

Welcome to Essex

An information pack for Homes for Ukraine sponsors in Essex.

Firstly, we want to say thank you for offering your home or property as a safe place for a Ukrainian person or family.

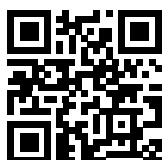
It is a reminder of the extraordinary generosity of local people. We are sure you will provide the safety and sanctuary that those arriving from Ukraine need at this time.

This pack has been created to support you in your role as a sponsor. It has a range of information for both you and the Ukrainian national you are hosting. Translated packs are available for your guests. We hope it will help you prepare for their arrival, make their transition as smooth as possible and support your whole household throughout the sponsorship.

For all of the latest information about the Homes for Ukraine scheme in Essex, visit: www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family

We encourage you and your guest(s) to access any services you need.

Councillor Kevin Bentley, Leader, Essex County Council
Councillor Chris Whitbread, Leader, Epping Forest District Council



To view this document online,
scan the QR code.

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Homes for Ukraine scheme

Here are some quick facts for sponsors about the Homes for Ukraine scheme.

If you haven't had them already, there will be checks (background and in-person) on you, your family and the accommodation that you will provide.

Current government guidance is that any benefits entitlements remain unchanged if you take in a Ukrainian person or people.

If you receive single person discount on your council tax, this remains unchanged if you take in a Ukrainian person or people.

Ukrainian nationals arriving under the scheme will be able to:

- live and work in the UK for up to three years
- access healthcare, benefits, employment support, education, and English language tuition

For more information about the scheme and related support, visit:
www.homesforukraine.campaign.gov.uk

For frequently asked questions about the scheme, visit:
www.gov.uk/guidance/homes-for-ukraine-scheme-frequently-asked-questions

The government has produced a welcome guide for Ukrainians arriving in the UK, visit:
www.gov.uk/government/publications/welcome-a-guide-for-ukrainians-arriving-in-the-uk

Tell us when your guests have arrived

If you haven't already done so, when your guest(s) arrive, please email:

BusinessSupport.FamilyOps@essex.gov.uk

with the following information:

- your name
- your address
- name(s) of the guest(s)
- whether your guests include children aged 0 to 18 year old
- date of arrival
- the name of the district, city or borough council, that covers the area you live in

In the subject line put: Homes for Ukraine Arrival Notification: and add your surname.

If you do not have access to email, please phone Essex County Council on 0345 603 7627 and ask to speak to our Homes for Ukraine team.

Homes for Ukraine scheme

DBS and home checks

All sponsors and family members aged 16 years or over who live at the address will require safeguarding and home checks.

To begin completing these necessary checks, we are contacting all sponsors as quickly as possible.

The checks will include:

- safeguarding checks
- Disclosure and Barring Service (DBS) checks
- a check of the suitability of the home (carried out by your local district, borough or city council)

These checks need to be passed in order for guests to stay with you and payments to be made. There is no charge for these checks.

For more information about the checks, visit www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/dbs-and-home-checks

Payments to sponsors and guests

Payments to guests

Under the scheme, the government is offering a one-off £200 interim payment for each guest to help with living costs, until they receive their first payment of Universal Credit.

For your guests to receive their payment, you must tell us when your guests have arrived.

At the moment, local councils arrange the £200 payment to guests as soon as they are advised that they have arrived. Payment methods vary between councils.

Essex County Council will shortly be taking over responsibility for this payment in some districts. For details visit:

www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests

Payments to sponsors

The government is offering an optional 'thank you' payment of £350 per month to people who can accommodate one or more guests.

Essex County Council is responsible for administering these payments in Essex, excluding Southend and Thurrock Councils who are responsible for their areas.

The payment will be made once all the checks have been passed. Payment will be backdated to when the guests first arrive, paid monthly in arrears.

