

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

MAYOR OF LONDON'S – BIG WEEKEND EVENT

COMMUNITY OPEN DAY
SUPPORTED BY MAYOR OF LONDON
FRIDAY 12TH SEPTEMBER 11AM - 3PM
SENSORY GARDEN, HARROW LODGE PARK

FIND OUT ABOUT:

- VOLUNTEERING IN HAVERING
- COMPOSTING
- GREENER INITIATIVES
- BECOMING A WOMBLE
- LIVING WELL IN HAVERING
- YOUR LOCAL COUNCILLORS
- YOUR LOCAL POLICING TEAM
- NEIGHBOURHOOD WATCH

JOIN US FOR:

- A COMMUNITY LITTER PICK BETWEEN 11.30AM - 12.30PM
- SENSORY GARDEN TOUR 12PM - 12.30PM

TEA AND CAKE AVAILABLE

EVERYONE WELCOME BUT FOR MORE INFORMATION PLEASE CONTACT
VOLUNTEERING@HAVERINGVC.ORG.UK OR 01708 922214

Sept - Oct 2025

Havering Volunteer Centre News

July and August always seem to be the quieter months for us here at HVC. We've taken a look at our statistics for this month and it really hasn't been as quiet as we first thought:

- 254 new volunteer registrations
- 59 new registrations from under 18s
- 37 new registrations are from people employed either on a full or part-time basis
- 7 new organisations registered to receive our support
- 106 Opportunities listed and activated
- 216 referrals for volunteering made
- 48 Foodbank Vouchers issued
- 10 New Check in & Chat Referrals

That's not as quiet as we thought we had been and just goes to show the need for HVC's support is still in high demand!

Despite how busy we are, HVC is still seeking premises to operate from. The Local Authority has confirmed the 240% increase for our current premises in the High Street, Romford and this still remains unaffordable. We are in talks regarding a couple of other locations and are also seeking independent premises but so far nothing is quite hitting the spot.

We have a lot of factors to consider in terms of relocating, we need to remain accessible and in a central location. There are also the cost implications of moving, legal fees, transportation and potentially fitting out new premises to meet the working needs. We also have a number of other charities and community services that utilise our building and we wouldn't want to see them left high and dry in the process.

So the saga continues and we are not sure where the light's gone from the end of the tunnel but we do know that we need to fight to remain accessible to those who need us most, both residents and the organisations.

Finally an update on volunteering at St George's, we are still welcoming new volunteers to the hub and let us tell you, it's a great team to be part of! The feedback we have received from residents attending the centre and the comments on social media about volunteers is just amazing! We know that volunteers are kind, friendly and wonderful human beings but so many members of the wider community are now witnessing those wonderful attributes too – so come and join our wonderful team of St George's volunteers!

NATIONWIDE EMERGENCY ALERT TEST

An alert could put you at risk



women's aid
until women & children are safe

**Sunday 7th
September
2025 at
3pm!**

You can opt out to keep your device hidden.

iPhone: Settings → Search "Emergency Alerts" → Turn off Severe Alerts & Emergency Alerts.

Android: Settings → Search "Emergency Alerts" → Turn off Severe Alerts & Emergency Alerts.

Some phones also list Extreme Threats, Severe Threats and Amber Alerts.

women's aid
until women & children are safe

REFLECTIONS OF A RIFLEMAN: THE WW1 MEMOIR OF WALTER EDWARD JAMES



A presentation by Linda Rhodes with extracts from the memoir read by Craig Jobbins. Walter James's Granddaughter Valerie Fincham will share his original manuscript, service medals and other family memorabilia. Visitors welcome £3.00, no pre booking required, held at Chadwell Heath Baptist Church, 21st October at 7.30pm.

For more information please contact Chadwellheathhistoc@hotmail.com

BLOOD DONATION DATES

Blood donation

The NHS is always in urgent need of blood donations, so if you are able to, please consider donating.

Sessions are available (at YMCA Romford) from 9.15am – 4pm on the following dates:

- Friday, 5 September
- Friday, 12 September
- Friday, 19 September

Book in at www.blood.co.uk



Havering Service Spotlight

Havering Food Alliance

The Havering Food Alliance is a collaborative network dedicated to ensuring that every resident in Havering has access to healthy, affordable and sustainable food. By bringing together local charities, schools, community groups, food producers, retailers and public sector partners, the Alliance works to tackle food insecurity and promote a more resilient local food system.

