

Issue 54, 2019

Welcome to our newsletter and to Voluntary Action Epping Forest if this is the first time you have heard about us. For more information about the services we offer please take a look at our new website mentioned overleaf.



As I am sure many of you may be able to relate to, it is often difficult to keep up with digital technology. In particular it is usually more of a challenge for seniors and those living with a disability. With this in mind I am pleased to be able to advise of a new service available in West Essex specially to help people with their computers, tablets and smartphones. Perhaps for example you would like to book a doctor's appointment or shop online but have never used a computer before. By attending one of our local sessions you can find out how to do this, along with anything else digital you are interested in. We are now holding sessions in Waltham Abbey, Epping and Loughton so please contact VAEF on 01992 910710 or look at www.digitalboomers.org.uk for more information.

On the other hand you may know a bit about computers or smartphones and have a couple of hours to spare per week to help others in the community. We would love also to hear from you if you wish to volunteer as a Digital Buddy. Please pass the word on about this fabulous new service to anyone you feel may benefit.

Jacqui Foile, Chief Officer

13 people took part in the sponsored Harlow Water Tower Abseil on Sunday 5th May 2019 raising a massive £6105.00 for Voluntary Action Epping Forest Befriending Service.

Thank you to Georgina Myers, Zoe Culora, Emma Smyth, Marina Crawford, Rachel Stockley, Kelly Brown, Andrew File, Katie Chivral, Aaron Eckley, Tony Edwards, Julie Bristow, Sheryl Wheatland and Valerie Steel your support and bravery is very much appreciated by us all, well done!



VAEF RECOGNISES HUGE CONTRIBUTION OF THEIR VOLUNTEERS AT AWARDS CEREMONY IN EPPING

Local charity Epping Forest Voluntary Action recognised the huge contribution of over 70 of their own volunteers at a special awards ceremony in St. John's Church in Epping on Tuesday evening (4th June 2019).

VAEF volunteers change the lives of hundreds of people every week in the Epping Forest district, working in various projects ranging from Befriending Clubs, Benefits Advice, Digital Learners, Gardening and Handyman Services, Music Projects, Weight Management and management of the Volunteering Centre, which finds volunteers for many charities and organisations across the district. Each project gave awards to their volunteers. There were also awards for the Trustees of VAEF, as well as long service awards (five and ten years).

National Volunteers Week runs nationally every year (1st-7th June in 2019) and is designed to recognise the contribution of the 22 million people that volunteer their time in their local communities.

At the event Jacqui Foile said "I never fail to be amazed at how many truly selfless people there are in the Epping Forest district. These VAEF volunteers have such a massive input into improving and enriching the lives of hundreds of isolated, elderly and vulnerable people and it was wonderful to see them recognised at the awards this week". If you are interested in volunteering, please contact volunteering@vaeff.org.uk



INFORMATION

Ray Harris is taking part in a 500+ mile bike ride around Cyprus in October, raising funds for



Voluntary Action Epping Forest.

To sponsor Ray, please visit :

<https://uk.virginmoneygiving.com/rayharris3>

Hi my name is Ray Harris and I am going to do a Charity Bike Ride for Voluntary Action Epping Forest www.vaef.org.uk in Cyprus on October 2019 . I will be riding with a friend along the coast road that will start in Paphos town centre, the route will take us through towns and villages. The distance covered will be well over 500 miles as we will also have to go inland into very high hills that will have historical places that I will record and photograph for A Vision of Britain CIC. www.avisionofbritain.org

This is my first bike ride in another country and will be very enduring and exciting at the same time. I will be camping on the journey that could take us 7 to 8 weeks as we will be carrying large rucksacks which will be loaded with water, food and camping equipment including a tent which will be needed to camp outside and campsites we can find on the way. It is also important to take bike equipment incase of any trouble with the bikes. I also hope that the weather is not too hot but not too bad weather as this will slow our performance and we will have to wash in the sea if we cannot find any facilities on route. The hardest part about camping is getting a good night sleep which is sometimes hard laying on hard ground and next day jumping on the bike to the next destination. The Charity that I am raising finance for is Voluntary Action Epping Forest which provides activities and volunteers for the community. The projects include garden projects such as allotments and conservation, senior citizens projects which include a service and outings and also finding volunteers in the community including special needs that give their time and participate in the projects mentioned. Charities like this always need financial support for all the good work they do, there have been many people who have benefited from the projects created and organised by V.A.E.F who have remained volunteers for many years.

I hope that people / businesses will sponsor me on this Charity Bike Ride as Voluntary Action Epping Forest is a unique Charity which help many people to achieve goals in their life working with other people or participating in projects provided by V.A.E.F. My target figure is very high £10,000.00 which if reached this money could be distributed between the broad range of different services organised by V.A.E.F. www.vaef.org.uk

Visit our new look website
www.vaef.org.uk



VAEF Services	Join VAEF -	Publications -	Links	Gallery	Feedback	Contact -
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VAEF Services

VAEF runs a number of projects in the Epping Forest district and surrounding areas. Click on the tabs below to read about each service.

Befriending	Handyman	Volunteer Centre Epping Forest	Volunteer Centre Harlow	Age Activities Learning Disabilities	Gardening
Home Safety	Benefits Advice	Timebank	Free Weight Loss Service	Winter Warmth Campaign	

The Befriending Service funded by The Big Lottery aims to provide support and friendship for those living on their own or in isolation.



This project was developed to address the need of the socially isolated by providing a befriending service across the Epping Forest District to the elderly aged 65 years or over and their carers and includes short respite for carers whilst social clubs operate.

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