- A new home for the Gibberd Gallery
- A beautifully improved public realm, including a vibrant public square and tranquil pocket park with an outdoor performance space
- Upgrades to the Haydens Road underpass, improving safety and accessibility
- 47 high-quality new affordable homes for Harlow residents

The Playhouse Quarter is just one phase of the complete rebuilding of the town centre, with the transformation of Broad Walk nearing completion and major works in Market Square and at the Bus Station underway.

Commenting on the progress, Councillor Dan Swords, Leader of Harlow Council, said:

"The construction of the new Arts and Cultural Quarter is well underway, again demonstrating that we're not just talking about the rebuilding of the town centre – we're delivering it.

"This major redevelopment will be the beating heart of our regenerated town centre – a vibrant hub of creativity and inspiration that celebrates Harlow's heritage and future. It will build on the outstanding work of Harlow Playhouse and create something truly special for generations to come.

"This project is a shining example of how we are Building Harlow's Future – creating a town centre that is thriving, creative, and full of opportunity. With the construction programme moving at pace, we are no longer waiting but delivering on our promise."

NEWS FROM MIND WEST ESSEX

Mental Elf Festive Fun Run

☐ **Sunday 7th December** (11am arrival, fun run starts at noon)

📍 **Harlow Town Park** bandstand area

Join us for some festive family fun for a good cause - walk or run 5km at your own pace to help raise funds for mental health services in your local community.

There'll also be a raffle, children's activities and prizes! Everyone who takes part (walkers and runners) will get a Mental Elf Festive Fun Run Medal at the finish line to celebrate your achievement - [Sign up here](#)

We are also in need of volunteers to help us with the running of our event. If you can spare some time, please fill out a [Volunteer Application Form](#) as soon as possible and we'll be in touch. All of our helper elves are greatly appreciated, whether it's before, during or after the fun run itself - you all play an important role in everything going smoothly.

All fun run participants and volunteers will receive a **FREE National Trust Family day pass!** It's a way of thanking you for supporting mental health and reminding you to look after your wellbeing this winter.

Mental Elf Festive Fun Wellbeing Challenge

We're inviting schools, groups and clubs across Harlow, Epping Forest and Uttlesford to take part in a festive [Wellbeing Challenge](#) this year.

It's a fun way to get into the spirit of the Mental Elf Festive Fun Run and boost your wellbeing while raising vital funds for your local Mind.

Choose your own challenge, share your progress on social media and access an activity toolkit filled with fun, festive activities!

You can find more information, loads of challenge ideas and a sign up form [here](#) or email fundraising@mindinwestessex.org.uk

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 PLANTS POTS AND WELLIES

Back by popular demand!!!

Add a touch of homemade charm and festive magic to your Christmas by joining us for a

Willow Wreath Making Workshop

You will be making your own wreath from scratch, by weaving willow and then decorating. Don't worry if you've never done this before - we will guide you through each step!

This year, we are holding the workshops at Parndon Wood Nature Reserve

Saturday 6th December Afternoon session

Saturday 13th December Morning session

Saturday 13th December Afternoon session

£25 per person

Booking essential

Plus a free warming cup of Mulled Wine/Hot Chocolate & Mince Pie

Please message for more details/to book

On Plant Pots and Wellies Facebook messenger, via email plantpotsandwellies@outlook.com or by phone 07500003130



NEWS FROM GENERATION CIRCUS



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

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- 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.com/MyCommunity](https://www.fivedinners.com/MyCommunity)

FiveDinners



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



NEWS FROM ESSEX WELLBEING SERVIC (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/>

NEWS FROM ESSEX POLICE

Essex Police joins forces with BT and EE to tackle misuse of artificial intelligence (AI)



Essex Police announces a new partnership with BT and EE to give simple, practical advice to young people, parents, guardians and teachers to help them avoid harmful AI-generated content online.