You can apply for the £350 thank you payment using the form at:

www.essex.gov.uk/information-for-sponsors-welcoming-a-ukrainian-person-or-family/payments-to-sponsors-and-guests

Homes for Ukraine scheme

Tell us if your guest(s) move out

If your guests move out you need to email
BusinessSupport.FamilyOps@essex.gov.uk

We will need to know:

- your name
- your address
- name(s) of guest(s)
- date the guest(s) moved out
- the name of the district, city or borough council that covers the area you live in

If your guest(s) move out for any reason we must stop payment. It is important that you tell us as soon as possible if they move out. Otherwise we will ask you to repay the money.

Finances, benefits and jobs

Universal Credit

Ukrainian nationals can access Universal Credit as soon as they arrive in the UK.

Universal Credit is a monthly payment to help with living costs.

www.gov.uk/universal-credit

If you have questions about how Universal Credit works you can call:

- 0800 328 5644 to speak to Universal Credit Full Service
- 0800 144 8444 to speak to Citizens Advice Help to Claim

Other benefits

Ukrainian refugees are also eligible for:

- Housing Benefit
- Pension Credit
- Personal Independence Payment
- Child Disability Living Allowance
- Carers Allowance
- Attendance Allowance

Those who meet the criteria are eligible for the contributions-based Employment and Support Allowance and Jobseekers Allowance.

Ukrainian nationals do not need to go through certain checks, such as the Habitual Residency Test, which will speed up any claims they make.

Visit www.gov.uk to find out more and apply.

Finances, benefits and jobs

Setting up a bank account

To receive Universal Credit and other benefits, your guest will need to open a bank account. They can open a bank account by visiting any bank. They will need to have documents that show their identity, immigration status and address.

Food banks

Food banks can provide you with free food and other essential items.

Visit Trussell Trust to find a local food bank: www.trusselltrust.org/get-help/find-a-foodbank

Citizens Advice

You or your guest(s) can get advice on issues including benefits, employment, immigration, debt and legal advice from your local Citizens Advice. They also offer a Help to Claim scheme that can support people to apply for benefits.

Telephone: 03444 111 444

Visit: www.citizensadvice.org.uk

National Debtline

The National Debtline offers free, confidential and independent advice about debt and money problems.

Telephone: 0808 808 4000

Website: www.nationaldebtline.org

Find a job

For information about jobs and apprenticeships in Essex visit: www.essex.gov.uk/jobs-volunteering-apprenticeships/jobs

To find full or part-time jobs visit: www.gov.uk/find-a-job

Health services

Registering with a GP

Ukrainian arrivals can receive emergency treatment from a GP surgery for 14 days.

After that, they will need to register with a GP at: www.nhs.uk/nhs-services/gps

Getting a prescription

Ukrainian nationals will need to visit their new GP to get a prescription. They should then take their prescription to a pharmacy or chemist to receive the medication. They may need to pay for prescription medicines.

Pharmacists can give free advice on treating minor health problems, such as colds and coughs.

Find a local pharmacy: www.nhs.uk/service-search/pharmacy/find-a-pharmacy

Health advice from 111

Get free health advice from the NHS by phoning 111 or visit: www.nhs.uk/111
There is an interpreter service available.

Dentistry services

Ukrainian nationals can register with a dentist as either an NHS patient or a private patient.

Find a dentist at:

www.nhs.uk/service-search/find-a-dentist

If your guest is receiving Universal Credit, they should let the practice know and register as an NHS patient. Check-ups and necessary treatments will be free.

Maternity care and midwifery services

A GP can arrange appointments with maternity and midwifery services.

Covid-19 vaccine

Ukrainian nationals can get the Covid-19 vaccine and boosters for free through the NHS. They will need to be registered with a GP.

Find out how to get the Covid-19 vaccine at:

www.nhs.uk/covid-vaccine

Health services

Essex Child and Family Wellbeing Service

On behalf of Essex County Council and the NHS, HCRG Care Group and Barnardo's provide a range of child and family services throughout Essex that are free.

