

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

ROMFORD BID – PUP UP CAFE



Calling all dog lovers! Romford Bid are excited to announce they will be hosting their first ever PUP UP Café! Join them on the 14th September from 11am – 4pm outside Tollgate House! Bring your pooches for a FREE awesome day filled with fun activities, including a taster agility course with ball pits, toys and tunnels. There's even an off-lead area for some safe, free play!

For more information please head to the Romford BID Facebook Page or their website www.romfordbid.co.uk

Volume 5, 2024

Havering Volunteer Centre News

We are facing unprecedented times.....There really isn't any other way to outline our financial situation than to rip that plaster off and be very open!

You may remember towards the early part of 2024 we launched a Save our Volunteer Centre message. Thankfully we did receive our grant funding from the London Borough of Havering for 2024-25 and this relieved a great deal of pressure. Ultimately, enabling HVC to continue our good work for the next year.

However, we all know the financial predicament the Local Authority is facing and we have been advised that HVC have not been included in a future budget. In simple terms, there is no funding for HVC past March 2025.

This leaves us in a very vulnerable situation and whilst we are a charity and can sometimes source external funding; this is not in the same way as many of the other fantastic Havering based Charities.

Volunteer Centre's are commonly misunderstood and greatly underfunded across the UK. Many rely on the funding from their local authorities to continue their community based work. Local Government funding enables Volunteer Centre's to leverage external funding, this is largely because funders do not truly grasp the community benefits of volunteering. They see Local Authority funding as an endorsement and puts Volunteer Centre's in a better position to be heard.

Without the grant funding from Havering Council, HVC's future is clear, not just clear but crystal clear.....it's bleak!

HVC have been very successful in supporting a number of other groups and charities to receive external funding. We launched the Local Lottery to help fundraise for their cause. We invited funders to the borough which led to a number of organisations being successfully funded and another being featured quite prominently on TV. This could not have happened without HVC.

We have already begun the fight but undoubtedly there will come a time where we can no longer silently fight for our place in the community. We will need your support to help us boldly and proudly shout loud that we have a true community value.

A great supporter of HVC's has already worked out our value and worth to the community. Our existence the past 8 years has had an economic cost

CHILDREN & YOUTH BOXING SESSIONS

LEARN HOW TO BOX IN A FUN, SAFE & PROFESSIONAL ENVIRONMENT

CONTACT US TODAY

**FREE BOX UP SESSIONS
WEEKLY ON TUESDAYS**

CHILDREN AGED 7-11 | 18:00 - 19:00
YOUTH AGED 12-19 | 19:15 - 20:15

HOPE CAFE, MARKET PLACE, ROMFORD RM1 3ER

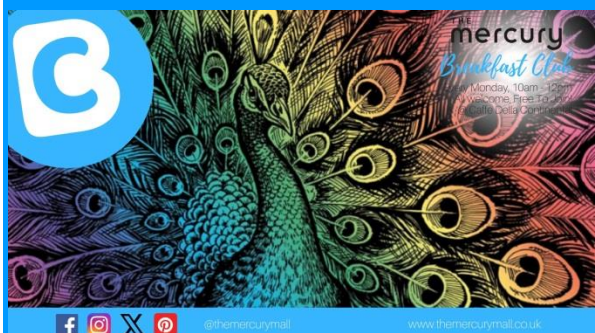


SCAN TO
FIND OUT
MORE INFO



INFO@BOXUPCRIME.ORG | 0208 517 4446

THE MERCURY BREAKFAST CLUB



On Monday 23rd September join The Mercury Breakfast Club at Della Continental 10am – 12pm for Scratch Art with April.

AS THE DARK NIGHTS DRAW IN, REMEMBER:



avoidance of £41.2 million, this put against our Havering Council Grant of £52k each year has a value of 1p an hour!

