



ANNUAL REPORT 2014 / 2015

 **VOLUNTARY**  
**ACTION** **EPPING**  
**FOREST**

*Improving  
the quality  
of life for  
people &  
communities*

# ANNUAL REPORT 2014 / 2015

## Chief Officer Report— Jacqui Foile



Another year completed and, as always, an incredibly busy one for Voluntary Action, supporting both voluntary sector groups and individuals in the district. The staff and volunteers at Voluntary Action have continued to work hard to achieve targets and have gone the extra mile to ensure the best outcome for beneficiaries.

During the year numerous voluntary and community groups have benefited from detailed one to one funding advice. In addition a Voluntary Sector Forum was held at which the Big Lottery, Essex Community Foundation and Epping Forest District Council were present to offer support and advice on their particular funds. Overall we were delighted that groups supported by Voluntary Action secured nearly £120,000 of funding throughout the year. Membership groups also valued weekly information bulletins and bi-monthly newsletters.

Voluntary Action's new Social Prescription service funded by the West Essex Clinical Commissioning Group was launched at the beginning of the year in the Maynard Court GP Surgery and the Key Health Practice in Waltham Abbey for people aged 65 or over. The project was aimed at patients who were isolated or perhaps experiencing depression, who had physical ailments or those who needed to improve hip, knee and back mobility. Patients fitting this criteria were

offered the opportunity of a referral to Voluntary Action for a non-clinical intervention such as Befriending, Falls Prevention adaptations or other voluntary sector services. We were delighted to support nearly fifty patients and also received excellent feedback from the surgery GPs.

Many individuals benefited from Voluntary Action's Winter Warmth service, funded by Essex County Council, which provided food parcels and warm clothes where needed. Help with practical tasks to keep homes warm such as fitting draft excluders was also offered.

It was a year of change for the Volunteer Centre Epping Forest, not least because we waved a very fond farewell to Co-ordinator, Christine Eyles. I would like to say a massive thank you to Christine for the amazing job she did in the Centre, in particular, bringing bags of creativity and enthusiasm to volunteering over the last few years. Moving on, I would like to welcome new Co-ordinator, Maggie Gilchrist, who brings with her a wealth of expertise on good practice in volunteering. Changes have been made to the way the Volunteer Centres Epping Forest and Harlow promote volunteering and opportunities online. The work has been challenging, but we have been fortunate in Epping Forest to recruit two new office volunteers to assist with the transition from the Do-it database to the new Volunteer Essex Database which is now being used across the county. More change will also be afoot in Harlow next year as the Volunteer Centre Harlow will be moving from its Wych Elm office to a position in Harlow Central

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Library.

The Epping Forest and Harlow TimeBank project gained pace this year with the recruitment of a dedicated Co-ordinator, Marc Balkham. TimeBank allows people to make a difference in their community. It is an exchange of hours whereby volunteers carry out a task, bank their hours and can then receive something in return, if they require it. For example, individual volunteers can offer gardening and receive some IT support back, or voluntary organisations can offer some training and benefit from some support at their tea dance.

Voluntary Action's Supported Volunteering Learning Disabilities project offered lots of choice for its volunteers with five different group activities available, including catering, conservation, singing, gardening and arts. The project also benefited enormously from volunteer helpers, who assisted with minibus driving and support at the weekly clubs. In addition, it was a great achievement for six of the projects' volunteers to receive Jack Petchey Achievement awards for their volunteering.

It was with disappointment that Voluntary Action's Carers project closed at the end of March after operating for a number of years due to a decision made by Essex County Council to deliver services for carers differently in the county. This year the Carers Support Officer, Jina Symes, assisted over 120 carers and achieved a 100% success rate with the 41 benefit claims she completed on behalf of carers in Epping Forest. Receiving the appropriate benefit is sometimes life changing for carers as one client commented *"I wish to express my thanks and appreciation for the excellent*

*assistance that I had from Ms Jina Symes of your staff. With her first class help I made an application for a Blue Badge and an Attendance Allowance, both of which were successful"*.

