

# Week 8 - Monday 2 September to 8 September 2024

## Monday 2 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

### 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)



## Tuesday 3 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 Football for families and young people, Northlands Park



Take time to do what you love, in whatever way works for you!

## Wednesday 4 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

## Saturday 7 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

## Sunday 8 September

**Junior parkrun 2km** (Ages 4-14)

09:00 Locations: Northlands Park and Lake Meadows



## Thursday 5 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 6 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

## 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)

