



The Volunteering News



BEE THE CHANGE BEE A VOLUNTEER 2023 BUMPER EDITION

WE HAVE A FACEBOOK AND TWITTER PAGE?



Keep up to date on all that we are doing by following us on our social media accounts:

Find us on Twitter: @Havering_VC

Find us on Facebook: @HaveringVC

CUSTOMER SERVICE AND CONFLICT RESOLUTION TRAINING



**EPITOME
CONSULTANCY
& TRAINING**



Customer Service Conflict Resolution

11th September 2023

1pm - 4 pm

This session has been designed to equip those who face conflict with the tools to deescalate a situation professionally. Via this session you will gain an understanding of what good customer service looks like, why conflict happens, the different types of conflict, how to communicate both verbally and non-verbally and how to embed learning.

For more information and to book a space please email kay@epitomeconsultancy.co.uk £60 or £40 for HVC members

Volume 4, 2023

Havering Volunteer Centre News

Why Volunteer?

Benefits of Volunteering You Might Not Have Considered

Besides the obvious fact that volunteering is an act of kindness and that in itself makes you feel good, one of the most practical advantages of volunteering is that it dramatically improves your CV. This is especially relevant if you have had little practical experience, maybe a break in your career history or your experience is limited to one field. Volunteering adds variety and value to your CV, you may be able to gain a useful reference and can draw on your volunteering experiences as a talking point during interviews.

It's a great confidence booster too, let's face it, if you feel good about what you are doing, you feel good about yourself too. You will gain new skills and abilities via volunteering and this new found confidence will have you thinking differently about all aspects of day to day life. What once felt like a huge mountain like challenge, will feel like a small bump in the road with a huge array of skills in your shed.

Volunteering is an ideal way to feel more involved with the community; this is especially useful if you have just moved to the area or your usual family/friendship circles have relocated. What better way to meet new people than by having a common community interest?

We at HVC cannot emphasise enough how helpful volunteering is in breaking up your days and ensuring that you get enough social contact to keep boredom and loneliness at bay.

We know that taking that first step into volunteering can be scary but that's why we call it a journey and everyone joins at different sections of their life. We here at HVC understand that and that's why we walk alongside you and offer as much advice and guidance so that you too can experience those benefits and find the perfect opportunity.

THE PROPER BLOKES CLUB



TEAM ROMFORD

Mondays at 7pm

Meet at Lodge Farm Park
(13 Carlton Road, Romford, RM2 5AP)

Why not come down and join our peer to peer walk and talk groups... It's **FREE!**

With every walk you are helping bring an end to the stigma of mens mental health.

Let's start chatting about what really matters



☎ 07397 501110

✉ theproperblokesclub@gmail.com

🌐 www.theproperblokesclub.co.uk

📘 theproperblokesclub

📷 the_proper_blokes_club

📱 BlokesClub

HAVERING CHANGING PRESENTS MURMURATIONS – TAKE A WALK INTO NATURE

MURMURATIONS

Take a Walk into Nature

TICKETS
£5

A PLAY BY STEVE WATERS & TANGLED FEET
@ BEDFORD'S PARK

Take a walk on the wild side.
This is theatre with a difference
and a chance to explore a
hidden local treasure of
Bedford's Park.

Dates

Friday 22 September:
10:30 am, 1:00 pm, 3:45 pm

Saturday 23 September:
10:30 am, 1:00 pm, 3:45 pm

Sunday 24 September:
10:30 am, 1:00 pm, 3:45 pm



Tangled Feet Theatre Company are coming to Havering and want you to join them for a unique outdoor experience! Tickets can be booked via Queens Theatre Hornchurch.

Snap shot of volunteering roles

Volunteer Caseworker – Home Based

If you are friendly, empathetic, a good listener and passionate about upholding the right to healthcare, this role could be a great for you!

Caseworkers are the main point of contact for patients who call the advice line. They carry out interviews to determine their needs and provide appropriate advice and support. Caseworkers act as advocates and liaise with NHS service providers to link patient to the care they need.



Social Session Volunteer – Elm Park

EPCA are looking for volunteers to join our hub and become a Social Session Volunteer! If you are a great chatter, can make a mean brew, can make a sandwich and make people feel welcomed and important then this is the perfect role for you!



