

The Volunteering News



BEE THE CHANGE BEE A VOLUNTEER

What's On In Havering

Volume 3, May/June 2018

Bee Inspired Volunteering Conference



Volunteer Centre
Havering

VOLUNTEERING CONFERENCE
INSPIRE, INVIGORATE & IGNITE

BEE INSPIRED CONFERENCE

Friday 1st June 2018
9.30-2.30pm

FREE EVENT

Havering Volunteer Centre presents a first of its kind in Havering
A Volunteering Conference to kick start Volunteers Week 2018

Key Note Speakers

 Rob J Consulting Specialises in Strategic Volunteer Engagement	 Shelley Hart CEO Havering Volunteer Centre	 James Banks Director of London Fundraisers	 Debbie Sadler Unlock Advice Manager For People with Convictions	 Keith Prince AM Havering London Assembly Member
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Plus many more inspirational Guest Speakers

**VENUE @ Town Hall, Council Chambers,
Main Road, Romford, Essex, RM1 1BD**

Contact Havering Volunteer Centre
To Register Your Interest
01708 922 214 | volunteering@havigvc.org.uk

 Refreshments Available

Di's Diamonds Coffee Morning

HVC have been hosting Di's Diamonds coffee mornings on behalf of Age UK.

Next Coffee Mornings are:

Monday 14th May 10am-12pm
Monday 11th June 10am-12pm

Rainbow Squad

Every Tuesday up until June 21st 7pm-11pm at The Retailery Rainbow Squad is a brand spanking new LGBT night at The Retailery that promises fun, laughter, cocktails and much much more!

Havering Volunteer Centre News

Havering Volunteer Centre's year with the Mayor of Havering Cllr Linda Van Den Hende will be coming to an end on 23rd May 2018.

It has been an absolutely amazing year and we have been fortunate enough to be part of some incredible experiences all while raising our profile in the borough!

The Board of Trustees, Staff and Volunteers would like to thank the Mayor of Havering for selecting us as one of her charities and wishes her all the best in her future endeavours.

VOLUNTEERS' WEEK 2018

It's that time of year again when Havering Volunteer Centre pulls out all the stops and goes crazy over volunteers' week and why not? Havering's volunteers are awesome!

During Volunteers Week 1st June-7th June 2018 HVC will be hosting a series of events:

Friday 1st June 2018 – Bee Inspired Volunteering Conference

Monday 4th June 2018 – Volunteering Bee Recruitment & Information Fayre

Tuesday 5th June 2018 – HVC Open House

Wednesday 6th June – Romford Market Volunteering Information Stall

Friday 8th June – Volunteer Bee Rewarded and Recognised Event

For detailed information about any of the above events please contact volunteering@havigvc.org.uk

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@havigvc.org.uk

Add Up Pamper Evening

Treat Yourself...
...and help raise money for your local charity, Addup, at the same time at our

Pamper Evening

Tues 5th June 2018

6.30pm to 10.00pm



Tickets £5 - in aid of Addup

Includes a FREE Bucks Fizz & Raffle Ticket!

Reflexology
Manicures
Hot Stone Massage
Facials
Magnetic Jewellery



Massage
Reiki
Aloe Vera
Indian Head Massage
Pedicures

& Much More!

Tea/Coffee, Cakes & Exciting Raffle Prizes!

TREATMENTS: £10 for 20 Minutes – so you can try something new or just spoil yourself!

VENUE: Avelon Road Centre, 100 Avelon Road, Rainham, RM13 7DH
(behind South Hornchurch Clinic)

TICKETS: Available from the Addup Office;
59 Billet Lane, Hornchurch, Essex, RM11 1AX
Tel: 01708 454040

Registered Charity No 1091461

For tickets please call 01708 454 040

Volunteering Bee Recruitment & Information Fayre

Volunteer Centre
Havering

VOLUNTEERING BEE

VOLUNTEER RECRUITMENT & INFORMATION FAYRE
ABOUT VOLUNTEERING

FREE REFRESHMENTS

A FREE one-stop-recruitment event about volunteering

What you can gain from volunteering
Meet volunteer involving organisations
Find out about what services there are in Havering
Find out what opportunities are available

BEE THE CHANGE
BEE A VOLUNTEER

Monday 4th June 2018
11am-3pm

WANT TO BEE A VOLUNTEER? COME ALONG!

VENUE @ Town Hall, CR3A & B, Main Road, Romford, Essex, RM1 1BD

Contact Havering Volunteer Centre on
01708 922 214 | volunteering@haveringvc.org.uk

Want To BEE Part Of Something Bigger? Volunteer!



BEE THE CHANGE
BEE PART OF SOMETHING BIGGER
BEE A VOLUNTEER!



Tel: **01708 922 214**

Email: Volunteering@haveringvc.org.uk

Web: www.haveringvc.org.uk

Some Of Our Current Volunteering Roles

Essex Boys & Girls Club – Youth Club Volunteer

We are opening a new and inclusive youth club for young people aged between 10-25 years old.

There will be several activities available including sports, arts and crafts, drama, photography, cooking, gardening and anything else we wish to run for the members. We are looking for volunteers to assist on our club nights and help supervise or run activities for the young people.

The role may include: supporting young people to uphold rules set by the club and acting as a positive role model to young people.

BHRUT – Group Activities Volunteer

BHRUT are looking for Group Activities Volunteers which are ward based and involve a great deal of interaction with patients, their family/friends as well as staff. Predominately, the groups you would be arranging activities for are the elderly and those who may have dementia.

The role of the Activities Volunteer would be to develop and run group activities such as bingo, art and craft sessions, mobility classes or any other activities that are suitable for groups of patients who may have dementia or who are elderly.

Upminster Junior School – Classroom Decorating Volunteer

We feel the children deserve a fresh, calm environment to learn in and all our classrooms are in great need of a 'lick of paint' and some tender loving care and this can only be done when the school is empty.

It's a really big job to undertake so we'd be interested to hear from any volunteers who would like to decorate classrooms, this would mainly be a paint job such as walls, doors, skirting etc with preparation and attention to detail. This will be carried out during the Summer Half Term Break.

For a full list of available volunteering opportunities please visit

www.haveringvc.org.uk/volunteer

Make the right decision **NHS**

999	Only in an emergency: loss of consciousness severe breathing difficulties heavy bleeding	Emergency Department
	When it's urgent but not life threatening: sprains fractures minor burns skin infection	Urgent Care Centre
	For symptoms that don't go away: ear pain back pain stomach pain	GP Surgery
	Feeling poorly and need advice about: fevers stomach upset aches & pains headaches	Pharmacy
	Need help fast and its not an emergency? Unwell? Confused? Need help?	NHS 111
	For common ailments and illnesses: hangover grazed knee sore throat cough	Self-care