Our Handyman project provides a service to older or disabled tenants of EFDC and last year assisted over three hundred residents, all of whom gave excellent feedback. The Handyman was able to support clients by fitting curtain rails, new toilet seats, plumbing issues and even assisted in the garden by fixing handrails and levelling paths to prevent accidents.

Voluntary Action's Home Safety service which provides a falls prevention service across West Essex and home security checks for vulnerable residents in Epping Forest exceeded annual targets in all areas and benefited from an extra member of staff to the team, Trevor Felton. Most of the work involved fitting handrails, stair rails and generally providing equipment in the home to prevent slips and trips. Excellent feedback was also received from the Epping Forest Community Safety Partnership regarding security work undertaken for local victims of burglary and domestic abuse.

The Befriending service which provides support and friendship for older people living on their own or in isolation offered some great activities such as seated exercise, quizzes, entertainers, games, bingo and arts and crafts at their weekly clubs in North Weald, Loughton and Waltham Abbey. Regular trips also took place including a cabaret lunch and a trip to the theatre. In addition, the project offered one to one volunteer visits to clients who were unable

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to access the clubs. Our much valued permanent driver, Paul Brogan, left in May but was fortunately replaced by Trevor Felton. The staff were supported by a great team of thirty volunteers who assisted with driving, visiting and helping at the clubs.

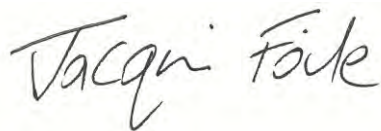
Epping Forest older or disabled council tenants and homeowners benefited from Voluntary Action's Gardening service, receiving a total of 3,260 gardening hours from paid staff and the project volunteers. Clients were delighted to have their gardens tidied, but also felt much safer in their home as an unkempt garden can often indicate a property is occupied by a vulnerable person, thus sometimes enticing burglary. It was also great to hold a number of 'task force days' in partnership with Voluntary Action's Supported Volunteering Learning Disabilities project to tackle some of the district's larger gardens.

We are very grateful to our main funders Epping Forest District Council and Essex County Council and, of course, to others who have supported us throughout the year. Voluntary Action and local groups continue to benefit from the professional courses delivered by Voluntary Sector Training. We were sorry to say goodbye to Community Safety Partnership Administrator, Viv Kelly, who was a great asset to the Partnership. Administrative support is now provided by new recruit, Stephanie Smith.

I would like to take this opportunity to thank my core team colleagues Debbie Smith, David Wright, Sally Panrucker, Charlotte Hyett and Nina Gavens for their continued commitment to Voluntary Action.

In addition, it has been a pleasure to work with Voluntary Action's new Chair, Gill Mann, and to welcome two new trustees, Myrna Gilbert and Jane Adair.

Next year we are looking forward to offering a home visiting benefits advice service for isolated and housebound people, and I am delighted to add that Jina Symes will be providing the information and support to clients. We will also be working on a new Strategic Action Plan to guide us through the next few years and build on the excellent work that has been achieved for this district by the Voluntary Action team.





## Chair Report – Gill Mann



In my many years of working locally in the NHS, I had regular contact with Voluntary Action Epping Forest and I have always had the greatest of respect for the organisation. So it was with confidence in Voluntary Action that I joined the Board of Trustees in 2009 and have now completed my first year as Chair. I would like to acknowledge the commitment and achievement of the past Chair, Mary Casey.

The Board of Trustees has a wealth of experience in the public, private and voluntary sectors. It has been working hard to ensure that Voluntary Action can meet the ever-changing needs and demands of the community, to achieve high standards, to identify and manage risks and to ensure financial viability.

Voluntary Action Epping Forest would not be the respected organisation it is, if it was not for the outstanding contributions of Jacqui Foile, Chief Officer and Executive Assistant, Debbie Smith who strive to build bridges with partner organisations and keep in touch with member groups. Jacqui ensures that no funding opportunity is missed and that services are flexible and evolve to meet local needs. I would also like to mention David Wright, Finance Officer, who ensures that accurate

financial information is supplied to the Board in a timely manner.

