

# NEWHAM'S VOLUNTEERS

Newsletter Edition 9: 2017

Dear Volunteer,

A warm welcome to the latest edition of your Newsletter. What an exciting summer we had. From the usual high profile sports events to the local neighbourhood events – it's been nonstop! Without your help, it wouldn't have been such a successful and eventful period. Your support and enthusiasm is really appreciated from all of us here at activeNewham and the organisations and charities that benefit too.

The Volunteers Team has been extremely busy working alongside some fantastic organisations; ensuring you get the best possible opportunities and rewards. From meeting Prince Harry and other celebrities to FREE tickets to watch West Ham United, the opportunities have been endless! The more you put in, the greater the experience. Don't miss out, keep your volunteering journey going and reap the rewards.....

Look at what you have contributed to this summer (April to September 2017):

- Over 200 events and long term opportunities.
- 14,660 hours (4341 hours of volunteering in July alone!).
- 440 of you active!
- 329 new volunteer registrations.
- 228 new volunteers inducted to the programme.

We'd also like to take this opportunity to introduce Amber Chamberlain who joins our team as the new Community Activation Team Support Officer. Amber will support various projects over the next 6 months and we're sure you'll all get to meet her in person when you're out and about volunteering.

Please continue to read your messages and communications and don't miss out on some great opportunities. We hope you enjoy this edition of the Newsletter.

Please keep in touch.

Happy Reading!  
The Volunteers Team



*Meeting Prince Harry at the launch of the 'Fit and Fed Camp'!*



*At Mayor's Newham Show 2017 with Mayor of Newham, Sir Robin Wales.*



*Ready to give out goody-bags at Newham London Run*



*Meeting new people at the River Lea event*

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## **THE GREAT SWIM – PEARL SAUNDERS**

In June, Pearl Saunders took part in the Great Newham London Swim, completing a 1k swim to raise money for Macmillan Cancer Support. Her efforts have done herself and activeNewham very proud. Here's what Pearl had to say:

'I volunteered for this event and I decided to do it for my friend Sarah. Volunteering with Sarah at this event in 2016, we both registered our interest, but unfortunately we lost Sarah as she passed away in 2016. I decided to go ahead and do it in her memory.

On the day of the swim, I knew I couldn't compete with the fast ones, so waited at the back and had a nice leisurely swim with a small group of fellow swimmers, where there was a great rapport between us, lots of laughing, banter and great support from the canoes. I felt Sarah was with me and I was tempted to chat with her as I went along, quite conscious of where I was and not to get a mouthful of water!!

The volunteers were so supportive from the start to finish. They were encouraging me and spurring me on, as were the people in the Macmillan pod. I think I was about 100 or so metres out when I heard the volunteers cheering me on - such a boost as I was starting to feel a bit cold but not tired. It took me around 44 minutes and I wasn't last!! I was the best in my age /sex group'.

Pearl raised over £600 in sponsorship for MacMillan Cancer Care. We had the pleasure of capturing Pearl's special moment (see photo below, courtesy of fellow Newham Volunteer, Ilyas Ayub).



## **WEST HAM PARK**

Volunteers have been busy supporting two exciting projects at West Ham park this summer. [Wild East](#) and [Wild Schools](#) introduce school children and families to the fascinating history and nature of West Ham park, which is managed by the City of London ([www.cityoflondon.gov.uk](http://www.cityoflondon.gov.uk)) and welcomes 1.3 million Newham residents each year.

As well as delivering fun and interactive sessions with a cool activity tricycle, volunteers attended free safeguarding and interpretation training to build their confidence.



*Mahfuz helping at the outdoor learning activity*

Mahfuz, a Wild Schools volunteer said: 'I look forward to taking part each week, guiding children through lessons and helping them explore the park. You can see the extra benefits they gain from being outside. It's very rewarding.'

Volunteers can take part when they are available each month. Please contact us if you are interested.



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## SUMMER OF SPORTS

Once again, Newham's Volunteers had a fantastic and very busy summer of sports. These included the Virgin London Marathon, Bloodwise Blenheim Triathlon, Supernova Run, Go Run for Fun, Great Newham London Swim, Great Newham London Run, the Color Run and the AJ Bell London Triathlon, just to name a few. We had over 200 volunteers' support these high profile events and they were all an integral part of the end success.

These events gave volunteers the opportunity to be involved with organisations such as IMG Challenger World, The Great Run Company, Limelight sports, London Marathon and in addition, experience places they've never seen before such as Blenheim Palace, the Queen Elizabeth Olympic Park and the iconic London Excel. Volunteers also got the chance to mingle with celebrities including Colin Jackson, Brendon Foster, Denise Lewis, and Gordon Ramsey.

The most important role for volunteers was to ensure the safety, experience and enjoyment of the athletes participating. Roles ranged from chip registration, marshalling, safety, control, handing out finisher packs, medals and coping with the very busy transition zone. In addition, they were continuously smiling and cheering on the athletes and motivating them to get over the finishing line.

