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Princess Alexandra Hospital launches new magazine - p2



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.

Continued on page 19



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 1 December.

Content to ian.tompkins@nhs.net by 4pm on 28 November.

NEW MAGAZINE FROM THE PRINCESS ALEXANDRA HOSPITAL NHS TRUST

InTouch

NHS
The Princess Alexandra
Hospital
NHS Trust

With our patients, visitors and #PAHTpeople...

In this edition...

The future of health and care in your area

Pioneering research at your local hospital

Fabulous fundraisers - get involved

Choye
Deputy Ward Manager

Autumn/Winter 2025

modern • integrated • outstanding

patient at heart • everyday excellence • creative collaboration

NEWS FROM UPWARDS WITH DOWNS

A private for people with SEND. Greatly reduced prices!

We have been offered a discounted private skating event in Lakeside, price £3.78 pp for an hour. Prior to booking please read the terms and conditions, wheelchairs are welcome on the ice.

If you wish to book please follow details below:

You can send the below link to your members they will just need to select the 17th November at 6pm, choose their tickets, price will automatically amend and at check out it will ask them what event they are booking for, They can just write upwards and we will approve the booking

[Private Bookings & School Choir Ice Skating](#)

They can also access this though our website and scrolling down to private bookings www.thedestinationatlakeside.com/icerink

Supporting Upwards with Downs

ICE RINK AT LAKESIDE

17th November 2025 at 6pm

Lakeside Shopping Centre
Lakeside, Lakeside Shopping Centre, The Quays, Thurrock, Essex, RM20 2AD

Tickets are **£3.78** for adults and children.

When booking, the discount is applied once the correct date and time has been applied.

Use the reference: **Upwards**

A limited number of skate aids are available to rent.
Cost - £2.52

Upwards with Downs



You are invited to our

ANNUAL GENERAL MEETING



1pm to 3pm, Tuesday, 25th November 2025

GPCA (Great Parndon Community Association), Harlow CM18 6YJ

*Please join us for light refreshments and a review of our achievements over the past year.
RSVP by 12 noon on Tuesday 18th November to info@rainbowservices.org.uk*



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

NEWS FROM HARLOW COUNCIL

New policy working as repairs slashed to lowest level on record

Six weeks ago, Harlow Council introduced a new Housing Repairs Policy, cutting the longest standard repair waiting times from 270 working days to just 25.

The policy was designed to lock in dramatic improvements to the repairs service over the past two years and set clear standards to ensure residents receive a faster, fairer, and more reliable service.

Now, just six weeks on, the number of outstanding repairs has fallen to the lowest level ever recorded, marking a historic turnaround for the town's council housing services.

For years, tenants faced an average wait of nine months for standard repairs, with thousands of jobs piling up and service performance at a record low. Today, thanks to major reforms, decisive leadership, and record investment, the service has been transformed.

Key improvements include:

- Historic reduction in wait times: Standard repairs are now completed within 25 days, down from 270 in 2023.
- Clearance of the backlog: Outstanding repairs have fallen to the lowest level on record.
- Emergency response: Critical repairs are addressed within two hours and urgent repairs within five days.
- Proactive prevention: Every council home is being fitted with Aico HomeLink smart sensors, providing early alerts for damp, mould, smoke, heat, and carbon monoxide.
- Enhanced resident support: Tenants receive clearer communication, faster updates, and priority support for the most vulnerable.

Record investment: £51 million is being invested this year to upgrade homes and improve long-term maintenance as part of an overall housing budget of £137 million this year.

Councillor David Carter, Cabinet Portfolio Holder for Housing, said:

“Six weeks ago, we introduced our new Housing Repairs Policy, and the results speak for themselves. Week on week, the number of outstanding repairs continues to fall, with jobs completed far quicker than ever before. This shows just how far we've come in transforming our repairs service.

“This is another clear sign that we're delivering on our mission to invest in housing. These are real, tangible improvements that are improving lives for tenants across Harlow and demonstrating each day that we are Building Harlow's Future.”

Programme to renew neighbourhood centre car parks

As part of its mission to 'renew our neighbourhoods', Harlow Council is set to launch a programme of improvements to neighbourhood car parks across the town. Following a full audit of car parks near shopping centres, community hubs, playgrounds, and visitor attractions, the programme aims to create safer, more attractive, and accessible parking areas for residents.

