

# Disability Inclusion Project Activities



**The Epping Forest Inclusion Project, run by Epping Forest District Council provides a variety of sports and leisure activities for children and young people with SEND. The activities are suitable for all ages (unless stated) and we cater for a wide range of needs. Siblings and parents are also welcome to join us on some activities, please read below for details. Families can self refer on to the programme and do not need to have Short Break hours.**

As well as a dedicated holiday programme for children and young people with SEND the **Epping Forest Inclusion Project** runs an extensive clubs and activities programme during the school term. If you want to find out more about the work the Inclusion Project does across the district, or be added to the mailing list, please contact Disability Inclusion Engagement Officer, Olivia Worsfold by email at [oworsfold@eppingforestdc.gov.uk](mailto:oworsfold@eppingforestdc.gov.uk)

The Epping Forest Inclusion Project also holds regular **Parent Forum meetings**. They give families the unique opportunity to have a voice in the provision that is provided for their children.



To keep up-to-date with all our latest news, like our Facebook page **Epping Forest Disability Forum**

## Bounce & Swim

All ages

**Monday 23 July**  
**Friday 17 August**  
**1.30pm – 3.30pm**

**Ongar Leisure Centre**  
The Gables  
Ongar CM5 0GA



An energetic two hour session starts with **one hour of trampolining before we hit the pool to cool off!**

Please ensure your child has socks. Parents can swim too for free! If child is under 8 years old parent/carer must accompany in the changing rooms. **This session is only for children or young people with disabilities/SEN and their siblings.**

**£7**

**Booking is essential.**



## Own a Pony

4-25 years

**Wednesday 25 July**  
**Wednesday 8 August**  
**Wednesday 29 August**  
**10am – 12noon**

**High Beech Riding School**  
Pynest Green Lane  
Waltham Abbey  
EN4 3QL



**£25**

**Enjoy a session of riding and all the fun that comes with owning a pony.** Learn how to groom, tack up, muck out and feed 'your' pony, followed by a riding lesson.

Please wear suitable clothing and footwear. Limited spaces, must be booked in advance. **This session is only for children or young people with disabilities/SEN.**

**Booking is essential.**



# Disability Inclusion Project Activities

7+  
years

## Boxing

Thursday 26 July  
1pm – 2pm  
(Age 7-10)

2.30pm – 4pm  
(Age 11+)

Epping Sports Centre  
Hemnal Street  
Epping CM16 4LU



**A non-contact boxing session perfect for all abilities.** The

**£6**

session will work on the agility, footwork and types of basic punches that all boxers need, with a variety of non-contact drills/games, pads and bag work.

**This session is only for children or young people with disabilities/SEN and their siblings.**

**Booking essential.**



## Suntrap Summer Fun Days

All  
ages

Friday 27 July  
Monday 6 August  
Thursday  
30 August  
10am – 3.30pm

Suntrap Forest  
Education Centre  
Church Road  
High Beach  
Loughton IG10 4AJ



**£16**  
for one child

**£8**  
additional sibling

**Experience the fun of the forest with Suntrap** and discover all it has to offer. With a different theme no one day will be the same.

Activities include pond dipping, forest crafts, bug hunting, camp fires and much more.

**These days are for children and young people with disabilities/SEN and their families.** Wear suitable clothing and footwear, be prepared for all weathers. Please bring a packed lunch and plenty to drink. Parents/carers are welcome to attend free of charge. All terrain buggy is available, you must state at time of booking.

**Booking is essential.**



## Canalability Day Trip

All  
ages

Monday 30 July  
Monday 20 August  
10.45am – 3pm

Lock View  
Burnt Mill Lane  
Harlow  
CM20 2QS



**£15**

**Join us as we take the Stort Daybreak for a day trip.** Whether you want to have steer, or work the locks or just sit and watch the world go by from the water, this promises to be a great day!

Please note due to extremely limited places we encourage children and young people to attend without an adult where possible. Bring a packed lunch. **This session is only for children or young people with disabilities/SEN.**

**Booking essential.**



# Disability Inclusion Project Activities

8+  
years

## Water Wipe Out Splash!

Tuesday 31 July  
Tuesday 21 August  
11.30am – 1pm

Lee Valley White  
Water Centre  
Station Road  
Waltham Cross  
EN9 1AB



Tackle our inflatable obstacle course on our lake and compete against your mates to see who can complete our course in the fastest time.

£12

Leaping over obstacles before whizzing down the slide at the end – it's sure to make your holidays splashing!

This session is only for children or young people with disabilities/SEN and their siblings.

Booking essential.



All  
ages

## Trampolining

Thursday 2 August  
10am – 11am  
11.30am – 12.30am

Debden Park High  
School  
Willingale Road  
Debden  
IG10 2BQ



Come and join us for a fun, social trampolining session. Learn new skills with our coaches.