I would also like to acknowledge the work of the wider Voluntary Action team who are focused, determined, resourceful and resilient. Services provided by Voluntary Action in the local community are reliant on the valued contribution of volunteers. Praise and thanks from those who benefit from the services is regularly received.

Over the past few years it has been increasingly difficult to secure financial support in the highly competitive bidding processes for funding from statutory bodies and other providers. In the forthcoming year Voluntary Action will be working with a newly developed organisational strategy to ensure it can further improve its sustainability, effectiveness and partnership working.

I recommend this annual report to you as a reflection of the success of Voluntary Action Epping Forest in the current difficult financial climate.

*Gill M. Mann*



# Volunteer Centres—Epping Forest and Harlow

The Volunteer Centres Epping Forest and Harlow are part of a nationwide network of independent accredited agencies that act as “matchmakers” for people seeking volunteering opportunities and not-for-profit and charity groups needing volunteers. We match the interests, skills and time of local people with the needs of groups operating in the Epping Forest district and Harlow area. We also encourage and support organisations to operate good practice in volunteer management.

Epping Forest and Harlow Volunteer Centres are also part of the Volunteer Centres Essex network. We work closely with our Essex colleagues towards achieving greater consistency and partnership working for the benefit of our local areas and the Volunteer Centre network as a whole.

## Volunteer Centre Epping Forest

### Achievements

- The Volunteer Centre team now benefits from the assistance of two office volunteers. This has been helpful, as the year has been a challenging one with the changes in our administration systems and online promotion of volunteering opportunities.
- We are working with Essex Volunteer Centres more closely than before with a revamped Volunteer Essex website and shared administration systems. This means that volunteers in Essex will be able to look for a wide range of volunteering opportunities in their county all in one place. It also provides volunteers with the opportunity to consider more specialised roles that they might not have considered before. For organisations who want to recruit volunteers in a different area of Essex for the same volunteering opportunity they will have a wider pool of volunteers who are considering their opportunity.
- The Volunteer Centres assisted with Essex County Council’s “Stepping Up” campaign to promote the benefits of volunteering in Epping High Street.

### Statistics

- Enquiries are down on last year due to the changes to Do-It but have been climbing back up recently as the site has become more user-friendly.

### Looking Forward

- To continue to promote volunteering by marketing the Volunteer Centre at community meetings and events such as the Epping Town Show and North Weald Community Day.
- To work more with young people developing opportunities that are attractive to them. Some funding to support this work has been received and we hope to recruit more young people into volunteering; contributing to their communities whilst gaining vital work and life skills.
- We hope to be able to support more volunteers who have extra support needs into volunteering.
- We aim to promote positive partnership working with organisations to promote and create new volunteering opportunities.

## Volunteer Centre Harlow

### Achievements

- The first half of the year saw Volunteer Centre Harlow maintaining a good level of volunteers representing our diverse community. The second half of the year been more of a challenge. We are looking forward to using the new Volunteer Essex website to promote opportunities and record volunteers' details etc. During the year we have held several successful promotional events and continue to work closely with organisations to support their need for suitable volunteers for their service.
- Towards the end of the year we had to leave our Wych Elm premises and now operate our service from Harlow Central Library on Tuesdays and Thursdays. The library and its staff have been very supportive partners for several years now, and we are very happy to be working from these premises which has enabled the profile of the Volunteer Centre to be more public.

### Statistics

- As is the case with Epping Forest enquiries are down on last year due to the changes to Do-It but have been climbing back up recently as the site has become more user-friendly.

### Looking Forward

- We will be attending the Harlow Business Exhibition and holding a Charity Fair during June where we expect to continue to develop good relationships with organisations and other services.

Quality  
accredited by



volunteering  
england



# Supported Volunteering Learning Disabilities Project

The Supported Volunteering Learning Disability Project was established in February 2007 to provide volunteering opportunities for people with learning disabilities residing in the Epping Forest District.

