



As we draw to the end of this year I thought it would be nice to reflect on some of the positives at VAEF. It has been great to have been able to have supported so many local groups during the year by providing regular information, recruiting volunteers and holding some interesting Voluntary Sector Forums. In addition our projects have helped a vast amount of people in the community making a huge difference to their overall health and wellbeing.

The My Weight Matters programme has been hugely successfully in Epping and next year will also move into Loughton.

We have moved into new premises in Thornwood and are delighted that we now have a room available to accommodate other community organisations should they need a place to meet. We now also have the space for volunteers and have recently recruited some fantastic talented individuals to contribute to the work of VAEF.

All of our funders have valued our work and continued to support our organisation which we very much appreciate. Finances are always a challenging matter and as such I would like to thank some local people and organisations who have gone the extra mile for us; Pesh Kapasiawala, the Rotary Clubs of Roding and Epping, Theydon Bois Golf Club, Grange Farm and the West Essex Arts Society.

We are very much looking forward to continuing to work with you next year and wish you all a very Happy Christmas and Peaceful New Year.

Jacqui Foile, Chief Officer

**VAEF Mental Health First Aid Training
Delivered by Lyn Mowforth, Provide**

An introduction to mental health and how to start that conversation....

**Tuesday 15th January 2019
9:30—1:45**

St John's Church, St John's Road, Epping CM16 5DN

Course usually £180pp
book now for just £10pp inc light lunch

BOOKING IS ESSENTIAL

Email admin@vaef.org.uk to book your place

VOLUNTARY ACTION 12 Days of Christmas

1

Benefit
Advisor

2

Volunteer
Centres

3

Befriending
Clubs

4

Handy
People

5

DAYS A
WEEK

6

Keysafes

7

Winter
Warmers

8

ACE
ACTIVITIES

9

Trustees

10

Gardeners
& Volunteers

11

New initiatives

12

+ Ways VAEF
Can help!

Voluntary Action Epping Forest HAVE MOVED!

Unit 14E

**Woodside Industrial Estate
Thornwood, Essex CM16 6LJ**

01992 910 701

In October, VAEF were fortunate to find new accommodation which we have now moved in to.

We have been supported by a number of local organisations such as Collop Carpets, Chelmsford CVS, Design & Print and EFDC with items of kit such as carpet, furniture, printing, signage and computer equipment.

We would like to thank everyone for your support with our move and hope that you will come and visit us at our new abode soon!

COLLOP CARPETS



INFORMATION



*Keeping our community warm
and well this winter*

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 & microwaves
- fuel tokens
- fitting draft excluders & curtain rails
- sealing windows

Please contact 01992 910 701 or
Email admin@vaef.org.uk
where we will be happy to assist.



Unit 14E Woodside Industrial Estate, Thornwood, CM16 6LJ
admin@vaef.org.uk www.vaef.org.uk 01992 910 701
Registered Charity No. 1097376
Company limited by guarantee Registered in England No. 4689779



Funded by



Essex County Council

Volunteer Information Drop in Centre

Voluntary Action Epping Forest, Advice & Guidance on volunteering opportunities in local charities and community groups in the Epping Forest District.

VENUE: Epping Forest District Council Offices Foyer, High Street, Epping, CM16 4BZ
WHEN: Every Thursday from 9:30- 12:30
CONTACT DETAILS: Tel: 01992 910 701 for an appointment or just drop in any Thursday morning.



Unit 14E Woodside Industrial Estate, Thornwood,
Essex CM16 6LJ
Registered Charity No. 1097376
Co. limited by guarantee Registered in England No. 4689779



www.vaef.org.uk

01992 910 701



info@vaef.org.uk



@VAEF01



Newsletter supported by