You can access services through a GP or make a self-referral using one of the numbers below.

We provide the following support:

- health visiting such as antenatal contact, transition to parenthood, new baby review, maternal mental health, wellbeing and development of children under 1 year and 2 to 3 year old reviews and support to be ready for school
- parenting support including breastfeeding, weaning toilet training, school entry review and childcare confidence support
- school nursing including support for young people in schools with wellbeing and health concerns.
- family health including substance misuse, contraception advice, nutrition support, mental health (maternal & infant) and smoking cessation
- for ages 5 to 19 including dental care, review of immunisation status, support with any physical, emotional or developmental problems, provide children, parents and school staff with information on specific health issues and measuring height and weight
- for young people with special educational needs and disabilities up to the age of 25

Basildon, Brentwood, Rayleigh, Canvey and Rochford, telephone: 0300 247 0013

Chelmsford, Maldon and Braintree, telephone: 0300 247 0014

Colchester and Tendring, telephone: 0300 247 0015

Harlow, Uttlesford and Epping, telephone: 0300 247 0122 and select option 1

Website: www.essexfamilywellbeing.co.uk

Health information in other languages

The NHS has collated a range of health information that is available in different languages, including Ukrainian and Russian. The topics include babies, cancer, heart health and mental health.

www.nhs.uk/about-us/health-information-in-other-languages

Doctors of the World has health information in Ukrainian, including a guide on how the NHS works.

www.doctorsoftheworld.org.uk/translated-health-information

Psychology Tools has provided free resources about trauma and stress in Ukrainian, Polish and Russian. They might help people who have experienced the war in Ukraine.

www.psychologytools.com

Applying for a school place and childcare

Ukrainian nationals can apply for a school place for a child as soon as they arrive. Starting school can help children settle in and make friends.

A parent can apply for a school place for their child. Alternatively, you can complete the application on the parent's behalf.

You can apply for the child to start in the new school year in September or in the middle of the school year.

The application will be considered under Essex's school admission arrangements, as all applications are. The outcome will depend on the number of places available at local schools.

Find application forms, admissions information and more about Essex schools at:
www.essex.gov.uk/admissions

For advice and guidance, telephone School Admissions on 0345 603 2200.

Free home to school transport

Some children are eligible for home to school transport. For criteria and to apply for free school transport, visit:

www.essex.gov.uk/school-transport

Free school meals

Children in reception, Year 1 and Year 2 automatically get free school meals.

Children in Year 3 or above may be eligible for free school meals. This includes if their parent is receiving Universal Credit.

For more information and to apply for free school meals, visit:

www.essex.gov.uk/free-school-meals

Childcare

Ukrainian nationals will be able to get advice and support to find childcare from our Family Information Service.

Email: fis@essex.gov.uk

Website: www.essex.gov.uk/fis

Mental health and emotional wellbeing

There is help available if you think your guest(s) need support.

It is important to speak to someone as soon as possible so they can get the support they need.

Support for children and young people

Children and young people can get advice and support from the Child and Adolescent Mental Health service.

The service can help with things like low mood, anxiety, sleep problems, trauma and loss. The service may help directly or point towards more appropriate support.

Any child, young person, parent or professional can contact the service.

Telephone: 0800 953 0222 (9am to 5pm, Monday to Friday) or 0800 995 1000 (outside of these hours)

Email: SET-CAMHS.referrals@nelft.nhs.uk

Support for adults

Adults can get advice and support from the Adult Mental Health and Wellbeing team.

This service helps people who are experiencing mental health concerns like anxiety and depression. They provide practical advice on how to access appropriate local services.

If a mental health need is more severe, they will advise on the best next steps to ensure you get help as soon as possible.

Telephone: 0333 032 2958 (9am to 5pm, Monday to Friday)

Outside of these hours, call 111 and select option 2 for mental health crisis support.