From Thursday 27 November, [EE's LearnSmart platform](#) will host helpful advice for families giving them the confidence to use AI safely, as well as the tools to take action against the growing risks of deepfake technology. EE stores nationwide already offer dedicated in-store online safety appointments for parents and young people, with the 30-minute sessions providing personalised support and guidance from an EE Guide on smartphone safety, supported by content developed in partnership with online safety experts [Internet Matters](#).

From February, however, as part of the collaboration with Essex Police, EE stores in Essex will also offer appointments dedicated to educating families on the use of AI.

This is the first time a UK police force has worked directly with a global technology firm to advise parents about how to use new AI technology safely, from the moment they buy their device.

It comes as a direct response to the growing risks posed by deep-fake AI technology, which can - in the wrong hands - be used to create convincing imagery based on photos of young people.

Fake or Real? Know the Deal

Called 'Fake or Real? Know the Deal' Essex Police have created a campaign to promote the new safety partnership. The campaign aims to help young people and parents know what's safe and what's not when it comes to using AI apps.

It promotes the fun and educational things you can do with AI but also the risks of disinformation, invasion of privacy and what to do if someone uses your image in a way that's harmful to you.

The website, [Fake or Real? Know the Deal - Protect Your Family in the Age of Deepfakes](#), also provides guidance on what to do if your child becomes the victim of a deepfake and what action to take to get it removed and ensure it is reported to the police.

(continued on next page)

NEWS FROM ESSEX POLICE (2)

Essex Police joins forces with BT and EE to tackle misuse of artificial intelligence (AI)

(Continued from previous page)

Essex Police Detective Inspector Emma Portfleet who leads the force's Police Online Investigation Team (POLIT), said:

"As a force we are committed to keeping children safe, both online and in the real world. The problem is these worlds are merging so fast and it's so hard for people to know what's fake and what's real. We have seen the rise in the use of AI apps for so many positive reasons, but these apps also have the potential for immeasurable harm.

"We have started to see AI apps used to manipulate or create sexualised images. If they are of someone under 18 years, then that's illegal; which means not only prosecution for the offenders, but also lifelong harm to victims. That's why Essex Police is getting on the front foot and working with children, parents, teachers and the responsible tech firms to help us make the online world safer

"Fake or Real? Know the Deal! is just one way to get ahead of the problem; Essex Police detectives will always investigate crime, but we would far rather stop it happening in the first place."

Growing up in an online world can be difficult

Asif Aziz OBE, Retail Director at EE said:

"We are proud to be joining forces with Essex Police on this campaign. As the UK's best network for families, we understand that growing up in an online world can be difficult and that while there are many ways technology can be used for good, there are also risks, especially for young people. "Through this campaign and our in-store online safety appointments, we hope to help young people and their parents better navigate the online world with confidence and positivity."

Navigating the digital world safely

BT has a long-term relationship with Essex Police, providing not only connectivity and technological solutions, but also working together to tackle real-life issues and threats. Teams from BT and Essex Police built this initiative following an innovative partnership event, which examined the key risks around AI and deepfake.

Sian Penny, Public Safety & Justice Director at BT Business, said:

"BT has a long-standing partnership with Essex Police and a shared commitment to protecting communities both in the real world and online. While technology and connectivity offer incredible opportunities, they also introduce new risks, particularly for younger people.

"That's why we're proud to support this campaign, which gives clear, practical guidance on how to recognise, avoid and report deepfake-related threats.

"Together with Essex Police and other forces, we'll continue working to ensure people feel informed and confident in navigating the digital world safely."

Empowered to have open conversations

Det Insp Portfleet added:

"We want parents and guardians to feel empowered to start having open conversations with their children about the dangers of AI.

"Report an image you are worried about to us, keep the original without sharing or taking a screenshot of it as this could be illegal. Deepfakes may be fake, but their effects are very real."