The Havering Food Alliance is coordinating efforts to ensure families in need—particularly those with school-aged children—are supported during school holidays when access to free school meals is limited. The Pantry Pack Project sits at the heart of this, distributing weekly packs of nutritious, easy-to-use food to families, along with recipe cards and suggested meal plans.

The project is delivered via trusted community venues and schools, using a volunteer-led model supported by food redistribution charities and local suppliers. Referral networks will help identify families in need, and regular monitoring will ensure accountability, transparency, and responsiveness.

Whether you're looking for food support, interested in growing or cooking food, or keen to get involved and offer support, they are there to help! It's quick and easy to reach out. You can email them at foodforall@tapestry-uk.org or to speak to the team call on 01708796600

CONGRATULATIONS

**CONGRATULATIONS
ON YOUR
FANTASTIC
EXAM
RESULTS
WE ARE SO
PROUD OF YOU**

We are sending out our huge congratulations to all of our A-Level and GCSE student volunteers!

Our young volunteers have received their exam results recently and we are super proud of them, many of them still volunteered whilst studying too!

Remember your results don't define your future; they're just one small step on your journey!

DON'T FORGET WE ARE ALWAYS HERE

- **We can help you find a volunteering role**
- **Need some extra support this month? We 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

Volunteer Opportunities Spotlight

LIVE WELL HAVERING

Live Well HAVERING

Health Champions

Join our community of volunteers passionate about health and wellbeing!

This is a flexible, ad-hoc volunteering opportunity in Havering

Apply Now

livewellhavering@havering.gov.uk

If you have a passion in Health and Wellbeing then why not become a health champion Volunteer? contact Havering Volunteer Centre for more information at volunteering@haveringvc.org.uk

ELM PARK COMMUNITY ASSOCIATION

ELM PARK COMMUNITY ASSOCIATION

70's Disco

7PM - 10PM

SATURDAY 27TH SEPTEMBER 2025

BRING YOUR OWN NIBBLES AND DRINK

LEARN THE ABBA DANCE

PRIZE FOR BEST DRESSED AND RAFFLE

BOOK YOUR TICKETS BY EMAILING EVENTS@EPCA.ORG.UK

TICKETS £5pp

ELM PARK COMMUNITY ASSOCIATION
EYHURST AVENUE
ELM PARK RM12 4RA

To book your tickets please email events@epca.org.uk



Daisy Volunteer - We are looking for volunteers to come and sit with a patient in their final days or hours or it could even be to offer the families/carers a chance of respite. If you are kind, caring and compassionate then we would love to hear from you.



Volunteer Receptionist – Richard House are looking for reliable Volunteer Receptionists to join their team for 4 hours a week on Mondays and Wednesdays between 9am - 5pm. This role is important to the hospice as you are often the first port of call for our parents, families and visitors. This role is diverse and no two days are the same, it's very rewarding and an excellent skill building role.



Swimming Spotter Volunteer – S.E.Lions is a Swimming Club for Adults with Learning Disabilities. We need 'Spotters' to stand at the side of the pool to alert of any dangers in the water to assist with non-swimmers. The Swimming Club has been established almost 50 years, has about 30 members, but we need new volunteers to ensure that the Swimming Club continues into the future, for the benefit of our learning disability members. If you have availability on Saturday afternoons then please get in touch!



Shine Night Walk Volunteer – We need enthusiastic volunteers to support our next Cancer Research UK Shine Night Walk event in London, on the 20th September 2025. From Westminster Abbey to the London Eye, Shine Night Walk will guide participants past some of London's most iconic landmarks whilst fundraising crucial donations to continue our life saving research. Whether you're coming solo, bringing a friend or part of a larger group, your support means our event can run smoothly and raise money to fund lifesaving research.



Independent Custody Visitor – We are looking for members of the local community who can volunteer to visit police stations across London unannounced to check on the treatment and welfare of people held in police custody. Their recommendations can require the police to make improvements for the welfare of detainees. They play a valuable role in maintaining public confidence in this important area of policing.

