

VOLUNTARY ACTION **EPPING FOREST**

ANNUAL REPORT 2019 / 2020



*Improving the quality of life for
people & communities*

www.vaef.org.uk

ANNUAL REPORT 2019 / 2020

Chief Officer Report— Jacqui Foile



2019 was another successful year for Voluntary Action Epping Forest.

At a time of considerable pressure on the voluntary sector we continued to promote, develop and facilitate a thriving and effective voluntary sector in the Epping Forest district. We remained focused on supporting individuals with their health and wellbeing needs, ensuring many of the requirements of communities were met.

Funding received from Epping Forest District Council (EFDC), Essex County Council (ECC), the Sully Foundation and the Big Lottery made our work possible and for this we wish to express our thanks. Local individuals and other funding bodies supported our work, both financially and practically, again making a huge

difference to the services we were able to deliver.

We have continued to work in partnership with other voluntary organisations and in particular our colleagues at Rainbow Services in Harlow and CVS Uttlesford via our West Essex Community Action Network known as WECAN. It was incredibly exciting to obtain our first WECAN contract to deliver the WECARE project and host a United in Kind coach at VAEF.

Individuals and families requiring support in the winter were assisted thanks to Essex County Council Winter Warmth funding. It was a delight to work with local Children's Centres, Churches and the Food Bank to ensure help reached those most in need.

I am very proud of our achievements this year, none of which would have been possible without the commitment shown by my colleagues, volunteers and trustees who have worked incredibly hard. I would

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particularly like to express my appreciation to our former Chair, Gill Mann, for the ongoing support and friendship she offered me whilst in the Chair's role and for the way in which she successfully directed VAEF for a number of years. I would also like to thank our current Chair, Myrna Gilbert, for her support and for stepping into the role to continue to strategically guide VAEF.

Personally I am optimistic about our future and role within the district particularly since there has never been more of a need for the voluntary sector, offering flexibility and a diverse range of services that are crucial in the world we now find ourselves in. Our journey into the unknown started at the end of this financial year and quickly saw VAEF and the many new volunteers we recruited mobilise and provide essentials such as shopping, prescription collection and welfare calls. It was also a delight to work with so many of the new neighbourhood groups quickly formed and to offer guidance on safeguarding and

other procedures. The story will continue but in the meantime I hope you enjoy reading about our achievements highlighted in this Annual Report and we of course look forward to continuing to make a difference in Epping Forest.

Take care and stay safe.



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ACTION** EPPING
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Chair Report

Myrna Gilbert



I took over as Chair of VAEF in October last year and would like to start by thanking our retiring Chair, Gill Mann, for the excellent work she did seeing VAEF settled into our Thornwood Offices. We were all delighted when she said she would remain on our Board. Little did I think I would be writing this report in the middle of the most unprecedented pandemic the world has ever seen and where the future is uncertain for all.

Whilst next year's annual report will cover VAEF's part in managing this crisis I am going to start by thanking our Chief Executive, Jacqui Foile, our staff, volunteers and trustees not only for the work they have carried out in the past year but the way they have done and, are doing, an absolutely amazing job to help, support and

maintain the lives of countless people during this crisis.

The past year was one of consolidation for VAEF. Now settled into our new home in Thornwood, attention could be given to stepping back and looking at where we want to be in the future. We work tirelessly to obtain funding for new and existing projects to support and improve the lives of those who need help. There are always initiatives for new ideas and, indeed we are involved in piloting some exciting new digital projects but we also must not forget our existing projects such as our learning disabilities groups and our benefits advice and we need funds to continue to run these. We continue to provide support for local residents in our benefits advice, gardening and handyman projects and the feedback from our community shows how much these services are appreciated. I should like to thank our funders (who are mentioned elsewhere in this report) for all their help and

support to enable us to provide these activities.

We are working hard to market ourselves and to be more visible so that we are able to reach the people who need help. We maintain a presence at most local events including Farmers' markets, Christmas fairs and fun days. We have improved our online presence and our website and Facebook pages were given a facelift - if you have not done so please look at these.