NEWS FROM ESSEX POLICE (3)

(Click on image and open hyperlink)

**Essex Police
Harlow Edition**

Latest news from Essex Police in the Harlow district

News 19 November to 25 November



Man jailed following vital monitoring work

A man has been sent to prison after admitting attempted sexual communication with a child and numerous breaches of a court order.

It follows checks on Steven Finch's devices after officers attended his probation appointment in Harlow.

Finch, who was not living at his approved address in the town, was arrested by officers who found a concealed device which he had attempted to delete data from.

Read more

NEWS FROM ESSEX POLICE (4)

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](#) (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.



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.

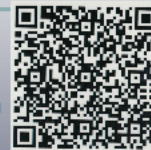
We are funded by the Police Fire and Crime Commissioner (PFCC) and work as volunteers to support the Police and Harlow Council Community Safety Team

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

16 DAYS OF ACTION AGAINST DOMESTIC VIOLENCE

From Safer Places...



Safer Places

Introducing:
The Rosie Collective

"Empowering women and girls, together"



Safer Places Training

16 days webinars

November 25th - December 10th 2025

**Control in a Connected World:
How Technology Shapes Abuse and Safety**

Join us for three free webinars during the 16 days tackling Violence Against Women and Girls

Thursday 27th November 1pm - 2pm

Older people, digital systems & abuse

Discover how the digital shift can increase older adults' vulnerability to abuse and exclusion. This webinar empowers professionals to recognise risks and promote safer, more inclusive digital participation.

Monday 1st December 1pm - 2pm

Money, power & control: economic abuse in a digital age

Uncover the ways abusers exploit online banking and digital platforms to exert economic control. This session equips practitioners to identify digital economic abuse and strengthen safety planning for survivors

Wednesday 10th December 1pm - 2pm

AI, deepfakes & abuse: A new threat.

Explore how emerging AI technologies and deepfakes are transforming the landscape of abuse and coercion. Join us to understand these evolving threats and learn strategies to safeguard those at risk.

Book via Eventbrite - Safer Places Professional Training and Development

 sptraining@saferplaces.co.uk

 [Saferplaces.co.uk/training](https://www.saferplaces.co.uk/training)



NEWS FROM ACTIVE ESSEX

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](#)

Find Your Active Small Grants Fund Reopens for Round 2!

We are excited to inform you that the Find Your Active Small Grants fund is now open for Round 2 2025-26 applications.

[Apply here](#)

This initiative is once again made possible thanks to our funding partner, London Marathon Foundation (LMF). In line with Active Essex's Find Your Active campaign, LMF is committed to supporting projects in Essex that inspire, encourage and champion participation and diversity in physical activity. The overall aim of this funding is to create a society in which everyone is physically active, contributing to their health and wellbeing.

Through the Active Essex FYA Small Grants fund we will offer funding of up to £2,000 to organisations providing suitable physical activity and sports programmes for individuals looking to increase their activity levels and meeting our operational standards.

Round 2 funding is only available for projects delivered within 10 specified local authority areas in Essex. These are the areas under Essex County Council footprint, but excludes Basildon and Brentwood, as allocations for these areas were fully committed in Round 1.

Only projects for the following target audiences can apply in Round 2:

- Adults from ethnically diverse communities
- Children & Young People from: lower socio-economic groups, with disabilities or long-term health conditions, mental health conditions or ethnically diverse communities.

For more detailed information, please visit our webpage [here](#). However, if you require any additional support, do not hesitate to reach out to us.

Applications will close at **17:00 on Sunday 7th December.**

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/>

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 ESSEX COUNTY COUNCIL (2)

Parent Carer survey to inform development of Essex Youth Vaping Campaign

By Helen Gregory, Wellbeing and Public Health Manager, Essex County Council

helen.gregory@essex.gov.uk

We are conducting research on youth vaping to create clear, effective messages and design a digital product that meets the needs of parents in Essex. This builds on insights from our previous research.

We want to hear from parents and carers of children aged 9–14 living in Essex.