Thank you so very much for your time, efforts and contribution - It couldn't have been done without you! As always the event organisers continue to stress how these events could not be as successful without the experience and expertise of Newham's volunteers. **A MASSIVE WELL DONE!**

## IAAF WORLD CHAMPIONSHIPS AND PARA-ATHLETICS CHAMPIONSHIPS 2017

This August 2017, London's Queen Elizabeth Olympic Park hosted a spectacular Summer of World Athletics, IAAF World Championships and Para-athletics World Championships. One of the largest global sporting events in this year's calendar and activeNewham were chosen as one of deliverers at the exciting Hero Village. Here is a glimpse of what it all looked like!



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## SUMMER PARKLIVES 2017:

For the 4<sup>th</sup> year in succession, activeNewham once again coordinated the very popular and successful Summer Parklives programme commissioned by Coca Cola on behalf of London Borough of Newham.

Volunteers supported the sports team in delivering a programme of activities and sessions, including Zumba, multi-sports, dance, Go Wild, boxing, Pilates and much, much more! A record number of 24 Volunteers supported, giving over 279 hours. A very big thank you to everyone involved in making Parklives a huge success!

## SURVEY RESULTS AND WINNERS

As you know we carried out a survey early this year and the results have been great!

**70%** of you said that your volunteering experience in 2016/2017 has been very good and **64%** of you said you received very good support from the volunteer's team. That's a great result, but we know we can also do more! Already, we are looking into your suggestions from the survey to action them so watch this space.

If you were not aware, we had not one, not two, but three lucky survey winners!!!! Gillian Augood, Nakole Iddirisu and Peter McClintock were all chosen at random for simply completing the survey and won tickets to Empire cinema to watch their favourite movie. This is just one way of showing our appreciation for all the hard work you do.

Please continue to fill in your surveys and feedback forms and you never know, you too could be a lucky winner. For all those who completed the survey, thank you very much. We really appreciate your contribution. Remember, you need to be in it to win it!!



## QUEEN'S AWARD NOMINATION UPDATE

You may remember that in the last edition, we announced that we had been nominated for the Queen's Award for Voluntary Services (QAVS) 2017. Unfortunately we were not successful on this occasion. However, being shortlisted was an achievement in itself and we should be proud of the recognition that a nomination of this award represents. On behalf of the team, thanks to all of you that supported the nomination process and to each and every volunteer for making it even possible to apply for such a prestigious award in the first place.





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## **STEERING GROUP UPDATE**

### **Calling new members....**

The current Steering group is made up of Newham's Volunteers from all ages and backgrounds, which really reflects the diversity of our programme. The group's role is to give feedback regarding volunteer roles, suggest new ideas to drive the programme forward and support any developments and changes. The meetings are fairly informal and supported by a member of the staff team. The group is currently looking for new members. If you are passionate about volunteering, enjoy expressing your views, actively volunteer within the Newham's Volunteers programme and are able to spare a couple of hours every 6 weeks, we'd love to hear from you! Please contact [hannah.martindale@activenewham.org.uk](mailto:hannah.martindale@activenewham.org.uk)

## **PHOTO GALLERY**



## **OUR NEW WEBSITE**

We are happy to introduce activeNewham's new website. It's fun, pink and easy to navigate. All the usual information is available plus much much more! Please tell us what you think and if there's anything missing! You can access the website via [www.activenewham.org.uk/volunteering](http://www.activenewham.org.uk/volunteering)

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## TESTIMONIALS:



### **Bloodwise Blenheim triathlon - Olivia Jackson - IMG Challenger World**

*'What a weekend hey! I just wanted to personally say thank you so much for volunteering with us at this year's Blenheim Palace triathlon. I have returned to the office today and the amount of emails and positive feedback from the event has been overwhelming. We wouldn't have been able to put on such an event without you and your team!'*



### **Go Run For Fun / Great Newham London Run – Dan Lowton - Great Run Company**

*'Thank you very much for your help recruiting volunteers for the Go Run for Fun event and the Great Newham London Run. I would like to echo Helen's comments as we really couldn't do the events without the help you provide year on year.'*



### **Great Newham London Swim – Helen McClaren - Great Run Company**

*A huge THANK YOU to you, and your amazing volunteer team for all their help at the Suunto Great London Swim. What a lovely bunch of people! It was an absolute pleasure to meet everyone and have them on our team for the day.*

*The support from Newham Volunteers is hugely appreciated and we couldn't deliver the event without you and the team.*



### **AJ Bell London Triathlon – Olivia Jackson - IMG Challenger World**

*'I hope you and your volunteers are well and that you've recovered from the weekend! I just wanted to say a big, big thank you for helping out this year at the London Tri! As always your volunteers are fantastic and we really appreciate the support.'*



### **Shamilla Kumari – LBN ASC Link Worker**

*Thank you so much for finding a volunteer befriender for Mr Miah. He is so happy to have someone he can now spend time with.*



### **Amy Burles – St John Ambulance**

*The volunteers are doing really well so far. They are starting to develop a good presence in Newham which is promising and they are getting out there spreading the first aid message. Thank you!*