Donation Sorter & Referral Builder - Various

We are looking for volunteers who want to help us make a difference. Someone that can offer 1 day a week to make a big impact on people's lives.

The role will include sorting through donations, making up bundles for the families and making them feel at ease and not judged by their current situation.

If you are compassionate, caring and want to help then we would love to hear from you!



Cub Scout Leader - Hornchurch

Our Hornchurch group is 'second to no other' and are on the hunt for a new leader who will lead a team to teach Cubs skills for life each week.

Cubs are aged 8 - 10 and have a real enthusiasm for learning new things and in our very well established and family- friendly Scout group, you could help to make this possible.

Why not volunteer and see for yourself just how exciting and rewarding this role can be. You won't regret it!



If you are interested in any of the above volunteering roles or would like additional information on volunteering please email volunteering@haveringvc.org.uk

“Don't ever question the value of volunteers. Noah's Ark was built by volunteers, the Titanic was built by professionals.”

— Dave Glynn

THURSDAY TEA CLUB



If you fancy some company why not pop along to the Thursday Tea Club at Eastbrook Community Centre, every Thursday from 1pm – 3pm.

No joining fee and only £2 a week for Tea/Coffee, biscuits and activities. Parking available and serviced by the 174 and 103 buses.

IT'S NEVER TOO EARLY FOR CHRISTMAS!



Havering Mind are looking for a Santa to join their Xmas Squad and help bring festive cheer this year.

If you are a Christmas loving, jolly fella then they would love to hear from you, please contact Ciaran White via email: Ciaran.White@haveringmind.org.uk

The Cost of Living



The cost of living is continuing to put people at risk of slipping into debt, as energy prices remain high, fuel costs have risen once again, and inflation is driving the prices of everyday essentials to record highs.

Make sure you're ready for winter with Cost of Living Support from Havering Council and partners. Book a free Energy Doctor health check for your home to see where you could save money.

The Energy Doctors scheme is a joint service between Havering Council and Age UK East London to help residents in tackling the cost of living. The free service is open to all residents in the borough, though appointments will be prioritised for those most vulnerable to fuel poverty.

Expert Energy Doctors will visit residents' homes to carry out assessments, which will identify areas where energy is being wasted and provide tailored advice on how to make savings.

The teams will also make small repairs where possible, including fitting draught excluders and radiator reflectors, along with swapping older light bulbs for energy efficient bulbs to reduce energy consumption.

For more information, or to make a referral for yourself or someone else, please contact the Energy Doctors on 020 3011 1241 or send an email to energydoctors@ageukeastlondon.org.uk

You can also find lots of additional information and links to a variety of services on Havering Volunteer Centre's Web page under the Hints and Tips section.



RAINHAM FOODBANK – FRESH AND FREE FRIDAYS



FRUIT, VEG & OTHER FRESH
FOOD FOR FAMILIES IN NEED



Rainham Foodbank offer a fresh food provision for residents in need every Friday between 11am – 3pm, no voucher is required to access the food but you must bring your own bags.

CALL YOUR LOCAL POLICE TEAM



Did you know you can report all non-emergency crime via 101 or report it online via the Met Police Website?

Remember in an emergency or when a crime is in progress it is always 999!

Volunteering and Exams!

We are sending out a huge congratulations message for all of the volunteers who recently received their GCSE and A-Levels results. We spoke with many during study periods, exams and what seemed like the long wait for the results and they all said volunteering was a huge help. Students reported that volunteering gave them a much needed break to refocus on their studies. We are really proud of all that you have achieved!



Well Done on your EXAM results

DID YOU KNOW

That HVC is one of the cheapest venues to hire for your meeting or training room needs?

HVC also has a long term space to hire for any VCS group!



HAVING VOLUNTEER CENTRE

01708 922 214 | VOLUNTEERING@HAVERINGVC.ORG.UK |

WWW.HAVERINGVC.ORG.UK

Short-Term or Micro Volunteering

Did you know we offer short-term or micro volunteering? If you have some time to volunteer now and again become one of our Event Volunteers!

Event Volunteers have the opportunity to volunteer when it suits them, for a variety of organisations, at a whole host of events – if you like the idea of volunteering ad-hoc and experiencing different types events contact Havering Volunteer Centre and register to join our Event Volunteer Programme!