The [survey](#) is open now and closes on **Sunday 14 December**.

More details and promotional graphics attached. Please help us spread the word so we can hear from as many parents in Essex as possible.



Youth vaping: parent and carer survey

Essex County Council are developing a campaign for **parents and carers of children 9 to 14 year olds**. The campaign will enable parents and carers to have a non-judgemental conversation about the **risks of vaping for young people**. We want to understand how to develop the right messages and tailor the digital product we build to the needs of Essex parents, building on previous research undertaken.

Survey

This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Responses will be anonymous as we will not ask for any personal information. It is live now until **Sunday 14 December**. The survey can be completed [here](#).

What can you do?

Partner support is important as you know your local residents and can help reach them.

- Please promote this research to the target audiences on **your channels and e-newsletters**. Tag us if you post on your social channels.
 - Facebook: @essexcountycouncil
 - X (Twitter): @Essex_CC
 - Instagram: @Essexcountycouncil
 - LinkedIn: [Essex County Council](#)
- Please share with **your networks** and ask them to promote the survey.

Key messages

- Essex County Council is doing research into vaping among young people and would like to hear from parents and carers of 9-14 year olds.
- We would like as many people as possible to complete this survey, whether they or their children vape or not.
- The feedback will help us shape our future work around vaping in Essex.

Suggested copy

Essex County Council would like to hear from parents and carers about youth vaping to help develop a supporting campaign. This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Your responses will be anonymous as we will not ask any personal information.

Complete the survey by 14 December. <https://research.potential-insight.co.uk/survey/selfserve/53b/251117>

Graphics

Graphics are attached for posting on social media.



NEWS FROM: West Essex Children & Families Partnership Network

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

Welcome to the West Essex Children & Families Partnership Network update. 20 November 2025

For those that are new to my newsletters, you don't have to read it all, only the bits that interest you as its colour coded.

I would suggest that you sign up for the following **newsletters**:

Children & Families Hub: please click [here](#)

ESCB - escb@essex.gov.uk

Violence and Vulnerability: [Police, Fire & Crime Commissioner for Essex - Sign up to receive our latest updates \(govdelivery.com\)](#)

SETDAB: [Newsletter sign up - Southend and Thurrock Domestic Abuse Partnership \(setdab.org\)](#)

Victim Support: [News and Blogs - Victim Support](#)

Accuro's Newsletter: <https://accuro.beaconforms.com/form/563e899c>

ACL: [Subscribe to ACL Essex emails](#)

Early Years: [Subscribe to emails from Essex County Council](#)

Kids Inspire: <http://eepurl.com/gXhtE9>

PACT for Autism - [Register with us | PACT For Autism](#)

Essex Police Dispatches - <https://www.essex.police.uk/police-forces/essex-police/areas/essex-police/au/about-us/dispatch/>

Essex Carers Network - <https://www.essexcarersnetwork.co.uk/>

Essex Community Tree - [Essex Community Tree — Essex Community Tree](#)

Essex Youth Map - [The Essex Youth Map info page « Essex Council for Voluntary Youth Services \(ecvys.org.uk\)](#)

Targeted Employment [Targeted Employment newsletter April 25 - Digital Copy](#)

Kooth [Newsletter sign up](#) for monthly updates on services and training for professionals

ECFWS - Download the Essex Child and Family Wellbeing App. Search Essex Child & Family in your App store

Wilderness Foundation Newsletter – <https://wildernessfoundation.us2.list-manage.com/subscribe?u=29a75229365c63203ba4c4447&id=f9f6a3457e>

Essex Virtual School Newsletter - [Essex Virtual School Newsletter subscription](#)

ECVYS - officeadmin@ecvys.org.uk

Mind in West Essex - community@mindinwestessex.org.uk

Charities should consider registering at: <https://www.charityexcellence.co.uk/> A one-stop-shop to find grant funding, and free help and resources.