Website: www.essex.gov.uk/mental-health

Email: MH.wellbeingteam@essex.gov.uk

Mental health organisations

These local and national organisations also offer confidential advice, guidance and support to people struggling with their mental health.

Inspire

Telephone: 028 9032 8474

Email: hello@inspirewellbeing.org

Mind

Telephone: 0300 123 3393

Email: info@mind.org.uk

Website: www.mind.org.uk

NHS

Telephone: 111

Website: www.nhs.uk/mental-health

Peabody South East

Telephone: 0800 288 8883

Website: www.essexlocaloffer.org.uk/peabody-south-east-essex-outreach-support-service

Samaritans

Telephone: 116 123

Website: www.samaritans.org

Getting support for a vulnerable adult

Our Adult's Social Care service aims to help vulnerable adults stay healthy, well and safe.

Adults who have fled Ukraine may be vulnerable and our services could help them.

Contact us

If you are concerned that an adult may be at risk of harm please contact us.

During 8.45am to 5pm, Monday to Thursday and 8.45am to 4.30pm, Friday, please contact us by:

Telephone: 0345 603 7630

Textphone: 0345 758 5592

Email: socialcaredirect@essex.gov.uk

Call 0345 606 1212 outside of the above hours to speak to our Emergency Duty Service.

More information

Find out who can access Adult Social Care services: www.scie.org.uk/care-act-2014/assessment-and-eligibility

For more adult social care and health services: www.essex.gov.uk/topic/adult-social-care-and-health

Get help accessing health and social care services: www.healthwatchessex.org.uk

Support for people with special or educational needs and disability: www.essexlocaloffer.org.uk

Getting support for a vulnerable child

Fleeing the warzone in Ukraine may place particular strain on children, and it might create difficulties within family relationships.

The purpose of our Children's Social Care service is to keep children safe and well. We intervene if a child is suffering and also provide parents with help and support. This might be if a parent is too unwell to look after their child, or if their child has additional or special needs.

Find a children or family support service

There are lots of local and national organisations that can provide support to families. They cover a range of needs, including bereavement and loss, mental health, social isolation, and financial concerns.

Website:
www.essex.gov.uk/directory-of-services

Request support for more complex needs

If you have concerns about a child's wellbeing, you or their parent/carer can make a request for intensive support.

This might include: if a child is at risk of harm or neglect; if they have significant behavioural difficulties; or if family members are involved in crime, substance misuse or domestic violence.

Website:
www.essex.gov.uk/request-support-from-us

If you have serious concerns about a child's welfare

If you are worried that a child is being abused, neglected or has been abandoned, please call.

0345 603 7627 (9am to 5pm, Monday to Friday) to speak to our Children and Families Hub.

0345 606 1212 (all other times) to speak to our Emergency Duty Service.

More information

Find more advice for children, young people and families at: www.essex.gov.uk/topic/children-young-people-and-families

Read more about the issues affecting the safety and welfare of children at: www.escb.co.uk

Emergency services

Call 999 and ask to speak to the police

Please advise your guest(s) that in an emergency they should call 999 and speak to the police if:

- a serious offence is in progress or has just been committed
- someone is in immediate danger or harm
- property is in danger of being damaged
- a serious disruption to the public is likely

They should call 101 for non-emergencies.

Submit a crime report online at:

www.essex.police.uk or use the 'Live Chat' button to speak to an online operator between 7am-11pm.

Essex County Fire and Rescue Service

The Essex County Fire and Rescue Service is here to keep everyone safe. Here is some guidance that can help you and your guest stay safe.

