

WINTER 2023

our community

THE **UCAN** CHARITY MAGAZINE FOR UTTLESFORD



UCAN
Uttlesford Community
Action Network

ARTICLES & INFO

Staying safe and
well this winter

UTTLESFORD LIFE

Information for
residents & insight

UCAN REPORTS

Our impact in
the district



welcome

LEADERSHIP TEAM

Clive Emmett – Chief Executive Officer
Richard Corby – Chief Finance Officer
Sue Game – Operations Manager
Linda Riley – Financial Administrator
Sophie Davis – Deputy Ops Manager
Barry Chandler – Volunteer Centre Manager

VOLUNTEER CENTRE

Susan Dennison – Volunteer Coordinator
Tessa Deriziotis – Volunteering Development Coordinator

COMMUNITY HUB

Andy Mitson – Community Responder
Gill Barker – Community Responder
Carol Butterworth – Mobile Hub Coordinator

TICKET HOME

Yasmin Thurgood – Acute Social Prescribing Link Worker – PAH Harlow
Maddie Peck – Acute Social Prescribing Link Worker – PAH Harlow
Zoe Murray – Acute Social Prescribing Link Worker – PAH Harlow
Amanda Cameron – Acute Social Prescribing Link Worker – Addenbrooks

SOCIAL PRESCRIBERS

Kim Clark – Social Prescriber
Aaron Willis – Social Prescriber
Rebecca Park – Social Prescriber
LucyKate Newland – Social Prescriber

WECAN

Ali Firth – Digital Inclusion Lead

CRISIS TEAM

Kate Atherton
Carol Butterworth
Anna Chamberlain
Emily Ferris
Yasmin Thurgood
Lesley Harvey
John Starr
Lena Slade
Robert Cinnamon
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UCAN VOLUNTEERS

Sue Adams – Office Admin
Chris Noakes – Office Admin
Patrick Whittick – Digital Buddies
Sophie Wigan – Dunmow Dementia Cafe
Ann Backhouse – Dunmow Dementia Cafe
Val Wheatcroft – Dunmow Dementia Cafe
Pat Overy – Dunmow Dementia Cafe
Sarah Eley – Dunmow Dementia Cafe
Hayley Crow – Dunmow Community Fridge
Irene Grayson – Dunmow Community Fridge
Val Nicholas – Dunmow Community Fridge
Sophie Richards – Dunmow Community Fridge
Dawn Hicks – Dunmow Community Fridge



A few words...

I am delighted to say a few words about the amazing year UCAN has had supporting local communities, the Voluntary Sector and responding to crisis. As an organisation we have undergone significant change moving from being known as CVSU to UCAN, growing into a medium size charity and diversifying as an organisation, whilst being asked to get involved and respond to crisis that arrived at our doorsteps at Stansted Airport. This was in the form of needing to mobilise our volunteers and staff to the Ukrainian and Sudanese Refugee crisis. I am extremely proud for what we have achieved in partnership, over 18000 Ukrainians have been supported through our Welcome Hub and 2000 Sudanese Refugees supported over 5 days. Both of these operations have highlighted UCAN's versatility and

responsiveness to local need. A further exciting development has been our merger with Volunteer Uttlesford who have become part of UCAN supporting our drive to increase volunteering in the district. Another development is our work supporting the challenges of hospital discharge, we are now delivering our Ticket Home Discharge service for Uttlesford residents at both Princess Alexandra and Addenbrookes hospitals.

I would like to finally say that I am extremely proud of the dedication of both our staff and volunteers. The care for local people is as important as ever to them and us as a charity and we will continue to strive to meet the needs of vulnerable people in Uttlesford.

Clive Emmett
CHIEF EXECUTIVE



IN THIS ISSUE

04

Warm Welcome

Centres providing warm spaces and low cost / free meals this winter

04

Food for Thought

Reducing food waste and making nourishing meals

05

Better Connections

Making good use of online resources such as the NHS app.

06

HELP! I need somebody

The work of the Community Response Hub and how we can support you

08

You Can Volunteer!

