

# The Volunteering News



# BEE THE CHANGE BEE A VOLUNTEER 2025

## WE HAVE A FACEBOOK AND X PAGE



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

Find us on X : @Havering\_VC

Find us on Facebook: @HaveringVC

## NHS LOW INCOME SCHEME



## Can you get help with NHS costs?

If you're on a low income you could get help  
with NHS costs.

The NHS Low Income Scheme could help you pay for:

- NHS prescriptions
- NHS dental treatment
- sight tests, glasses and contact lenses
- travel to receive NHS treatment
- NHS wigs and fabric supports

Find out more and apply at [www.nhsbsa.nhs.uk/hc1](http://www.nhsbsa.nhs.uk/hc1)  
or scan the QR code.



SCAN ME

You may be automatically entitled to help with NHS costs, check  
in less than 5 minutes at [www.nhsbsa.nhs.uk/check](http://www.nhsbsa.nhs.uk/check)

Jan - Feb 2025

## Havering Volunteer Centre News



Welcome to a brand new year and our first newsletter of 2025. For many a new year brings about the desire to seek new challenges and opportunities. It is no surprise to hear that volunteering is an excellent opportunity to branch out and try new experiences, meet new people and gain new skills.

If you are a New Year Resolution setter then you might be interested to know, research shows a New Year's resolution that has a positive impact is much more likely to stick. Choosing to volunteer could be the best New Year's resolution you ever make!

You hear us say regularly that volunteering is on the increase in Havering and this is evident when we compare our monthly statistics. In January 2024 we received 114 new volunteer registrations which is an increase of 20% compared to January 2023. In fact, when we compare each month of 2024 to 2023 we found a steady increase on people seeking opportunities to Volunteer.

Sometimes, it's the everyday skills we have that turn out to be the volunteer gems that local organisations are searching for. Maybe you're a good listener, enjoy speaking to groups or individuals, or love encouraging others and sharing your knowledge and experiences. Many charities across Havering would love to have you join them as a volunteer.

Whether you're looking for short-term or long-term volunteering, there are countless opportunities in your local area waiting to inspire you. No matter your age, there's almost certainly a volunteering opportunity just right for you!

However, if you're still undecided about what you'd like to get involved with, why not give us a call and let us find you the perfect role or try out one of our events or one off opportunities. We have a handy tab on our website which lists all our current volunteering opportunities, this is updated in real-time; please browse at your leisure.

Whatever takes your volunteering fancy, HVC are here to help you find the perfect opportunity. If we help you to find the perfect volunteering role now, in the future or in the past, we'd love to hear all about it. Please drop us an email to [volunteering@haveringvc.org.uk](mailto:volunteering@haveringvc.org.uk), we often feature success stories on our website and would love to include yours!

## ROMFORD CELEBRATES CHINESE NEW YEAR

### RING IN THE CHINESE NEW YEAR IN ROMFORD



Saturday 25th January 2025,  
from 12noon to 4pm

 **Working  
Together**  
[www.romfordbid.co.uk](http://www.romfordbid.co.uk)

## VOLUNTEERS WANTED

### **SAFER NEIGHBOURHOODS TEAM**

#### **ELM PARK WARD PANEL WANTED**

#### **Volunteers for the Elm Park Ward Police Panel**

**Are you over 18, a resident, business  
owner or school teacher in Elm Park?**

**Can you pinpoint problematic areas and  
have a few hours to spare a month?**

**Be part of the change you want to see and  
join the Elm Park Ward Panel Meetings!**

**For More Information Contact the Elm Park  
Ward Panel Chair – Rebecca  
[epwardpanel@yahoo.com](mailto:epwardpanel@yahoo.com)**



If you live in Elm Park and have a  
passion for community relations and local  
policing and would like to make a  
difference then contact  
[epwardpanel@yahoo.com](mailto:epwardpanel@yahoo.com) to find out how  
to get involved

## Our Impact, Our Future

We haven't much more of an update to share with you regarding our rent or Local Authority funding unfortunately. The situation hasn't changed, we are in a no worse and no better forecast. For now, our future is still tenuous and despite the good work HVC undertakes in the borough and the wonderful volunteers that keep so many services going this isn't enough to keep us from the chopping block. We've been fortunate in the past to navigate these issues but with the Local Authority finances being so strained we are anticipating losing one if not both of the above.

We need your help in shouting loud about why we are needed. If we have helped you on your journey please let us know or help share our campaign and news stories when you see them. The more people who know about us the better the chance we have of surviving!

As soon as we have any updates we will be sure to let you know. Remember that old saying, "Once it's gone, it's gone and you can't get it back!"