The Trustee Board has changed. We were very sad to lose Caroline Skinner who retired this year after many years and her loss has been felt by all. Jack Fowler joined as Treasurer but unfortunately only for a short time as health issues prevented him continuing. We are actively seeking a new Treasurer. We were delighted to elect three new trustees at the 31 March Board Meeting. They are Ann Haigh, Susi Chapman and William Ripley. They bring fresh ideas and new skills to the Board and we

look forward to working with them.

VAEF is well placed to support our local community for the future. We have forged strong partnerships with Epping Forest District Council, Essex County Council and West Essex Clinical Commissioning Group working together in the current crisis. We thank our local charities and business people for their help and we look forward to developing these partnerships and relationships to improve the lives of our community in this new, exciting but uncertain future.

A handwritten signature in black ink, appearing to be 'M. G.', written in a cursive style.The logo for Voluntary Action Epping Forest. It features a stylized red and orange arrow pointing right, followed by the words 'VOLUNTARY ACTION' in large blue capital letters. Below 'ACTION' is the text 'EPPING FOREST' in smaller red capital letters.

Volunteer Centres—Epping Forest and Harlow

The Volunteer Centres Epping Forest and Harlow are part of a nationwide network of independent accredited agencies that act as “matchmakers” for people seeking volunteering opportunities and not-for-profit and charity groups needing volunteers. We match the interests, skills and time of local people with the needs of groups operating in the Epping Forest district and Harlow area. We also encourage and support organisations to operate good practice in volunteer management.

Epping Forest and Harlow Volunteer Centres are also part of Volunteer Centres Essex network. We work closely with our Essex colleagues towards achieving greater consistency and partnership working for the benefit of our local areas and the Volunteer Centre network as a whole.

Volunteer Centre Epping Forest Achievements

- Volunteer Awards Event held during Volunteers’ Week 2019. A very successful evening was held where almost 100 volunteers were recognised for their volunteering at VAEF in the last year. Long service awards of ten years plus were given to Andrew File, Ricky Conrad and Trustee, Gill Mann, on the evening.
- The focus of volunteer work has shifted to further enhance public health improvements by means of impact volunteering to encourage increasing activity in older age, reducing social isolation, reducing obesity, and increasing young people’s wellbeing. We are also supporting volunteering activity that improves mental health wellbeing, increases engagement for those with a learning disability as well as supporting volunteering within community hubs.
- We targeted the more deprived parts of our community by working with organisations and promoting volunteering in these areas.
- Delivered training on improving presentation skills for voluntary organisations and groups.

Statistics

- 232 members of the public registered to volunteer
- 327 introductions to volunteering organisations were facilitated
- 95 volunteers started volunteering
- 210 volunteering opportunities advertised on Volunteer Essex for this district.
- 16 volunteer recruitment events were held 18 volunteer recruitment events were held

Looking forward

- Developing bite sized volunteering opportunities for those who want to support their community and have limited time available.
- Work with statutory sector to support them with volunteering programmes.
- Run a training course on volunteer management skills for local statutory and community organisations.

Volunteer Centres—Epping Forest and Harlow

My Weight Matters Volunteering

Voluntary Action Epping Forest in partnership with Anglian Community Enterprise ran a weight management service which was free for anyone registered with a GP in Essex. This initiative was funded by Essex County Council (ECC) to help people to lose weight by following a healthy diet. Epping Forest District Council provided us with a venue at the Community Services office in Hemnall Street, Epping, and Epping Forest District Museum in Waltham Abbey. Restore Community Church supported us with a venue in Loughton at the Oakwood Hill Community Centre.



Statistics

- 119 people supported to lose weight on this very successful 12 week programme
- 5 volunteers trained and recruited to support this project
- Members embraced a new lifestyle by increasing activity levels as well as healthy eating



Volunteer Centre Harlow

Achievements

- Successful events held to celebrate Volunteers' Week
- Participated in the 'Great Get Together' and 'Harlow Showcase' events
- Harlow Volunteer Centre organised the 'Community Lawn' at the 'Art of the Garden Party'
- Assisted with the delivery of 'Inclusivity' training for volunteers

Statistics

- Enquiries: 444
- Interviews: 124
- Referrals: 186
- Placements: 66

Looking forward

As a result of the last few months, ways of working and engaging volunteers and groups is changing. Virtual meetings, distance volunteering and micro volunteering are all going to be part of the year ahead.



