



# The Volunteering News

## Spring Into Volunteering

Volume 1, April/May 2017

### What's On In Havering

Tuesday 11<sup>th</sup> April 2017

**Yoga Walks in Raphael's Park**  
 Informal fun walk for the whole family with yoga steps along the way. All welcome to join Mary for a gentle walk around the park using yoga breathing and mindfulness. Booking not required. For more information email [mary@bodyandsoulyoga.org](mailto:mary@bodyandsoulyoga.org)

Friday 21<sup>st</sup> April 2017

Join HVC and a team of volunteers including Network Rail at The Secret Blind Garden in Harrow Lodge Park in conjunction with Havering Mind

3<sup>rd</sup>-6<sup>th</sup> May 2017

**Forever Dusty at Brookside Theatre** tells the dramatic revealing story of how a shy Irish Catholic school girl from West London transformed herself into the voice of blue-eyed soul, the face of legendary worldwide superstar Dusty Springfield. For more information please visit [www.Brooksidetheatre.com](http://www.Brooksidetheatre.com)

Wednesday 31<sup>st</sup> May 2017

Do you love your community? Want to spruce up an area? Get involved on 31<sup>st</sup> May at Bevan Way and Hacton Lane. For more information please contact HVC 01708 922214 or [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk)

### Havering Volunteer Centre News



#### Easter Egg Campaign



Havering Volunteer Centre launched an Easter Egg campaign to supply every child currently residing in one of Havering's Hostels or Women's Refuge with an egg and craft items for the Half Term Easter Holidays. We put the word out that we were looking for donations and the community did not fail! Our friends at Network Rail donated a massive amount of eggs and craft items, our volunteers and the general public have all donated wonderful amounts but we still need more. Anyone wishing to donate please could you drop them to our offices by Friday 7<sup>th</sup> April 2017.

#### Speed Volunteering 15<sup>th</sup> May 2017

We are trialing a brand new speed volunteering day at Tesco Roneo Corner in their community room on Monday 15<sup>th</sup> May 9.30am-1.30pm. This is a volunteer recruitment event with a twist. Usually we take potential volunteers details and invite them for a meeting at a later date, usually 2-3 weeks after initially meeting with them, so this time we have decided to sign up volunteers on the spot, offer our 1-2-1 bespoke brokering service on site and make referrals the same day. So anyone that has been thinking of volunteering for a while, this could be your perfect chance! We look forward to seeing some new faces!



If volunteers make a difference to your charity, community or organisation then make sure you've got Friday 9<sup>th</sup> June 2017 in your diary! It's the annual campaign for you to thank your volunteers and celebrate the difference they make. This year HVC are going 'BIG' with the thank you's and are arranging an award and recognition celebration with afternoon tea style refreshments. Expressions of interest went out to voluntary and community organisations in March, emails will be going out in April for you to send us your volunteer names. Anyone who hasn't yet responded to the EOI or would like to be included will be allocated slots after the first wave of responses. This is a first come first serve basis so please get your interest to us ASAP. Get in contact with Havering Volunteer Centre at [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk)

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## Ex-Offenders, Criminal Records and Volunteering

Over the past few months we have seen an increase of people who have quite openly disclosed that they have a conviction or spent a period of time in prison. They have come in to us to find volunteering roles and we are seeing an increase of organisations that are turning people away because of this.

There has to be a safe-guard to the organisation we understand that but also there has to be an element of fairness to the individual. We have generally found those seeking to volunteer just want to rebuild their lives and integrate in their community.

So we ask that you consider the role that you require volunteers for and ask yourself this, if someone has a marker on their DBS and are open and honest about what they have done, with the right guidance and monitoring would they pose a risk if they were working in the garden, as part of a team, in a busy office? Could you offer a trial period and extend an olive branch to someone who just wants to give back to the community and rehabilitate their life?

If anyone would like any information on how to safeguard their organisation whilst offering a volunteering role to an Ex-Offender or an individual with a marker on their DBS we will be more than happy to offer any support and guidance required.



### Free Dementia Awareness Training

Recently 7 of HVC's volunteers took part in Dementia Awareness training as part of Havering Dementia Awareness Alliance and are now Dementia Friends, this will enable us to be a safe haven for anyone in the community we may come across and opened our eyes to dementia. The training is highly recommended and anyone wishing to book or wanting more information should contact [susan.anderson@havering.gov.uk](mailto:susan.anderson@havering.gov.uk)

### Free Emergency First Aid Course

This course is ideal for First Aiders, first aid awareness training, management awareness and first aid refresher. The course is being held at CEME Campus Rainham free or at a £20 charge for a 3 year certified training. For more information: <https://www.eventbrite.co.uk/e/free-emergency-first-aid-training-tickets-28962808540?aff=es2>

### Deaf Awareness Training

Romford Lions Club offer deaf awareness training for organisations. The Romford Lions Club do not charge for this training but do ask for a donation. Anyone interested should contact Colin Talbut [cetlet@aol.com](mailto:cetlet@aol.com)



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## Spring Into Volunteering



Spring has sprung! Volunteer in the spring sunshine with some of our top volunteering opportunities.

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

Tel: **01708 922 214**

Email: [Volunteering@haveringvc.org.uk](mailto:Volunteering@haveringvc.org.uk)

Web: [www.haveringvc.org.uk](http://www.haveringvc.org.uk)

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## Take Five To Stop Fraud

A yellow poster with a black banner at the top that says 'IT PAYS TO STOP AND THINK'. Below the banner is a list of five numbered points: 1. Never disclose security details, 2. Don't assume an email, text or phone call is genuine, 3. Don't be rushed, 4. Listen to your instincts, 5. Stay in control. At the bottom right is a logo of a hand with the words 'TAKE FIVE TO STOP FRAUD' written on it.

**IT PAYS TO STOP AND THINK**

- 1 Never disclose security details
- 2 Don't assume an email, text or phone call is genuine
- 3 Don't be rushed
- 4 Listen to your instincts
- 5 Stay in control

TAKE FIVE TO STOP FRAUD

Havering Volunteer Centre will be closed on Friday 14<sup>th</sup> and Monday 17<sup>th</sup> April and again on 1<sup>st</sup> and 29<sup>th</sup> May 2017