Give an hour and make a day by volunteering in the community

09

Building Buddies

Men's mental health and wellbeing improves when attending a shed project

10

Helping you to Leave Hospital

Ticket Home is a free service where we have dedicated staff embedded within the NHS discharge teams

12

Delivering Aid

Providing support at the forgotten International Border in Uttlesford – Stansted Airport

14

Making an Impact

Our year in numbers. What we did and the difference it made

16

Organisations Directory

A quick access list of local voluntary groups and statutory services

14



745

People helped to improve their digital skills



3,556

Hot Dinners and sandwich meals provided

14



WARM WELCOME

Venues across Uttlesford will be providing a warm welcome this winter. There are spaces where you can go and spend time during the day, taking part in activities and socials – with some offering free and subsidised hot meals.

The Jubilee Hub Partnership – a joint venture of UCAN, Enterprise East and Saffron Walden Town Council has brought the old day centre at the Garden Rooms back into use as a vibrant new community hub. Every Thursday a warm welcome is offered where anyone attending is provided with a free light lunch, a warm and welcoming space and lots of chat. Lunch is served between

12pm and 2pm with tea and biscuits until 3pm. We also have Meet Up Monday every Monday morning between 10am and 12pm with tea, coffee and chat. Everyone welcome.

Pam's Place in Thaxted has its Cozy Café on Monday between 9am and 6pm and Drop In Café on a Friday between 10 am and 1pm. Pam's Place Lunch is every Wednesday serving between 12.30pm and 2.30pm.



The **TouchPoint Community Café** in Stansted is open every Thursday from 11am to 5pm and every Friday from 10am to 12pm and is a welcoming place to catch up with friends and relax. A selection of hot and cold drinks and snacks are served, with hot food available on Thursdays between 12.30pm and 2.30pm. Tea, coffee and squash are free, and cakes and snacks are available to buy.

FOOD FOR THOUGHT

With the cost of living crisis far from abating, the financial pressures of providing nourishing meals for you and your family is a constant challenge. At the same time, significant amounts of food are still going to landfill each year – with the most often

wasted items being bread, milk, potatoes and bananas!

Voluntary groups across Uttlesford are working to reduce food waste and get the available food to the people who need it most. UCAN has opened Community Fridges at the Uttlesford Community Hub in Great Dunmow, and the Jubilee Hub in Saffron Walden. The fridges are stocked daily with fresh fruit and vegetables donated by local food outlets, along with still good to eat items like bread, cakes and drinks. Community Fridges are open Monday to Friday between 9am and 4.30pm and no appointment is necessary. Please make good use of this food, which is a great way to

supplement the Uttlesford Foodbank offer. If you need a referral to Uttlesford Foodbank you can ask the Community Hubs staff to help, or visit www.uttlesford.foodbank.org.uk

TouchPoint Stansted operates the Community Foodshare in varying locations across the week – Elsenham on Tuesday morning, Stansted Social Club on Wednesday afternoon, Takeley Old School on Thursday morning and Crafton Green on Thursday, Friday and Saturday. Check their website for up-to-date dates, times and venues. www.thetouchpoint.org/the-touchpoint-community-food-share



**FIND OUT
MORE**

Better Connections

We live in a digital age – which has led to us being more connected than ever before.

People are able to communicate instantly across the world, by email, video calling and through the use of social media – but this immediacy can be off-putting and that, together with the fear of doing something wrong or making a mistake online, can prevent people from making the very best use of the internet. Digital Share – a West Essex project funded by the NHS and led by UCAN – can help to overcome these concerns, reduce digital poverty and lead to better connections.

MARIE

When we first met Marie we discussed how we could get her up- to-speed with modern technology. Marie owned a smartphone but by her own admittance did not use it to its fullest potential and we identified a laptop would benefit her.

Once Marie had received her laptop, we supported her with the initial setup and began looking into using a text to speech app to assist her with verbalising when needed, such as when speaking to the bank to confirm her identity over the phone, which was an issue she had faced in the past. Due to being extremely clinically vulnerable and being unable to verbalise this had been a massive issue in terms of Marie having independence over her finances.

In the following weeks, we created a Facebook page for her to use so she could join support networks and local community pages to keep up to date with the coming and going in her village and meet other people like herself who have had tracheostomies/ laryngectomy.



For more information or to request a donated device or data please visit www.digitalshare.org

HELP I need somebody!

UCAN Community Responders Andy Mitson and Gill Barker, backed up by a team of dedicated volunteers, can undertake a range of practical tasks that enable residents to continue to live independently in their own homes for as long as possible.