Fire safety

Fires at home are more common than you might think. To stay safe from fire, make sure to:

- have smoke alarms on every floor of your home and test them regularly
- avoid leaving cooking unattended or using chip pans and lots of hot oil
- avoid overloading electric sockets – most can take a maximum of 13 amps
- keep matches and lighters away from children
- keep clothes away from heaters and open fires
- put out and dispose of cigarettes properly
- avoid charging mobile phones, tablets or e-cigarettes overnight, or longer than the recommended charging time
- plan an escape route in the case of a fire and make sure everyone in the property knows how they can get out

We offer free home fire safety visits to any Essex resident. If you do not have working smoke alarms, or have working smoke alarms but would like more information about how to live safely and securely at home, you can book a free visit at: www.essex-fire.gov.uk/Home_Fire_Safety or call 0300 303 0088.

Water safety

If you go swimming or are near water, remember:

- only swim at the beach and other places if lifeguards are present
- even on a warm day, the water is colder than it looks which can affect your ability to swim – enter the water slowly
- don't go too far and always swim parallel to the shore
- if you get caught in a rip current, swim parallel to the shore until you are free. Call for help.
- don't swim alone – always take someone with you

If you are in trouble in water, float on your back then call for help or swim to safety.

If someone else is in trouble in water, **call 999 immediately**. Throw them something that floats so they can hold onto it.

Road safety

To drive in England, your guest(s) need a valid driver's license and valid insurance. The vehicle should be taxed and roadworthy. Remember Ukrainian nationals will be used to driving on the right side of the road.

To stay safe on the road:

- don't drive under the influence of alcohol or drugs
- don't use a mobile phone while driving
- stay within the speed limit
- wear your seatbelt and make sure passengers do too
- call 999 if you are involved in a collision and it is an emergency
- download the What3Words app so emergency services can find you

Connecting with the local community

The Essex Wellbeing Service

The Essex Wellbeing Service (EWS) helps people connect with support services for a range of reasons and to people in their local communities.

The EWS can also help with emotional wellbeing, mental health and physical health.

Telephone: 0300 303 9988 (8am to 7pm, Monday to Friday; 10am to 2pm Saturday)

If you are calling for your guest, please ensure they are with you when you phone.

Learn English for Speakers of Other Languages

These courses can help people to settle in the UK, gain employment, progress onto other training courses or just be more confident in communicating with other people.

www.aclessex.com/esol-campaign

‘Essex is United for Ukraine’ Facebook group

‘Essex is United for Ukraine’ is a Facebook group for people who want to support sponsors, Ukrainian people and other individuals who have been impacted by the war.

Join the group to connect with local people who are United for Ukraine.

www.facebook.com/groups/eiuforukraine

Transport and travel links

Visit Essex Highways for information about public transport, cycling and walking routes in Essex.

www.essexhighways.org/getting-around

Immigration support

Migrant Help UK

Migrant Help UK provides advice and support to asylum seekers, refugees and victims of modern slavery and trafficking.

Telephone: 0808 801 0503

Email: info@migranthehelpuk.org

Website: www.migranthehelpuk.org

Modern Slavery & Exploitation Helpline

This helpline provides information and remediation support to people who have suffered labour exploitation and labour abuse.

Telephone: 08000 121700

British Red Cross

British Red Cross supports refugees, providing emergency provisions for those facing severe hardship to giving orientation support and friendly advice to the most vulnerable.

Telephone: 0808 196 3651

Email: info@britishredcross.org.uk

Website: www.redcross.org.uk

Refugee Council

Refugee Council provides support and advice to refugees and asylum seekers.

Telephone: 0207 346 6700

Website: www.refugeecouncil.org.uk

The Salvation Army

The Salvation Army provides support and advice to refugees and asylum seekers and specialist support to victims of modern slavery.

Telephone: 0800 808 3733

Website: www.salvationarmy.org.uk

Epping Forest

The Epping Forest District itself offers an exciting and diverse heritage, ranging from the commuter suburbs of Loughton and Chigwell in the south to ancient rural villages in the north. There are many traditional market towns across the district and Epping Forest itself, which at 6000 acres is the largest public open space in south Essex and London. All of these elements contribute to the diverse and dynamic heritage of the area.

