

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

LIVE WELL HAVERING

Live Well
HAVERING

Get free health advice & wellbeing support

Monday 28th July 2025, 12.30pm - 2.30pm
Rainham Parish Church, 3 Upminster Road South,
Rainham RM13 9YN



Come along for:

- FREE blood pressure checks
- Information & advice on a range of topics
- To speak about your physical and emotional wellbeing
- To get advice on your energy bills
- To speak to a Social Prescriber
- Benefits advice



No booking required - drop-in and say hello!
Light refreshments will be provided

July - Aug 2025

Havering Volunteer Centre News

We haven't got much in ways of an update, only that the Local Authority asked HVC to process an invoice for our grant funding! This means that HVC have finally received the first quarter funding albeit 2 and half months late.

Unfortunately at this stage that's all we are able to share not because there is any great secret but because we simply don't know. We don't know how long the funding is for or the terms. For the time being we are just grateful that for the moment HVC can survive.

However, the premises saga continues. Our current rent is definitely going up 240% and we simply cannot afford this. We are in negotiations regarding alternative premises but to be honest everywhere is so expensive.

We will continue to seek affordable and accessible premises in Havering in order to still continue our great work.

Now on to a few statistics for you. We are 3 months into the new financial year (1st April 2025) and it's always a good place to reflect on volunteering numbers and see how engagement is going. So far this is what volunteering in Havering looks like:

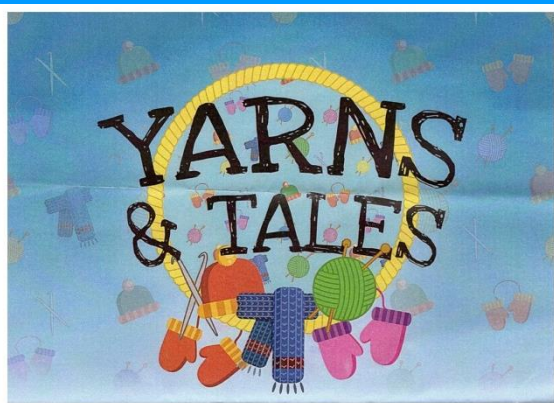
- 320 New Volunteers looking for opportunities
- 245 Volunteer referrals for opportunities have been made
- 8 New Organisations have registered with HVC
- 49 New Opportunities have been registered

That's not bad going from our little team in such a small space of time!

In May HVC were asked by the LBH Resilience Team to assist with a Rest Centre drill. Rest Centres are set up in times of emergency whereby residents have been evacuated or need to be relocated for a specific reason. The last time these were used was during the Wennington Fires so it felt right to go over the plans, test it, find the flaws and work through the hiccups before we really need it.

When an emergency situation arises HVC will be called upon to support the LBH Resilience Team with volunteers. If you want to be part of the Volunteer Emergency Response Team please let us know by emailing volunteering@haveringvc.org.uk

YARNS & TALES



Meetings for 2025

10am – 11:30am

@The Ship Centre. Rainham. Essex.

1-3 Upminster Road South. RM13 9YS

18 th January 2025	15 th February 2025
15 th March 2025	19 th April 2025
17 th May 2025	21 st June 2025
19 th July 2025	16 th August 2025
20 th September 2025	18 th October 2025
15 th November 2025	20 th December 2025

Please contact Kay Robinson on 0784-0890015

E-Mail kaywrobinson@hotmail.com

FUN DAY & PROMS CONCERT

Fun Day & Proms Concert Saturday 12th July

BBO - Stalls - Raffle - Inflatables
Activities & Games - Live Music

Cake Bake Competition

Wakarishin Ju-Jitsu Association
Display

Local performers

"The Sweetest Kill"
Essex Marching Corps
Romford Drum & Trumpet Corps
RDTC Reunion Band

Gates open 11am
Proms concert 3pm start

90 Taunton Road, Harold Hill, RM3 7SU

Ticket Entry £5pp

Available at rehearsal or via fundraising@rdtc.org

The Romford Drum and Trumpet Corps will be hosting a Fun Day full of music on Saturday 12 July in aid of funding a very special trip abroad. RDTC is the only British band invited to perform in Philadelphia in 2026, as part of the USA's 250th Anniversary celebrations. Tickets are £5: fundraising@rdtc.org

Having Service Spotlight

Having Energy Doctors

Having Council has partnered with Age UK East London to launch the Energy Doctors service to help residents in tackling the cost of living crisis. This service is open to anyone, over the age of 18, in any type of property – a flat, a house, tenant or homeowner.