The project is funded by Essex County Council with additional funding from The Santander Foundation.

## Achievements

- The Catering Project was developed with Epping Forest District Council in the Civic Offices Café. Working alongside a skilled cook the participants learn a range of kitchen skills as well as helping out at Civic events. This provides the participants with valuable work experience to build confidence and work towards a career in catering. We were pleased to see one of our members move into paid employment and welcomed a new member on board.
- The Conservation Group continues to be a valuable asset at the Royal Gunpowder Mills. As well as helping with the grounds maintenance the group have produced art work for the Nature Tower and continued with wildlife monitoring and the making of bird boxes. The group have also started working on the Open Orchard Project which encourages planting fruit trees in public spaces. They have planted over forty trees so far and hope to plant over a hundred more in the coming year.
- The "Talk and Sort" group mail out service continues to work closely with Samaritan Purse 'Operation Christmas Child', making small toys and gifts packs to send to underprivileged children in parts of Africa, Central Asia and Eastern Europe. The group have also completed jobs for the Charity Bliss, Epping Forest Youth Council, Epping Forest Community Transport, Great Ormond Street Hospital and Ongar Youth Plus. This year the group received a grant from the Jack Petchey Foundation and made a large Clay Celebratory Mosaic for Chigwell Riding Trust's 50<sup>th</sup> Anniversary Celebrations.
- The Allotment Project at Parsonage Court Sheltered Housing Scheme for the elderly had another successful year and has grown a variety of crops for the residents to enjoy. The volunteers have learnt new horticultural skills and benefited from the social and physical aspects that the project provides. They have also organised a grand tea party and joined in with various social events at the home.
- Volunteers from the project have also worked alongside Voluntary Action's Gardening project on special "task force" days to tackle large overgrown gardens in the district of people who cannot manage unaided.
- The 'All Together Now' singing group and The Ongar Youth Plus Music Group have performed at various venues across the district including older peoples' homes, local hospitals, and community events. In July the groups joined together to deliver a crowd-pleasing performance at the Disability Rocks Festival at Lambourne End Outdoor Centre.



- The project has benefited enormously from volunteer helpers in increasing capacity and providing a range of interesting and worthwhile opportunities. Volunteer helpers have taken on many different roles from assisting with the running of projects to supporting individuals in their volunteering placements, minibus driving and weekly support at groups. The project could not have expanded without their considerable contribution.
- Six of the projects' volunteers have received Jack Petchey Achievement awards for their volunteering.



### Statistics

- 40 volunteers supported by the project
- 6 group activities
- Individuals spent a total of 4,442 hours volunteering between April 2014 and March 2015 in supported group placements
- 15 Individual placements
- Volunteer helpers contributed over 1,446 hours in the last year

### Looking Forward

- Continual development of volunteering opportunities, ensuring that they provide volunteers with a valuable experience
- Training workshops for new and existing volunteers
- The development of the project to encompass individualised budgets

# TimeBank

TimeBank is a volunteering initiative, launched in November 2014, which allows people to make a difference in their community. It is an exchange of hours whereby volunteers carry out a task, bank their hours and can then receive something in return if they require it.

As an example: Jane sets up John's computer; Steve walk's Joanne's dog; Joanne does Elsie's shopping; John's feeds Jane's cat; Elsie gives a talk on local history.

The nature of exchanges is as broad as the imagination and the more TimeBank members there are, the wider range of skills and assistance that can be offered. It's free to join and open to anyone over 16.