The historic market town of Epping enjoys many benefits; including its position in Epping Forest, its proximity to London (17 miles from the centre), being served by Transport For London's Central Line and the M25 and M11.

Local health and support services

Princess Alexandra hospital

The main local hospital is the Princess Alexandra Hospital, Hamstel Road, Harlow, CM20 1QX.

Telephone: 01279 444455

Website: www.pah.nhs.uk

Midwifery services

If you haven't yet registered with a doctor, you can contact the local Community Midwives on 01279 827817.

Epping Child and Family Wellbeing Service

Activities and support for children, young people and families at four centres in Epping Forest district.

Telephone: 0300 247 0122 (select option 1)

Website: www.essexfamilywellbeing.co.uk

Facebook: [www.facebook.com/](https://www.facebook.com/EppingForestChildFamilyWellbeing)

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

Epping Forest District Council Services

Epping Forest District Council (EFDC) is the local council. It offers services like housing, benefits, recycling.

Telephone: 01992 564 000

Website: www.eppingforestdc.gov.uk

Epping Community Hub

The Epping Community Hub offers help and advice all in one place. Book an appointment or drop in at the Civic Offices, High Street, Epping CM16 4BZ.

Citizens Advice Epping Forest District

Citizens Advice offers free, impartial, confidential advice on housing, immigration, work, benefits, debt and money, employment, benefits and debt problems. They can also refer you to other specialist services for more help.

Telephone: 0808 278 7855

Website: www.citizensadvice.org.uk

Changing Pathways

Changing Pathways provides advocacy and support to survivors of domestic abuse.

At the Epping Community Hub:
Wednesdays 10am to 3pm

Telephone: 0330 3337 444 (open from 8am to 8pm weekdays; 8am to 1pm weekends)

Website: changingpathways.org

CHES Homeless

CHES helps provide accommodation, support and sign-posting services to homeless adults.

Telephone: 01245 281104

Website: cheshomeless.org

Employ-Ability

Employ-Ability helps people with mental health issues find and maintain employment.

At the Epping Community Hub:
Mondays 9.30am to 2.30pm and
Fridays 10am to 4pm

Telephone: 01279 450299

Website: employ-ability.info

Epping Forest Food Bank

Emergency food parcels to people who live in or near the district who have been referred by Frontline care.

At the Epping Community Hub:
Tuesday 10am to 12pm

Telephone: 07402 032 313

Email: info@eppingforest.foodbank.org.uk

Website: eppingforest.foodbank.org.uk

Voluntary Action Epping Forest

Voluntary Action Epping Forest (VAEF) has many services to support people:

- **VAEF Community Hub** – support including, essential shopping, prescription deliveries, digital assistance, befriending, information and signposting to other services.
- **VAEF Community Clubs** – Befriending service to the elderly aged 65 years or over and their carers – Operating 3 times a week (Tuesday, Wednesday and Friday)
- **VAEF Gardening** – This free service is available to residents who cannot maintain their gardens on their own and do not have family support networks.
- **VAEF Handyman** – Handyman service to tenants of EFDC properties provided they are over 60 and or disabled and have no one else who can assist them. – Contact 0333 230 0464
- **VAEF Benefits Advice** – Providing Benefit Advice and application support for housebound residents in Epping Forest.
- **VAEF Epping Forest Volunteer Centre and Harlow Volunteer Centre** – Volunteering is a great way to meet new people, find out more about the area and what it has to offer you and your family. At the same time you can learn and share new skills.
- **VAEF Supported Volunteering** – Recruit and place people experiencing mental health issues into suitable volunteering opportunities as part of a potential pathway back into employment
- **VAEF Ace Activities** – multi-activity project for people with learning disabilities.