Ace Activities

Ace Activities provides a range of meaningful activities for adults with Learning Disabilities and/or Autism. Our projects are suitable for those who wish to develop work and life skills towards further training, employment or volunteering and for those looking for interesting activities and social interaction. Ace Activities is an approved day care provider for Essex County Council.

The project is funded by individual spot and personal payments, The Grange Farm Trust, Essex Community Foundation, The Jack Petchey Foundation, Cooperative Society, National Open Garden Scheme and The Arts Society, West Essex.

Achievements

Conservation

The Conservation team are now based at the Grange Farm Centre (GFC) working in partnership with the GF Trust and the Essex Wildlife Trust.

Members learn how to protect and preserve the natural environment and have been working on projects in the grounds of the GFC and in the surrounding Roding Valley Meadows.

The group were busy working in the Community Garden. The garden is divided into areas for growing fruit and vegetables, an apple orchard, herb garden, wildflower bed and sensory garden. The group also built an insect hotel and mini beast log pile providing natural habitats for the local wildlife.

The garden is open to local schools and groups and provides an outstanding outside learning facility for the community.

Ace Arts

The Community Art Project has enjoyed a year of varied activities including multimedia mural art work, drawing lessons, sensory walks and a trip to the Albert Hall.

Last year with funding from the Art Society West Essex we visited The William Morris Gallery for inspiration followed by a ceramic workshop to make a walled tile panel now displayed in the Community Garden, Epping.

Catering Project

The Catering Project enjoyed its sixth successful and final year at Epping Forest District Council Civic Offices. During that time 10 participants have gained valuable work experience and training in the staff café with 4 going on to find paid work in catering. Sharon Bacon, Catering Manager, has now retired and we would like to wish her the very best in her new home.

Hands Up to Music Singing and Signing Group

The group has now moved to the Grange Farm Centre. The excellent facilities have enabled us to introduce signing, using the internet and large screen TV. We have also commissioned an experienced SEN lecturer to lead the signing. The sessions are now far more inclusive and individuals still have time to shine with their own solo performances.

Ace Activities

The singing group is one of most popular activities with members benefiting from the social interaction, increase in confidence and personal fulfilment.

Ace Upcycling

The Ace Upcycling Project in partnership with Epping Forest Reuse and Riverside Timber Recycling Project (RTRP) has had another successful year. Based at Goss Springs in Epping, the scheme offers training and mentoring in restoring and upcycling furniture and wood. The members' woodwork skills continue to improve. They are becoming more involved in the ideas and design of products and as a result are able to make a wider range of goods for sale.

They sold over £1200 worth of goods, at Theydon Bois and Chigwell fetes, our showroom at RTRP and Chigwell Garden Centre.

We are very grateful to RTRP who have completed the work on refurbishing an old barn to a purpose built specification including disabled access for the groups use later this year.

As part of our marketing strategy to raise the profile of the project we now have our own website www.aceactivities.co.uk. We are aiming to introduce a Facebook and Instagram page in the very near future.



Statistics

- 39 clients supported by the project
- 6 group activities
- 1,720 sessions
- Volunteer support staff contributed 1,720 hours in the last year

Looking forward

We want to deliver our service to a higher number of clients and make an even greater difference developing further sessions to increase the skills, wellbeing and health of clients supported. We are already contributing to clients' healthy living through the physical activities offered. However, we would like to deliver a holistic package with clients being supported and learning from a wider range of activities in a structured daily programme including formal training. We have been awarded a grant from the National Open Garden Scheme for a community polyhouse at the Grange Farm Centre. The polyhouse will be an additional space for clients to work and grow all year round in the cold UK weather to develop further their learning and love of gardening.

We aim to expand the Upcycling Project using the purpose built workshop at the Riverside Timber Recycling with funding received from Essex Community Foundation.

Ain't No Mountain High Enough

Ain't No Mountain High Enough - Year Three of VAEF's Music project. The project partners with New City College and Epping Forest PHAB Club to deliver music making opportunities to young adults with learning challenges who would not otherwise have access to such life affirming activities. We were fortunate to receive funding from Youth Music for a third year of our wonderful music project.