## Achievements

- Since launching, a series of publicity events and presentations has encouraged take-up and there is now a vibrant membership with a range of exchanges taking place
- The TimeBank has made connections with a number of local charities and organisations as well as Epping Forest College and the District Council
- Epping Forest Youth Council has also shown great enthusiasm for the scheme and we shall be developing activities following the exam season
- We have held tea-dances where a mix of generations have had a wonderful time and members of the TimeBank gave dance demonstrations and provided cakes and tea
- Developed a Facebook page - [www.facebook.com/EFHTB](http://www.facebook.com/EFHTB)

## Statistics

- Individual TimeBank members: 75
- Hours generated: 1,450
- Mini TimeBanks in operation: 6

## Looking Forward

- Continuing to publicise the TimeBank to increase membership take-up
- Coffee mornings for TimeBank members at Café Nero in Epping High Street, having developed a fantastic, supportive relationship with the branch manager
- Attending a number of events including the Epping Town Show and North Weald Airfield Community Day
- Developing the TimeBank in the Harlow area

# Gardening

The Gardening service provides gardeners and volunteers to maintain the gardens of people physically unable to do so themselves, namely older people and the disabled, across the district. The Gardening Administrator liaises with clients regarding gardening requirements and need. Tasks undertaken include clearing, pruning and mowing.

## Achievements

- Continued funding from EFDC via CARE to tend homeowners' gardens
- Continued funding from EFDC to tend gardens for Council tenants
- Secured the High Sherriff Award of £970 for gardening equipment
- Three "task force" days were held during the 2014/15 season in partnership with Voluntary Action's Supported Volunteering Learning Disabilities project

## Statistics

### Homeowners

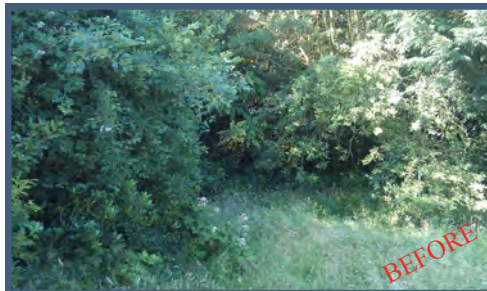
- Gardener worked 308 hours
- Administrator worked 88 hours
- Volunteers worked 207 hours
- 48 gardens visited

### Tenants

- Gardeners worked 1,782 hours
- Administrator worked 568 hours
- Office volunteer worked 81 hours
- Volunteers worked 963 hours
- 456 gardens visited

## Looking Forward

- Promotional events to recruit more project volunteers and to raise project awareness
- Further task force days in partnership with the Supported Volunteering Learning Disabilities project



# Home Safety

The Home Safety service assesses the needs of clients who are unsteady or vulnerable to a fall at their home within West Essex. Additionally the property is surveyed to look for any security issues and advice is given to raise awareness on bogus callers. Any hazards highlighted in the survey are eradicated where possible to eliminate potential falls and keep the occupant safe and confident within their home. The project Co-ordinator supplies and fits grab rails, bath assistance and stair rails if necessary. Door chains and window security can also be fitted to make residents less vulnerable in the Epping Forest district.

## Achievements

- Exceeding targets set by the funders, West Essex Clinical Commissioning Group
- Feedback from health clinicians indicating project response times have enabled swift hospital discharge for many patients
- Clients have reported that our service has reduced the risk of falls at home, thus keeping them out of hospital
- Excellent feedback also received from Epping Forest Safer Communities Partnership regarding security work undertaken for local victims of burglary and domestic abuse. Clients supported have stated that they feel safer in their homes after receiving the service.
- Recruiting an additional member of staff

## Statistics

- 614 properties visited and surveyed for trip hazards, exceeding the target of 450 (36% increase)
- 367 properties visited and surveyed for security checks exceeding the target of 225 (63% increase)
- 78% reduction in clients falling after equipment had been fitted
- 100% feedback from clients confirming that they felt safer in their homes

## Looking Forward

- To delivering a one year pilot project for a falls prevention service in clients' gardens



# Handyman

The Handyperson service is a partnership initiative between Epping Forest District Council and Voluntary Action Epping Forest which started in October 2012. The project is funded by EFDC and provides a handyman service to tenants of EFDC properties provided they are over 60 and or disabled **and** have no one else who can assist them.

