



FREE

All ages welcome. Children must be accompanied by an adult.



Play in the park is all about playing games and having fun outdoors. No need to book, just drop in at any time. The Play in the Park team bring a range of sports equipment and arts & crafts resources for children and their parents/carers to enjoy together. The team will be there to help organise activities and games all totally **free of charge!**

Loughton

Friday 5 April 10:00 – 12:00

Roding Valley Recreation Ground
(near Tennis Courts), 194 Roding Rd,
Loughton IG10 3BS

Friday 12 April 10:00 – 12:00

Jessel Green, Jessel Drive Loughton,
IG10 2EQ



eppingforestdc.bookinglive.com

01992 564 226



Loughton Town Council

@efdcommunity



@efdcommunitieswellbeing



Dr Bike will be providing FREE bike maintenance during these Play in the Park sessions.

 **Essex County Council**

For a full list of Play in the park sessions scan me:



[What3words location finder](#)
Town Mead: [banana.dance.logic](#)

GET A FREE HEALTH CHECK ON YOUR BIKE TO KEEP YOU CYCLING!



What does it include?

- Brakes - Calliper and cable adjustment, cable and pad replacement.
- Gears - Indexing, adjustment, and cable replacement.
- Chain - Check for wear, lubricate if required.
- Tyres - Puncture repair/tube replacement, inflated to recommended pressure (PSI).
- Other - Check all nuts and bolts are correctly torqued.
- Headset and bottom bracket check.
- Check bar plugs and cable end caps, and replace if missing.



How long will it take?

We will spend a maximum of 30 minutes on the bike, and will signpost 'bike shop' if repairs required exceed this time.

