

### DEMENTIA FRIENDS INFORMATION SESSION

**VAEF Voluntary Sector Forum**  
**Wednesday 29th November 10am—11am**

**Epping Forest District Council Offices,  
Committee Room 1**

### What is Dementia Friends?

Alzheimer's Society's Dementia Friends programme is the biggest ever initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. Dementia Friends is about learning more about dementia and the small ways you can help. From telling friends about the Dementia Friends programme to visiting someone you know living with dementia, every action counts.

### Information Session

Dementia Friends Information Sessions are run by volunteer Dementia Friends Champions, who are trained and supported by Alzheimer's Society. Each Information Session lasts around one hour. You will learn more about dementia, what it is like to live with and how you can help to create dementia friendly communities.

**BOOKING IS ESSENTIAL**

Email [ngavens@vaeef.org.uk](mailto:ngavens@vaeef.org.uk)

or call 01992 564 178

## Issue 43, 2017



Welcome to this Autumn issue of our newsletter. I would like to take this opportunity to thank you for continuing to work with VAEF and remind you that we are available at the end of the telephone or by email to answer any relevant queries you may have. There are also lots of other ways in which we are practically able to support you, for example recruit volunteers, oversee funding bids, promote your activities, etc.

I also wish to share some news with you which we would really appreciate your assistance with. Early next year VAEF will be moving from Home field House after being based in the building since 1993, the year we initially established as Epping Forest Council for Voluntary Service. This is very recent news so we are prioritising looking for new premises. Although currently based in Epping we are happy to consider other parts of the District that are accessible to members of the local community. We are also happy to share premises with another organisation, so this is perhaps where you may be able to assist us. You may know of somewhere or you may have space yourself. I am more than happy to expand on our requirements if you wish to give me a call to discuss further.

**Jacqui Foile, Chief Officer**

**VOLUNTARY ACTION EPPING FOREST**  
welcome you to



### TASTER MUSIC WORKSHOP & PROJECT LAUNCH OPEN EVENING

**Musical taster sessions & demonstrations  
for young people aged 16-25 with disabilities**

**Come and find out more about our newly funded music project...  
Talk to staff... have a play... & enjoy a live performance from**



**Parents, friends and carers welcome... Free refreshments  
Don't miss out on the chance to start on a Rockstar journey!...**



**Wednesday 25th October 2017  
6-8pm @ The Space,  
Loughton Library, Traps Hill**

For more information contact  
Marc Balkham:  
[mbalkham@vaeef.org.uk](mailto:mbalkham@vaeef.org.uk)  
07919 255 396



'Ain't No Mountain High Enough'  
is funded by



## Voluntary Action Epping Forest Benefits Advice bags £2000 from carrier bag charge fund



Tesco teamed up with Groundwork to launch its Bags of Help funding initiative, which sees grants raised from carrier bag sales being awarded to thousands of local community projects every year.

Millions of shoppers voted in stores up and down the country. Work will now begin on bringing the project to life.

VAEF Benefits Advice provides Benefit Advice to housebound residents in Epping Forest assisting people to receive entitlements which improve their lives and health and well being.

Anyone can nominate a project and organisations can apply online.

To find out more visit  
[www.tesco.com/bagsofhelp](http://www.tesco.com/bagsofhelp).

**VAEF would like to thank  
Tesco Bags of Help and  
everyone who voted for  
our  
Benefits Advice Service!**

## 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](mailto:info@vaef.org.uk)  
where we will be happy to assist!



## ORGANISATIONAL HEALTH CHECKS—Is Your Organisation Fit Enough?

Many of us are familiar with the idea of having regular health checks to monitor our fitness. Illnesses caught early have a better chance of being put right quickly.

We are perhaps less familiar with applying this same idea to the well being of the voluntary organisations and community groups to which we belong. Getting into the habit of regularly reviewing the health of your organisation will help you to spot problem areas quickly and help you to keep in touch with your progress.

VAEF can help your organisation get into peak shape and be more effective and successful. By working through the health checklist you will be able to answer the following questions:

- are we meeting legal requirements?
- are we managing our organisation according to good practice?
- are there gaps in the way that we manage our organisation, activities or services?
- where do our strengths lie?
- in which areas do we need to improve?
- what are our priorities for the future?
- what are our training needs?

Getting into the habit of regularly reviewing the health of your organisation will help you to spot problem areas quickly and keep in touch with your progress.

An organisation in peak health is able to:

- plan ahead to meet change
- manage its resources (people, property and money) effectively
- value its volunteers, staff and trustees
- offer quality services and activities to its members and users
- work well with other organisations.

If you feel your organisation would benefit from an Organisational Health Check, contact Voluntary Action Epping Forest 01992 564 178 for further assistance.



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



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

01992 564 178



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

@VAEF01



Newsletter supported by