## **WE NEED YOUR HELP TO SURVIVE!**

## Havering Service Spotlight



### HEALTH & WELLBEING TRAINING SESSIONS

*Our* EXPERT SERVICES

- PERSONAL NUTRITION CONSULTATIONS
- INDIVIDUAL & GROUP SESSIONS
- SMOOTHIE BIKE FUN
- ACCREDITED HEALTH & NUTRITION TRAINING
- BESPOKE WELLBEING SESSIONS
- WEBINARS OR IN-PERSON SESSIONS COVERING ALL HEALTH TOPIC AREAS INCLUDING SLEEP, RESILIENCE, MENOPAUSE & EATING ON A BUDGET PLUS:
- FREE WEEKLY ONLINE GROUP SUPPORT SESSIONS

*Why* CHOOSE US?

SHARON ADKINS BSC (HONS)  
ANUTR, AMRSPH  
IS A REGISTERED  
NUTRITIONIST WITH MORE  
THAN 20 YEARS EXPERIENCE  
IN THE COMMUNITY

SPECIALISING IN:

- WEIGHT MANAGEMENT
- BEHAVIOUR CHANGE
- MENOPAUSE NUTRITION
- MOTIVATIONAL INTERVIEWING

**EXCELLENT  
RATES**  
and top reviews

[WWW.SANUTRITION.ORG](http://WWW.SANUTRITION.ORG) CALL: 07905 773550 [SA.NUTRITIONTRAINING@GMAIL.COM](mailto:SA.NUTRITIONTRAINING@GMAIL.COM)

SA Nutrition is run by Sharon Adkins who delivers informative training sessions on a wide variety of popular health topics.

Sharon is a registered nutritionist with over 20 years' experience in the community, including training volunteers and running pop up sessions across the borough.

You can find Sharon on a Wednesday at Rainham Library between 10am – 11am where she often shares top tips on how to make healthy food more interesting and making healthy everyday swaps.

**For more information give them a call on 07905 773550 or drop them an email at [sanutritiontraining@gmail.com](mailto:sanutritiontraining@gmail.com)**



### Keeping you connected

Havering's Winter Wellness Scheme



**Havering**  
LONDON BOROUGH

The Winter Wellness Scheme is a community-focused initiative by Havering Council, in partnership with the NHS and local organisations, to support residents in maintaining good health and wellbeing during the winter months. For More information visit Havering Council Website:  
<https://www.havering.gov.uk/winter-wellness>



## RESIDENT DROP-IN SESSION



For Ukrainian, refugees, asylum seekers and all local people to reduce social isolation by fostering community connections and cultural exchange.

**STARTING**  
**THURSDAY**  
9<sup>TH</sup> JANUARY 2025  
At: ST AGNES CHURCH HALL,  
73 Jutsums Lane,  
Romford, RM7 9HJ  
From: 12.30am-2.30pm

**"Pop in for a cuppa and a chat, a quiet space to chill and seek information"**

The centre is a welcoming environment where refugees and asylum seekers can engage with local residents, share their experiences, and build lasting relationships.

Contact: Project Coordinator on  
07955 015441 • 07762 501656

The Havering BME Forum are hosting weekly resident drop in sessions to provide advice and information to local residents on services available across the borough.

## HAROLD HILL COMMUNITY FOOD SHOP



For a weekly £6 subscription, members of the pantry will be able to buy food, including fresh fruit and vegetables and store cupboard favourites, to the value of £15 or more.

The Pantry is open on Tuesdays and Thursdays between 1pm – 3.45pm at Harold Hill Library Upstairs sections.

Contact the pantry on 01708 776770

## Volunteer Opportunities Spotlight



**Ingrebourne Parkrun Volunteer** – Our Parkrun takes place every week and we have plenty of opportunities available. You don't need any experience of parkruns and we welcome first time volunteers and anyone aged 14 or over. If you are available on a Saturday from 8.45am then we would love to hear from you!



**Resident Drop-In Volunteer** – We are looking for volunteers to support our Drop-In session on Thursday's between 12-3pm. The sessions are designed for resident to come along and get advice and information as well as socialise. Volunteers are integral in ensuring that everyone has a positive and welcoming experience and we need you to lend a hand!



**Infant Session Volunteer** – The infant group are Reception to Year 2 and have an abundance of energy as well as cheeky personalities. We are in need of volunteers to assist the sessions with acting, singing and helping to build their confidence but don't worry you are not required to have any experience in these areas just a desire to help little people flourish! Sessions run on Friday's between 4pm-4.45pm.



**Tapestry**  
prevention, care and support

**Men in Sheds Volunteer** – We would love to engage volunteers to help people who attend the Men in Sheds group to participate in activities such as, gardening, woodwork, painting, making models etc. If you have transferrable skills or a hobby that you can share with others then we would love to hear from you. Our sessions will run across Monday – Friday between 10am – 3pm.



**Volunteer Youth Mentor** – We are looking for volunteers to become Youth Mentors to provide high quality support for young people aged 14-25 for one hour a month. We provide full training and access to our platform which has full resources to support you with your volunteering. We have volunteer vacancies for mentors in Ardleigh Green supporting young people with the next steps in life.