### **Marieta Evans – Volunteer**

*Because of the different activities and projects I volunteer for, I was nominated by Beckton and N. Woolwich as Community Champion and was presented with a certificate at the Faith Conference. I'd like to take this opportunity to thank you for the support and opportunities you have offered me to touch and help other's people's lives.*



### **Louis Ajufo - Volunteer**

*Just to thank you and your team members for the awesome work you guys are doing. It has been a privilege and honour to be a volunteer for activeNewham. Being a volunteer for activeNewham has enabled me and enhanced my chances of getting JOBS. I will recommend everyone to VOLUNTEER.*



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## NEWHAM'S VOLUNTEERS TEAM UPDATES

### REFERENCES

It is activeNewham's policy to provide a standard reference which states the date a volunteer joined our programme and whether or not they are still volunteering with us at present. Volunteers cannot request a reference themselves as the request needs to come directly from the employer/organisation. To obtain a reference, volunteers need to demonstrate a good level of commitment. If a volunteer has not been actively volunteering for the past 1 year, we are unable to provide a reference.

### DBS CHECKS

DBS checks are only carried out for roles that require you to work on a one to one basis with young children and/or vulnerable adults.



### EXPENSES

All expenses will be paid directly into your account via bank transfer. Please allow 30 days for payments to be made into your account (from the date you submit your receipts and volunteer expense form).

| Start Date | End Date   | Start/End Station  | Fare  | Balance |
|------------|------------|--------------------|-------|---------|
| 01/01/2017 | 31/01/2017 | London Underground | £1.50 | £1.50   |
| 01/02/2017 | 28/02/2017 | London Underground | £1.50 | £0.00   |
| 01/03/2017 | 28/03/2017 | London Underground | £1.50 | £1.50   |
| 01/04/2017 | 28/04/2017 | London Underground | £1.50 | £0.00   |
| 01/05/2017 | 28/05/2017 | London Underground | £1.50 | £1.50   |
| 01/06/2017 | 28/06/2017 | London Underground | £1.50 | £0.00   |
| 01/07/2017 | 28/07/2017 | London Underground | £1.50 | £1.50   |
| 01/08/2017 | 28/08/2017 | London Underground | £1.50 | £0.00   |
| 01/09/2017 | 28/09/2017 | London Underground | £1.50 | £1.50   |
| 01/10/2017 | 28/10/2017 | London Underground | £1.50 | £0.00   |
| 01/11/2017 | 28/11/2017 | London Underground | £1.50 | £1.50   |
| 01/12/2017 | 28/12/2017 | London Underground | £1.50 | £0.00   |

When submitting your expenses form, please ensure you provide us with the correct bank details along with the details of the event/opportunity you volunteered at. We would also like to take this opportunity to remind you that we can only reimburse expenses up to the sum of £5.

Any expenses that go over £5 will be capped. When providing your receipts please ensure that they are your actual journey printouts (see picture). We advise all volunteers to register their oyster cards online. This is a free service which will enable you to print out all your journeys. Without the oyster card statement, we will not be able to process any of your expenses.

PLEASE NOTE: We are unable to accept payment/top up receipts.

### ACTIVENEWHAM HEAD OFFICE – APPOINTMENTS ONLY

If you wish to see a member of staff at our Head Office, please contact us first to make an appointment. If you attend without an appointment, the team may be unavailable. This will avoid any disappointment and staff will ensure they are available to assist you.



### DO YOU USE DIFFERENT NAMES?

Please remember to use the name you registered in. This will assist us to find your details easily and process your bookings or queries as quickly as possible for you...

### HAVE YOU MOVED OR CHANGED DETAILS?

Please remember to inform us if you change any of your details so we can update this on our system.

If you don't let us know, we can't tell you about our latest opportunities, incentives and training.



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## YOU COULD BE MISSING OUT....

In the event that you are contacted directly by any organisations to volunteer without coming through activeNewham, please would you contact us immediately and let us know. When you volunteer via our service, we ensure your health and safety is considered, negotiate reasonable breaks and refreshments and can provide references, travel expenses, incentives and training opportunities. If we don't know you've volunteered, it's very difficult for us to do any of this.

Also, if you are volunteering externally and not via activeNewham, please ensure that you are not wearing your Newham's volunteers green t-shirt.

## A GENTLE REMINDER...

There's no doubt that you're all fantastic advocates for activeNewham. Before you volunteer however, please be mindful of your role and prepare accordingly (we know that most of you do this). If you're serving refreshments, please just ensure you're presented in a way that you would find acceptable if you were receiving those refreshments. And if your role indicates that you may be outside, please dress appropriately for the weather. Any questions, please do let us know.

## MORE PICTURES.



To find out more about Newham's Volunteers, please visit our website [www.activenewham.org.uk](http://www.activenewham.org.uk) or email [volunteers@activenewham.org.uk](mailto:volunteers@activenewham.org.uk) for further information. Alternatively, you can call 0203 770 4444 (option 5).