Improvements will include enhanced surfaces, better lighting, CCTV, updated layouts, and clearer signage, ensuring car parks are easier to use, better maintained, and welcoming for all.

While many councils across the UK have increased parking charges, Harlow Council continues to offer free one-hour parking and very low charges thereafter, making parking practical and affordable for residents and local businesses alike.

Commenting on the programme, Cllr Nicky Purse, Cabinet Member for Environment, said:

“We know that well-maintained, safe, and accessible car parks make a real difference to our neighbourhoods. This programme will not only improve the look and safety of our parking areas but also make them easier for residents to use. By keeping the first hour free and parking charges low, we are ensuring these improvements are practical and affordable for everyone. This is part of our work to renew our neighbourhoods as we Build Harlow's Future.”

NEWS FROM HARLOW COUNCIL (2)

Harvey Centre performance outstrips all projects

The Harvey Centre continues to go from strength to strength, with new figures showing a significant rise in visitor numbers and strong financial performance, outstripping expectations and reinforcing its role at the heart of Harlow's regeneration.

A report to Harlow Council's Cabinet on 13 November 2025) set out clearly the success of the council's acquisition of the centre in 2022 as a sound strategic investment.

Key headlines of the Harvey Centre's performance over the last year include:

- Over 5.8 million people visited the Harvey Centre last year – up 3.5% from the year before.
- Over 30 separate lease events took place over the past year worth over £2 million in income.
- More new leases are currently under negotiation which seek to improve the quality of retail offer within the centre.
- At Quarter 1 2025/26, the centre's financial return was operating at 46.2% above the business plan forecast.
- Total gross profit between Quarter 1 2024/25 and Quarter 1 2025/26 exceeded business plan expectation and totalled over £1.9 million.

The council is set to make multi-million-pound investments over the next financial year into major upgrades into the centre.

This performance comes in spite of extreme challenges nationally for the retail sector. This increased footfall has contributed to occupancy levels remaining consistently high at 90-95%, well above the national average for shopping centres, with new lettings secured from both national retailers and local businesses.

Investing into the Harvey Centre is at the heart of the council's mission to 'rebuild our town'. Over the coming months, multi-million-pound investments will be made into major upgrades to the centre, including new escalators, structural improvements to the multi-storey car park, and a transformation of the car park façade, all designed to enhance the shopping experience and attract even better shops.

The extremely strong financial performance of the centre is also supporting the wider regeneration of the whole town centre, with all surpluses from the centre being directed to regeneration schemes.

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

"This performance proves beyond doubt that purchasing the Harvey Centre was a sound and strategic investment for Harlow Council. It is generating millions more than forecast, has growing footfall and a very high occupancy rate – outperforming most shopping centres across the country. Every penny of that success is being reinvested to transform and regenerate our entire town centre through the biggest regeneration programme of any district council in the UK.

"We are also now investing millions into major upgrades to the Harvey Centre – attracting better shops, improving the experience for residents, and ensuring the centre plays a leading role in the regeneration of our town centre. This is all part of our mission to rebuild our town.

"The Harvey Centre's success is about more than strong numbers – it's about confidence. It shows that Harlow is on the up, that our regeneration plans are delivering, and that we are building a town centre our residents can truly be proud of as we Build Harlow's Future."

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**





Harlow

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

0808 189 6550

www.harlowcitizensadvice.org.uk

NEWS FROM ACL ESSEX

Poppins Early Years Bursary and Nightingale Care Bursary

The **Poppins Early Years Bursary** offers Essex residents funding to start or grow their careers in early years. Our offer includes the **Gateway to Childminding** programme, which provides training and financial support for low-income households looking to start their own childminding business.

This includes our new Skills Bootcamp in Childminding and early years —a fully funded, 12-week intensive programme to support you into becoming a childminder.

For more information, visit the **Poppins Bursary** page on the ACL website or email Poppins.Bursary@essex.gov.uk.

The **Nightingale Care Bursary** offers fully funded courses and programmes for those looking to or already working within a Health and Social Care sector. Through this incentive, we offer a wide variety of health and social care apprenticeships, tailored for both current employees and businesses seeking to recruit new talent. Our apprenticeship programmes span from Level 2 to Level 5, providing high-quality, role-relevant training that enables staff to learn and grow within their workplace.

