

TWO RUNNERS RAISING MONEY FOR VAEF'S VITAL LOCAL SERVICES AT THE LONDON MARATHON

Two runners will be pounding the streets of London this April on behalf of local charity, Voluntary Action Epping Forest.



40 year old Jamie Gwillam from Epping has never completed a full marathon, but is excited about taking on the challenge. "I've done half Marathons before and am really looking forward to being part of the occasion of the London Marathon, getting over the line after 26 miles and raising money for such a worthwhile cause".

When he's not working as a computer hardware technician, he's getting some serious miles under his belt in Epping Forest.

If you would like to sponsor Jamie, click through to his VirginMoneyGiving account on:

<https://uk.virginmoneygiving.com/JamieGwillam2>



Also running for VAEF is seasoned Marathon runner, Anny Huang, a 42 year old IT Solution Architect from New York. Anny has run the New York Marathon four times and the Los Angeles Marathon once in 2009, but never the London Marathon!

She heard about the London Marathon place through friends who volunteer for VAEF and wanted to get involved and help raise money for this great cause. "I'm really excited to be taking part in the London Marathon, especially as I can help raise funds for VAEF at the same time. I seriously think I have a running problem - I just can't get enough of it".

Anny is passionate about running and trains hard, biking and running home from work every day (6.4k), then running another 10k if she has time late at night. At the weekends, she runs on both days - at least 16k on one and up to 27k on the other.

Anny is looking forward to getting to London to take part in the Marathon - "wherever they are from, runners are a

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Welcome and with Spring now on our doorstep it is a time perhaps to start thinking about work to be completed in the home. Voluntary Action Epping Forest provide a number of local services supporting vulnerable and elderly residents in the house and garden.

We offer a very reasonably priced Community Handyman and Gardening service to home owners in the District that are over 60, have a disability or are in receipt of benefits. A wide variety of tasks can be undertaken including fitting grab rails, key safes, securing carpets, changing light bulbs, hanging pictures/curtains, fitting toilet seats, gardening and much more! Many of these tasks can help people feel safer and more independent in their home.

Additionally in this day and age when we know rogue traders exist and prey on those most vulnerable we can guarantee that our Handyman and Gardeners are police checked.

Our friendly office staff are able to provide more information and can be contacted on 01992 910701. Details of services in the home and garden for Epping Forest District council tenants are also available.

We look forward to hearing from you.

Jacqui Foile, Chief Officer

happy bunch who are always pushing each other to achieve more and more. They all come together for one thing which is their passion to run and to be in motion." If you would like to sponsor Anny, please click on to her website:

<https://uk.virginmoneygiving.com/annyhuang>

Anny will be raising money specifically for VAEF's Befriending Services, coordinated by Julie Bristow which are celebrating ten years this year. Over the decade, they have helped over a thousand older, isolated and vulnerable people in the Epping Forest area over the decade. Befriending Services offer weekly social clubs, trips out, home visits, friendship, help and advice to socially isolated people over 65 years.

For further information, please contact Jacqui Foile on 01992 910 701 or jfoile@vaef.org.uk



INFORMATION



Voluntary Action Epping Forest's Befriending Service celebrates tenth anniversary

Voluntary Action Befriending organises day trips and dance session for elderly residents in the district and is celebrating ten years of service.

Staff and Volunteers at Voluntary Action Epping Forest's Befriending Service have prevented thousands of pensioners becoming isolated from society in Epping Forest. Clubs currently operate in North Weald, Loughton and Waltham Abbey.

Every two weeks members enjoy daily outings including seaside trips afternoon teas, theatre shows and many activities held at weekly social clubs.

The family of one elderly resident, Peter, praised the service for changing his life around. They said: "He was suffering from a number of health conditions which led him to become isolated and demotivated, Once at the club his whole persona changed. His face lit up and the twinkle returned to his eyes. Significantly, his memory improved too."

Another woman also praised the care provided for her father, saying: "Since being diagnosed with Alzheimer's, he started to get depressed, The service you are providing, collecting my father from the house, taking him to the club, entertaining him for the afternoon and bringing him safely home has made such a difference to his week. He really looks forward to his Wednesdays now."

As well as home visits, VAEF's Befriending Service also provides door to door transport and a minibus service to take members to as many events as possible.

A celebration event will be held on March 6th at Theydon Bois Village Hall for Befriending clients, staff and volunteers.
For more information call 01992 910701 or visit vaef.org.uk.



QUIZ!

Friday 26th April 2019

7:30 start —10pm

*Epping Catholic Church, 11 Church Hill,
Epping CM16 4RA*

Parking available at venue



Fundraising for Voluntary Actions Epping Forest district
Volunteers Awards Event 2019 recognising the contribution
of Volunteers to our community.

**Tickets include nibbles, wine and
water at each table
Tickets £10 per person**

To book your tickets contact
Sally or Maggie

01992 910 701

Or email volunteering@vaef.org.uk

Teams consist of 8 people



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