

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

HAVERING BME FORUM

Rooted Havering Welcome Centre

A Safe & Friendly Space for Refugees & Asylum
Seekers



THURSDAYS
At: St Agnes Church Hall
73 Jutsums Lane
Romford, RM7 9HJ
12:30am - 2:30pm



Join us for a warm welcome, where you can:

- Enjoy a free cuppa and a friendly chat
- Relax in a safe, quiet space
- Get helpful information & support
- Meet local people and make new friends

A place to feel at home, connect, and share
experiences. You are welcome here.
No need to book - just drop in!

Contact: Project Coordinator on
07955 015441 07762 501656



May - June 2025

Havering Volunteer Centre News

In March, HVC held our AGM at the Havering Museum which was well attended. Thank you to Havering Museum for facilitating HVC's AGM and making us all very welcome. We heard from our newly elected Chair Kevin Trahearn on his volunteering experiences, professional background and why he joined HVC.

Kevin stepped up as Chair at the AGM as Lucie our previous Chair is on maternity leave. We are delighted to share that we have our first HVC baby as Lucie and her partner welcomed a beautiful Baby Boy in to the world in April. I am sure you will join us in wishing them all well.

At our AGM it was heavily shared that HVC would be facing some financial difficulties as we head into April 2025. Our Grant Funding from the London Borough of Havering came to an end on the 31st March and as it stands we still remain unfunded as of 30th April 2025.

HVC were asked to attend an Overview and Scrutiny Panel Meeting on the 16th April chaired by Cllr Laurance Garrard. The main purpose of the meeting was to discuss HVC's grant funding. HVC was asked to submit a supplementary report to LBH answering the following questions:

- Does the HVC represent value for money both for residents and the council?
- Does the organisation receive any other external funding?
- What would be the impact if Council Funding Ceased?
- Are there any alternative organisations that could provide these services?

You can review our answers in our report and watch the full recording by visiting, www.haveringcouncil.gov.uk and typing Browse Meeting – Overview and Scrutiny and click on the 16th April 2025.

There were 11 councillors in attendance plus officers who each asked HVC questions to then provide recommendations to the Cabinet Members which consist of a further 9 councillors. We are not sure when a decision will be made by the cabinet members but will keep everyone updated.

In the meantime, if anyone has any questions about HVC, our work or our funding please do not hesitate in contacting us. We are very open and transparent and are more than happy to share our position with the community.

CALLING ALL MUMS!

Share your story!

If you've called **999** or **NHS 111** while pregnant or for up to 12 months after, we want to hear from **you**.

healthwatch
Barking and
Dagenham



London Ambulance Service
NHS Trust



Have you used 999 or NHS 111 during pregnancy or within 12 months after giving birth?

Healthwatch Barking and Dagenham would love to hear your experiences via a short phone interview contact
0800 298 5331

EPCA – BARN DANCE – YEEHAW!

Boot Scootin' BARN DANCE FRIDAY 6TH JUNE 2025

DOORS OPEN AT 7PM

FOR 7.30PM HOE'DOWN

ELM PARK COMMUNITY ASSOCIATION
EYHURST AVENUE, ELM PARK, RM12 4RA

BOOK YOUR TICKETS IN
ADVANCE ONLY VIA
EVENTS@EPCA.ORG.UK

**TICKETS
£15**

*BRING YOUR OWN
DRINKS & NIBBLES*

ALL PROCEEDS FROM THIS EVENT GO TO
ELM PARK COMMUNITY ASSOCIATION
CN:1057074



Book your tickets for this boot scootin' barn dance by emailing
events@epca.org.uk


**VOLUNTEERS'
WEEK**

Get Involved

volunteersweek.org

#VolunteersWeek

2nd - 8th
June



Volunteers' Week is an annual UK-wide campaign to celebrate the wonderful volunteers across the community. Volunteers Week was first launched in 1984 and has been running over 40 years with its main purpose being a mechanism to thank current and past volunteers. It's a weeklong celebration that is always kicked off on the first Monday of the month of June, with this year being the 2nd June.

HVC will be facilitating a networking event at St George's Hub for volunteers, sector organisations and health partners on Tuesday 3rd June from 10am – 2pm. Everyone is welcome to come along and share their volunteering experiences and help celebrate the wonderful volunteers.

Havering Service Spotlight



Rainham Foodbank is so much more than just a foodbank! It works with frontline care professionals, including 26 GP surgeries, 41 schools, almost all statutory agencies in London Borough of Havering, other charities, churches and children's services. Also involved are businesses such as Tesco, Sainsbury's, Christians Against Poverty, Financial Conduct Authority, Barclays Bank, The Red Cross, and any other agencies that clients are signposted to, depending on their need.

Rainham Foodbank offers a broader range of support services including:

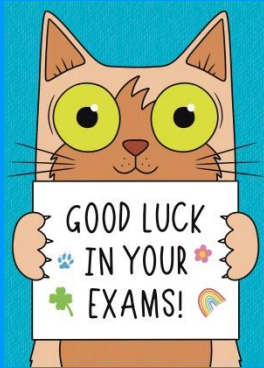
- Emergency Food
- Clothes Bank
- Counselling
- Advocacy Services
- Money and Debt Management
- Befriending Service
- Sewing Project
- Fresh Food Fridays
- Breakfast Club

Rainham Foodbank is part of the Trussell Trust's UK-wide network of over 1200 foodbanks. The Foodbank is a Christian charity, seeded by RCCG King of Kings Community Church, to demonstrate the practical love of God in the community. The Foodbank was borne out of a sincere passion to see practical needs met within the community. It is understood that everyone needs and deserves unconditional love, irrespective of social status, conditions, race, etc. Clients receive help in re-discovering their real and misplaced values, are able to re-engage in society and faith, and to manage isolation and loneliness.

