

VOLUNTARY ACTION EPPING FOREST

Making a difference all year round not just at Christmas

Volunteering

Befriending

Advice & Support

Gardening

Handyperson



Winter Crisis Advice & Support

Benefit Advice

Supported Volunteering

Best wishes from us all

Planning your New Year Resolutions?

Ever thought about Volunteering?

You could really make a difference to your life and others in 2018!

Do you have skills or experience that you could give to a charity? Do you have a favourite hobby or a passion that you would like to share with others?

There are countless ways in which to volunteer – chances are if you have a skill or a hobby, there is a way to share your passion with others through volunteering. There are also lots of activities and types of opportunities available from coaching a sports team, to campaigning for a health charity or devoting your time to helping support local youth work.

You may have specific specialist skills that would be invaluable to a charity, this could be anything from financial, musical or IT skills or being a good listener. Think about the skills you have and how these could be best utilised when considering the type of activity, you would like to volunteer for. Is there a particular group you want to support? Older people or young people or an environmental project?

Whatever you are looking for, the Volunteer Centre has a wide choice of voluntary opportunities with different groups and organisations, and we can help point you in the right direction according to your own circumstances and interests.

Contact VAEF's Epping Forest Volunteer Centre
For further information or to discuss any of the above—
Maggie Gilchrist: 01992 564256 or
Email: volunteering@vaef.org.uk

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As we draw to the end of this year it is a time to reflect on all the positive services VAEF has been able to deliver to the local community and to start to consider the following year. On a very positive note our projects and core activities will continue and hopefully we will be able to build on the work we do to extend to even more individuals and groups. We also look forward to continuing to develop productive relationships with our membership groups and hope we are able to assist with building their capacity to respond to needs within the Epping Forest District.

Next year will also be extremely challenging for all at VAEF as we will be moving from our premises in Homefield House, Epping, having been present here since we started back in 1993. At this stage we are still very much on the lookout for suitable accommodation preferably based centrally within Epping. We do however recognise that Epping may not be within our price range so all options in the District are being considered. Any thoughts on this are most welcome and just to add we are more than happy to share an office with another organisation if an opportunity arises.

Lastly I would like to wish everybody a very Happy Christmas and peaceful New Year.

Jacqui Foile, Chief Officer



Voluntary Action Epping Forest's Befriending Service

Funded by The Big Lottery, VAEF's service aims to provide support and friendship for those living on their own or in isolation in Epping Forest.

This project was developed to address the need of the socially isolated by providing a befriending service across the Epping Forest District to the elderly aged 65 years or over and their carers and includes short respite for carers whilst social clubs operate.



As well as offering weekly social clubs, Voluntary Action Epping Forest Befriending offers monthly luncheon clubs and day trips out which include visits to the theatre, boat rides and much more. These outings provide much needed stimulation to many whilst reducing their social/rural isolation improving quality of life and if required, we can provide transport to these clubs.

For further information about these clubs or volunteering for them please contact :

Voluntary Action Epping Forest Befriending

01992 564 518

Do you require support this winter or know someone who does?

VAEF will be delivering services to residents in the Epping Forest District in support of Essex County Councils Winter Warmth Campaign. The service will provide help to those whose health and wellbeing is at risk during the cold weather. VAEF will support older and vulnerable people deemed in need in the District by providing:

- Food Parcels
- Warm Clothing / Bedding
- Small heating appliances and microwaves
- Fuel tokens
- Fitting Draft excluders and curtain rails
- Fuel Tokens
- Sealing Windows

All of which will assist in keeping yourselves and your homes warmer.

Please contact 01992 564 178 or email info@vaef.org.uk

where we will be happy to assist!



Places available on VAEF's Supported Volunteering Project for people with Learning Disabilities

We have a limited amount of places available on our supported volunteering project for Adults with Learning Disabilities living in the Epping Forest District.

Choose from group activities including allotment and singing to individual placements such as catering or retail work.

Contact Sally Panrucker on 01992 564032 or email spanrucker@vaef.org.uk

Please see our website for further details:

http://www.vaef.org.uk/?page_id=44



Voluntary Action Epping Forest's Handyman Service is celebrating its 5th year!



VAEF's Handyman Service has now been operating for 5 years. It is a partnership service between Epping Forest District Council and Voluntary Action Epping Forest which launched in October 2012. In this time, the VAEF Handyman has received over 2000 referrals.

The service is funded by EFDC and provides a handyman service to tenants of EFDC properties who are over 60 and or disabled and have no one else who can assist them. Tenants requiring use of the service need to contact us via the EFDC Housing Repairs team on **01992 564199**.

Type of work could include:

Replacing tap washers, Replacing toilet seats, Replacing bath and sink plugs, Replacing light bulbs, Minor repairs to gates, locks and handles, Hanging pictures, Flat pack assembly, Fitting curtain rails and hanging curtains, Tightening cupboard doors, Fitting draft excluders, Replacing batteries in TV remotes and clocks..... and much more

The service is FREE other than the cost of materials for those eligible as described above.



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www.vaef.org.uk

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