



# The Volunteering News



# BEE THE CHANGE BEE A VOLUNTEER



BRIGHTEN YOUR DAYS WITH  
VOLUNTEERING!



What's On In Havering

Volume 3, May/June 2019

## Havering Volunteer Centre Needs You!



We need skilled and professional volunteers to join our volunteering team as receptionists,

administrators and advisors. If you have the passion and desire to help the community and want to make a real difference to people, then we are waiting for you!

## HVC STEPPING STONES TRAINING



HVC are facilitating a number of \*free training courses as part of a brand new Lunch & Learn – Stepping Stones project. For more information please contact [Volunteering@haveringvc.org.uk](mailto:Volunteering@haveringvc.org.uk)  
\*£100 non completion fee\*

## Havering Volunteer Centre News

### Hornchurch High Student Drop Down Volunteering Day



On the 14<sup>th</sup> February 2019 Havering Volunteer Centre supported students from Hornchurch High School with their annual drop down day. The drop down day is designed to make the students think about the community they live and commute in and what they can do to support people living in Havering.

The day was very successful with students giving their time to, fundraise in Tesco, assist Rainbow Trust Charity Shop, Litter pick with Cllr Nunn from the Hornchurch Residents Association, assist two homeless hostels and two local parks. The students enjoyed themselves and feedback we received from those supporting them was amazing.

HVC recognised their commitment and rewarded their efforts with an afternoon in the council chambers meeting the Mayor of Havering Cllr Dilip Patel where he presented each student and the school with a certificate.

We are looking forward to supporting the school again next year.

# QUIZ NIGHT

Saturday 15th June  
7.30pm, £6 per person

Please call 01708 556355  
to reserve your team

Please bring your own  
drinks and nibbles

First Step  
Tangmere Crescent, Hornchurch  
RM12 5PP

W: [firststep.org.uk](http://firststep.org.uk) T: 01708 556355  
E: [fundraising@firststep.org.uk](mailto:fundraising@firststep.org.uk)

Registered charity number 1106002



## Changing Faces of Volunteering Training



Epitome Consultancy & Training

Do you want to change how you engage volunteers? This is the perfect training for you!  
Monday 3<sup>rd</sup> June 2019

Contact

[Kay@epitomeconsultancy.org.uk](mailto:Kay@epitomeconsultancy.org.uk)  
for more information

*\*Quote HVC Member to receive a discount\**

## First Step Tasty Treats



Come and join First Step on  
Friday 24<sup>th</sup> May 10am-12.30pm  
Friday 28<sup>th</sup> June 10am-12.30pm  
For a morning of friendship & coffee all whilst raising money for a worthy cause

## Want To BEE Part Of Something Bigger?



BEE THE CHANGE  
BEE A VOLUNTEER!



Tel: **01708 922 214**

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

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

For a full list of available volunteering opportunities please visit  
[www.haveringvc.org.uk/volunteer](http://www.haveringvc.org.uk/volunteer)

## Volunteers Week 2019



Let us know what you have planned for Volunteers Week 2019 and we will add you to our Havering Volunteer Celebrations Map

## Havering Volunteer Centre & Mental Health Month



The month of May is Mental Health Awareness Month.

We know how vital volunteering is when on the journey of living with and recovering from a Mental Health imbalance.

Our experienced volunteers are on hand to support you with finding the right volunteering role, there are no barriers to volunteering and we will ensure that you feel supported on your volunteering journey.

To find out how volunteering can help you contact us on  
01708 922 214 or [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk)

For support with managing Mental Health contact:



Havering

01708 457040



01708 727726



Call 116123

## Havering Parks Police

Did you know if you spot Anti-Social Behavior (ASB) in one of Havering's Parks you can call a dedicated team to report it, their details are **07904805872** or [parkspolice@havering.gov.uk](mailto:parkspolice@havering.gov.uk)  
In the event of an emergency please still use 999