If you would like to find out more about Rainham Foodbank please feel free to visit their website: www.rainham.foodbank.org.uk

Alternatively if you or anyone you know requires an emergency food voucher please call Havering Volunteer Centre on 01708 922214, we may be able to support you in accessing vouchers.

SENDING OUR STUDENT VOLUNTEERS THE BEST OF LUCK



We have lots of young volunteers currently doing their GCSE's and A Levels. Many of them are continuing to volunteer during exam times to destress. We think you are all amazing and are sending you all lots of luck for the months ahead!

SMILE – CREATIVE WRITING WORKSHOP



FREE Creative writing & wellbeing sessions
every Wednesday: 11.30–12.30, from 11th September.

Located at Served with a S.M.I.L.E café; 40 high street, Romford.

The sessions will be hosted by S.M.I.L.E and run by one of our volunteers **Serena**, who works in Adult Education and has written, illustrated and published children's story books.

Come join for an hour of exploring writing stories that you have always wanted to write, and having a creative natter with a friendly group over a cuppa.

These sessions can also help with your confidence and English skills.

The cafe will be open to purchase beverages and snacks., this is a **FREE event but booking in advance is essential**

To book: either in-person at S.M.I.L.E., BY PHONE: 07415 141437, OR via THE FACEBOOK

LINK:

Book into the next creative writing session by calling SMILE on 07415 141437

Volunteer Opportunities Spotlight



Elmer Gardens Grot Spot Volunteer - We are looking for 2-3 volunteers who can regularly tend too and look after the space turning it from a grot spot to a hot spot! If you have a couple of hours to spare and know a weed from a flower then we would love to hear from you!



Event Support Volunteer – Are you looking for a volunteering role that doesn't require a weekly commitment? Join Friends of Langtons as an event volunteer and lend a hand when they have pop up events throughout the year! They are looking for volunteers to help set up, fundraise, make refreshments and tidy up after the event. If you are looking to do something good from time to time, then this could be the perfect role for you!



Special Constable – Special constables are volunteer police officers who play a vital role in The Met's mission to make London safer. By investing your free time, you can make a real difference to your city. You'll have the same powers as a regular police constable and will get a tremendous amount of pride from giving back to the community.



Young Adult Group Assistant Volunteer – As a Young Adult Group Assistant your role will be to assist the group lead with activities within the group such as colouring, computer games, painting, listening and talking to attendees and their carers. If you have a passion for working with young people, in particular those with life-limiting conditions then this could be just the role you are looking for!



Telephone Befriender – Deafblind UK members have a combined sight and hearing loss and many can feel lonely or socially isolated. We are looking for confident, empathetic and friendly people who can hold a good conversation to place 30 minute befriending calls. Members love to chat with people who have had some life experience and stories to tell. You will need good communication skills and be able to strike up a conversation. You will also need to be reliable, patient with a naturally warm and friendly nature.



Volunteer Math Teacher – Inspirational volunteers required to tutor Maths to disadvantaged pupils and help them build a bright future for themselves! Are you ready to make a difference to a young person's life? Team Up is seeking dynamic volunteers to help transform the lives of disadvantaged pupils by building confidence, resilience and doubling their expected progress in maths. Sessions are between 60-90 minutes and will take place on a fixed day for the week. Each programme runs across an 8 -12 week period, usually during school term time.



Menopause Support Volunteer – We are looking for a volunteer with lived menopause experience to help in all aspects of this group. We will discuss as a group experiences but there will be no 1-2-1 advice given. If you have some time to spare and experience of the menopause then get in touch!

WALKING HOME ALONE?



0333 335 0026

Fridays & Saturdays: 19:00 - 03:00
Sundays: 19:00 - 01:00



[About Us](#) [Donate](#) [Volunteer](#) [Policies](#) [Resources](#) [Contact](#)

Strut Safe is a UK-wide phone line. If you're walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.

Strut Safe is proud to be the winner of the 2023 Young Scot Community Award.

Strut Safe is a not-for-profit Community Interest Company. Company number SC738453.

Strut Safe is a volunteer operated and non-judgemental support line. They will stay on the phone with you until you arrive safely at your destination, no matter where you have come from. They stand in solidarity with marginalised people and are unaligned with the police. They provide kindness and reassurance to anyone who needs it during their travels.

EPCA – INDOOR BOOT SALES



CN: 1057074

INDOOR BOOT SALE

SATURDAY 31st May 2025 10AM - 1PM



TREATS, TRINKETS & TREASURE

Grab Yourself a Bargain!

Elm Park Assembly Hall, Eghurst Avenue, RM12 4RA

EVENTS@EPCA.ORG.UK

Friends of Bedfords Walled Garden Win Kings Award!



Huge congratulations to Lois and her incredible team of volunteers at the Bedford Walled Gardens who recently won the Kings Award which is like an OBE for the Voluntary Sector! Lois Amos, a retired horticultural lecturer from Collier Row, was the driving force behind the rejuvenation of the historic walled garden at Bedfords Park, Havering-atte-Bower, in the 2000s and 2010s.

The Georgian walled garden was previously left derelict before FOBPWG started working behind the scenes to resurrect it in 2004, eventually securing a National Lottery grant in 2011. Since then the group has grown to 27 volunteers, who offered around 10,000 voluntary hours of work last year, Lois estimates.

Biggest CONGRATULATIONS to everyone at the Walled Garden!

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

