

Free weight loss service with



Want to lose weight?

Join this 12 week programme where you will get resources and encouragement to help you lose weight and be weighed weekly.

Venue: Voluntary Action Epping Forest,
25 Hemnall Street, Epping, CM16 4LU

Day: Every Wednesdays from 12:00-13:00

Just drop in and sign up with VAEF between 12:00 and 13:00 next door to Epping sports centre at our new address.

My Weight Matters Programme



Voluntary Action Epping Forest is working in partnership with Anglian Community Enterprise (ACE) commissioned by Essex County Council to provide weight management programmes. The service is community-based and designed to support people to achieve a gradual, long term weight loss by weighing in at a variety of community sites, accessing the MWM online programme.

We care about treating everybody with kindness, dignity and respect at all times. Interventions provided are in accordance with evidence-based practice and national guidelines. Online resources are available at www.ancelifestyle.co.uk

**For further information about VAEF'S
My Weight Matters Programme**

**Tel: 01992 564 256 Email: volunteering@vaef.org.uk
www.vaeff.org.uk**

Issue 50, 2018



With our move into temporary offices at 25 Hemnall St, Epping now out of the way the search is resuming again for a permanent base.

Any ideas would be welcome so please do not hesitate to let any the team know at VAEF if you have any options for us to consider.

This financial year started with the great news that our Benefits Advice and Information Service has been funded for the next three years. All of our other regular services are also open for business and taking referrals. Very shortly we will also be offering a range of new services inked to helping people to stay fit and healthy so please watch this space for further information.

In the meantime please keep sending us your news and updates which we are more than happy to include in the VAEF weekly email bulletins.

Lastly many thanks to everybody that participated in our monthly survey question. All feedback is extremely useful to assist with the continued development of the services you require. Please look out for monthly questions again this year.

Jacqui Foile, Chief Officer

VAEF need you to Opt In!

With new General Data Protection Regulations coming into force in May 2018, if you want to continue to receive communications from Voluntary Action Epping Forest, you need to Opt in to receive them. This applies to VAEF members also.

Please Opt In by emailing ngavens@vaeff.org.uk with your name and the contact details you would like us to use.

You will be able to 'Opt Out' at any time afterwards.

If you do not participate in this 'Opt In' we are legally obliged to remove all of your data from our records and you will no longer receive any communications from Voluntary Action Epping Forest.

Thank you for your continued support, we hope that you decide to 'Opt In'!

INFORMATION



Ace upcycling is a small group of young people with Learning Disabilities guided by a skilled team of staff and volunteers.

VAEF working in partnership with Epping Forest Reuse and Riverside Recycling Project we are delighted to offer our latest designs for sale. All proceeds will go back into the scheme.

Please contact Sally Panrucker on **01992 564032** or spanrucker@vaeef.org.uk for further details.



Recycled Garden Bench £60



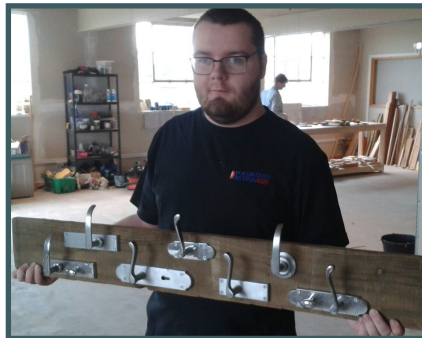
Garden Planter painted grey or off white £25



Garden Leaf Ornaments £10



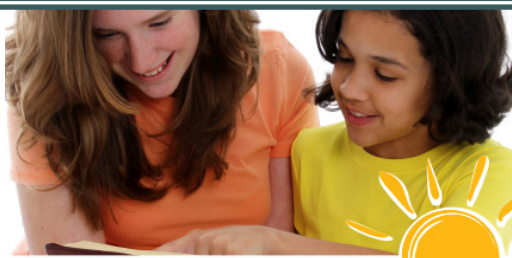
Beautiful Handcrafted planters £17.50



Bespoke Coat Hooks £45



Large handcrafted planters £15



VOLUNTEERS NEEDED

to help children take part in the

SUMMER READING CHALLENGE 2018

in libraries during the summer holidays.

INTERESTED? aged 14 and over?

Apply online at **libraries.essex.gov.uk**

Closing date: **Sunday 10 June**. Apply early to secure your first library choice



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