

The Volunteering News

**Volunteers are like the
colours,
In the rainbow,
Each one different,
But together,
Create something
beautiful!**



What's On In Havering

Volume 2, March/April 2018

The Mayor of Havering Presents

3k or 5k Charity Walk or Run Celebrating 100 years of Women's Suffrage

Upminster Park (Corbets Tey Rd)
Saturday 10th March 2018
Starts at 12.30pm

Join us after in St Laurence Church Hall for refreshments, inspirational speakers and stalls!

£5 Registration Fee
Rosette & Certificate for the first 100 people registered
Children under 12 Free
Registration From 11.30am

To register please email volunteering@haveringvc.org.uk or call 01708 922 214

All Welcome!
All Funds Raised for the Mayors Appeal

Remembering Havering's very own suffragette **Henria Williams** who was raised in Upminster

#PressforProgress

Join the Mayor of Havering for a 3k or 5km walk or run in Upminster Park

Havering Volunteer Centre News

Havering Volunteer Centre said goodbye to Age UK London who were sharing office space with us until mid-January. The advice and information service run by Age UK Barking, Redbridge and Havering are still operating from our offices on a Monday and Thursday 10am-2pm.

We will be welcoming Barking & Dagenham Carers Hub, who should be joining us any day. They will be offering an advice and information service to carers on services that can be accessed in Havering.



Old £10 Notes



As most of you know as of the 1st March the old £10 notes will no longer be accepted in shops around the UK but charities such as us here, can bank them as donations.

So if you come across any old notes lying down the back of your sofa, think of us here, one £10 note will cover all of our volunteers expenses for a week, £20 will cover the Di's Diamonds Coffee Morning costs a month and £50 will cover any volunteer training costs. **So please think of us!**

Looking For Office or Meeting Space?

Are you looking to relocate your office to Romford or need training or meeting space? Contact Havering Volunteer Centre for more information

01708 922 214 volunteering@haveringvc.org.uk

GDPR Are You GDPR Ready? **GDPR**

Epitome Consulting recently ran some very useful GDPR training. The new Data Protection regulations come into place on the 25th May 2018, to find out about upcoming training contact kay@epitomeconsultancy.co.uk

If you would like to volunteer at the charity run please contact volunteering@haveringvc.org.uk we could really use your help!
Di's Diamonds Coffee Morning

HVC have been hosting Di's Diamonds coffee mornings on behalf of Age UK.
Next Coffee Mornings are:
Monday 5th March 10am-12pm
Monday 9th April 10am-12pm

Easter Egg Head Quiz

31st March 2018 6-8pm
Bedfords Park Visitor Centre
Booking Essential
01708 748 646



JOYZ
(Just For You Zone)

Volunteer Centre
Proud to be one of The Mayor of Havering's Chosen Charities for 2017/18

Swish Sew & Socialise
Tuesday 27th March
12.30 – 14.30
Introductory Offer £7.00

- Swishing – time to declutter – you can swap unwanted clothes, books, shoes for free
- Learn to do your own alterations and save £££
- You will need to bring along an item of clothing that you would like to work on.



Venue: Havering Volunteer Centre
Community Reach House
32-34 The High Street
Romford RM1 1HR

To book and for more information email
patriciajm001@gmail.com
Message@joyzjust4u
Or call Patricia 07522844909

Star Wars and Lego Day



STAR WARS AND LEGO DAY

4th April, 11-4pm
The Retailery,
Romford Market
RM1 3ER

Each Child attending is £3 which is donated to Mitchell's Miracles and includes a photo op with Star Wars Characters, Lego build time, colouring and face paint area.
Booking is essential please contact Jade at info@mitchellsmiracles.co.uk

Hornchurch Library Presents

Snakey Sue's Live Snake Encounters

Tuesday 10th April
2.00pm
£6 members £7.50 non-members




Want To Be Part Of Something Bigger? Volunteer!

Have you always wanted to be part of a team, improve the area you live in or build new friendships?

Then contact us today to find out what volunteering roles we have available:

Tel: **01708 922 214**

Email: Volunteering@haveringvc.org.uk

volunteer
do good, feel good

Web: www.haveringvc.org.uk

volunteer
do good, feel good

Some Of Our Current Volunteering Roles

Prostate Cancer UK – Events Volunteer (HVC - 409)

Our Men United Match Days programme is a unique opportunity to reach our target audience and raise vital funds through our partnership with the English Football League.

As an events fundraising volunteer you will be responsible for collecting donations and handing out our information leaflets to fans before the match at an EFL club.

The main role is to greet match guests, collect donations and distribute information leaflets.

HomeStart – Family Support Worker (HVC-408)

Home-Start Havering offer support, friendship and practical help to families with children under the age of five who are experiencing difficulties.

Our Volunteers who are usually parents themselves are recruited and trained by us to visit families at home once a week for a couple of hours to offer friendly and confidential support as parents learn to cope and grow in confidence.

First Step – Volunteer Bucket Collector (HVC – 419)

Come and join our bucket collection team, it's fun and rewarding!

We are a local children's charity who fund raise at various predetermined locations, to collect money from the general public and advocate what first step is all about.

This helps raise our profile and raise funds to keep our services going.

LBH Libraries – Chess Club Volunteer (HVC – 396)

Library Service Havering require a Chess Club Volunteer to work in partnership with Library Staff to deliver Chess Clubs in libraries for both adults and children The Main Activities of this role would be Liaising with the Library Manager concerning Chess Clubs, setting up and clearing away the area or room used in the Library, helping to promote Chess Clubs and Recording Attendance.

For a full list of available volunteering opportunities please visit
www.haveringvc.org.uk/volunteer

Burglaries increase when it gets dark





Lock up Light up Be secure

It only takes a minute...

WHEN STROKE STRIKES, ACT F.A.S.T. NHS






FACE HAS IT FALLEN ON ONE SIDE?
ARMS CAN THEY RAISE THEM?
SPEECH IS IT SLURRED?
TIME IF YOU NOTICE ANY OF THESE SIGNS, MAKE THIS CALL: **DIAL 999**