Telephone: 01992 910 701

Email: admin@vaef.org.uk

Website: www.vaef.org.uk

Places of worship

In Epping Forest District, we are proud of our multicultural and multifaith communities. In addition to the Church of England and other Christian denominations, we provide a welcome home to people of other faiths including:

Jewish community

www.jewishgen.org/jcr-uk/Community/epping.htm

Catholic community

catholicdirectory.org

Islamic centres

Redbridge Islamic Centre
28-28A Woodford Avenue
Ilford IG2
Gants Hill

Loughton Muslim Association

Borders Lane, Loughton IG10 3SB, UK
www.harlowislamiccentre.org.uk

Things to do in Epping Forest

Epping Forest District Council offers activities including exercise classes, sports clubs, art classes and craft sessions for all ages and abilities.

Telephone: 01992 564226

Website: eppingforestdc.bookinglive.com

Museums

Epping Forest District Museum

Telephone: 01992 716882

Website:

www.eppingforestdc.gov.uk/museum

Address: 39 – 41 Sun Street,
Waltham Abbey, EN9 1EL

North Weald Airfield

Telephone: 01992 523010

Website: www.nwamuseum.co.uk/index.htm

Address: Ad Astra House, Hurricane Way,
North Weald, CM16 6AA

Epping Forest

The forest is owned by City of London. It has 3 visitor centres with information on the area, wildlife and history as well as running events and access to public toilets and gift shops.

Telephone: 020 8532 1010

Website: www.cityoflondon.gov.uk/things-to-do/green-spaces/epping-forest

Lea Valley Park

Wander and relax in wide open spaces, quiet woodlands, and waterside environments in Lea Valley Park. For gardens and heritage take a stroll in the beautiful Myddelton House Gardens or Waltham Abbey Gardens and the neighbouring Dragonfly Sanctuary, where history, flora and fauna mingle in fascinating ways.

Website: www.visitleevalley.org.uk/nature-parks-gardens

Royal Gunpowder Mills

Open on Sundays from Easter and selected Bank Holidays until the end of October.

Explore the intriguing 170 acre site, including 25 minute guided Tractor Tour or a 22 minute ride on our Gunpowder Railway (narrow gauge). Look out for wildlife. Enjoy drinks and light snacks in our Gunpowder Café. Relax on the grassy mead and finish your visit with a go on our playground.

Website: www.royalgunpowdermills.com

Epping Ongar Railway

Return to the age of steam between Ongar and North Weald. From spring onwards there are a variety of events and special days out.

Telephone: 01277 365200

Website: www.eorailway.co.uk

Address: Ongar Station,
Station Approach, Ongar, CM5 9BN

Leisure Centres

We have 4 leisure and sports centres including swimming pools, gyms and sports halls.

Epping Sports Centre (no pool)

Telephone: 01992 565670

Website: www.placesleisure.org/centres/epping-sports-centre

Address: 25 Hemnall Street, Epping, CM16 4LU

Loughton Leisure Centre

Telephone: 0203 225 5460

Website: www.placesleisure.org/centres/loughton-leisure-centre

Address: Traps Hill, Loughton, IG10 1SZ

Ongar Leisure Centre

Telephone: 01277 363969

Website: www.placesleisure.org/centres/ongar-leisure-centre

Address: The Gables, Off Fyfield Road, Ongar, CM5 0GA

Waltham Abbey Leisure Centre

Telephone: 01992 716733

Website: www.placesleisure.org/centres/waltham-abbey-leisure-centre

Address: 19 Hill House, Waltham Abbey, EN9 3EL

Libraries

Borrow a book or go online at one of our libraries run by Essex Library Service.

