

April 2026 News and Updates



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:

- Important - update your details!
- May Half Term plan
- Spotlight on Trampolining
- Introducing our Community Activity Workers and Leaders
- Holiday highlights
- Term Time Activities

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!



How can I contact you?



Emily Stevens

Disability Inclusion Officer:

ESTevens@eppingforestdc.gov.uk

07596 890 819



Lexi Doherty

Disability Inclusion Officer:

ADoherty@eppingforestdc.gov.uk

07548 145 591



[WEInclusionProject](https://www.facebook.com/WEInclusionProject)



**Epping Forest
District Council**

www.eppingforestdc.gov.uk



News and Updates



IMPORTANT

Updating your details and Short Breaks information

To help us continue running inclusive, safe and well supported activities, we're kindly asking families to check and update their details where needed and to share their Essex Short Breaks ID if you haven't already.

[Click here to update details](#)

Our project is funded through Essex Short Breaks, and we're required to report anonymised numbers to show how funding is being used.

This helps us protect the service and continue offering activities.

Care plans and health information, including allergies

For children with care plans (for example epilepsy, diabetes, anaphylaxis or other specialist health needs), we also ask that:

- Your child's care plan is fully up to date
- A copy has been shared with us

It's important these are up to date and shared with us. Care plans allow us to access the right training for staff, helping children attend activities safely and independently. Without up to date information, we may be unable to secure training, which could affect a child's ability to attend independently.

If you need help updating details or have questions, please contact us and we will be very happy to support you.

Booking Live issues (booking activities)

We're continuing to work with Booking Live to resolve recent booking issues. To help us build clear evidence, we are asking families to email us with details of any problems you've experienced when booking.

Please let us know:

- What issue occurred
- Whether you were booking via mobile, PC or tablet

Your feedback will really help us push this forward, thank you for your patience and support!

In the meantime, if you need assistance booking, please contact our Booking Support team, at Epping Forest District Council on 01992 564 226 between 10am and 4pm Monday - Friday.

May Half Term 2026

Date	Activity
Monday 25th (Bank Holiday)	<u>Intensive swim lessons, Harlow Freshwaters</u> begin. Daily throughout half term, 11:00 - 11:30am advance booking essential.
Tuesday 26th	<p><u>Intensive swim lessons, Harlow Freshwaters</u>. 11:00 - 11:30am</p> <p>Cinema screening - Zinc Arts Ongar 2.30pm arrival for 3pm showing. *booking open soon* *vote for your film here*:</p> <p>Super 1s Festival Leyton County Ground *Multisports Loughton. More info to follow - please contact Emily Stevens for more information*</p>
Wednesday 27th	<p><u>Intensive swim lessons, Harlow Freshwaters</u>. 11:00 - 11:30am</p> <p><u>Urban Limitz Harlow</u> 17.00-18.00</p> <p><u>Epping Trampolining</u> 15.30-16.30</p>
Thursday 28th	<p><u>Intensive swim lessons, Harlow Freshwaters</u>. 11:00 - 11:30am</p> <p><u>Pony Taster Day Waltham Abbey</u> 10.30am-12.30pm</p> <p><u>Pony riding from 12.30pm</u></p> <p><u>Go Karting Harlow</u> 14.00-15.00</p> <p><u>Vertigo Climbing Wall Harlow</u> 15.30-16.30</p>
Friday 29th	<p><u>Intensive swim lessons, Harlow Freshwaters</u>. 11:00 - 11:30am</p> <p><u>Interactive Virtual Reality at Epping Leisure Centre</u> 13.00-14.00</p> <p><u>Fun and Floats Great Dunmow Leisure Centre</u> 13.00-14.00</p>
Sunday 31st	<u>Epping Family Swim</u> 09.30-10.30am

Community Activity Workers and Leaders

Did you know?

Our team brings a wide mix of skills and interests, including:

- Outdoor learning and Forest School
- Arts, crafts, and creative activities
- Sport, physical activity, and coaching
- Dance and movement
- Trampolining and rebound therapy
- Supporting neurodivergent children and children with a wide range of additional needs

Our Community Activity Workers and Leaders come from a wide range of backgrounds, bringing different skills, experiences, and perspectives to our sessions.