[Support](#) Available:

[Directory of services - Essex County Council](#)

[Essex Frontline](#)

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

Essex Local offer website - <https://send.essex.gov.uk/>

ESCB website has a [latest news page](#)

Effective Support Document - [ESCB - Early help and effective support](#)

(CAMHS) - Southend Essex and Thurrock Child and Adolescent Mental Health Services practitioner consultation line Mon to Thurs 10am – 12pm 0300 300 1996 <https://www.nelft.nhs.uk/set-camhs/>

Essex Domestic Abuse Helpline 0330 333 7444 <https://www.essexcompass.org.uk/>

Essex Police Partners Services (NOT for the public) - [Partner services | Essex Police](#)

If you are offering any services in Essex, please contact Amy Rowson at Frontline – amy.rowson@frontlinereferrals.org.uk to get added to this fantastic digital platform that we are lucky enough to have in West Essex <https://essexfrontline.org.uk/> and contact Directory of Services up-date.directoryofservices@essex.gov.uk, that way everyone throughout the district will know about your service and everything will then either be on Frontline or the Directory. Much easier for support agencies and clients to find and refer to your service.

Please remember to update Frontline **AND** the Directory of Services any changes with your organisation **OR** what you offer.

As always, as I am not personally involved, I will not be able to answer specific questions so please contact the organisation directly that is offering the support or provision.

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?	
How would your organisation benefit?	
How would the community benefit?	
If required, how would you fundraise for any extras?	
How would you transport the project to your site?	

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

www.frontline.org.uk



THIS COMMUNITTEE HAS
BEEN CREATED BY BARLOW
HIVE. FIND OUT MORE ABOUT
EACH ORGANISATION AND
BARLOW HIVE AT
www.barlowhive.org





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](#).

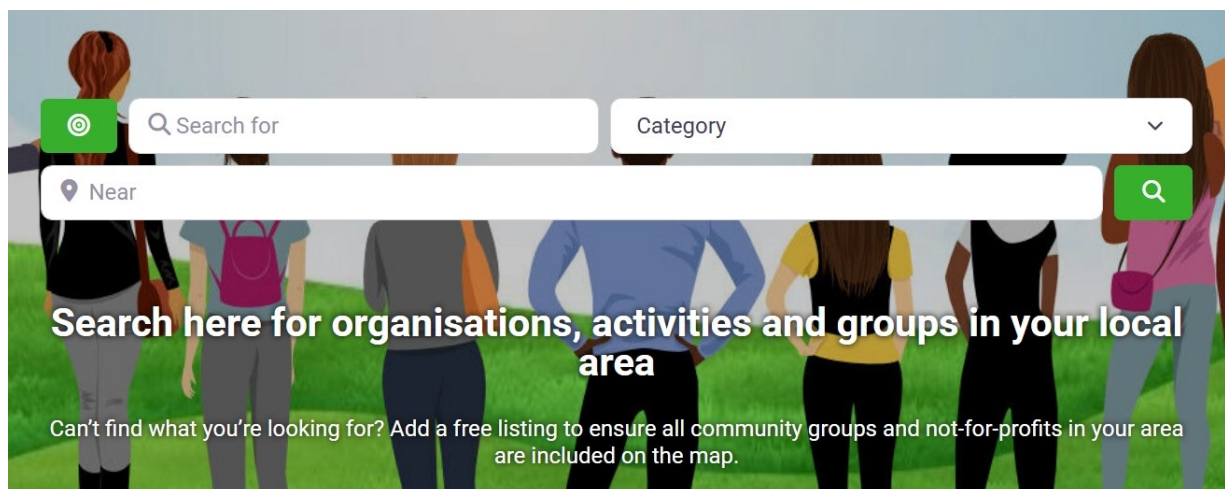
Email communications@essexalliance.org.uk

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 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/burnout-isnt-laziness-living-the-cost-of-a-late-autism-diagnosis/>

Please do share widely with your contacts.

