



# MAYBURY OPEN DOOR

DEVELOPING LIVES, ENRICHING COMMUNITY



Welcome to our  
Maybury Open Door  
newsletter

Summer 2016



## Certificates at the ready

Maybury Open Door staff and volunteers participated last year in the charities' 'Skills Development Programme', which was funded by the National Lottery.

It involved various forms of online training which included manual handling, food hygiene, first aid, health and safety, the management of volunteers and the Mental Capacity Act.

Some of the volunteers had never used a computer or the internet and so were very proud when they completed the training and received their certificates.

**Well done, everyone!**



**KEEP SUPPORTING  
MAYBURY OPEN  
DOOR EVERY  
LITTLE HELPS**



## Queen's 90th birthday celebrations

On Thursday 9th June 2016 at Maybury Open Door at Harefield Church they had a lovely celebration for the Queen's 90th birthday! The party started with the national anthem, 'God Save the Queen' followed by well-known songs from the past. The atmosphere was electric and exciting and everyone joined in with the singing, flag waving, and even dancing.

For this special occasion staff and volunteers decorated the hall with Union Jack flags and people on all of the tables participated in games and quizzes. Everyone then enjoyed a ploughman's lunch, with jelly and ice cream for dessert.

The day was a tremendous success and all of the Maybury Open Door team worked very hard to make it happen. What a great day it was!

## An hour in the life of MOD

- Health & Social Care are helping a man who came into the centre in need. This is where they had arranged to meet him - how encouraging!
- The large table is surrounded by people sitting together and playing a game of Hoy; there's lots of laughter. Pool is being played alongside them.
- The tombola table is busy and being run by a very committed lady, so this is great for helping us with fundraising.
- There's a lovely reunion meeting between father and son - their first in many years.
- The Foodbank manager and driver have come in for lunch together.
- The craft table is very busy with volunteers helping some of the visitors at Maybury.
- A lady from Safer Places (a women's refuge) is waiting for a meeting with one of our visitors.
- A lady has just entered in a very distressed state and wanting to pray; Liz has just arranged for a couple of volunteers to go out into the side room with her. She stayed for more than an hour and was very thankful afterwards.



*"All this was happening in just the hour or so that I was there. I personally feel very proud to be a part of this work and will continue to help every single person that needs us."*  
Clair Forway, Community Worker



## Tony's special place

"I found my way to Maybury Open Door after having to use the Foodbank and whilst there was given a leaflet, which unfortunately I lost. Then after another low point in my life I eventually found the centre. Initially I was very apprehensive about coming in, as I wasn't sure if this was the right place for me. It did take a couple of weeks for me to settle in, but now I'm a fully-fledged volunteer at Maybury Open Door. Staff helped me to get a DBS check and references and I now volunteer at both St Paul's and Harefield Church. I really enjoy it and I am happy now, I'm even doing two online courses as well to help me develop my skills."



## MOD statistics

Between April 2015 & March 2016

- 152** people attend Maybury Open Door each week
- 3** volunteers have been successfully supported into full-time employment
- 32** volunteer opportunities exist for local people, 18 (44%) have some form of disability
- 6,216** unpaid hours work contributed by Maybury Open Door volunteers
- 288** free food vouchers have been given out to people who are homeless or vulnerably housed



## Birthday celebrations

Special celebrations were in order at Maybury Open Door recently, when two ladies who attend the centre had their 90th birthdays. Hilda May and Gerda Punter were presented with celebratory cakes for this very memorable day.



## visitor feedback...

"I come to Maybury Open Door for friendship and to meet new people. Coming here has developed my confidence and I am now more outgoing." **Leslie**

"I enjoy coming here because I have met lots of new people. I am now a volunteer too, as this is helping me to develop new skills." **Gary**

"I enjoy coming to Maybury Open Door as I make new friends. I like the food and I can rely on the centre being there for me." **Liz**

"I very much enjoy volunteering and I like meeting people and it gets me out of the house." **June**

"I like meeting people, making new friends and talking to people. Since joining Maybury I have got my confidence back and it has improved my communication skills and self-worth. If I feel low, there is always someone to talk to." **Sheila**

## Thank you to our volunteers

On Thursday 23rd June 2016 Maybury Open Door (MOD) staff and volunteers were treated to a cream tea and presented with a certificate of appreciation for all their hard work, dedication and commitment to MOD each week. They all work so hard as a team and are a credit to the Michael Roberts Charitable Trust (MRCT).



## Everyone welcome!

### Maybury Open Door - St Paul's

College Square, Harlow Town Centre, CM20 1LP

Tuesdays and Fridays from 11am to 4pm  
07890 771590 (Tuesdays & Fridays)  
01279 724515 (all other times)

### Maybury Open Door - Harefield

Burgoyne Hatch, Momples Road, Harlow, CM20 3EH

Thursdays from 11am to 4pm  
07749 320872 (Thursdays)  
01279 724515 (all other times)



MRCT, The Rainbow Centre, 2 Wych Elm, Harlow CM20 1QP  
**01279 724515**

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