

**Do you know someone who is lonely and could benefit from social activities?**

***VAEF Befriending celebrates 7 years of service***

For 7 years, VAEF have provided support and friendship for those living on their own or in isolation across the Epping Forest District to the elderly aged 65 years or over and their carers. As well as running 3 weekly social clubs, VAEF 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 and improve their quality of life. We can provide transport to these clubs if its required. The service is funded by The Big Lottery .

**01992 564 518 or visit [www.vaef.org.uk](http://www.vaef.org.uk)**

*Time is the most precious gift of all*

**Issue 48, 2018**

Happy New Year to one and all.



2018 may look very different for VAEF as we are still due to vacate Homefield House at the end of March. To date we have not secured a permanent base for all of our staff, so I hope you do not mind me asking again for you to get in touch if you have any suggestions. On another note please be advised that it is still very much business as usual so if we can assist in any way do not hesitate to get in touch.

Check out our website at [www.vaef.org.uk](http://www.vaef.org.uk) for all of our services.

**Jacqui Foile, Chief Officer**

*Improving the quality of life for people and communities*

**TRAINING COURSE:**

**Recruitment, Selection, & Retention of Volunteers**

**28th February 2018**

**13:30—16:30**

**Epping Hall, St John's Road, Epping CM16 5JU**

**(Parking is available in Cottis Lane Car Park, pay and display)**

**BOOKING IS ESSENTIAL—Reduced price for VAEF Members**

**Call 01992 564 256 or email [volunteering@vaef.org.uk](mailto:volunteering@vaef.org.uk)**

**Who is it for?**

Volunteer managers and coordinators from volunteer involving organisations who recruit, manage and support volunteers.

**What will the course cover?**

**Recruiting volunteers**

- Planning to involve volunteers
- Recruitment methods
- Recruitment processes

**Retaining volunteers**

- Induction
- Training
- Supervision
- Personal development of volunteers
- Recognising volunteers

**Key learning outcomes**

At the end of the course participants will have:

The tools to develop your own strategy in recruiting and retaining volunteer engagement.

**Trainer:**

**Nigel Barber – Volunteer Service Manager, One Westminster** – Nigel is currently a Senior Manager at One Westminster managing the Volunteer Centre. He has worked and also volunteered in the sector for over 20 years, including being volunteer coordinator at Epping Forest Volunteer Bureau May 1998 to July 2000. His volunteering includes being a trustee for 10 years of Action In Mental Health in Epping Forest District and is currently an Independent Custody Visitor in Westminster.



*My Weight Matters Programme*

Anglian Community Enterprise (ACE) is commissioned by Essex County Council to provide Tier 2 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.

The service is widely promoted to health professionals and the general public through promotional campaigns, social media and traditional media. Referrals are received and triaged via our helpline (0800 022 4524 option 3) or online at [www.acelifestyle.co.uk](http://www.acelifestyle.co.uk).

**Voluntary Action Epping Forest** will be supporting this service by offering a weekly **“weight monitoring session”** at our offices at Homefield House to support clients on the programme.

We are currently recruiting volunteers who are passionate about supporting people to follow a healthier lifestyle.

**To register your interest to be a client or volunteer please contact Maggie Gilchrist on 01992564256 or email [volunteering@vaef.org.uk](mailto:volunteering@vaef.org.uk)**



Give the gift of a smile

Grant A Smile is a non-profit intervention support service working with parents/ guardians fighting life-threatening conditions by offering them the wonderful gift of a clean home - **free of charge**. As well as, granting wishes to their children.

1 in 4 families have a parent suffering from a life-limiting or threatening health condition. We want to alleviate some of the stress these parents face and offer them the opportunity to have one of our fantastic volunteer teams come in and clean their homes as well as offer them any other support they may require.

We also want to offer the children of these families the opportunity to receive access to social workshops and life skills training to enable them to increase their confidence, independence skills and mind-set. We fundamentally want to show them that they are not alone and there is a network of support out there for them.

In special circumstances we want to grant these children wishes, to enable them to have a break from their 'normal' lives, where usually they are the carers of their parents and have limited opportunities to be a child.

[www.grantasmile.org.uk](http://www.grantasmile.org.uk)

Tel.: 0203 609 4538

Email: [info@grantasmile.org.uk](mailto:info@grantasmile.org.uk)

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

VAEF will be delivering services until March 2018 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:

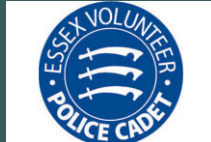
- Food Parcels
- Warm Clothing / Bedding
- Small heating appliances and microwaves
- Fuel tokens
- Fitting Draft excluders and curtain rails
- Fuel Tokens
- Sealing Windows

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

Please contact 01992 564 178 email

[info@vaef.org.uk](mailto:info@vaef.org.uk)

where we will be happy to assist!



## Do you want to help inspire and lead young people across Essex?

We are currently recruiting for Volunteer Police Cadet leaders in Epping Forest and elsewhere. The Essex Volunteer Police Cadet programme is a leader in its field and we want you to come and join us.

Following the success of our Volunteer Police Cadet (VPC) programmes across the county, we are looking for more Volunteers to work alongside our existing Police officers, staff and Specials to become Volunteer Leaders, assisting with running weekly VPC evening sessions. At present, we urgently require leaders in the Epping Forest area but invite expressions of interest for units across the county. Previous experience in working with young people would be an advantage but is not essential; training and support will be given.

If you are interested in volunteering or for more information about the role, please contact **Citizens in Policing Officer Michael Lee on 101 ext 110102**.

Volunteer Police Cadets is a national, uniformed voluntary youth organisation and is currently being delivered successfully in Essex and many other force areas. The scheme is open to young people aged 13 -18, including those vulnerable to crime or social exclusion.

The VPC offers a fantastic variety of opportunities to the young people involved, many of which would otherwise be well beyond their expectations.

The aim is to prepare young people for their future by providing varied activities and opportunities to develop qualifications, enhance their inter-personal skills and confidence, and achieve a sense of pride through supporting community policing.



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Registered Charity No. 1097376  
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[www.vaeff.org.uk](http://www.vaeff.org.uk)

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