Launched at the start of the pandemic in March 2020, the Uttlesford Community Response Hub brings together charity staff and volunteers to create a team of people dedicated to making life in Uttlesford a little bit easier and a little better. Out of the immediate needs of the community during COVID - ensuring residents could access food and medicines - the Community Response Hub has expanded its offer over time to include help with garden rescue, home safety, basic property security, winter readiness and alongside the practical support on offer, the hub also provides access to befriending and friendship services – such as visiting PAT (Pets

As Therapy) Dogs, and Community Callers – telephone befrienders who phone once a week for a chat. Almost all of these services are provided free of charge to Uttlesford residents.

Community Responder Andy says “We still deliver urgent prescriptions and arrange shopping for people, but the requests now are much more about people’s continuing independence. A recent example of this was when we were asked by a local person to help them navigate their garden path and steps safely by adding bold white lines that were easy to see. Alongside this we provided a Ring Video Doorbell and a computer tablet so they could establish who

was coming onto the property before they answered the door.”

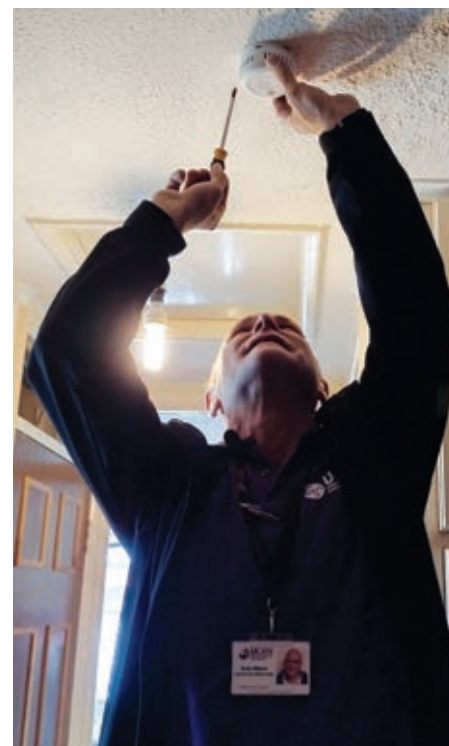
Gill tells us “Often residents come to our attention when they have had a stay in hospital, and they need a bit of extra help and support in the first few days that they are home. We’ve helped by reorganizing the home to improve access to key areas like the kitchen and bathroom, and removed

bulky furniture that is no-longer wanted – finding new homes for things wherever we can.”

It’s also possible to use information technology to make living at home easier – such as supplying and fitting voice activated lights that can be triggered before leaving an armchair and having to move into a cold, dark hallway to find the light switch.

As we move into the winter months, Andy, Gill and the volunteers will be busy helping to keep out the drafts and keep in the heat, by blocking up gaps in windows and doors, installing radiator reflectors and delivering out electric heaters, slow cookers and air fryers that are efficient to use and have a lower operating cost than traditional ovens and stoves.

There are lots of simple solutions that can quickly be provided by Gill and Andy, that remove some of the worry and enable people to be where they most want to be – in their own home.



The Community Response Hub can be contacted by telephone Mon–Fri, 9am–4pm on 03333 408218.
You can leave a message outside of these times.

FIND OUT
MORE



VIVIAN

Vivian has impaired vision and has been unable to get out into her garden as there are several steps which make this dangerous. Vivian loves to be outside and being unable to do so has had a detrimental effect on her mental health. Gill and Andy have visited Vivian on several occasions to paint white lines on the edges of steps and pathways so she is able to distinguish these and get about more safely. Vivian said it has given her great comfort and peace of mind knowing she can turn to UCAN Community Response to help her or be a first port of call for support for her finding more specialised help.

PERCY

Percy had been married for 65 years and spent the last 4 of these as the sole carer for his wife, who had dementia. Just after this the pandemic hit, meaning that Percy had remained alone in his home for almost 6 years, having no children or other family. He was

referred to UCAN Community Responders to support with shopping as his mobility had deteriorated due to an infection. We have been supporting Percy for four months now and he says he honestly doesn’t know what he would do without us. We are there to support with his shopping for now but we will also continue to support him once he is able to get out and about again, helping him find groups to make friendships and going along with him until he is confident to do so by himself.

