



Building happier, healthier communities through the life-changing power of play

ParkPlay is coming to Long Ley, Harlow



ParkPlay is coming to Long Ley and people of all ages are invited to get involved! This is the 1st ParkPlay to launch in the area to bring people from local communities together in parks and green spaces for two hours of free, informal games and activity, every Saturday morning.

The first Long Ley ParkPlay will take place on Saturday 10th February from 10:00am at Monkswick Park - just look for the ParkPlay flag! ParkPlay is free, just register your place <https://park-play.com/parks/long-ley/>



ParkPlay encourages everyone to be more active and brings communities together, as Anne Marie Murphy, the new Cedars Park PlayLeader explains:

“ParkPlay is all about building happier, healthier communities through the life-changing power of play. It’s active and inclusive, so everyone’s welcome. With informal, unstructured games and activity, ParkPlay has no end goal apart from enjoyment! So, if you’re local to Long Ley Park please come along, make friends, and have fun”

In the last 24 months with the support of Sport England, ParkPlay has successfully launched 55 ParkPlays from Cornwall to Cumbria and has had over 10,000 registered participants.

“After a stressful, busy week, lots of people enjoy mucking about playing and hanging out with their friends and neighbours at ParkPlay,” says CEO Rick Jenner. “We connect people and build community. ParkPlay is tackling some of the most pressing social issues of our time - lack of exercise, isolation, mental health and need for escape. As we recover from Covid and now face the cost of living crisis it’s never been more important to give communities free ways to connect and boost their wellbeing.”

ParkPlay is playing a critical role in supporting people’s health and happiness, with those hardest hit over the past couple of years benefiting most. ParkPlay’s recent research showed that 81% of ParkPlayers agree that ParkPlay has improved their mental wellbeing, and 74% say the amount of activity they do as a family has increased.

To find out more and register your place, visit

<https://park-play.com/parks/long-ley/>

Head to the [Long Ley ParkPlay Facebook Page](#) to find out more and like the page to keep up to date with news about Long Ley ParkPlay.

About Long Ley ParkPlay

ParkPlay is a two hour session of fun and games for everyone starting at 10:00 am every Saturday. You can read all about how we #MeetMovePlay and the types of activities we do [here](#).

Where we play: Monkswick Park, Monkswick Road, Harlow, CM20 3LU

<https://what3words.com/scared.radio.claims>

Long Ley ParkPlay takes place at Monkswick Park – just look for the ParkPlay flag!

Getting there: There is no immediate parking available at Long Ley Sports Ground, so we'd recommend traveling by foot or bike wherever possible.

Tags:

[#meetmoveplay](#)

[@parkplay](#)

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About ParkPlay


ParkPlay launched to encourage everyone to be more active outdoors and bring communities together. In the last 24 months with the support of Sport England, ParkPlay has successfully launched 50 ParkPlays from Cornwall to Cumbria and has had over 7,000 unique participants.

ParkPlay brings people from local communities together in parks and green spaces across the country for two hours of free, informal games and activity, every Saturday morning. It offers people of all ages and abilities the chance to play together and connect in a relaxed, safe and welcoming setting. ParkPlay is run by the local community for the local community. Set up, support, training and infrastructure are provided by the ParkPlay team. **Everyone's invited.**

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ParkPlay has rolled out across seven regions to date; Essex, West London, Cornwall, Leeds, County Durham, Cumbria and Leicestershire and Rutland. Continued support from partners will help ParkPlay evolve and grow further, and positively impact communities across the country. ParkPlay's ambition is to change lives and strengthen communities in 450 locations by 2026.

 To find your nearest ParkPlay or to help ParkPlay grow visit www.park-play.com #community #MeetMovePlay

ENDS

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