Low Energy Visitor Centre - Havering Council

Low Energy Visitor Centre

Come along to the Low Energy Visitor Centre and get free, trusted guidance on how to:

- Reduce your electricity and heating bills
- Improve your property's energy efficiency
- See a range of retrofit technologies in real life

FREE ENTRY

REGISTER NOW

Make your home healthier, more comfortable & fit for the future

Funded by UK Government

SUPPORTED BY MAYOR OF LONDON

Havering

Come along to get free, trusted, advice on ways to make your home healthier and fit for the future – book via Eventbrite www.eventbrite.co.uk/e/low-energy-visitor-centre-drop-in-sessions-tickets

ALZHEIMER'S SOCIETY – ST GEORGE'S HUB SERVICE

Having Information Programmes

Carers Information & Support Programme (CrISP)

Do you care for someone with dementia?

With CrISP you will gain increased knowledge of dementia. The sessions will help you feel better informed and empower you to access support services and financial benefits and entitlements.

Dates

One session per week for three weeks

Monday 8 September 2025 2:30pm – 4:30pm

Monday 15 September 2025 2:30pm – 4:30pm

Monday 22 September 2025 2:30pm – 4:30pm

Booking for these programmes is essential

Venue

St George's Health and Wellbeing Hub 113 Suttons Lane, Hornchurch RM12 6RR

To find out how to **book your place** or for further information please contact

Nyree Evers 07759 119516/Anisa Hoque 07720 144231

having.groups@alzheimers.org.uk

Our trained facilitators will be on hand to guide the sessions, provide information on other support services and direct you to further help and advice.

Scan the QR code below to make a CrISP referral



Alzheimer's Society
Together we are help & hope for everyone living with dementia

Registered charity no. 296645. Alzheimer's Society operates in England, Wales and Northern Ireland.

HVC'S - HAVERING EMERGENCY RESPONSE VOLUNTEERS!

Could you support your community in an emergency ?



HVC was recently contacted when the residents looked to be evacuated due to the recent fires in Rainham. We were put on standby to potentially support Local Area Liaison Officers (LALO's) particularly with a rest centre if full evacuation was required.

Whilst we do have a really good core band of response volunteers, we are always looking for extra support. This isn't a role that requires weekly or even monthly commitment, just the odd training/advice session and the preparedness to help when the time comes.

Some of the qualities we are looking for in our response volunteers are:

- Calm, Compassionate and caring
- Good under pressure or demanding situations
- Methodical and process driven
- Ability to put people at ease
- Collect important information or complete forms
- Ability to provide clear information and direction

You don't need to be an expert in any or all of these but the desire to help and be positive is a key quality. If you would like more information please send us an email to volunteering@haveringvc.org.uk – We would love you to join our 'HERV' Squad!

BABY BANK – SPRING COMMUNITY CAFÉ – ST GEORGE'S HUB

Registered Charity: 1198462

DONATION DROP OFF POINT

Support struggling families within your community by donating your new and pre-loved children's items here!

Items we accept:

• Clothing aged 0-16 years (Including school uniform)	• Hygiene items
• Shoes	• Sterilisers
• Toys & Books	• Breast pumps
• Buggies	• Bottles
• Cots	• Blankets
• Nappies	• Highchairs
	• Bouncers

Please make sure donations are brought to St George's Hub between 9am – 5pm, Mon-Fri and 10am – 1pm, Sat- Sun.

SURRENDER KNIVES TO SAVE LIVES

A permanent knife surrender bin will remain in Central Park Leisure Centre car park, Harold Hill, to allow people to anonymously and safely dispose of knives and other weapons.

Havering Council is supporting the initiative through its community safety and enforcement teams.

It follows a mobile weapons surrender van making a stop in Romford, in July where knives were also dropped in anonymously and safely.

The permanent knife surrender bin in Harold Hill, provided by Word4Weapons, is located next to the clothes bin in the park car park.

Remember:

- to wrap your weapon in newspaper, bubble wrap, or cloth, then place it in a sturdy bag or box that's completely sealed
- don't label the package and just go directly to the surrender location without making stops
- carrying weapons openly is illegal, but going directly to surrender gives you a "good reason" for possession if stopped by police