## Achievements

- 98% completion within 48 hours
- 100% tenant satisfaction with excellent feedback
- Conservative estimate that well over £15,000 in savings were made for tenants using the service rather than using commercial contractors

## Statistics

- 300 referrals received equating to 500 completed jobs
- 300 informal safety and security assessments conducted
- 50 direct referrals from tenants
- 10 referrals from Voluntary Action's Gardening Service

## Looking Forward

- Continuation of the service when reviewed in August 2015
- More publicity through EFDC publications and local press to maintain profile as fewer first time referrals are being received





# Befriending

The Befriending service aims to provide support and friendship for those living on their own or in isolation. The service offers three weekly activity clubs, which provide various activities such as seated exercises, quizzes, entertainers, games, bingo, arts and crafts as well as regular day trips out which give much needed stimulation to many whilst reducing their social/rural isolation. A monthly lunch club is also held in Theydon Bois. In addition, the service can provide a 'friend' who will be able to offer companionship by forming a trusting and supportive relationship offering a smile, a listening ear, links to other services and regular visits to the client's home.

## Achievements

- Weekly Befriending activity clubs held at North Weald, Loughton and Waltham Abbey have an average attendance of between 20-25 clients per club each week
- Between 10 – 15 clients attended the monthly lunch club held in Theydon Bois

A number of trips were held for clients including:

- A number of canal boat trips cruising the River Lee
- Cream teas and lunches at various restaurants, hotels and pubs within the district
- A trip to The Playhouse to see 'Bless Em All'
- Cabaret lunch event at Hunters Meet in Hatfield Heath
- Christmas Party for 100 clients at Theydon Bois Village Hall including buffet lunch, entertainers and a visit from Father Christmas
- Volunteer training courses provided include First Aid, minibus passenger safety, and moving and handling
- Staff and volunteers taking part in Charity abseil at Church Langley Water Tower to raise additional funds for the project

## Statistics

- Supported 112 clients through the project
- 30 volunteers assisted with the project
- 6 clients received one to one visits in their homes

## Looking Forward

- To recruit additional volunteers to support with volunteer driving and escorting
- To increase volunteer skills through training opportunities
- To continually strive to provide enjoyable and stimulating activities and events
- To work with new partners such as the Community Agents to seek clients for referral



# Carers

The Carers Project worked for and with unpaid carers to enable them to obtain easy access to advice, information and support. The project ensured that clients could access the most appropriate and suitable health and social care for the person they were caring for, also enabling carers and their families to access benefits vital to their wellbeing. Outings and opportunities for the carer to have a short break were provided.

## Achievements

- The project started a walking group in April
- Continued successful working with the Epping Forest Youth Council to deliver an Easter Tea and quiz, to carers from across the district
- The lunch club met once a month at various eateries across the district
- Monthly carers meetings held at Homefield House

## The project provided the following trips:

- An Easter Tea and quiz at Jubilee Court
- The Harlow Playhouse to see the "Silver Belles Christmas Show"
- A Christmas Lunch at the Theydon Oak in Coopersale
- An afternoon tea at the Theydon Oak in Coopersale

## Statistics

- 41 successful benefit claims completed
- 65 new carers received support from the project
- 21 referrals made to other projects within Voluntary Action Epping Forest

## Looking Forward

Unfortunately Essex County Council have not refunded the project and it closed on 31<sup>st</sup> March 2015. Voluntary Action will recommence this service again should appropriate funding become available.





# Services Gallery



# Voluntary Action Staff and Trustee Board



Jacqui Foile  
David Wright  
Debbie Smith  
Charlotte Hyett  
Sally Panrucker  
Maggie Gilchrist  
Ray Harris  
Della Nash  
Mark Balkham  
Nina Gavens  
Julie Bristow  
Claire Marsh  
Trevor Felton  
Jina Symes  
Laura Salamon  
Karen Macmillan  
David Bosher  
Roger Emmens  
Aubrey Brandy  
Steve Cox  
Chris Bullock  
Stephanie Smith  
Colin Rowell