Our work costs the London Borough of Havering 1p an hour..... Now that's a bargain given the support provided back to the council. That's support with Libraries, Children's Centres, Youth Centres, Community Clean Ups, Covid-19 emergency support, Wennington Fires Support, School Governors, Adult College, Sports Development Team, Parks, community resilience and Waste Management to name but a few!

I know we are preaching to the converted and you all now the benefits of volunteering but it's a hugely powerful tool! We see day in and day out just how life changing volunteering is. That's not just the personal benefits but the onward community benefits.

We all know that volunteering boosts confidence, provides a sense of civic pride, improves health and well-being as well as increasing employment prospects.

Now think about the cuts to council services, schools, youth services and health care. The services that HVC provide to the community and all the other Voluntary Sector groups helps to plug or stem some of those shortfalls.

If HVC is not funded, then we won't be here to support those shortfalls. Help community groups and organisations engage volunteers to deliver vital services. Bring external funding into the borough for the organisations we work with to continue or expand their services.

What would help us right now, is testimonials about our work, how we have helped you or someone you know. If we have made an impact on your life or that of someone you know, then please let us know how, so that we can evidence our worth to the community and prove that services like ours are needed.

If you want to support us or be kept up to date with our fight to save our service then please drop us an email at volunteering@haveringvc.org.uk

As always thank you for reading our newsletter, supporting us and volunteering, we couldn't achieve anything without you!

Havering's New Health and Wellbeing Partnership Website

Havering Council, the NHS, local voluntary organisations, Police and the London Fire Brigade work together as, what is known as, the Havering Place Based Partnership.

This partnership is setting up a new health and wellbeing website to make it as easy as possible for you to find information and support in Havering.

The goals of the site are to:

- **Create a new health and wellbeing website** where you can find all information in one simple, accessible place.
- **Print handheld guides** for residents who may struggle to get online or prefer not to use websites.
- **Have a social media community** so residents can keep updated on important things about their health and wellbeing.
- **Bring together organisations in the community** to better support residents with their health and wellbeing.

They are hoping to launch this new website in early 2025, so watch this space!

Havering Museum – Spy Runner



Saturday, 5 October 2024, 13:30–15:00

ADVANCE BOOKINGS REQUIRED

Book Online or at the Museum - Tickets £7.00



Havering Museum
19-21 High Street, Romford, RM1 1JU
Telephone : 01708 766571
Email : info@haveringmuseum.org.uk
www.haveringmuseum.org.uk
Open Wednesday–Fridays, 11am–4.30pm
Only open on Saturdays when events scheduled
Charity No. 1093763

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

ROMFORD SHOPPING HALL PRESENTS THEIR OCTOBER HALF TERM FUN



Havering Service Spotlight



Age UK Redbridge, Barking and Havering operate an advice and information service which is free, independent and confidential to older people, their relatives, carers and friends.

They provide information on issues affecting older people such as welfare benefits, community care, leisure and health. Their Advice Worker will undertake a quick initial assessment to fully understand your circumstances and how best to support you.

**The telephone advice and appointment line is open Monday – Friday
9am – 3pm on 0208 220 6000.**

Tips to Prevent Surface Flooding in your Area



It's that time of year when the rain fall gets just that bit heavier and leaves start to tumble from our trees.

Surface water flooding is a potential risk to many homes and business in Havering and we haven't been adverse to some heavy localised flooding in the past. Surface water flooding is one of the hardest types of flooding to predict that often needs a localised solution.

Tree leaves blocking drains are one of the biggest contributors to road and surface flooding in Havering and there is a really easy way to prevent your road from becoming water logged!

A top tip for preventing surface flooding in your area is making sure that road drains are kept clear and free flowing. Silt and leaves can build up and act as a natural dam preventing water from escaping.

You can sweep leaves and place them into clear sacks at the end of your street for the street/refuse cleaner to collect or place them in your green bins if you have them.

Healthy & Hearty Warming Recipes

Autumn is here, which means that it's officially pumpkin spice season. If you love a seasonal sprinkling of classic cosy flavours, it's really easy to make your own pumpkin spice mix at home.