HEALTH AND CARE

NEWS FROM HEALTHWATCH ESSEX (2)

Trauma Ambassador Update

*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 this account of our recent session with Be More Dandelion, an amazing initiative created and delivered by our Trauma Ambassador, Fi.

<https://healthwatchessex.org.uk/2025/11/our-visit-to-the-dandelion-project/>

Please do share widely with your contacts.

We want to hear from you about endometriosis

By Sara Poole, Information & Guidance Officer, Healthwatch Essex sara.poole@healthwatchessex.org.uk

Healthwatch Essex are keen to hear from women across Essex who are willing to share their experiences of endometriosis.

Many people living with the condition do so silently and without support from others. We want to raise awareness of the condition by understanding more about how it affects people and how younger women can learn more about it in order to improve peer support.

Participants don't have to be formally diagnosed to engage with this survey – we also want to hear from anyone with suspected/related symptoms who may be waiting for a diagnosis.

Healthwatch Essex is an independent charity which gathers and represents views about health and social care services in Essex. Our aim is to influence decision makers so that services are fit for purpose, effective and accessible, ultimately improving service user experience.

Where issues are raised about service provision, we will seek to share that information in anonymised form with services to help shape improvement.

Please contact Sara on 0300 500 1895 or sara.poole@healthwatchessex.org.uk for more information.

<https://healthwatchessex.org.uk/2025/11/share-your-experience-of-endometriosis/>

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



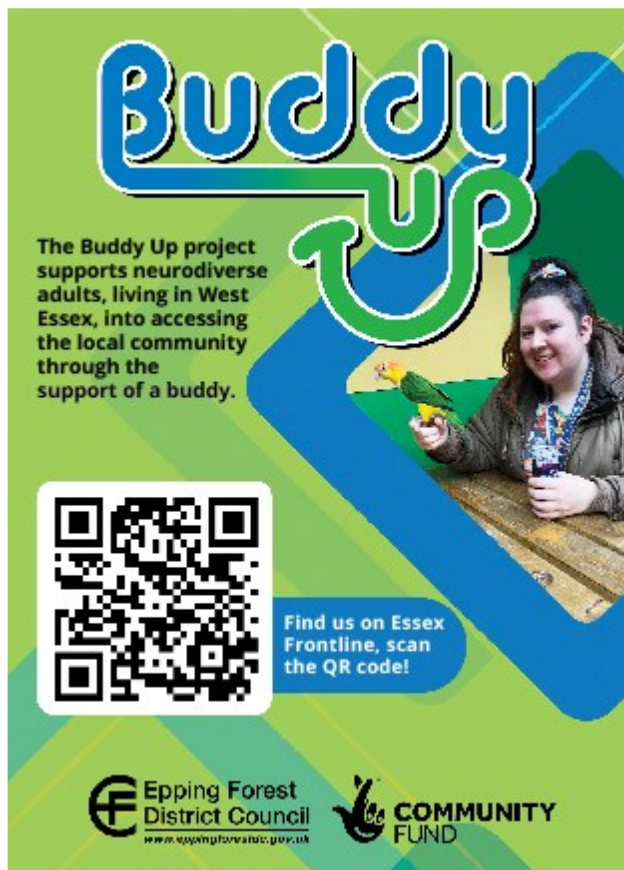
Register with us for an online or in-person
Dementia Awareness Session



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



 Epping Forest District Council
www.eppingforestdc.gov.uk

 **COMMUNITY FUND**

HEALTH AND CARE

Information about EWS Wellbeing Service

For referral partners



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.



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://essexwellbeingsservice.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

essexwellbeingsservice.co.uk

Priority Community Health Services Ltd, The Gateway, Gloucester Business Park, GL1 2JG, Essex, GL1 2JG
Registered in England, 11254111, 11254111, 11254111



For residents

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.