The Energy Doctors service will make it easier for Having residents to **save money on energy bills** and get their homes ready for next winter, by offering professional advice on energy efficiency and making small changes and repairs to their homes.

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.

They will also give advice on tackling issues with mould and condensation. The scheme is expected to save participating residents an average of £300 per year.

The Energy Doctors service is free of charge and is available to all residents in Having.

For more information, or to make a referral for yourself or someone else, please contact the Energy Doctors on 0203 0111 241 or send an email to energydoctors@ageukeastlondon.org.uk.

HAVERING LOCAL LOTTERY



It has been a year since we launched the Having Local Lottery and we thought we would share the amazing successes so far!

- **£19,994 has been raised and paid out to Having Good Causes**
- **47 local charities and community groups signed up receiving support**
- **£27,625 paid out to very lucky winners**

It's not too late for organisations to get involved and sign up their good causes.

It's also never too late for you to get your tickets because you have to be in it to win it!

Head to www.havinglocallottery.co.uk

URGENT TAKE CAUTION IN EXTREME HEAT



ADD WATER TO YOUR COMPOST BINS AND PILES



PUT IT OUT.....RIGHT OUT
DO NOT THROW LIT CIGARETTES ON THE GROUND OR OUT THE CAR WINDOW



HAVE FUN WITH YOUR BBQ BUT MAKE SURE IT'S FULLY EXTINGUISHED BEFORE LEAVING IT UNATTENDED—BBQ'S ON BALCONIES SHOULD BE AVOIDED



AVOID BONFIRES IN EXTREME WEATHER CONDITIONS—EMBERS COULD SPARK A FIRE IN DRY SPELLS



CHAT TO YOUR CHILDREN ABOUT THE CONSEQUENCES OF WILDFIRES

HELP US KEEP HAVERING SAFE THIS SUMMER!

LONDON BOROUGH OF HAVERING FREE FAMILY SUMMER FUN DAY

Free Family Summer Fun Day

Wednesday 6th August, Queens Theatre Green, Billet Lane, Hornchurch, RM11 1QT, 12pm-3pm

Wednesday 13th August, Play Park at Macon Way, Upminster, RM14 1NS, 12pm-3pm

On the day

Bouncy Castles • Face Painting • Health zone
Children's Entertainer • Children's Activities • Free Lunch

Health & Wellbeing Zone • Havering Adult College
Stallholders representing Housing Services • And more!

*Please note lunch is first come, first served.



Volunteer Opportunities Spotlight



Housing Justice

Citadel Community Connector Volunteer - We connect people who are facing homelessness to community volunteers to offer support and a sympathetic ear! If you have a passion in helping people who are facing crisis navigate their challenges then we want to hear from you!



Trustee – We are looking for new trustees to help us modernise our service. Trustees are such an important part of what we do and make sure we do exactly what we were set up to do. We feel now is the right time to review our services and bring them into the ways of today and are looking for movers, shifters and dynamic people to help us keep our finger on the pulse! If you have a few hours a month to spare and a strategic mindset then consider this your new opportunity!



Volunteer Activity Leaders/Singers – As a Milk & Honey Volunteer you will be part of helping us to prepare lively, stimulating praise and worship sessions for families and our youth. We also have a Summer Festival that we are looking for volunteer support for – there is lots to get involved with and be a part of.

Stock Volunteer – The Food Pantry are looking for volunteers with a good level of fitness to join their Stock team! Stock Volunteers will help with stock deliveries, help place food orders, correctly store items and help us keep a good level of cleanliness. We will offer volunteer manual handling and food hygiene courses to assist them in their volunteering role – if you want to keep busy, then this could be the perfect role for you!



Volunteer Handyman/Plumber – We are a small Community Association with very limited funds and are looking for a plumber/handyman. We sometimes have lots of various tasks around the centre that we could use some support with. If you are a dab hand at DIY or a Tradesperson then we can't wait to hear from you!



Essex
Wildlife Trust

Visitor Centre and Café Volunteer – Do you love meeting people? If this sounds like you then why not come and volunteer with us! We are seeking volunteers to welcome visitors to our centre and serve in our café. We are in a beautiful location in Havering and have lots of visitors, both human and wildlife that come to the centre and park. It's important that our visitors feel welcomed and that the centre is kept clean tidy, the beverages are served hot and with a smile! Come and join our small friendly team!

DON'T FORGET WE ARE ALWAYS HERE

We Will:

- Help you find a volunteering role
- Need some extra support this month? We can issue foodbank vouchers
- Feeling a little lonely or isolated? We can match you with a volunteer via our Check In & Chat service!

Give us a call and find out how we can help you - 01708 922214