As in previous years, we began with a number of taster sessions which offer potential musicians the chance to try out various instruments and activities. These included a number of individual instruments, choir sessions and percussion groups. Once we know what everyone wants to do we work with our partners to schedule these activities.

We have delivered tuned and un-tuned percussion groups, a band working on its own covers, guitar and keyboard lessons, a choir and a weekly songwriting session. This last yielded two original songs which we were in the process of recording when organisations were closed and our face-to-face sessions were ended. Our choir made its first live performance of the year also but obviously no more were possible.

Our Facebook page continued to keep up a presence with pictures, films and other titbits to keep our musicians in touch while we awaited the chance to get back together again and make some noise!

This has been a terrific year for our project but one which is incredibly frustrating as the fantastic achievements of our musicians was left on hold pending a return to a more usual way of life.

Statistics

Totals for the project Sept 2018 to March 2019

- September: 14 musical taster sessions to 31 potential musicians
- October to March: 224 individual & group sessions to 23 young musicians
- A live performance by our choir in the college's communal area
- 2 songs produced in our songwriting workshop



<https://www.facebook.com/vaefmusic/>

Ain't No Mountain High Enough 01992 284 761

Gardening

The Gardening Service provides gardeners and volunteers to maintain the gardens of people physically unable to do so themselves, namely older people and the disabled across the district. The Gardening Administrator liaises with clients regarding gardening requirements and need. Tasks undertaken include clearing, pruning and mowing. EFDC is the main funder for the Voluntary Action Gardening Service.

Achievements

- Continued funding from EFDC to tend the gardens of Council tenants

Statistics—Tenants

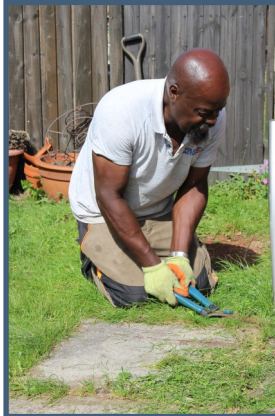
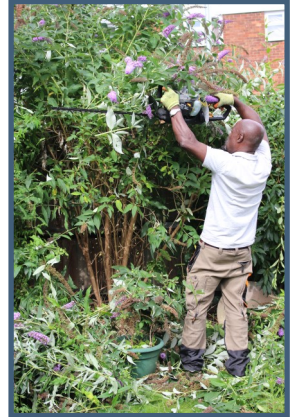
- 105 Council tenants received 507 gardening visits
- 4 Garden clearances were completed
- 11 volunteers worked with the gardening team
- 644 hours of gardening and administrative support given by volunteers to the project

Statistics—Homeowners

- 15 homeowners received 58 gardening visits

Looking forward

- Working with EF Volunteer Centre to recruit more volunteers.
- To continue to work with our existing team of much valued, dedicated volunteers



Community Handyman for Homeowners

This service was set up in May 2017 to support elderly and vulnerable homeowners in the district requiring a trustworthy, reasonable, reliable and police checked Community Handyman to complete odd jobs around the home which they are not able to undertake themselves.

The service is a chargeable one, however it is subsidised by VAEF who are not making a profit from any work carried out. This work ensures that service users are safer and less exposed to crime in their homes. Our Handyman is available to support elderly / vulnerable residents living in Epping Forest and also to those who have experienced domestic violence or been victims of crime. Residents who have used the service feel safer and more secure at home following our work.

Achievements

- 99 Epping Forest residents have been supported by this part time service working just 7 hours per week this year

Tasks Undertaken have included:

Fitting key safes, securing gates, fitting exterior solar lighting, fitting internal and external grab rails, securing carpets, jet washing, cementing blown walls, changing light bulbs, building flat pack furniture, securing fence panels, security checks, fitting door, gates and window locks, putting up curtains and poles.