Scan the
QR Code



OR Go to Universal Credit
childcare costs - GOV.UK

*You can also ask for a leaflet

Can I get Help with
child care costs?



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.

> Sign Up Now!

✓ 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.

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

For More Information

admin@greencandledance.com

07846957972

Accredited by OCN Open College Network



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



**Dementia
Friends**
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

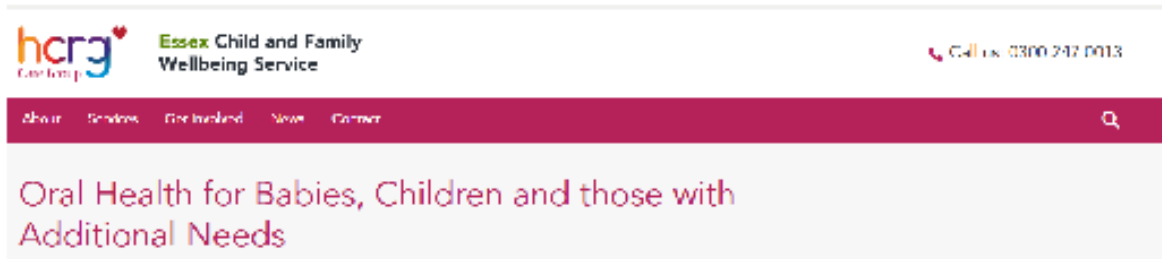
18/19th April 2026

24th/25th May 2026

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

HEALTH AND CARE EVENTS & SUPPORT SERVICES

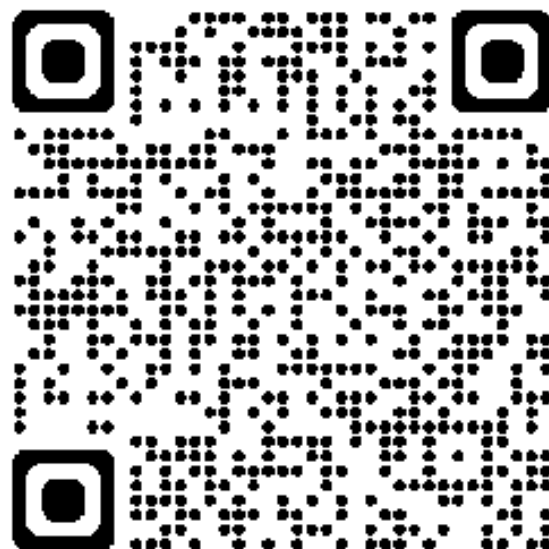
Essex Oral Health Webpage



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**

essexworkingwell.co.uk

Free Workplace Training

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



Mental Health
Aware

MHFA England - Mental Health
Awareness training Booking and
Consent form 2025



The Mental Health Aware course will cover:

- 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

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)

Self-Care Week - Stress Awareness
session - Tuesday 19th November
2025 12noon - 1pm



Stress Awareness session will cover:

- 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**.

HEALTH AND CARE EVENTS & SUPPORT SERVICES

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



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?



Epping Forest
Uttlesford
Harlow

Colchester
Tendring

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

HEALTH AND CARE EVENTS & SUPPORT SERVICES

Free Creative Health Workshops

Rhiannon Faith Company are once more delivering our flagship programme of Care Workshops, this time in partnership with Mind in West Essex and supported by PH Community Grant funding.

Care Workshops are completely free and open to all - no experience is needed! In the workshops we use creative writing and movement activities to explore personal experiences of living with and without care. Over the course participants will make new friends, increase their confidence and build long term positive wellbeing and mental health.

They are called Care Workshops as we use the idea of care as a framework for talking about wellbeing, they are not specifically for participants with caring responsibilities. The courses are for anyone over 18, and might especially benefit people who have experienced poor mental health, loneliness or isolation.

