

18 July 2025

Dear Parents and Carers

***Re: Free Summer Activities, Eco Opportunities and Wellbeing Support –
Brentwood Area***

As the academic year draws to a close, we are pleased to share a range of free summer opportunities available for pupils aged 11–16 across the Brentwood and wider Essex area. These activities aim to support pupils' physical health, personal growth, social engagement, and emotional wellbeing over the summer holiday period. We strongly encourage families to explore these options to ensure a positive, active and enriching summer experience for all young people.

**1. Sports, Fitness and Physical Confidence
Essex ActivAte Summer Clubs**

These free, fully funded clubs offer:

- Boxing, martial arts, team sports, and dance
 - On-site mental wellbeing support and healthy lunches
- Available at Brentwood Leisure Centre and surrounding venues

Register: <https://www.activeessex.org/children-young-people/essex-activate/>

Brentwood Boxing Camps and Clubs

- Training to promote discipline, self-confidence and resilience
- Suitable for beginners

Brentwood Youth Amateur Boxing Club – 07784 484939

Brentwood Central Boxing Club – 07930903442 or

Brentwoodcentral21@gmail.com

Search "Brentwood Boxing" on [Eventbrite](#)

**2. Eco-Friendly and Outdoor Learning
Brentwood Eco Trails & Nature Activities**

Pupils can engage in:

- Self-guided nature walks, wildlife trails and sustainability-themed challenges
- Forest school taster sessions at Thorndon and Weald Parks

[Explore Essex](#)

Youth Volunteering – Brentwood Environmental Action Group (BEAG)

Opportunities include:

- Litter picks, biodiversity planting, and green action days
- info@brentwoodeag.org.uk
- [BEAG Facebook Page](#)

At-Home Eco Activities

- Upcycling projects and DIY nature crafts
- [Download: Love Essex Youth Eco Pack](#)



3. Creativity and Enrichment

Music and Arts for Teen Wellbeing

- **The Music Man Project** – Inclusive music workshops
- **Brentwood Arts Therapy** – Outdoor eco-art sessions

[Music Man Project](#)

[Brentwood Arts Therapy](#)

Year of Numbers – Summer Maths Trails

- Problem-solving walks in local parks
- Year of Numbers Info

4. Emotional Health and Social Support

Inspire Hub – Teen Mental Health Drop-In (Ages 13–18)

Tuesdays, 6:00–8:00 pm | Thurrock (accessible from Brentwood)

[Mind in Thurrock](#)

SEND Support – SNAP Brentwood

- Drama, choir and social groups for pupils with SEND
- 01277 211300

[SNAP Activities](#)

5. Safeguarding and Helpline Support

Please familiarise yourself and your child with the following national and local helplines:

Service	Purpose	Contact
Childline	Young person support	☎ 0800 1111 – childline.org.uk
NSPCC	Safeguarding concerns	☎ 0808 800 5000
YoungMinds	Mental health textline	📱 Text YM to 85258
Family Lives	Parent support	☎ 0808 800 2222
SENDIASS Essex	SEND legal and education advice	☎ 01245 204338 – sendiassessex.org.uk
Essex Children's Social Care	24-hour urgent safeguarding	☎ 0345 603 7627

We hope you will take advantage of these excellent opportunities over the summer break. Participation in these programmes can support your child's personal development, self-esteem and physical and mental wellbeing. Enjoy a relaxing summer with your families

Yours sincerely



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