

The Epping Forest Inclusion Project

ADULT ACTIVITIES

The Epping Forest Inclusion Project runs a variety of activities for adults with SEND. No booking needed. Just turn up and pay. **Come and join us for some fun!**



Just
£2.20
per person

everyone included!

Boccia

Boccia is a fun technical ball game that is recognised in the Paralympics. Everyone is welcome to take part. Work with our experienced coaches to improve your skills.

EVERY Monday 1.30pm – 2.30pm

@ Ongar Leisure Centre, The Gables, CM5 0GA

everyone included!

Trampolining

Come and improve your trampolining skills as well as enjoying yourself with our experienced and qualified coaches.

EVERY Tuesday 12pm – 1pm

@ Epping Sports Centre, Hemnall Street, CM16 4LU

Just
£2.20
per person



Just
£2.20
per person

everyone included!

Multi-sports

Enjoy a variety of sports with our experienced coaches and learn new ways to improve each week. Get involved with sports you've never considered before.

EVERY Wednesday 1.15pm – 2.15pm

@ Epping Sports Centre, Hemnall Street, CM16 4LU



For more information:

email wfordham@eppingforestdc.gov.uk

or oworsfold@eppingforestdc.gov.uk

or call either 01992 562563 or 01992 564220

 @efdcsports  Epping Forest Disability Forum



 **Epping Forest
District Council**

www.eppingforestdc.gov.uk