Case Study

Mrs G mentioned that the lights in her hallway weren't working and at night she struggled to find her way to the bathroom in the dark. VAEF staff were able to arrange for their Community Handyperson to attend her home that day and change light bulbs in the hallways to again ensure she remained safe at home. Following this work, Mrs G utilised the VAEF Community Handyman to hang new curtains and fit draught excluders to the windows and doors, a job that she had wanted completed but couldn't find somebody she trusted who was willing to take on this work as it wasn't deemed a big enough job. 'I want to thank you for all your help. Without you I would not have known where to start'

Handyman for Council Tenants

The Handyman Service is a partnership between Epping Forest District Council and Voluntary Action Epping Forest. The service began in 2012 and is funded by EFDC. The service provides an award winning handyman to EFDC tenants provided they are over 60 and or have a disability and have no one else who can assist them.



Achievements

- We received regular support from Ewan our star volunteer
- We maintained 100% tenant satisfaction with excellent feedback
- A conservative estimate is that over £28,000 in savings were made for tenants using the service rather than commercial contractors

Statistics

- Over 330 referrals completed
- Of the above referrals most were for multiple tasks equating (conservatively) to over 700 completed jobs
- 98% of faulty light bulbs were replaced within 48 hours
- Every one of the 330+ visits included an informal safety and security assessment with remedial action taken or advice given regarding falls prevention etc.
- Over 80 referrals were received directly from tenants previously helped

Looking forward

- To continue to explore the potential development of the service to include jobs for tenants outside of the remit but regularly requested such as garden pathway repairs, fencing replacement and redecoration of rooms
- We continue to seek publicity through EFDC publications and local press as well as within social media streams to maintain our profile and ensure as many tenants as possible are made aware of the support available.

Community Clubs

The Community Clubs Service aims to provide support and friendship for those living on their own or in isolation. The service offers three weekly activity clubs, which provide various activities such as seated exercises, quizzes, entertainers, games, bingo, arts and crafts as well as fortnightly day trips out which give much needed stimulation to many whilst reducing their social/rural isolation. In addition the service can provide a 'friend' who will be able to offer companionship by forming a trusting and supportive relationship offering a smile, a listening ear, links to other services and regular visits to the client's home.

Achievements

- 5 year funding from the Big Lottery and the Joseph & Lilian Sully Foundation until 2024
- Christmas Party held at Hunters Meet for over 100 clients
- Additional funding from the Joseph & Lilian Sully Foundation to purchase a project 6 seater wheelchair accessible vehicle as well as provide additional trips
- Training courses offered covering areas such as Food and Hygiene, MIDAS, Mental Health, Lone Working, and Dementia Friends
- Several fundraising events held including:
 - MacMillan Bake a Cake day, Charity abseil (13 participants took part), Car Boot sales and Cake sales

Trips included:

- Canal boat trips cruising the River Stort with a buffet lunch
- Cream Teas at Hunters Meet and Mulberry House
- Lunches at various restaurants, hotels and pubs
- Themed cabaret lunch events at Royal British Legion, Hunters Meet, and Mulberry House
- A film afternoon at Zinc Arts
- Greyhound racing
- A day trip to Southend
- Loughton Festival held at St Michaels Church

Community Clubs

Statistics

- Between 20 – 30 and clients attended weekly befriending clubs
- 36 trips took place
- 95 clients attended clubs
- 6 clients received one to one visits in their homes
- 22 volunteers assisted with the project

Looking forward

- To recruit additional volunteers to continue to enhance the project
- To increase volunteer skills through training opportunities
- To continually strive to provide enjoyable and stimulating activities and events
- To work with other agencies to seek clients for referral
- To seek new ways of fundraising to further enhance the service



Benefits Advice

The Benefits Advice service is available to those whose personal circumstances make it difficult for them to access services in their area or outside of the home. A home visit can be made and information provided on benefits available to the individual along with assistance to complete application forms. The service is available to those who live in the Epping Forest district. Referrals are received from other agencies and health professionals.