Workshops take place on **Tuesdays at 11:30 - 2:30 at the Harlow Playhouse**. After each session we hold an optional '**Care Cafe**', an opportunity to socialise and discuss mental health over a cup of tea, supported by a Mind in West Essex mental health facilitator.

All the details are here: <https://www.rhiannonfaith.com/care-workshops>



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

Courses run regularly from November 2025 to March 2026 and take place on at Harlow Playhouse, Playhouse Square, Harlow CM20 1LS.

Get in touch for specific dates and times.

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](https://www.rhiannonfaith.com)



HARLOW

PARKINSON'S TABLE TENNIS.

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

£5
PER
SESSION

FRIDAYS 2-4PM
NORMAN BOOTH CENTRE, ELDERFIELD,
MULBERRY GREEN, HARLOW, CM17 0EY (HOME OF BATTS TTC)
FULLY ACCESSIBLE WITH AMPLE PARKING

**EQUIPMENT
PROVIDED**

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:

BATTSTTC
TABLE TENNIS CLUB

FIND
YOUR
ACTIVE
HARLOW

Harlow
COUNCIL
PARKINSON'S HATTA

PARKINSON'S®
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

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

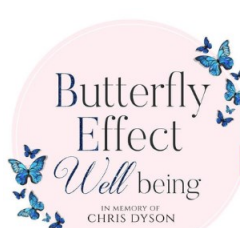
A priest, counsellor and hospital chaplain, who has supported people and spoken extensively about bereavement and loss.

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



**UTTLESFORD
COMMUNITY TRAVEL**

Annual Christmas Concert

Friday 5th December 2025

**Doors open
1830 for 1900 start.**

**St. Mary's Church,
Church Street, Church End,
Dunmow, CM6 2AE.**

**Featuring
The Great Dunmow
Town Band**

*** * * ***

**The Great Dunmow
Community Big Voices**

*** * * ***

The Great Dunmow Youth Band

Tickets £10 each (Children under 12 Free)

Tickets available by phone on 01371 875787,
01245 279052, 01799 519008 or

Online at www.uttlesfordcommunitytravel.org

Charity Registration Number 1072529

TO BUY TICKETS



PLEASE SCAN

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

**SMART
WORKS**

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

Epping Forest

Harlow

Uttlesford

CONNECT TO WORK
Funded by UK Government

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

Epping Forest

Harlow

Uttlesford

OTHER EVENTS & SUPPORT SERVICES



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



Active Essex

SPORT ENGLAND

Autumn Term*




Monday	Tuesday	Wednesday	Thursday	Saturday
SING AND SIGN Baby and toddler signing 10am-11.30am	MOTHERS MOVING Postnatal Yoga	HEY MAMA FITNESS Postnatal baby-wearing workshop	POSTNATAL+ 6-week postnatal course for mums & babies 0-6m Donations welcome	DAISY FIRST AID (monthly)
 The PARENT HOOD 0-5 & 6-11 HUB	CATERPILLAR MUSIC Pre-school music & sensory sessions	LET THEM BE MESSY Messy play sessions 0-2 years	DANCE FUSION Move with the toddler music & dance group	CATERPILLAR MUSIC RAINBOW CHILDREN'S CORNER
	WE MOVE Family Movement Classes 0-5y Donations welcome	MOTHERS MEETING Peer support group 0-5y	Friday RAINBOW READY School-readiness play & story for pre-schoolers	Sunday CLOSED
	PREPREGNANCY YOGA			

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



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



Events at Harlow libraries this week

Click on image below and open hyperlink to all Harlow libraries



IT & Technology

 **Digital and Device Help**

 Tue 02/12/2025, 10:00-12:00

 Harlow Library



Childrens

Baby and Toddler Rhymetime

 Wed 03/12/2025, 10:00-10:30

 Harlow Library



Childrens

Baby and Toddler Rhymetime

 Thu 04/12/2025, 10:00-10:30

 Harlow Library

OTHER EVENTS & SUPPORT SERVICES



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



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