JOHN

We received a referral to assist a male who lives alone in Stansted, he has severely restricted mobility, and required assistance with de-cluttering, as his bedroom floor was covered in empty bottles and discarded rubbish.

We cleared several hundred bottles along with 12 bags of other rubbish from the property and cleaned the bedroom.

The male used a frame and due to the amount of items stacked up in various rooms, we also moved items to facilitate his access throughout the property.

“We still deliver urgent prescriptions and arrange shopping for people”

ANDY



You CAN Volunteer!

Volunteering is something that everyone can do, whatever your interests, wherever you live, whether you have a lot of time or just a little.



Volunteering allows you to connect with your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organisations in need across Uttlesford. There are health benefits from volunteering too. Research has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and

older. Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time helping others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general

illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

There are so many good reasons to volunteer. The UCAN Volunteer Centre has hundreds of current volunteer opportunities ranging from micro volunteering to regular commitments for those who can give more of their time.



To find out more about being a volunteer in Uttlesford, call the UCAN Volunteer Centre on 01371 404525 or email volunteer@ucan.org.uk

We will match your skills and interests with a local charity or voluntary group that would love to have your support.



Building BUDDIES

For a long time research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Increasingly evidence shows that loneliness and isolation can be as hazardous to our health as obesity and excessive smoking. Men's Sheds have a part to play in changing this trend.

The Essex Shed Network is a partnership between Maldon & District CVS and Uttlesford Community Action Network. Established in 2016 the aim of the Essex Shed Network is to provide support to organisations or private

individuals within Essex wishing to set up a Men's Shed, whilst also providing help to existing Sheds to ensure their sustainability.

We do this by sharing our knowledge and expertise, accumulated through first-hand



experience of establishing, setting up and hosting some of the first Men's Sheds in Essex (such as Maldon and Cressing Temple Community Sheds). We provide help with funding applications, governance, health and safety, drawing up codes of conduct and more. We arrange training as well as regular events which bring Sheddors from across the county together, to share their knowledge and experiences with each other and ultimately strengthen the Network for all.

The Essex Shed Network has over 300 active members, with five men's sheds established and operational within the Uttlesford District. More are in development. These are traditional format sheds – a space with tools where men can come together to work on practical projects. Alongside these sheds we are now developing accessible spaces with the same aims as the traditional sheds – of bringing men together to share and spend time engaged in tasks and activities – but where there isn't a need to be able to use power tools. We're calling these new 'sheds' our Building Buddies sites, and the first in Uttlesford launched at the Jubilee Hub in Saffron Walden in September 2023. It is already proving to be very popular.

To find your nearest shed visit www.essexshednetwork.co.uk/find-shed or if you have an interest in establishing your own community shed project, we have developed a whole raft of resources to get you started. Free downloads are available at www.essexshednetwork.co.uk/start-a-shed

If you'd like an informal chat about the Essex Shed Network and how you can take part call UCAN on 01371 404474 or email connect@ucan.org.uk



Helping you to **LEAVE** hospital

Being admitted to hospital can be a worrying time – especially when it is unplanned. UCAN can remove some of the worry by helping with planning for your discharge to home. We start the process of creating your ‘Ticket Home’ on day one of your hospital stay.



Ticket Home is a free service currently offered at Princess Alexandra Hospital (PAH) and Addenbrooks, where we have dedicated staff embedded within the NHS discharge teams. The role of these Acute Social Prescribing Link Workers (ASPLWs) is to identify patients recently admitted who may need some extra help and support when going home.

Planning for a safe discharge starts on Day 1 (admission) so we meet with patients as soon as possible to identify their needs, and start to put plans in place for when they leave hospital. Ways that we can help include making sure that patients have suitable transport in place to go home, and when they arrive home they have food in the cupboard and fridge, the power, water and heating are on, and that the property is clean and ready for occupation. We also help with providing access to the

property for carers – so key safes can be installed removing the need for recently discharged patients, many of whom are frail or have reduced mobility – to answer the door. Other ways we can help include the provision of hot meals delivered to the door for up to 14 days (which can be extended to 21 days as circumstances change), and moving furniture so that perhaps a bed or commode downstairs will reduce the risk of trips and falls and setbacks in recovery – or even readmission to hospital.