Achievements

- The project received an increased number of referrals from other agencies and health and social care professionals. Maintaining close working relationships allowed us to achieve the best results for our clients
 - The project worked with clients under 16 years of age and their families to support them through the application process for Disability Living Allowance
 - A volunteer recruited to assist with lengthy Blue Badge applications.
 - Provided advice and completed applications for a range of benefits such as Attendance Allowance, Personal Independence Payments (P.I.P), Carers Allowance, Disabled Living Allowance (D.L.A.) and Employment Support Allowance (ESA)
- Funding achieved from the Henry Smith Charity to continue the project for three years from 2018 - 2021

Statistics

- 205 people received advice and information on benefits from the project
- 146 benefit applications completed
- 119 successful benefit applications (some applications are still outstanding due to still being assessed by the DWP)

Personal Independence Payment - PIP
DWP Department for Work and Pensions



Case Study

Mr C was referred to the project for help to complete an application for P.I.P. The application was made and was successful with the higher rate components for both care and mobility being awarded.

Mr C also received help to complete a Capability for Work Assessment which was to review his entitlement to Employment Support Allowance. The form was completed and he was asked to attend a medical assessment which he was anxious about. Mr C found the assessment stressful and physically difficult due to his disabilities, his continued award of ESA was approved and he was also awarded the Enhanced Disability Premium.

As Mr C struggled greatly with his mobility a disabled bus pass was applied for and awarded.

Mr C was supported over a number of months and during this time he received help from the VAEF Winter Warmth fund for fuel tokens, was referred to Epping Forest District Council for a free boiler check and to Loughton Food Bank for groceries.

He was supported with setting up payment plans to clear debts he had accrued due to his poor health and the time it took for his benefit applications to be processed.

Mr C felt very low during these months over his financial situation and at times could not see a way forward. Due to the support he received he was able to regain control of his finances and was able to move forward with his life.

Mrs D was struggling with her mobility therefore an application for a Blue Badge was made which was successful. This made Mrs D's life much easier when attending hospital visits and travelling to the local shops for her shopping. Mrs D was also awarded Pension Credit and reported back to us that her life had been made much easier by receiving these essential benefits. They relieved the anxiety she was feeling over her failing health and poor finances and she is now able to access her local community choosing services that she feels will most benefit her.

Digital Learner and Living Smart Home Service

The Digital Learner and Living Smart Home Project was a local partnership initiative, run by Council for Voluntary Services Uttlesford, Voluntary Action Epping Forest and Rainbow Services Harlow and funded by the Department for Digital, Culture, Media and Sport (DCMS).

The project had two, distinct parts:

- 1) **Living Smart Homes** – piloting new assistive technologies in the homes of older people and persons living with a disability and providing showcase demonstration and discussion with Health Care professionals and stakeholders on the benefits and opportunities of new, digital technology in the home
- 2) **Digital Learning** – providing group workshops, courses and 1-2-1 digital support, through staff and Digital Buddies (volunteers) to persons over 55 and those living with a disability, to help improve their confidence and abilities in using smart phones, tablets, laptops and other home technology devices

The service-user / delivery aspect of the project ran from April 2019 – December 2019; however it was extended on a reduced capacity basis in Epping Forest through until March 2020.

Achievements & Statistics

- Digital Learners engaged: 1094 (327 in Epping Forest)
- Digital Learner workshops run: 325 (147 in Epping Forest)
- Digital Buddies recruited: 64 (13 in Epping Forest)
- Living Smart Homes supported: 8 (1 in Epping Forest)
- Living Smart Home professional visits: 60 (18 in Epping Forest)
- 53% of digital learners reported their support / experience to have been 'very good'
- 37% of digital learners reported their support / experience to have been 'good'
- 82% of digital learners reported now being 'more connected to other people'
- 70% of digital learners reported now 'feeling more safe' in using digital technology
- 100% of Living Smart Home residents reported gained confidence and independence
- 96% of professionals visiting Living Smart Homes were 'likely to recommend' what they had seen

Looking forward

- To look at ways to further support VAEF clients / social groups, in terms of digital access and digital skills
- To build on, and further develop new digital learning initiatives with local working partners including: Epping Forest District Council, Council for Voluntary Services Uttlesford, Rainbow Services, ReThink Partners to support the local community
- To consider how Covid-19 pandemic has affected the health, well-being and independence of elderly and vulnerable people; and how digital skills, resources and opportunities may enhance the quality of life, moving forward



