

VOLUNTARY ACTION EPPING FOREST



Are you available to volunteer for an hour a week? Would you like to make a difference in your Community to someone who has a life limiting illness through Companionship? Would you like to help someone who is lonely and isolated? This Project maybe for you!

If you think this is for you, the Compassionate Neighbours Project at St Clare Hospice, Hastingwood are running one of our training sessions on the 29th and 30th June where we currently have a few spaces left. If you are interested in attending, or would like to discuss future dates then please call me on 01279 773 729 or email me at Stacey.towler@stclarehospice.org.uk to start the process.

YOUR JOURNEY BACK TO WORK STARTS HERE

Returning to work after time out to bring up a family, being unemployed or caring for a loved one can feel scary, but HeadsUp are here to help!

We help people in Essex take positive steps towards their future through peer support, fantastic workshops and practical job seeking advice.

Why not contact us to find out more

ENABLEEAST.ORG.UK/HEADSUP

headsup@enableeast.org.uk

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HeadsUp is funded by the European Social Fund and the National Lottery, through the Big Lottery Fund.



VAEF Ace Upcycling Project—Ace upcycling is a small group of young people with Learning Disabilities guided by a skilled team of staff and volunteers, working in partnership with Epping Forest Reuse. We transform donated pieces of furniture for resale to the general public at affordable prices. Contact Sally Panrucker for further details. spanrucker@vaeef.org.uk or call 01992 564 032

Issue 51, 2018



Welcome to our newsletter. VAEF's Accommodation search continues whilst we are based in the offices above Epping Forest Sports Centre in Hemnall Street in Epping. It is still business as usual with organisations and members of the public being able to access our services via visiting, emailing admin@vaeef.org.uk or telephoning 01992 564178.

During this year we will be focusing more of our work on supporting the local community with activities linked to improving peoples emotional and physical wellbeing. Some of this work has already started such as working with ACE Weight Management to offer weekly weigh in sessions in the local community. Other work will be linked to increasing preventative measures for people at risk of falling, providing improved opportunities for community engagement and activity for adults with learning disabilities, assisting to increase the provision of mental health first aid skills in the community and work towards helping to reduce social isolation in the District. We would like to work in partnership with VAEF membership groups and if you wish to find out more about how to link in I would be very happy to discuss this further. Lastly I would like to wish everybody an enjoyable summer.

Jacqui Foile, Chief Officer



The Three Valleys Male Voice Choir will be present at The Epping Town Show on Sunday 1st July 2018.

Stonards Hill Recreation Ground, Epping, CM16 6SP

If you enjoy singing and have sometimes thought about joining a choir, look us up and have a chat with the guys on the stand. We will be happy to talk and answer any questions you might have.

Gratefully sponsored by



INFORMATION

we are MOVING!



r restore
IN THE COMMUNITY

After six wonderful years on the Broadway, we are closing the doors of the Restore Community Centre but we are not going away!
Join us for these activities at other local venues - contact us for more information

- Drop in
- Art group
- Signposting
- Games club
- Knitting group
- Soup and Song
- Creative English
- Tea Time Church
- Peaced Together
- Learning Lunches
- Noah's Ark Toddler Groups
- GROW Community Garden

020 8508 9883 INFO@BEYOND OURSELVES.LIFE BEYOND OURSELVES.LIFE
A Beyond Ourselves project in partnership with Restore Community Church

JESSEL GREEN COMMUNITY FUN DAY
Sunday 15th July 2018
12-4pm, Jessel Drive, IG10 2EQ

Food & Drink / Inflatables / Bouncy Castles
Free Soft Play for Under 5's / Kite Making
Human Table Football / Penalty Shoot-Out
Climbing Wall / Horse & Carriage Rides
Fairground Rides / Human Hamster Balls
Live Music & Dance and Much More...!

Individual Activity Tickets From 50p / All Day Wristbands From £6
www.jesselgreen.org.uk



Grant A Smile is an intervention practical home support for parents/families battling chronic or life-threatening conditions. We also grant very special wishes with the aim of creating lasting memories for the children.

HOUSEHOLD SUPPORT
We offer the wonderful gift of a clean home every fortnight for absolutely free.

GRANTING WISHES
Children coping with their parents/ guardian chronic illness are the unsung heroes in our society. We aim to grant special wishes to these children.

WORKSHOPS & EVENTS
We run events and workshops geared towards teaching our children life skills, confidence and social skills. We also organise termly fun and games events.

Supporting families battling chronic illness and mental health conditions across the UK

"When your house is on order, your life is in order..."

HOW YOU CAN SUPPORT US

VOLUNTEER * DONATE * REFER * PARTNER *
SPONSOR A FAMILY * GRANT WISHES...
Without people, we would only be a mere idea.

WE WOULD LOVE TO HEAR FROM YOU
Visit our website
www.grantasmile.org.uk



Follow us on Facebook, Instagram, and Twitter.

Tel.: 0203 609 4538
Email: admin@grantasmile.org.uk
CIC Registration No. 10981555

NEED MORE DESKS?

Loughton Town Council has 7 shaped desks all in good condition available FOC for collection from their former offices in Loughton.

Happy to dispose of individually. Must go to a good home within the next 4 weeks before our new tenants move in.

Interested? Please call Paul on 020 8508 4200.



The Epping Golf Course
FREE golf lessons for adults
Every Saturday 9-10 & every Monday 9:30- 10:30
Flux lane Epping Essex CM16 7NJ
01992 572282
All equipment provided and all welcome!



VOLUNTARY ACTION
EPPING FOREST
ESTABLISHED IN 1992

Homefield House, Civic Offices
High Street, Epping CM16 4BZ
Registered Charity No. 1097376
Co. limited by guarantee Registered in England No. 4689779

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