

# Week 10 - Monday 16 September to 22 September 2024

## Monday 16 September

**Motivated Minds** - Happy Hub Eastgate Centre  
11:00 Tai Chi  
12:45 Walk 4 Wellness

**ATF Summer of Sports community activities**  
09:30 - 14:00 Briscoe community hub including parents' fun and fitness, Briscoe Primary School

09:45 - 10:30 Briscoe Leapsprogs parent and toddler fitness and play, Briscoe Primary School

16:30 - 17:30 Briscoe Family Tennis and Teatime club, Briscoe Primary School

16:30 - 17:30 Vange Family Tennis and Teatime club, Vange Community Centre, Vange Hill Drive

## Tuesday 17 September

**ATF Summer of Sports community activities**  
09:30 - 14:00 Briscoe Community Hub including parents' fitness, Briscoe Primary School

16:00 - 17:30 Northlands Park including "ATF Mini Olympics" and "ATF Euros" football for families and young people, Northlands Park

## Wednesday 18 September

**ATF Summer of Sports community activities**  
16:30 - 17:30 Briscoe Family Cricket and Teatime club, Briscoe Primary School

17:00 - 19:00 "Summer of Sport" and food, Vange Community Centre

18:00 - 20:00 The Beech Youth Club with Boxing, The Beech Community Hub



## Thursday 19 September

**Motivated Minds** - Happy Hub Eastgate Centre  
12:45 Walk 4 Wellness

**ATF Summer of Sports community activities**  
09:30 - 14:00 Wellness café including Armchair Exercise and Leapsprogs parent and toddler fitness and play, Langdon Hills Methodist Church

15:30 - 16:30 Somercotes "ATF Euros" Football for young people, Elizabeth Way, Laindon

17:00 - 19:00 Vange Fitness and Boxing for families and young people, Vange Community Centre

## Friday 20 September

**Motivated Minds** - Happy Hub Eastgate Centre  
10:00 - 12:00 MEN'd Bikes (build and fix bikes)

**ATF Summer of Sports community activities**  
10:00 - 11:00 Vange seated exercise Move it or Lose it with Tina, Vange Community Centre, Vange Hill Drive

12.30 - 13.45 Laindon Armchair Exercise class, Laindon Health Centre

17:00 - 19:00 Young people's Boxing, King Edward Community Centre, King Edward Road, Laindon



## Saturday 21 September

**parkrun 5km** (you can run, walk or skip)  
09:00 Locations: Northlands Park, Lake Meadows and Wickford Memorial Park

**ATF Summer of Sports community activities ParkPlay Sessions**  
(Register online at [www.park-play.com/](http://www.park-play.com/))  
09.30 - 11:00 Markhams ParkPlay "Summer of Sport", Markhams Chase Recreation Park, Laindon

09.30 - 12:00 Vange ParkPlay "Summer of Sport", Vange Primary School

09.30 - 11:00 Eversley ParkPlay "Summer of Sport", Eversley Leisure Centre

10:00 - 11:30 Northlands ParkPlay "Summer of Sport", Northlands Park near the Two Lakes café

10:30 - 11:30 Mopsies ParkPlay "Summer of Sport", Mopsies Park

11:30 - 13:00 Mopsies family fun, Mopsies Park

13:00 - 15:00 Markhams "ATF Euros" Football for young people - Markhams Chase Recreation Park, Laindon

## Links

**ATF Summer of Sports community activities**  
[www.atfcommunity.com/whatson](http://www.atfcommunity.com/whatson)

**ParkPlay**  
Register online at [www.park-play.com/](http://www.park-play.com/)

**Motivated Minds**  
[www.motivated-minds.co.uk](http://www.motivated-minds.co.uk)  
[www.facebook.com/Wellbeing4LifeCIC](https://www.facebook.com/Wellbeing4LifeCIC)

**StreetTag App**  
[www.basildon.gov.uk/streettag](http://www.basildon.gov.uk/streettag)

## Find Your Active Festival

10:00 - 14:00 Basildon Sporting Village  
The Summer of Sport concludes with the annual Find Your Active Festival, taking place on 21 September 2024. This year's theme is 'Celebrating Diversity and Empowering Wellbeing' as Basildon itself marks its 75th anniversary. This unique event offers local people an opportunity to take part in free taster sessions of new sports and activities - supported by community groups and teams based in the borough.

Following two successful events, this year's festival will host a range of providers, including Essex Indians, Abula Games, Essex Pedal Power, Flex Youth Club, South Essex Gym, Kidz Busterz, Vita Minds and Yoga4All to name a few. The event will take place at Basildon Sporting Village from 10am to 2pm. There's no need to book, just drop-in with your family and friends on the day!

## Download the StreetTag App

Explore your community, parks, and greenspaces alone or with a team to collect virtual tags and points. You can add virtual tags along your favourite walking, cycling, running, or rolling routes, so you get points whenever you're out and about. [www.basildon.gov.uk/streettag](http://www.basildon.gov.uk/streettag)



## Sunday 22 September

**Junior parkrun 2km** (Ages 4-14)  
09:00 Locations: Northlands Park and Lake Meadows



Basildon Council