Voluntary Action Staff and Trustee Board



Jacqui Foile	Chief Officer
David Wright	Finance Officer
Debbie Smith	Executive Assistant and HR Co-ordinator
Charlotte Hyett	Project and Business Development Officer
Sally Panrucker	Learning Disability Officer
Maggie Gilchrist	Volunteer Co-ordinator Epping Forest
Marc Balkham	Furniture Re-cycle Project Worker / Community Music Practitioner
Diane DaCosta	Music Session Worker
Ray Harris	Learning Disability Sessional Worker
Della Nash	Volunteer Co-ordinator Harlow
Nina Gavens	Funding and Information Officer / Finance Assistant
Julie Bristow	Community Clubs Service Co-ordinator
Claire Marsh	Community Clubs Service Sessional Worker
Trevor Felton	Community Clubs Service Driver
Jina Symes	Benefits Advice Officer/Gardening Administrator
Aubrey Brandy	Lead Gardener
Julie Graham	Gardener
Chris Bullock	Handyman
Mark Dalton	Community Handyman
Colin Rowell	IT Support

Voluntary Action Trustee Board

Chair	Dr Myrna Gilbert, Individual Member
Vice Chair	Gerry Smith, Essex Boys and Girls Clubs
Treasurer	Vacancy
Gill Mann	Roding Rotary
Jane Adair	Individual Member
Liz Went	Royal Gunpowder Mills
Olivia Maxfield-Coote	St John's Church
Sally Crone	Mind in West Essex
Margaret Emmens	Carers First
William Ripley	Individual Member
Ann Haigh	Individual Member
Susi Chapman	Individual Member
Clr Brian Rolfe	Adviser, EFDC

Our thanks and best wishes go to the following staff and trustees who left in 2019/20:
Jonathan McGuire - Gardener, Carmina Cromby – Timebank Co-ordinator, Carole Martin - Gardener, Nick Robinson - Smart Homes/Digital Buddies Co-ordinator, Caroline Skinner – Trustee, Jack Fowler –Treasurer.

Voluntary Action Volunteers

Core

Lisa Sharp
Faith Mills
David Morriss

Ace Activities

Viv Davis
Richard Ford
Ray Divine
Tim Copeman
Jill Green
Susan Meager
Hayley Clark
Christine Robson
Patsy Dench
Alan Brett
Amber Channon
Leah Blake
Glenn Eaton
Antoinette Grier
Harvey French
Andrew File

Gardening

Christopher Pomfrett
Sophia Smith
Nigel Aves
Caroline Aves
Margaret Emmens
Roger Emmens
Sally Crone
Ricky Conrad
Joy Ashwin-Carter
Linda Richardson
Catherine Parsons
Sue Mouat
Faith Mills

Benefits Advice

Sophia Smith
Shelagh Salter

EFVC

Nigel Barber
Phillis Njuguna

My Weight Matters

Lorraine Bartley
Nicola Montague –Patel
Mandy Sherman
Patricia Philpott
Carol Richards

Community Handyman

Ray Berg

Community Clubs

Alfred Burgess
Alison Eckley
Amy Hamilton
Andrew File
Barbara Hollingum
Beverley Soutar
Carol Cogan
Christopher Daniels
Daphne Shawe
David Rees
Evelyn Dalton
Frances Rosenberg
Hayley Clark
James Ludlow
Janet Fox
Jean Edwards
Josephine Kilkenny
Julie Harvey
Kelly Lewis-Hall
Marion Reed
Merle Sharp
Pauline Visvanathan
Tasha Ludlow
Tony Edwards
Vera Prior
Zoe Chapman



