

The Volunteering News



BEE THE CHANGE BEE A VOLUNTEER 2024

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

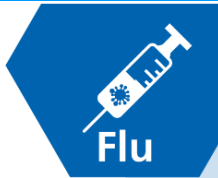
Find us on Facebook: @HaveringVC

FLU SEASON TIME

NHS

**Get your
free NHS
flu jab
if you're
eligible**

Do all you can to
keep yourself well
during winter.



The flu vaccine is recommended for
people at higher risk of getting seriously
ill from flu.

It's offered on the NHS every year in
Autumn or Early Winter.

Flu vaccines are available at your GP and
some pharmacies.

Nov-Dec 2024

Havering Volunteer Centre News



You may remember from an earlier Newsletter an article about one of our young volunteers fundraising to volunteer in Ghana. The time has come for us to give you all a little update on his progress. At 15 years old this young gentleman has volunteered his time at many events and charities across Havering, so when his school offered an opportunity to volunteer in Ghana, he leapt at the chance! He left the UK for Ghana on the 15th October, after 20 hours of travel they headed to the Woe region, where he stayed alongside his fellow pupils and teachers at a guest house.

For his 11 night stay he was completely cut off from the outside world, no messages home and no internet access, which in the teenage world is a challenge in itself!

Nevertheless, he threw himself into Ghanaian way of life, early starts, traditional school life and building skills. He met amazing children at the school in Woe, supported their learning, assisted with their sports lessons and helped with building the new library.

The library build was the most challenging task as the days were hot and they hadn't fully prepared themselves for the basic approach to building. The hole you can see him digging above is the start of the foundations but also form part of the materials to make bricks.

The trip wasn't all work and no play; there were also visits to a wildlife park, the beach, a church service and a drumming lesson. They also visited Fort Prinzenstein which is a 300 year old building used during the slave trade; a trip that they all felt was quite emotive.

The Hornchurch school did an amazing job at providing fifteen of their Year 11 students a once in a lifetime opportunity. To experience Ghana and explore another culture is a chance in itself. However, for young people to experience the act of kindness and giving by going outside their comfort zones and volunteering over 3,000 miles away is simply incredible.

We hope that you will join us in congratulating our wonderful volunteer for throwing himself into this experience and bringing a little bit of Havering Volunteering to Ghana!

We think this is just the start of more to come!

FIREWORK ADVICE

Office for Product
Safety & Standards



Know your timings

Fireworks need to finish by midnight
on Fireworks Night.

✓ Timings may differ in Scotland.

2021

Office for Product Safety & Standards

Know your timings

Fireworks need to finish
by 1am on Diwali.

✓ Timings may differ in Scotland.



2021

LEST WE FORGET

In Flanders Fields by John McCrae

In Flanders fields the poppies blow

Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly

Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie

In Flanders Fields.

Take up our quarrel with the foe:

To you from failing hands we throw

The torch; be yours to hold it high.

If ye break faith with us who die

We shall not sleep, though poppies grow
In Flanders Fields.



Our Impact, Our Future

As you know from previous updates HVC's future is a little tenuous to say the least. We are battling an over 200% rent increase and the threat of losing our council funding. We've been fortunate in the past to navigate these issues but now this does not seem possible!

One of the Local Authorities objectives is 'The Havering you want to be part of' with another being 'A great place to live, work and enjoy'. We believe that the Havering Volunteer Centre is a key enabling organisation to help Havering Council achieve that objective.

We are in the process of laying our cards on the table and preparing a full report on HVC, our service and difference the charity makes to the residents and the community.

Whilst we can't lay down our cards fully in this newsletter just yet we can share some elements that will hopefully highlight HVC's worth:

"HVC has provided invaluable support to The Habbit Factory (THF) over the years. From volunteer referrals to governance and trustee assistance, HVC has always been there to help. Their contributions to Havering's community are irreplaceable, and I strongly encourage everyone to support this essential VCS organisation in Havering!" – Lee Giles, The Habbit Factory

"What Havering Volunteer Centre do, is give support to people who enjoy volunteering. This in itself acts as a preventative measure against loneliness, encourages friendship and feeling importance aiding complex mental health issues. The HVC is excellent in supporting local organisations that are in need of an extra pair of hands." – Cllr Wilkes Elm Park Ward

Faulty Boiler

Just before Christmas 2023, HVC received a call from a 96 year old, housebound female whose boiler had packed up. She had called the London Borough of Havering for help and they had passed HVC's number to her and told her to call us. A little perplexed at receiving this call, HVC asked a series of questions to understand the residents position. She was a British Gas Home Care customer but was struggling to get through to them on the phone lines and wanted to get an alternative engineer. HVC opened up the Live Chat system on British Gas' Website and began to chat with an agent. Originally, the agent gave an appointment for the following day, however HVC had concerns that at the age of 96, no family to help and no heating or hot water this left her in a vulnerable state. HVC went back to the agent and pleaded her case and managed to get an engineer to come out that afternoon. Her heating and hot water is now restored.

**SINCE 2016 HVC HAVE RECEIVED FUNDING FROM
LBH = £450,176**

**HVC'S WORK ATTRIBUTES TO A TOTAL HAVERING
ECONOMIC SAVING OF= £66.1M**

**HVC'S WORK ATTRIBUTES TO A DIRECT LBH
ECONOMIC SAVING OF = £5.8M**

CASE STUDY

A mum contacted HVC on behalf of her 16 year old son, who has learning difficulties but was seeking volunteering to build both his confidence and independence. He really wanted to be outdoors in an active role where he could meet with lots of people. HVC were able to secure him a placement with Parkrun where he has become an ambassador and travelled the UK to support other Parkrun groups. He said Volunteering has changed his life for the better as well as increasing his confidence and improving his mental health.