Our staff include trained support staff who also work in schools, and many bring valuable lived experience. Two members of our team were once children on the Inclusion Project themselves.

Together, they share strong values around inclusion and a deep understanding of what meaningful, supportive, and welcoming provision looks like in practice.

Spotlight on Term Time

Matt



Mutisports
Trampolining
Monkey Kingdom

Jack Petchey Leader Award

Rachel



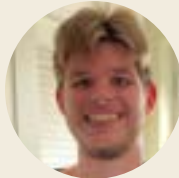
Mutisports, Trampolining
Urban Limitz
Dancing
CanalAblity

Nikki



Mutisports
Trampolining
The Hive, Forest
Walks

Dylan



Mutisports
Trampolining
Rebound Therapy Qualified
Buddy Up - Jack Petchey Award

Congratulations, Matt!

We are very excited to celebrate Matt, who has received a Jack Petchey Leader Award and helped us secure £1,000 for a very exciting Summer Project!

Matt has been part of The West Essex Inclusion Project since he was a child and now helps support children and families through sport, play, and dance.

He is kind, positive, and always makes everyone feel welcome. Thanks to Matt's award, we are now able to plan a very exciting Summer activity!

Thank you Matt for your support!



Farewell, Emily!

After two wonderful years, Community Activity Leader Emily will be working her final day with us in June, as she moves on to continue her teaching journey in Kuwait.

Emily has been a huge support to The West Essex Inclusion Project from the very start, always bringing kindness, enthusiasm and a willingness to help wherever needed.

Emily has supported so many activities at EFDC including Play in The Park, Inclusion Trampolining, Swimming, Horse riding and our Christmas Parties! She has been a truly valued member of our Inclusion Activities, qualifying as a Rebound Therapy Practitioner with us last year!

Emily has built strong, meaningful relationships with our children, supporting with patience, encouragement and genuine care.

We are incredibly excited for Emily's next adventure and for the students who will benefit from her teaching. Thank you, Emily, from all of us at the West Essex Inclusion Project you'll be greatly missed, and we'd love to be pen pals!



Holiday highlights

February Half Term

We loved our trip to The Hive in High Beech, where we enjoyed a wonderfully muddy sensory walk through the forest!

The fun continued with lots of excitement at Harlow Leisurezone, including go-karting and bouncing, as well as trampolining in Epping and a fantastic bounce and swim session in Harlow.

Our intensive swimming lessons at Freshwaters, Harlow continued throughout the week, with a relaxing family swim on Sunday to finish half term on a high.

Thank you to everyone for your amazing support in making it such an active and enjoyable break!



Easter

We kicked off Easter half term with our Easter Woodland Explorers session in Waltham Abbey, enjoying forest-inspired crafts, minibeast hunting and marshmallows toasted on an open fire. A big thank you to one of our families for kindly bringing marshmallows to share, such a thoughtful gesture!

It was lovely to welcome new families, with Emily enjoying singing songs together. Mud painting was a firm favourite, alongside two brilliant Garg's Animal Encounters in Epping and Uttlesford. In Uttlesford we welcomed new families to the project.

We also enjoyed a peaceful trip on the River Stort with CanalAbility with Lexi and Community Activity Worker, Rachel. Lots of fun was had playing Easter bingo, steering the canal boat and working the locks! Every participant left with a certificate, and bubble wands were a firm favourite!

The week ended full of energy with multi-sports and bounce sessions in Harlow, and the always popular go-karting! A fantastic Easter break all round!



Term time trampolining

Trampolining!

We have three trampolining sessions a week.

Tuesdays, we are in the Uttlesford District at Great Dunmow Leisure Centre 5-5.50pm.

Wednesdays, we are at Epping Leisure Centre, 3.30-4.30pm

Fridays we are at Debden Park High School, Loughton 4.30-5.20pm and 5.30-6.20pm



Did you know?

Gentle bouncing gives the body calming sensory input, which can help relaxation.

