VOLUNTARY ACTION EPPING

Siclare Hospice Compassionate Neighbours

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.ORGJJK/HEADSUP

headsup@enableeast.org.uk















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@vaef.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@vaef.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



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

Supporting families battling

conditions across the UK

chronic illness and mental health

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

Grant A Smile is an intervention practical home support for parents/families battling chronic or life-threatening conditions. We also grant very special wishes



HOUSEHOLD SUPPORT

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

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FOLLOW US

Tel.: 0203 609 4538

CIC Registration No.10981555

Email: admin@grantasmile.org.uk

GRANTING WISHES

Children coping with their parents/ uardian chronic illness are the unsur heroes in our society. We aim to grant special wishes to these children

WORKSHOPS & EVENTS

We run events and workshops ared towards teaching our children life skills, confidence and social skills. We also organise termly fun and gam



HOW YOU CAN SUPPORT US

with the aim of creating lasting memories for the children

VOLUNTEER * DONATE * REFER * PARTNER * SPONSOR A FAMILY * GRANT WISHES ...

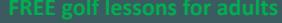
Without people, we would only be a mere idea



Visit our website www.grantasmile.org.uk



The Epping Golf Course



Every Saturday 9-10 & every Monday 9:30- 10:30 Flux lane Epping Essex CM16 7NJ 01992 572282

All equipment provided and all welcome!



NEED MORE DESKS?

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

of Happy to dispose 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.





Acorns to Oaks





Homefield House, Civic Offices High Street, Epping CM16 4BZ Registered Charity No. 1097376

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www.vaef.org.uk







01992 564 178