£4

Please make sure your child is wearing socks. This session is only for children or young people with disabilities/SEN and their siblings.

Booking essential.



All  
ages

## Storytellers

Friday 3 August  
1.30pm – 3pm

Forest Room, Jack  
Silley Pavilion  
Stonards Hill  
Recreation Ground  
Epping CM16 6SP



Join us on a trek as we splash, splosh and swish our way to find a bear.

£8

Using your imagination, you'll help us tell a story through dance, drama and crafts. This workshop is inspired by Michael Rosen's classic tale 'We're Going on a Bear Hunt'.

This session is only for children or young people with disabilities/SEN and their siblings. Please allow time for registration.

Booking essential.



# Disability Inclusion Project Activities

## Inclusion Multi-Sports Camp

All ages

**Tuesday 7 August**  
**10am – 3pm**

**Upper Clapton Rugby Club**  
Upland Road, Thornwood,  
Epping CM16 6NL



**Tuesday 28 August**  
**10am – 3pm**

**Debden Park High School**  
Willingale Road  
Loughton IG10 2BQ

**Join our sports camp for a day of activities.** The coaches will be putting on a variety of fun sports sessions ranging from Short Tennis, Football, Tag Rugby, Athletics, Rounders and Boccia to name just a few!

**£15**

Please bring a packed lunch and plenty to drink. Dress in comfortable clothes - some activities will take place outside. **This session is only for children or young people with disabilities/SEN and their siblings.**

**Booking essential.**



## Old MacDonald & the 3 Pigs Plus

All ages

**Thursday 9 August**  
**11.30am – 12.30pm**

**Jazz Archive Room**  
1st Floor  
Loughton Library  
Traps Hill  
IG10 1HD

**Presented by Booster Cushion Theatre, this comical show weaves the song 'Old McDonald' with the story of the Three Pigs.**

The pigs get fed up singing 'eieio' and move out of the barn to the other side of the farm. They build their own houses only to be visited by a hungry wolf, luckily, the pigs have planned ahead, but what will happen?

**This session is only for children or young people with disabilities/SEN and their families.** Children must be accompanied by an adult/carer who's place must be reserved when booking. Please allow time for registration.

**Booking essential.**

**£6**  
per child



## Royal Gunpowder Mills

All ages

**Monday 13 August**  
**10.30am – 3pm**

**Royal Gunpowder Mills**  
Beaulieu Drive  
Waltham Abbey  
EN9 1JY



**£6**  
per child

**£4**  
per adult

**The Royal Gunpowder Mills is a great place for families** to spend a days out exploring the secret history of gunpowder, explosives and rocket propellants through our engaging interactive Exhibitions, Science Shows and Children's Activities.

Parent/Carer places available. **This session is only for children or young people with disabilities/SEN and their siblings.**



# Disability Inclusion Project Activities

All ages

## Soft Play at Ashlyns Farm

**Tuesday 14 August**  
**4.30pm – 6.30pm**

**Ashlyns Farm**  
Epping Road  
North Weald  
CM16 6RZ



**We have exclusive use of the Soft Play at Ashlyns Farm for two hours.**

**£3**  
for under 5s

**£4.50**  
age 5 and over

Children are free to play at their own leisure. The café will be open for food and drinks.

Adults must stay with their children. **This session is only for children or young people with disabilities/SEN.**

**Booking is essential.**



All ages

## Inclusive Cycle Rides with TrailNet

**Thursday 16 August**  
**10am – 11.30am**  
**12 noon – 1.30pm**

**Lee Valley White Water Centre**  
Station Road  
Waltham Cross  
EN9 1AB



**Following on from the successful taster sessions, we will be offering Inclusive Bike Rides.** Each session includes a mixture of skills and games

followed by a lead ride around the country park.

Parents and Siblings are welcome to join the ride with their own bikes. Must book in advance. **This session is only for children or young people with disabilities/SEN and their siblings.**

**Booking essential.**

**£6**



10+ years

## Camping at Lambourne End

**Drop off 10am**  
**Wednesday 22 August**

**(1 night) Pick up 2pm**  
**Thursday 23 August**

**(2 nights) Pick up 2pm**  
**Friday 24 August**

**Lambourne End Centre**  
Manor Road  
Lambourne End  
RM14 1NB



**This two night camping adventure will be a perfect way to end the summer!** Your child will need a sleeping bag, swimming costume, towel and warm clothes for the evening. Various activities through out the days and evenings.

**This is only for children or young people with disabilities/SEN and their siblings.**

Parent/carer places available on request.

**Booking essential.**

**£85**  
2 nights

**£52**  
1 night