Chief Officer  
Finance Officer  
Executive Assistant and HR Co-ordinator  
Project and Business Development Officer  
Volunteer Manager (Learning Disabilities)  
Volunteer Co-ordinator Epping Forest  
Supported Volunteering Learning Disability Sessional Worker  
Volunteer Co-ordinator Harlow  
TimeBank Co-ordinator  
Funding and Information Officer  
Befriending Scheme Co-ordinator  
Befriending Scheme Sessional Worker  
Befriending Scheme Driver/Home Safety Assistant  
Benefits Advice Officer / Befriending Scheme 1-2-1 worker  
Gardening Administrator  
Lead Gardener  
Gardener  
Gardener  
Gardener  
Home Safety Check Co-ordinator  
Handyman  
Safer Communities Partnership Secretarial Assistant  
IT Support

## Voluntary Action Epping Forest Trustee Board

Chair	Gill Mann, Individual Member
Vice Chair	Gerry Smith, Essex Boys and Girls Clubs
Treasurer	Stuart James, Individual Member
Jane Adair	Individual Member
Dr Myrna Gilbert	Individual Member
Elizabeth Rawlings	Epping Forest Housing Aid
Liz Went	Royal Gunpowder Mills
Caroline Skinner	Chigwell Riding Trust for Special Needs
Chris Jameson	Epping Forest Field Centre
Chris Overend	Adviser, EFDC
CLlr Glynis Shiell	Adviser, EFDC

**Our thanks and best wishes go to the following staff who left in 2014 / 15:**

Paul Brogan  
Viv Kelly  
Christine Eyles



## Voluntary Action Volunteers

Marc Balkham  
Paul Baxter  
Sue Bree  
John Bree  
Dale Castle  
Zoe Chapman  
Joy Chatterjee  
Hayley Clarke  
Ricky Conrad  
Sally Crone  
Michelle Davis  
Viv Davis  
Tony Dyer  
Jean Edwards  
Margaret Emmens  
Annette Everett  
Andrew File  
Richard Ford  
Janet Fox  
Rae Fry  
Marilyn Green  
Tom Hannah  
Ray Harris  
Vivien Hill  
Kelly Lewis-Hall  
Chris Hooper  
Chris McEwan  
Susie Maclean  
Linda Mays  
Josephine Moore  
Cordula Osbourne  
Alan Oyston

Katie Page  
Lesley Parish  
Karen Patience  
Emma Pavett  
Christopher Pomfrett  
Vera Prior  
David Rees  
Frances Rosenberg  
Christine Robson  
Angela Rowland  
Diana Rumsam  
Josh Russell  
Nina Russell  
Judith Samuel  
Merle Sharp  
Daphne Shawe  
Harry Shimmen  
Debbie Smith  
Sophia Smith  
Beverley Soutar  
Eleonora Spencer  
Pauline Townsend  
Pat Williams



# Voluntary Action Members

## Affiliated Members

Age UK Essex	Mark Hall & Netteswell Community Association
BATIAS Independent Advocacy	National Jazz Archive
British Red Cross	North Weald Parish Council
Canalability	Ongar & Villages Voluntary Care
Catch 22 Charity Ltd	Ongar Town Council
Chigwell Riding Trust for Special Needs	PACT for Autism
Coopersale and Theydon Garnon CE Primary School	Princess Alexandra Hospital Charity
CRUSE Bereavement Care Epping Forest Branch	Radio Forest Hospital Radio
Davenant Foundation School	Razed Roof
ECDP - Essex Coalition of Disabled People	Restore Community Church
Elbow Grease Co-operative Ltd	Roding Valley U3A
Epping Arts Society	Rotary Club of Harlow
Epping Forest Community Transport	Royal Gunpowder Mills
Epping Forest District Citizens Advice Bureau	Salvation Army
Epping Forest District Council	South Loughton Cricket Club
Countrycare	Spurgeons
Epping Forest Field Centre	St Clare Hospice
Epping Forest Housing Aid	St John Fisher Catholic Primary School
Epping Forest Reuse	Stapleford Abbotts Parish Council
Essex Boys and Girls Clubs	The Epping Golf Club
Family Care Counselling Service	The Red Balloon Family Ltd
Harlow Citizen's Advice Bureau	The Samaritans of Redbridge
Healthy Living, Healthy Lives CIC	The Woodcraft Folk
Home Instead Senior Care	Theydon Bois Parish Council
Home-Start Epping Forest	Three Valleys Male Voice Choir
Integration Support Services	Victim Support
Lambourne End Centre for Outdoor Learning	Waltham Abbey Community Association
Lee Valley Regional Park Authority	Waltham Abbey Town Council
Loughton Stroke Club	Waltham Abbey Youth 2000
Loughton Town Council	West Essex Alcohol and Drug Service
Loughton Voluntary Care Association	Why Not! Older Peoples Research Group
	Youth Plus
	Zinc Arts