To learn more, visit the Nightingale Page on the ACL Website or email nightingale@essex.gov.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 ESSEX POLICE

(Click on image and open hyperlink)



News 5 November to 11 November



Third man convicted over Roydon party murder of Robert Powell

A third killer has been convicted for his role in the murder of a man outside a party in Roydon thanks to the relentless work of our major crime detectives.

Temitope Adeyinka, 41, stood trial at Woolwich Crown Court charged with murdering 50-year-old Robert Powell in the early hours of 13 June 2020.

Mr Powell, who left a party at an address in Water Lane at around 4.45am, was shot eight times and later died in hospital.

Two women were also inadvertently caught in the hail of bullets and suffered serious injuries.

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.



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

Essex Pedal Power project delivering £12 in benefits for every £1 spent

Independent research finds scheme offering free bikes to residents is delivering high impact at a low cost.

A ground-breaking scheme offering free bikes to Essex residents provides £12 in social benefits for every £1 spent, a new independent report has revealed.

The research was authored by economic consultants Volterra on behalf of the Active Wellbeing Society. It assesses the impact of three pilot schemes, Essex Pedal Power, and similar projects in Birmingham and Southall.

The report estimates that across the 12,000 bikes distributed, the projects generate a Social Return on Investment of £12 for every £1 spent.

This is much higher than Active Travel England's expectation for schemes. It also represents "Very High" Value for Money according to the Department for Transport framework.

The social benefits of the free bikes also include:

- improving people's access to work and opportunities
- increasing recipients' physical activity
- contributing to the move towards Net Zero

boosting community cohesion

Bikes also had a transformative impact on the mental health and wellbeing of residents. On a per bike basis, this benefit was estimated to be around £10,000 per year for the average recipient (according to Wellbeing-Adjusted Life Year).

The Health Impact Assessment also estimates the schemes could prevent 58 new cases of disease annually, saving the NHS around £1 million each year.

Councillor Tom Cunningham, Cabinet Member for Highways, Infrastructure and Sustainable Transport, said: "Essex Pedal Power is a shining example of how transport initiatives can change lives.

"By removing barriers to cycling, we're investing in individuals and enabling more people to access jobs, training opportunities, and local businesses, boosting productivity and supporting a stronger workforce.

"This report proves that investing in active travel delivers outstanding value for money and can help to power our economy."

Councillor John Spence, Cabinet Member for Children's Services, Adult Social Care, Public Health and Integration, added: "Essex Pedal Power is helping residents become more active, reduce the risk of preventable diseases, and improve mental wellbeing.

"The evidence shows this scheme isn't just good for transport, it will help create healthier communities, as well as saving the NHS money."

Started in 2021, Essex Pedal Power has distributed more than 4,000 bikes across Tendring, Colchester, Basildon, Canvey Island and Harlow.

In addition to free bikes, the programme offers volunteering opportunities and training sessions to people living in some of the county's most disadvantaged communities.

The scheme has even extended to Basildon University Hospital, providing free bikes on prescription for those with preventable diseases. They are also available to support hospital workers to access their jobs with more ease.

Read the full report at: www.theaws.co.uk.

Find out more about Essex Pedal Power at: www.activeessex.org/essex-pedal-power/.

NEWS FROM ACTIVE ESSEX (2)

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 (3)

Funding and small grants workshop

Fundraising is increasingly challenging for community and voluntary organisations in Essex. With high demand and fewer grants from local authorities, the NHS, and the statutory sector, it's vital to diversify income streams, know where to find relevant grants, and make applications stand out.

As part of the wider [Your Essex Community](#) work, we will be running a three-hour workshop, designed for voluntary and community organisations looking to strengthen their fundraising plans and skills. You'll learn about current fundraising trends, income sources, and practical tips for securing small grants (under £20,000), including where to find opportunities and how to write successful applications. The session is interactive, informative, and a great chance to network with others in the sector.

All relevant details below;

Date of Workshop: 25/11/25

Time of Workshop: 09:30-12:30

Location: Foaks Hall, 47 Stortford Road, Dunmow, Essex, CM6 1DG

To register your place click here <https://www.activeessex.org/yecfundraising/>



Fundraising and Small Grants Workshop

25/11/25 09:30-12:30

Foaks Hall, 47 Stortford Road, Dunmow, Essex, CM6 1DG

This three-hour workshop is for voluntary and community organisations in Essex who want to enhance their income generation and fundraising plans and skills. You will learn about the latest trends in fundraising, different sources of income, with a specific focus on small grants under £20,000 including where to look for grant opportunities, and top tips on how to produce a successful application. The workshop is enjoyable, informative, interactive, and an excellent opportunity to network with other similar organisations in the voluntary sector.