- Buckhurst Hill, 165 Queens Road,
- Buckhurst Hill, IG9 5AZ
- Chigwell, Hainault Road, Chigwell, IG7 6QX
- Debden, Epping Forest College, Borders Lane, Loughton, IG10 3SA
- Epping, St John's Road, Epping, CM16 5DN
- Loughton, Traps Hill, Loughton, IG10 1HD
- North Weald, 138 High Road, North Weald, CM16 6BZ
- Ongar, The Pleasance, High Street, Ongar, CM5 9AB
- Waltham Abbey, 37 Sun Street, Waltham Abbey, EN9 1EL

Telephone: 0345 603 7628

Website: libraries.essex.gov.uk

Nature reserves

For more peace and tranquillity visit one of our nature reserves:

- Chigwell Row Wood
- Church Lane Flood Meadow
- Home Mead
- Linder's Field
- Nazeing Triangle
- Roding Valley Meadows
- Roughtalleys Wood
- Thornwood Flood Meadow
- Weald Common Flood Meadows

Telephone: 01992 564224

Website: www.eppingforestdc.gov.uk/countrycare/our-places

Supermarkets, high streets and markets

Supermarkets

The main supermarkets in the district are Co-op, Lidl, Morrisons, Sainsbury's and Tesco.

- Co-op in North Weald and Waltham Abbey
- Lidl in Waltham Abbey and Debden
- Morrisons in Loughton
- Sainsbury's in Loughton, Debden and Ongar
- Tesco in Epping, Waltham Abbey, Ongar (petrol station, Express store) and Chigwell (Express store)

Other supermarkets:

- Aldi in Debden
- Marks and Spencer in Epping and Loughton
- Waitrose in Buckhurst Hill

High streets

Epping Forest district towns – Epping, Loughton, Waltham Abbey and Ongar – have shops for food, clothing, toiletries as well as cafés and restaurants.

Outdoor markets

- **Epping Market** – Every Monday along the high street
- **North Weald** – Every Saturday at North Weald Airfield
- **Ongar** – Farmer and Craft Market on the first Sunday of each month in the Pleasance car park
- **Waltham Abbey** – Every Tuesday in the market square

Public Transport

London Underground

Trains to London - The Central Line (red line) stations at:

- Epping,
- Theydon Bois,
- Debden,
- Loughton,
- Buckhurst Hill,
- Roding Valley,
- Chigwell
- Grange Hill

Tickets need to be bought at the station before travelling.

Website: tfl.gov.uk

Overground trains

Trains to London and the east of England run from:

- Roydon
- Harlow

Visit: www.greateranglia.co.uk

Buses

Each bus has a number on the front to let you know where it goes.

DART87

You can book to go to Debden, Epping, and Harlow.

For more information visit:

www.eppingforestdc.gov.uk/parking-and-travel/dart87-demand-responsive-transport

or call 01992 579566.

420

Harlow to Ongar via Epping and North Weald.

420a

Harlow to North Weald via Epping

418

Loughton to Epping via Debden and Theydon Bois

13

Waltham Cross to Epping via Waltham Abbey and Upshire.

There are also London buses from Loughton to Walthamstow, Woodford and Ilford.

tfl.gov.uk/modes/buses

Outside the Epping Forest district

Ukrainian Cultural Centre Dnister

Telephone: 01992 621288

Email: walthamcross@augb.co.uk

Address: 28 Flamstead End Road,
Waltham Cross, EN8 0HT

Lee Valley

10,000-acre park with green spaces,
sports venues and wildlife havens.

Website: www.visitleevalley.org.uk

Pets' Corner

A small, friendly farm with traditional farm
animals, as well as more exotic animals such
as reindeer, llamas and alpacas. Free to enter.

Telephone: 01279 422790

Address: Town Park, Harlow, CM20 2QG

Harlow Playhouse

Local theatre with music, comedy, drama,
spoken word, dance and circus arts events.

Telephone: 01279 431945

Website: www.harlowplayhouse.co.uk

Address: Playhouse Square, Harlow, CM20 1LS

Visit Essex

See what the rest of Essex has to offer at:

www.visitessex.com

Visit Herts

See what Hertfordshire has to offer at:

www.visitherts.co.uk

Visit London

See what London has to offer at:

www.visitlondon.com