



Welcome to the newsletter. As we approach World Mental Health Day in October VAEF will be encouraging our trustees, staff and volunteers to think about other people around them. Perhaps somebody you know is not having the best of times at the moment and just needs a listening ear. Maybe somebody else just needs to be pointed in the right direction for support.

We will also be linking in to the new Essex wide 'United in Kind' movement to tackle loneliness through kindness and will be promoting wide and far. Here are some ideas to get you started:

- Call a family member you haven't spoken to in a while
- Talk to the person behind you in the supermarket queue
- Volunteer for a local charity
- Offer to make a tea round for your colleagues
- Put out an elderly neighbour's bin

By supporting our communities, we hope that many more people will be inspired to volunteer or take action in other kind ways to address isolation, so look forward to you joining in the movement, **#UnitedInKind**

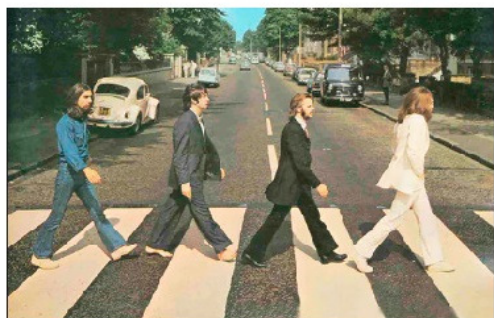
Jacqui Foile, Chief Officer



An evening of live Beatles music

Fundraising for ACE Activities

A charity supporting those with learning disabilities in Epping Forest



Performed by the fabulous Beatles tribute band

Glass Onion

Theydon Bois Village Hall

Coppice Row, Theydon Bois, Epping CM16 7ER.

Friday 22nd November 2019

8pm -11:30pm. Tickets: £12.50 including table snacks

Please bring your own drinks. Raffle with fantastic prizes.

For tickets contact Sally Panrucker

01992 284 761 spanrucker@vaeef.org.uk

In 2018 / 2019, volunteers donated **6466** hours to VAEF services alone. These volunteers have saved the District a minimum of **£50,628** whilst also assisting VAEF's performance and supporting the Epping Forest Community.

Voluntary Action Epping Forest would like to thank all of the volunteers supporting our services!

If you would like to volunteer, please contact
volunteering@vaeef.org.uk
#YOU MADE IT HAPPEN

5 reasons to volunteer



1. Gain new skills
2. Meet new people
3. Make a difference
4. Give back to the community

5. Feel valued and be part of a team

...and have fun!

10 October 2019



You don't have to be an expert to talk about mental health.



Talk, but listen too: simply being there will mean a lot.



Keep in touch: meet up, phone, email or text.



Don't just talk about mental health: chat about everyday things as well.



Remind them you care: small things can make a big difference.



Be patient: ups and downs can happen.

INFORMATION



VAEF Benefits Advice has been operational since April 2015 supporting housebound residents in Epping Forest. It has to date supported 798 clients.

VAEF Benefits Advice has resulted in a huge **£1,010,825.00** of benefits awarded to residents each year which would have remained unclaimed without our assistance.

If you are housebound and would like our support with a benefit application, please contact 01992 284762



West Essex

Clinical Commissioning Group

Epping Forest Public Health Community Grant Fund 2019/20

The Epping Forest Public Health Community Grant Fund, is a joint fund between Epping Forest District Council and the West Essex Clinical Commissioning Group. Grants are available for a minimum of £500 to a maximum of £5,000.

The fund is open to constituted community and voluntary sector organisations and statutory agencies that provide services to the residents of Epping Forest district.

Projects must deliver a service to residents of the Epping Forest District and be focussed on proactive care and improving health and wellbeing. Funding can be used to pump-prime new projects, which should then be sustainable through volunteer support or alternative approaches. Funding may also be used to expand existing projects if clear evidence can be demonstrated as to the added value the funding brings.

Projects may be for any age group, but must demonstrate how participants' health and wellbeing will be improved. Projects will be assessed by a panel appointed by the Health & Wellbeing Board. Assessment will be made taking into consideration how well the proposed project or initiative meets the priorities of the Epping Forest Health & Wellbeing Board and West Essex CCG, and consideration will also be given to how longer term sustainability will be achieved.

For more information on the grant or an informal chat about a project idea please contact Fabrizio Ferrari Tel 01992 564567 Email fferrari@eppingforestdc.gov.uk



Voluntary Sector Training
Skills to make a difference

Customer Care Day

Join us for a great day's training on customer care.

Do one or both of our fantastic half day courses.

10% discount applies when booking both!



Harlow Business Centre on 7th November 2019

Supporting Customers Face to Face (9.30 – 12.30)

And then

Delivering Outstanding Service by Phone (1.00 – 4.00)

Or book us for in-house training

Book now at:

<https://vst.community360.org.uk>

Voluntary Sector Training is part of Community360, an incorporated registered charity. Registered in England and Wales number 04426567. Registered charity number 1092567. Registered Office: Winsley's House, High Street, Colchester, Essex CO1 1UG

FREE—VAEF Falls Prevention Workshop

delivered by Chris Tucketts BSc MCSP, Physiotherapist and Falls Prevention Practitioner

Wednesday 16th October 2019

1-4pm

Oakwood Hill Community Centre, IG10 3NB

Does your organisation work with people who may be at risk of falling? Could you identify potential hazards?

This training will assist you with your day to day role of supporting people in your community.

Booking is essential—email ngavens@vaef.org.uk



Unit 14E Woodside Industrial Estate, Thornwood,
Essex CM16 6LJ
Registered Charity No. 1097376
Co. limited by guarantee Registered in England No. 4689779



www.vaef.org.uk

01992 910 701



admin@vaef.org.uk



@VAEF01



Newsletter supported by