# Voluntary Action Members

## Non Affiliated Members

ACCURO

Carers Trust

Epping Forest DC "Lifewalks" Walking  
for Health Scheme

Epping Sporting Memories Group

Girlguiding Epping & Theydon District

Harlow District Council

Harlow Neighbourhood Watch

North Weald Mums

Ongar & District Bereavement

Support Service

Rotary Club of Epping

Safer Places

St Paul's Harlow Town Centre and St

Mary's Little Parndon

The Rotary Club of Epping Forest



# Voluntary Action Funders

Full audited accounts are available. Please contact the main Voluntary Action office if you would like a copy.

Our main funders this year were Epping Forest District Council, Essex County Council and the Big Lottery. The funding contributes to Voluntary Action core and project work, and also enables Voluntary Action to lever-in funding from organisations outside the district.

Our projects and additional work were funded by:

Big Lottery Fund  
Epping Forest District Council  
Epping Forest Safer Communities Partnership  
Essex County Council  
Essex County Council (Public Health)  
Essex County Council (WECB)  
High Sheriff Award  
Jack Petchey Foundation  
NHS West Essex Clinical Commissioning Group  
Lloyds Bank  
The Co-operative Group  
Harlow District Council  
Santander Foundation  
Police Property Act Fund  
MusicNet East



### **Handyman**

'The handyman has helped me on a few occasions doing jobs which I had no idea how to do. He was extremely helpful and I was very pleased'

### **Carers**

'Ms Symes visited me twice and with her upbeat approach and light-hearted manner she brightened my day. Would you pass on my grateful thanks to her for all her help with my applications'

### **Befriending**

'Just a quick note to say thank you to you and everyone at the club. Mum really enjoys it, has made some good friends and it has given her, her confidence back. Thank you again for all the care and understanding that you give to Mum (I don't know what she would be like without the clubs to look forward to).'

### **Core services/ Information & Funding**

'I have some really exciting news - Essex Youth Strategy Group have granted us £71,000 towards our cabin in the woods!!! I owe you a massive THANK YOU for pointing me in their direction at the end of last year!!! We're absolutely thrilled, and are so relieved that the cabin will be back up and running in time for the first booking we have in 2015!'

### **Home Safety**

'I just want to say how delighted I am with the grab rails you installed in my home recently. They have made my life a lot easier and safer. Thank you very much indeed.'

### **Gardening**

'I am just ringing to say thank you for sending Voluntary Action Epping Forest Gardening. They have removed the ivy and introduced light and space into my garden. It is very uplifting. Thank you very much for your care.'

**Charity No: 1097376 Registered Company Limited by Guarantee No: 4689779**

**Telephone: 01992 564178**

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**@VAEF01**





Fifty tiny berries in every jar  
make it jam-packed with taste

We've been growing Little Scarlet strawberries here at Tiptree for over 100 years. Today, our founder's great grandson still insists on using fruit that's fresh from the fields,

picked and sorted entirely by hand. It's estimated that each jar of Little Scarlet Conserve contains over fifty tiny berries, ensuring you can really taste the difference.

*Tiptree*

The preserve of good taste