## HAVERING LOCAL LOTTERY



If you haven't heard yet, we have had some amazing wins on the Havering Local Lottery. We've had a £25k jackpot winner as well as, £250, £25 and plenty of free ticket winners!

This has to be the best lottery! Not only do players get the chance of winning fantastic prizes, you also get to support a local good cause at the same time!

Head to [www.haveringlocallottery.co.uk](http://www.haveringlocallottery.co.uk)

**Don't wait until you feel worse**

Even if it's just a cough or cold, consult your pharmacist before it gets more serious.

**HELP US HELP YOU**  
STAY WELL THIS WINTER

nhs.uk/staywell

Prameet Shah, Pharmacist

## #ENGINES OFF

**ACT ON IDLING TAKE THE PLEDGE #ENGINESOFF**

BUSINESSES & LOCAL AUTHORITIES ACROSS LONDON ARE MAKING THE COMMITMENT TO HEALTHIER AIR

SWITCH OFF WHEN PULLED OVER TO PREVENT UNNECESSARY POLLUTION AND SAVE FUEL

IDLING ACTION LONDON RESOURCES AND EDUCATION SESSIONS ARE PROVIDED FREE TO ALL LONDON BUSINESSES

SUPPORTED BY MAYOR OF LONDON

## EPCA – INDOOR BOOT SALES

ELM PARK COMMUNITY ASSOCIATION

**INDOOR BOOT SALE**

**SATURDAY**  
**25th Jan, 22nd Feb, 29th Mar, 26th Apr, 31st May, 28th Jun 2025**  
**10AM - 1PM**

**TREATS, TRINKETS & TREASURE**

**Grab Yourself a Bargain!**

Elm Park Assembly Hall, Eyhurst Avenue, RM12 4RA

**INFO@ELMPARKCOMMUNITYASSOCIATION.CO.UK**

**DON'T LET YOUR HEART RULE YOUR HEAD.**

#LoveNotLies

Online dating? If you haven't met them in person do not:

- Send them any money.
- Purchase and send the codes on gift cards.
- Transfer money on their behalf.
- Take a loan out for them.
- Provide copies of your personal documents such as passports or driving licenses.
- Allow them access to your bank account.
- Invest your own money on their behalf or on their advice.

ActionFraud

10 STOP FRAUD

## WELCOME TO ROMFORD BID

BID stands for **Business Improvement District**. A BID is a business-led and business funded body formed to improve a defined commercial area. BIDs were first established in Canada and the US in the 1970s and now exist across the globe, including South Africa, Germany, Japan, New Zealand and Australia. They have been operating across the UK since 2002 and there are now well over 300 BIDs established around the country. Most BIDs exist in town centres but there are increasing numbers in industrial areas, as well as commercial and mixed-use locations. BIDs can run for a maximum of 5 years before they need to seek renewal through a ballot of their constituent businesses.

Romford BID was formed following a year-long consultation with the Romford business community and the development of the Romford BID Business Plan Officially launched in February 2019, their initial priority was to recruit and train "Town Ambassadors" - a team who are available seven days a week to support businesses, customers, and visitors. Acting as the first "point of contact" they are the eyes and ears of the BID within the town centre. Working alongside their colleagues from other establishments they provide advice, gave feedback and reported on any issues within the business district to the relevant organisation for resolution.

Romford BID have distilled the business plan priorities into some clear and simple objectives for both the Ambassadors and the management team to follow:

- Romford should be **clean, green, safe, and accessible** - we will collaborate with key partners to enhance and complement their work in delivering these functions.
- The BID must be **"local & vocal"**, primarily representing the **views of business but also recognising the input of customers, and visitors. We will actively lobby Local Authorities and other statutory bodies about the issues and challenges facing Romford town centre.**
- "Additionality"** means that we aim to deliver more customers, more often, spending more, to our members



Romford Business Improvement District (BID) is pleased to announce that following its successful ballot result in May 2023 and in line with their new five-year plan, they have signed a contract with My Local Bobby, who will start patrolling the streets of Romford and making it safer for visitors from 1st August 2023.

All the wardens, known as Bobbys, will work with the BID and local businesses to tackle issues such as anti-social behaviour and shoplifting and offer help to residents and shoppers.

Romford BID also runs a number of campaigns, initiatives and schemes for the community. For the past couple of years they have been instrumental in the 'Give a Child a Christmas' Campaign where they support Time FM in collecting and distributing Christmas gifts for children in the community.

Alongside this they also facilitate a number of large scale community events such as Chinese New Year, Carols and Christmas and Diwali to name a few. Romford BID also came to the rescue in 2024 and 'saved Christmas' for Romford Town Centre by funding and installing a number of high profile decorations!



If you want to keep up to date on the Romford BID please follow them on Facebook or visit their website [www.romfordbid.co.uk](http://www.romfordbid.co.uk)