Book your place using the link below.

<http://www.activeessex.org/yecfundraising/>

Proud to be part of **Your Essex Community**
Supporting the Voluntary and Community Sector

Active Essex
COMMUNITY DEVELOPMENT

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](#).

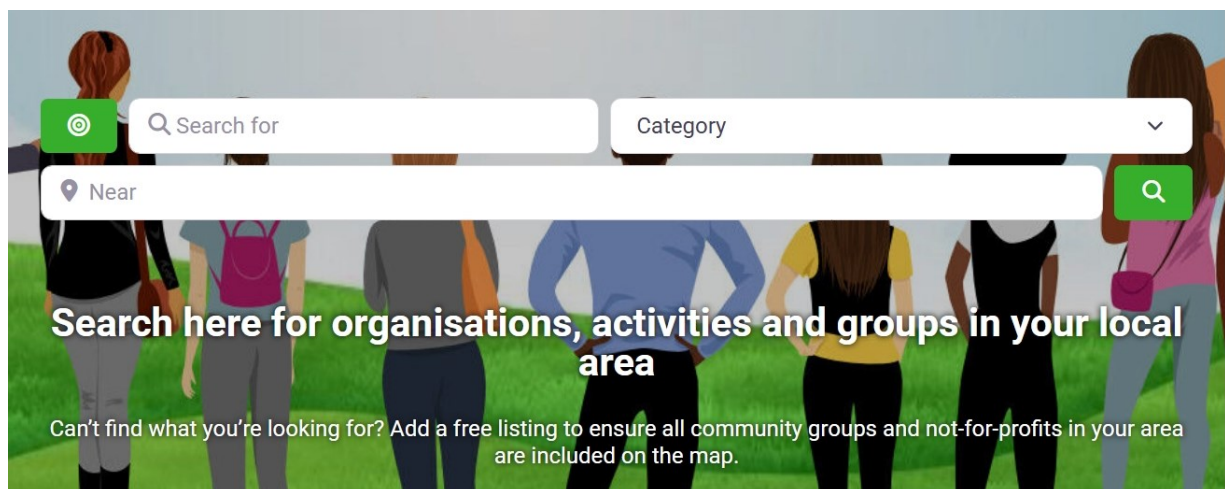
Email communications@essexalliance.org.uk

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 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.



Endometriosis project

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 details of a new pan Essex project being run by my colleague Sara Poole on endometriosis <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



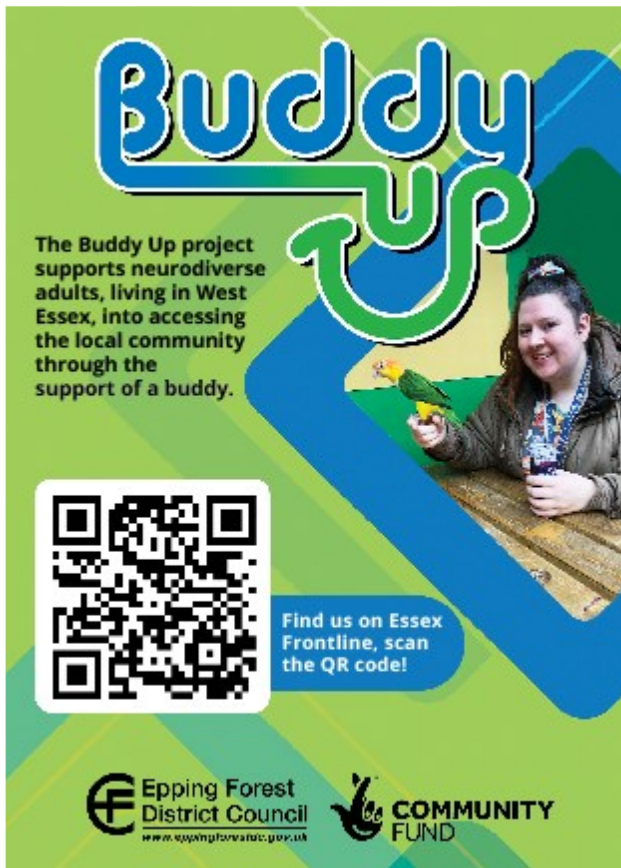
Register with us for an online or in-person Dementia Awareness Session

