

Information for schools and families

October 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.

What do our families say?

“Emily and the team are awesome! Friendly and inclusive. I get to meet other parents so don't feel lonely and my children are accepted for who they are. The sessions have made a real difference to our lives, they are quieter and inclusive. We get to do things we can't otherwise do.”

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](#)

Essex County Council are reviewing the Short Breaks Commissioning Strategy and are keen to hear about your experience of Essex Short Breaks. [Click Here](#) to access the survey. Please complete by October 31st 2025. For further information, please email shortbreaks@essex.gov.uk



07596 890 819
07548 145 591



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



WEInclusionProject



Epping Forest
District Council

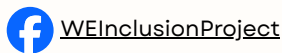
www.eppingforestdc.gov.uk

Term time activities

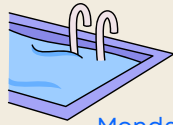
- Mondays** - Multisports, New City Fitness, Loughton 5-6pm
Lark with the Arts with Razed Roof, Harlow Town Park, 4pm-6pm
- Tuesdays** - Monkey Kingdom (once a month) soft play, Loughton
- Wednesdays** - Trampoline, Epping Sports Centre 3.30-4.30pm
Urban Limitz, Harlow Leisurezone 6-7pm
- Thursdays** - Horseriding *see website/Facebook for details*
- Fridays** - Trampoline at Debden Park High School 4.30-5.30pm
- Saturdays** - Inflatables at Ongar Leisure Centre (once a month)
- Sundays** - Inflatables at Waltham Abbey (once a month)
Inclusion activity club, Great Dunmow Leisure centre 12-2pm

Follow our Facebook page and check Booking Live for details!

<https://eppingforestdc.bookinglive.com>



October Half Term



Monday 27th - Friday 31st October

Intensive swimming course
Freshwaters school Harlow

times vary



Wednesday 29th October
Trampoline Epping Sports Centre

3.30pm-4.30pm



Thursday 30th October
Workshop day with Razed Roof
Harlow Playhouse
10.30am-2.30pm



Friday 31st October
CanalAbility
Lockview, Burnt Mill Lane
Harlow
10.45-3pm



Thursday 30th October
Barnfields Riding Stables
Waltham Abbey
Grooming, riding and more
10am-12pm



Thursday 30th October
Go Carting
Harlow Leisurezone
1.30pm-2.30pm



Friday 31st October
The Hive activity day
High Beach, Loughton
09.30am-2.30pm

Booking essential!

Monday half term trampolining at Debden Park High School *timing to be confirmed*

Update - trampolining Epping Sports Centre

Our trampolining sessions at Epping Sports Centre will be postponed for the transition to the new Epping Sports Centre site. This means there will be no Epping trampolines for the month of November.

[Booking here](#)

Our last trampolining session at the current Epping Sports Centre on Hemnal Street will be on **Wednesday 29th October** - sessions will resume on Wednesday 3rd December at the new site.

Uttlesford families

We have a coffee morning / parent meet up planned for World Kindness Day at Zaffarano Lounge, Saffron Walden on 13th November from 10.30.

[12A Market St, Saffron Walden CB10 1HR](#)

Please contact Emily Stevens for more information!

Coming soon - more information to follow

We have planned for SEN friendly swim sessions for families on The West Essex Inclusion Project to begin at the new Epping Sports Centre site in December 2025! These are planned to be held on Sunday mornings.

In addition to this, weekly swimming lessons at Freshwaters Academy on Saturday afternoons are in the latter stages of planning.

Uttlesford families - do you know about our Inclusion Activity Club?

[Click here to book](#)



Term time
Great Dunmow Leisure Centre
Sundays 12-2pm



Harlow Families -
Do you know
about Larks with
the Arts?

[Click here to book](#)



Larks with the Arts

Term time after school club
ages 5 -14
Mondays 4-6pm



A specialised after school social group providing relaxed, fun, creative sessions to build your child's social, emotional and communication skills.

The Learning Centre
Pet's Corner, Town Park
Edinburgh Way, Harlow
CM20 2QG



Games, drama,
arts & crafts,
puppetry, music
and lots more!



WEST ESSEX
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Epping Forest, Harlow and Uttlesford



Our Christmas Party!

Save THE Date



MONDAY 8 DECEMBER

6-8PM

CIVIC OFFICES EPPING



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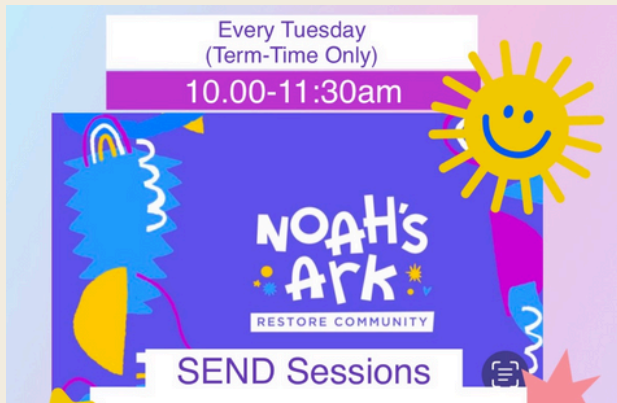


**Epping Forest
District Council**

www.eppingforestdc.gov.uk



Have you heard about..?



Restore Community Church, Oakwood Hill, Loughton
Tuesday mornings 10-11.30am

If you find yourself avoiding toddler groups, that your child struggles at playgroup and/or becomes overwhelmed by too much noise or crowded rooms, has sensory overload, hyperactivity, trouble regulating their emotions, physical, social emotional or mental difficulties, the need for space, if they are possibly autistic, have ADHD, physical disabilities, hearing or sight impairment or any other additional need not mentioned, then this could be the toddler group for you to bring them to.

If you would like more information about these sessions, to discuss what you struggle with at the average playgroup session and what adaptations you would benefit from, then please contact Kim Lupton kim.lupton@restorecc.org.uk

Dad's Health & Play Day
FREE EVENT
Day: Saturday, 1st November **Time:** 11:00am – 1:00pm
Venue: Tree House Family Hub, Parnall Road, Harlow, CM18 7NG

Join us for a session of health tips and exciting activities designed for children under 8 years and their dads, grandads, uncles or male carers.
Older siblings are welcome too!

Use this link to book your place: <https://www.eventbrite.com/e/co-production-event-men-tickets-1614742852339?aff=oddtcreator>

Website: <https://essexfamilywellbeing.co.uk>
care-think-do
https://www.facebook.com/HarlowChildFamilyWellbeing

Pact for Autism, meet ups, advice, signposting and more!

<https://www.pactforautism.org.uk/>

Essex Autism Support Offer

This is a live digital booklet with information on services that are available Essex wide for different age groups

[Click here to see the digital booklet](#)



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