Trampolining can support core strength, coordination and body awareness in a fun, low pressure way.

On Wednesdays we also freestyle at Urban Limitz trampoline park at Harlow Leisurezone!

My son loves the trampolining at Debden Park High School. The coaches help him progress. Its running really well now with fewer children in the session and more time on the trampolines.

Our Epping trampolining session began from a family who recommended a trampolining instructor after their son wanted access to an inclusive trampolining session.

We are always on the look out for suitable venues and recommended coaches to expand our provision, as this is one of our most popular activities!



Multisports Harlow Update

Please note, our Multisports sessions in Harlow are on pause - more information below.

We can't believe that Multi-Sports Harlow has already reached week seven! With nine children taking part and some truly lovely feedback from parents, it's been a fantastic start and we're so grateful to everyone who's joined us along the way.

As this term comes to a close, we're very sad (for now) to be saying goodbye to our brilliant term-time coach, Will Fordham. A huge thank you, Will, for the enthusiasm, energy and encouragement you've brought to every session. We're delighted that Will will continue to support us during school holiday activities, so it's not goodbye forever!



We are actively looking for a new partner and venue while the Stewards Academy Sports Hall is unavailable until after exams in July. During this time, we'd like to say a **big** thank you to Neil Mann at Stewards, whose support has helped The West Essex Inclusion Project bring our families Multisports, Step into Dance (Fridays) and our Bounce and Swim holiday sessions to Harlow.

Finally, we mustn't forget our amazing Dylan Rix, Community Activity Worker. Dylan is a fantastic role model! Dylan began his journey with us as a participant and now works alongside our team. We're incredibly proud of how far he's come and the positive example he sets for our children.

Thank you once again for your continued support. We'll keep families updated as soon as we have news about upcoming sessions and next steps.



Term time activities



<p>Monday</p>	<p>Multisports, New City Fitness, Loughton 5-6pm https://eppingforestdc.bookinglive.com/book/add/p/455</p>
<p>Tuesday</p>	<p>Trampoline at Great Dunmow Leisure Centre 17:00-17:50 https://eppingforestdc.bookinglive.com/book/add/p/765</p> <p>Monkey Kingdom (once a month) soft play, Loughton 16:15-17:45 https://eppingforestdc.bookinglive.com/book/add/p/681</p>
<p>Wednesday</p>	<p>Trampoline at Epping Sports Centre 15.30-16.30 https://eppingforestdc.bookinglive.com/book/add/p/690</p> <p>Urban Limitz at Harlow Leisurezone 18:00-19:00 https://eppingforestdc.bookinglive.com/book/add/p/616</p>
<p>Thursday</p>	<p>Horse riding starting at Barnfields Stables, Waltham Abbey https://eppingforestdc.bookinglive.com/book/add/p/698 please email estevens@eppingforestdc.gov.uk for further information. Session times :5:00pm – 5:45pm and 6:00pm – 6:45pm Dates (6 weeks) June 4th, 11th, 18th, 25th, July 2nd, 9th.</p>
<p>Friday</p>	<p>Step Into Dance at Stewards Academy, Harlow FREE OF CHARGE 17th April - 26th June (excluding May half term) 17:00-18:00 https://eppingforestdc.bookinglive.com/book/add/p/778</p> <p>Trampoline at Debden Park High School, Loughton 16:30-17:20 17.30-18.20 https://eppingforestdc.bookinglive.com/book/add/p/719</p>
<p>Saturday</p>	<p>First Saturday of the Month, Family Swim at Ongar 12:00-13.00 https://eppingforestdc.bookinglive.com/book/add/p/193</p> <p>Swimming at Freshwaters Academy, Harlow 6 Week swim courses (must book in advance) https://eppingforestdc.bookinglive.com/book/add/p/772</p> <p>Family swim at Freshwaters Academy, Harlow : 14.30-15.30 https://eppingforestdc.bookinglive.com/book/add/p/739</p>
<p>Sunday</p>	<p>Every Sunday, Family Swim Epping Leisure Centre 09.30-10.30 https://eppingforestdc.bookinglive.com/book/add/p/651</p>