Voluntary Action Members

FULL MEMBERS

ACCURO
Canalability
Carers First
Chigwell Parish Council
Chigwell Riding Trust for Special Needs
CRUSE Bereavement Care Epping Forest
Epping Forest DC "Lifewalks" Walking for Health
Epping Forest District Council Community Development
Epping Forest District Council Community Services
Epping Forest District Council Leisure Services
Epping Forest Foodbank
Epping Forest Reuse
Epping Town Council
Essex Boys and Girls Clubs
Grange Farm Sports Centre
Harlow Neighbourhood Watch
Harlow Woodcraft Folk
Headway Essex
Healthy Living Healthy Lives CIC
Home-Start Essex Ltd
Lambourne End Ltd
Lee Valley Regional Park Authority
Loughton Festival
Loughton Foodbank
Loughton Town Council
Loughton Voluntary Care Association
Mark Hall & Netteswell Community Association
Mind in West Essex
Ongar & Villages Voluntary Care
PACT for Autism
Parish of All Saints with St Giles
Radio Forest Hospital Radio
Roding Valley U3A
Rotary Club of Loughton, Buckhurst Hill & Chigwell
Rotary Club of Roding
Royal Gunpowder Mills
Spark / Worth Unlimited
St Clare Hospice
St John the Baptist Church Epping
St Mary the Virgin Loughton
Stapleford Abbots Parish Council
The Loughton Lopping Endowment Fund

Three Valleys Male Voice Choir
Waltham Abbey Town Council
Waltham Abbey Youth 2000
The Samaritans of Redbridge

LIMITED MEMBERS

Age Concern Essex
Forward Trust
Hertfordshire Boat Rescue
Rotary Club of Epping

OPT IN

Community 360
The Epping Golf Course
Epping Forest District Citizens Advice Bureau
Christian Drama Resource Centre
South Loughton Cricket Club
Field Studies Council
North Weald Parish Council
Employ-Ability
West Essex Macmillan Cancer Information & Support
Elbow Grease Co-operative Ltd
Uttlesford CVS
Colchester Community for Voluntary Service
Epping Forest Housing Aid Scheme
Buckhurst Hill Parish Council
Epping Forest Community Transport
National Jazz Archive
Nazeing Parish Council
Roydon Parish Council
St Paul's Harlow Town & St Mary's Little Parndon
Tenant VAEF - Lynne Stevenson
South Essex Rape & Incest Crisis Centre
All Within The Mind
Valerie Young Counselling Service
A Vision of Britain
Grow Community Garden (Now under Above & Beyond
Moreton Primary
Active Essex
Essex Alliance
Ongar Music Club

Voluntary Action Funders

Full audited accounts are available. Please contact Voluntary Action Epping Forest if you would like a copy.

Our main core funders this year were Epping Forest District Council and Essex County Council. The funding contributes to Voluntary Action's core work and direct services. It also enables us to lever in funding from organisations across the district.

Our services and additional work were funded by:

- AJW Charitable Fund via Essex Community Foundation
- Brooks Family Fund via Essex Community Foundation
- Cooperative Community Fund
- Department of Digital Culture Media & Sport
- Epping Forest College
- Grange Farm Trust
- Harlow District Council
- Jack Petchey Foundation
- Joseph and Lilian Sully Foundation
- Loughton Town Council
- National Foundation for Youth Music
- National Open Garden Scheme
- Tesco Bags of Help
- The Arts Society West Essex
- The Big Lottery Fund
- The Henry Smith Charity
- Waitrose Community Matters



National Foundation for Youth Music

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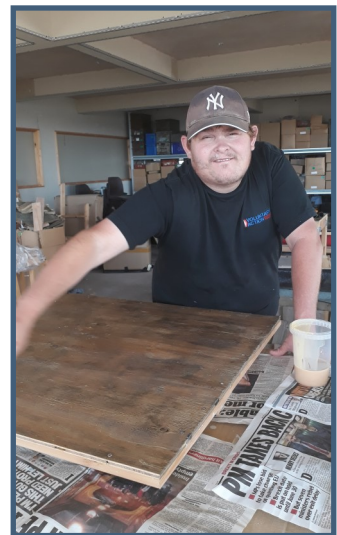
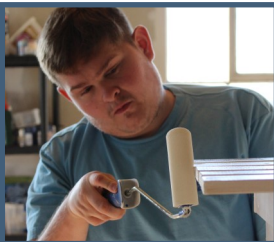
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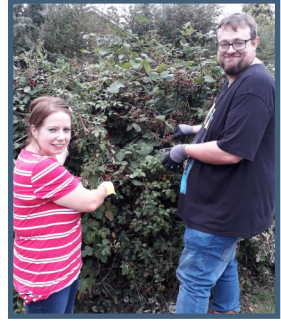


Loughton Town Council



Services Gallery





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