Contact us to see how you or your organisation could help




ron@rainbowservices.org.uk
07918 605744

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 (PDS) is a registered company, 112 The Terrace, Garsington Road, Oxford, OX4 1TD
Registered in England, 11202066



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@greencandledance.com

07846957972

Accredited by OCN Open College Network



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



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](#)

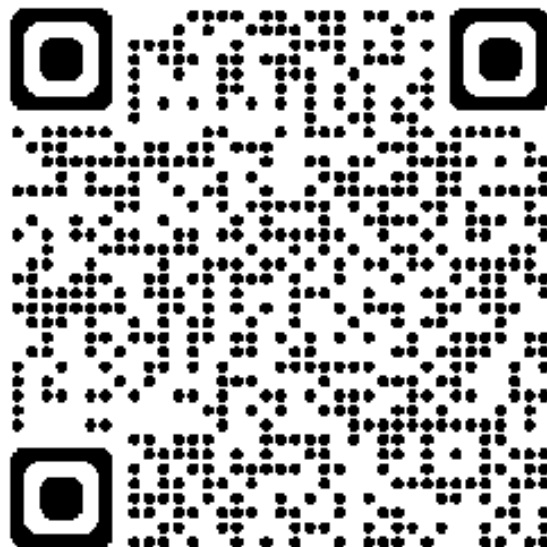


Oral Health for Babies, Children and those with
Additional Needs

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



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**.



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



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

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

THE WEST ESSEX INCLUSION PROJECT

Harlow News & Updates: November 2025

Who are we?

The West Essex Inclusion Project offers activities in Epping Forest, Harlow and Uttlesford to children up to the age of 14 with a learning disability, autism and a physical or sensory impairment.

How to join us

1

Register for a Short Breaks ID



2

Register your child with us



3

We will contact you



4

Your child can be booked on to activities!



Hello everyone!

Lexi Doherty here, Disability Inclusion Assistant at Epping Forest District council!

ADoherty@eppingforestdc.gov.uk



A new experience for us - Go Carting! Lexi Doherty - Disability Inclusion Assistant

Our first session of Go Carting at Harlow Leisurezone took place this October half term! What a fantastic new activity for everyone! I took so many exciting photos to share but only can share a few with you here!

The staff at Leisurezone were supportive and excited to welcome us for an activity outside of our Urban Limitz sessions held on Wednesdays 6-7pm term time.

Everyone took part listened to instructions and ensured their safety, well done all!

All children have shared with their families at the end how they enjoyed it and how they would love to do it again. I really enjoyed meeting new parents and welcoming them to The West Essex Inclusion Project and it's been wonderful to meet new families, and families who have been us for a while.

Watch this space, I'm sure more go carting sessions will be in the pipeline too!

Our Christmas Party!

Save THE DATE

MONDAY 8 DECEMBER
6-8PM
CIVIC OFFICES EPPING

Coming
Soon

See next page for our wider West Essex November Newsletter

HEALTH AND CARE EVENTS & SUPPORT SERVICES

THE WEST ESSEX INCLUSION PROJECT (2)

Information for
schools and
families
**November
2025**



WEST ESSEX

Inclusion Project

Epping Forest, Harlow and Uttlesford

Who are we?

The West Essex Inclusion Project offers activities in Epping Forest, Harlow and Uttlesford to children up to the age of 14 with a learning disability, autism and a physical or sensory impairment.

Contents

- October half term 2025
- Hear from our Community Activity Leaders and Workers at EFDC!
- Highlights from Emily and Lexi
- News and updates for November
- Spotlight on Uttlesford
- Term time activities
- Our Jack Petchey Award Winners!

How to join us

1

Register for
a Short
Breaks ID



2

Register
your child
with us



3

We will
contact
you



4

Your child
can be
booked
on to
activities!



Your feedback is important!

You can provide feedback regarding The West Essex Inclusion Project anonymously please click [here for Summer 2025 feedback](#) and [here for overall feedback](#).

Emily Stevens (Disability Inclusion Officer and Lexi Doherty (Disability Inclusion Assistant) are keen to build our communication with schools.

Please let us know if you would like to see us at one of your coffee mornings!

Our Christmas Party!