We will 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 at surviving!
It's that old saying, "Once it's gone, it's gone and you can't get it back!"

WE NEED YOUR HELP TO SURVIVE!

THE MERCURY MALL ART GROUP



Unleash your creative talents every third Thursday of the month with artists Gill and Nigel for Free!

This session is aimed at families and include still life drawing and carfts.
Level Two, outside BB's Muffins 4pm-5.30pm

Free to join and all materials provided!

ELM PARK COMMUNITY ASSOCIATION

CH: 1057074

INDOOR BOOT SALE

SATURDAY 14TH DECEMBER 2024

10AM - 1PM

TREATS, TRINKETS & TREASURE

Grab Yourself a Bargain!

Elm Park Assembly Hall, Eynhorst Avenue, RM12 4RA

EVENTS@EPCA.ORG.UK

Havering Service Spotlight



Havering Carers Hub provide advice, information and support for people who care. Whether you are a parent or child, husband or wife, partner, close relative or friend they are there to provide help when you need it.

Caring for someone at home can be an isolating and demanding experience, both physically and emotionally. Carers sometimes need support to enable them to continue in their role and also when they are no longer able to continue caring at home. It can sometimes mean losing touch with family and friends, leaving a feeling of isolation and a loss of confidence. Other Carers and former Carers understand these problems and therefore a range of social activities and outings are arranged on a regular basis enabling Carers to meet socially.

Carers Hub hosts a range of activities and information sessions across the borough of Havering. Their office in Romford is also a great place to stop by for information.

For more information give them a call on 01708 961111 or drop them an email at info@haveringcarershub.org.uk

HAVERING'S WHERE WE LIVE CAMPAIGN



Havering Council has launched a new campaign to encourage residents and community groups to work with the Council to help make the borough a cleaner and safer place to be. The Where We Live campaign hopes to empower communities to take pride in their neighbourhoods by actively taking part in community clean-ups, litter picks, reporting fly-tipping and tackling and adopting 'grotspots' that could be made into more pleasant community spaces.

We think this is a great initiative and follows in the footsteps of groups like Harold Hill Wombles, Havering Green Streets, Romford Town Wombles and Havering Volunteer Centre who already promote community involvement in the shape of clean ups, litter picks and love your streets.

To find out more about the Council Initiative visit:
<https://www.havering.gov.uk/wherewelive>

You can also get involved with any of the groups above via their facebook pages or contacting Havering Volunteer Centre directly.

RAINHAM FOODBANK



THE BREWERY – ROMFORD



Elves Behavin' Badly

Come & Meet **Elfie & Elvie** at intervals between 11am - 4.30pm
Sunday 8th December
FREE EVENT

The Popular Pranking Elves are coming to **The Brewery!**

#PRANKSMAS

Elfie
Elvie

she said it

Havering Museum – Lapland Story Time



Havering Museum **Lapland Story Time**
Saturday, 30 November
11:30–12:30 & 13:30–14:30

Have fun making decorations, decorating biscuits and writing your letter to Santa

Advance Booking Required
Tickets available online or at the Museum - £7.00 per child

ACCREDITED MUSEUM

Havering Museum
19-21 High Street, Romford, Essex, RM1 1JU
Telephone 01708 746571
Email: info@haveringmuseum.org.uk
www.haveringmuseum.org.uk
Registered charity No. 1093763

Santa will be back at the Museum with decoration making, biscuit decoration all whilst waiting to see the big man himself.

For more information and booking visit the Havering Museum website at www.haveringmuseum.org.uk

HAVERING LOCAL LOTTERY



PLAY OUR LOCAL LOTTERY

WWW.HAVERINGLOCALLOTTERY.CO.UK
GOOD LUCK!

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

Volunteer Opportunities Spotlight



Community Connector – As a Community Connector you will be helping to raise awareness of the Stroke Association and what they do. You'll be helping to improve support for stroke survivors and helping others to understand how stroke affects lives and the community.



Admin Volunteer - Do you have administrative skills or are you looking to brush up on your admin? A Brentwood based Sea Cadet Unit are looking for volunteers to support the unit command team to process new volunteers and cadets. If you are available on a Tuesday or Thursday evening then this could be the role for you!



Circles Support Volunteer – We are looking for volunteers to join our 'no more victims' of sexual violence and abuse scheme with the aim of holding Core Members to account for their risky and problematic behaviour. We are seeking volunteers from all walks of life who are reliable, empathetic, boundaried and able to commit.



Foodbank Centre Volunteer – This role will help you to make a real difference to people's lives providing vital help and support to those in crisis in your local community. Volunteers are encouraged to take the time to share a warm drink, discuss food requirements, offer a listening ear and when appropriate signpost people for further support and help. Our foodbank in Barking is open Wednesdays and Fridays.



Digital Champion Volunteer – You don't need to be technologies whizz to be a digital champion with Age UK. All you need is a love for meeting new people, a willingness to help others and confidence with basic technology use. Your role will encourage others to become confident with their own devices, support staff with awareness sessions, support small group sessions and offer one to one support.