1 Minute Pumpkin Spice Mix:

- 3 tbsp cinnamon
- 1 tbsp ginger
- 1 tbsp nutmeg
- 1 tsp allspice
- 1 tsp ground cloves

Feel free to alter the quantities to suit your own taste and use up what you have. You could also throw in a teaspoon of ground anise, cardamom or turmeric. Play around to create your perfect pumpkin spice mix – one of the benefits of creating a home-made blend is that you can make it exactly as you like it.

Finally, add all your chosen spices to an empty spice jar (or other sealable container) and give it a good shake.

Your route to urgent help

Calling your GP or visiting 111 online might get you faster, more appropriate care than calling 999.



ELM PARK COMMUNITY ASSOCIATION

CH: 1057074

ELM PARK COMMUNITY ASSOCIATION

INDOOR BOOT SALE

SATURDAY 26TH OCTOBER 2024

10AM - 1PM

TREATS, TRINKETS & TREASURE

Grab Yourself a Bargain!

Elm Park Assembly Hall, Eghurst Avenue, RM12 4RA

INFO@ELMPARKCOMMUNITYASSOCIATION.CO.UK

SAY NO TO HATE



SAY NO TO HATE

REPORT HATE!

There is no place for Hate in our society.

If you witness or experience a Hate Crime or Hate Incident you can report it to Stop Hate UK 24/7.

STOP HATE CRIME
0800 138 1625
24 HOUR HELP LINE
Text Relay 18001 0800 138 1625

www.stophateuk.org



Sweet Potato & Pumpkin Soup Recipe:

- 1 small pumpkin
- 2 sweet potatoes, peeled and cubed
- 1 pint of beef stock
- ½ tsp sweetener
- 1 tsp Worcester sauce
- Salt & pepper to taste

Scoop out the inside of the pumpkin, discard the seeds and chop the flesh up into small chunks.

Put all the ingredients in a large saucepan and bring to the boil. As soon as the soup boils, reduce the heat to the lowest and allow to simmer.

Cover and leave for 45 minutes to simmer gently.

Once cooled slightly, add to a blender and blitz until the mixture is completely smooth. This can be kept in a sealed container in the fridge for up to one week.

Volunteer Opportunities Spotlight



Social Media Volunteer - Do you love using Social Media? Would you like to use your creativity to make a positive impact in the community? We are looking for a Social Media Volunteer to manage our Instagram and Facebook accounts



Retail Volunteer - Do you have keen eye for detail and amazing customer service skills? Are you looking for an opportunity to be busy and try different tasks? Then become a retail volunteer where you will have the opportunity to serve customers, promote new stock, design displays and help sort through good donations! For more information get in touch with us!



Chess Playing Volunteer - Are you a chess enthusiast? Then we need you! Join us to mentor young people in Havering through engaging chess sessions. Share your chess skills and logical thinking with young people. Engage in fun and interactive sessions and promote respect and positive behaviour.



Community Café Volunteer - We are seeking enthusiastic and dedicated volunteers to assist in the operation of our new community cafe. Volunteers will support the Community Cafe Managers in delivering excellent customer service, maintaining the cafe, and engaging with the community. This is a great opportunity to contribute to a vibrant community hub, gain valuable experience, and meet new people.



Home Visiting Volunteer - Do you have experience of parenting? Could you spare some time to help families with young children under five. Home-Start Havering offer support, friendship and practical help to families with children under the age of five who are experiencing difficulties. Our Volunteers who are usually parents themselves are recruited and trained by us to visit families at home once a week for a couple of hours to offer friendly and confidential support as parents learn to cope and grow in confidence.



Visitor Centre Volunteer - Volunteers at our nature discovery centres welcome visitors to the centre, talking about the site and Essex Wildlife Trust Membership options and donations, operating the till for retail and catering sales, restocking shelves, preparing hot and cold refreshments as well as general duties around the centre providing excellent customer service.