07596 890 819
07548 145 591

EStevens@eppingforestdc.gov.uk
ADoherty@eppingforestdc.gov.uk

WEInclusionProject



Epping Forest
District Council

www.eppingforestdc.gov.uk

HEALTH AND CARE EVENTS & SUPPORT SERVICES



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

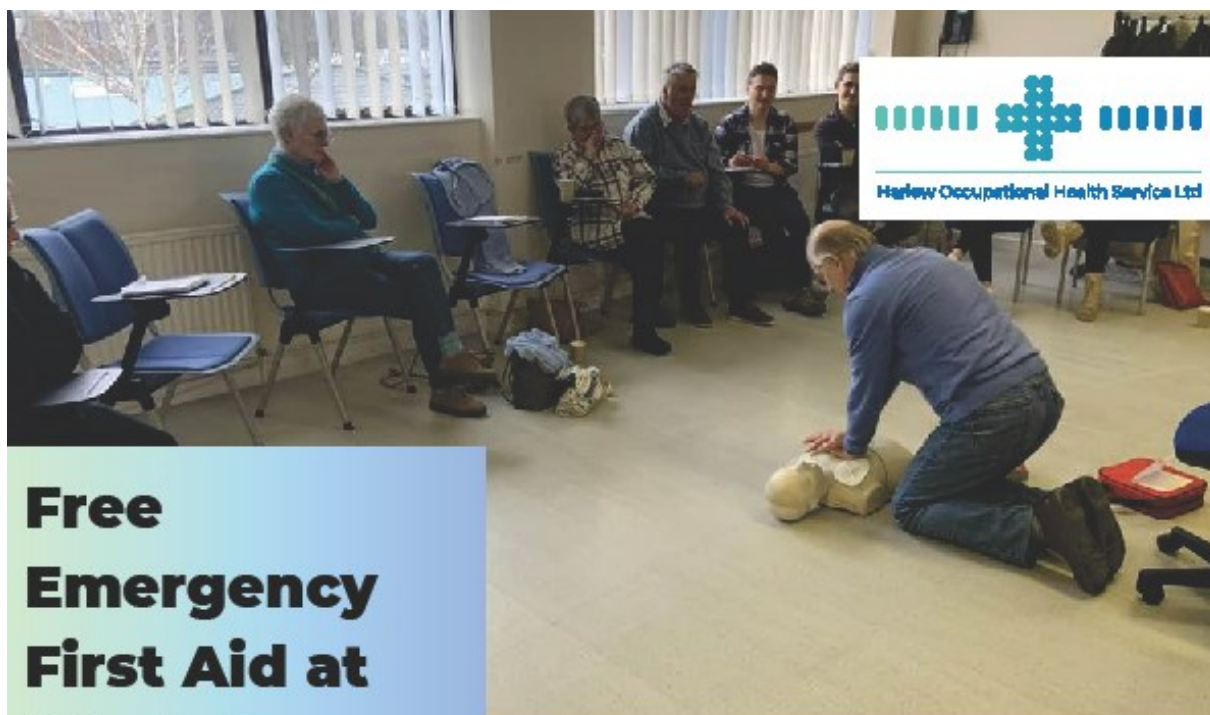
Essex Recovery Foundation is proud to be part of a thriving recovery community in Essex. Our recovery spaces were created to help us connect with more people and to make recovery visible in the community.

Find out more:
essexrecoveryfoundation.org

 DAN@ESSEXRECOVERYFOUNDATION.ORG

 ADD ME: "DAN BUCK ERF"

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

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:



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



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



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

Events at Harlow libraries this week

Click on image below and open hyperlink to all Harlow libraries

 <p>Health & Wellness</p>	 <p>IT & Technology</p>	 <p>Health & Wellness</p>	 <p>Childrens</p>
<p>Seated Exercise</p> <p>📅 Mon 17/11/2025, 11:00-11:45</p> <p>📍 Harlow Library</p> <p>Health & Wellness Seniors</p>	<p>Digital and Device Help</p> <p>📅 Tue 18/11/2025, 10:00-12:00</p> <p>📍 Harlow Library</p>	<p>Dementia Support Stand</p> <p>📅 Tue 18/11/2025, 11:00-12:00</p> <p>📍 Harlow Library</p> <p>Health & Wellness Seniors</p>	<p>Baby and Toddler Rhymetime</p> <p>📅 Wed 19/11/2025, 10:00-10:30</p> <p>📍 Harlow Library</p>

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