Every patient who is supported by Ticket Home receives a welfare telephone call within 48 hours of discharge, and we continue to phone once a week for up to six weeks. This helps us to monitor the evolving needs of residents now that they are back home, and respond accordingly.

It may be that as our period of support comes to an end after six



‘Every patient who is supported by Ticket Home receives a welfare telephone call within 48 hours of discharge’

weeks, that the person will need help reconnecting with their community, or identifying local support groups and activities that meet their needs. We work closely with the local Social Prescribers so that wrap around support can be provided for a further six weeks – ensuring that every patient who needs help benefits from three months of community-based help in total.

The Ticket Home scheme has a positive impact on the lives and recovery times of patients, but it also contributes to reduced hospital waiting lists. By ensuring everything a patient needs is in place and ready-to-go at their Estimated Discharge Date, we have been able to free up beds within the system. The impact of Ticket Home has been such that we have been able to release a whole ward of beds back into use at PAH because of early or timely discharge, and this is creating significant cost savings



for the NHS. By ensuring low level patient care continues in the home for up to six weeks, we have also been able to reduce the number of readmissions – which further supports bed availability.

Ticket Home is a partnership project delivered by the Voluntary Sector and Statutory Services across West Essex. We are keen to explore the development of Ticket Home services within other hospitals across the county and share the good practice and experience of operating in Harlow and Cambridge over the past twelve months.

‘The impact of Ticket Home has been such that we have been able to release a whole ward of beds back into use at PAH’



FOR MORE INFORMATION
www.ucan.org.uk/ticket-home
or email ticket.home@ucan.org.uk

CRISIS TEAM

Many people are surprised when told that the district of Uttlesford has an International Border – but Stansted Airport has welcomed thousands of refugees fleeing conflict over the past twelve months, arriving into the UK from the Ukraine, Sudan and Afghanistan.



Delivering AID

The UCAN Crisis Team is on hand 18 hours a day, seven days a week to welcome them and provide immediate aid and assistance.

The people of Uttlesford really step up in a time of crisis. We saw an unprecedented response to the COVID pandemic in 2020, when over 300 volunteers registered with the Community Response Hub within a week of the first lockdown. Everyone wanted to do something to help – to play their part and make a contribution – and this goodwill has continued unabated, as Uttlesford has been asked three further times to respond to crisis situations.

The first was in May 2022 when the conflict in Ukraine erupted.

UCAN was contacted by Essex County Council and asked whether we could relieve the British Red Cross at Stansted Airport, who had for the past week been receiving refugees from Ukraine. With a solid list of volunteers, many of whom had already been provided with training by our charity, we were pleased to step in and start to help Ukrainians arriving in the UK with little to nothing – the clothes they wore, a few personal possessions and clutching letters of welcome and documents. We had no idea then that nearly two years later the flow of refugees would still be arriving. While the number of people needing help has decreased, we are still supporting over 1,000 people every three months. In total humanitarian aid has been provided to over

18,000 refugees, who have been given immediate assistance in the form of food, water, clothing and accommodation. The UCAN team of Coordinators, our translator Lena Slade and our Community Responders have then picked up the threads and helped every man, woman and child reach a place of permanent safety. The team remains available throughout the day, from 9am to 9pm seven days a week, for Ukrainians returning to seek further assistance, and we have extended our support to people impacted by the situations in the Sudan, Afghanistan and now the Gaza crisis.

In April this year, at very short notice the evacuation of British citizens from the Sudan commenced, and UCAN was asked

to form and lead a multi-agency Emergency Response to receive the people being evacuated. As with the Ukraine, the people arriving had little to nothing and over five very challenging days we support over 2,000 British nationals – many of whom arrived having close personal experience of the fighting including civilians who arrived to us injured, semi-naked and with immediate medical assistance required. We extend our heartfelt thanks to the medics, St. John, British Red Cross, Re:ACT, the Fany's and all the volunteers who flooded into the Radisson at Stansted where we establish a crisis rest and processing centre. Thanks also to UDC Housing team who helped us to process emergency housing applications and once again, get everyone who came through the airport to an ongoing place of safety.

FIND OUT MORE



'In total humanitarian aid has been provided to over over 18,000 refugees who have been given immediate assistance in the form of food, water, clothing and accommodation'



If you are interested in becoming a Crisis Response Volunteer please email volunteer@ucan.org.uk and we will be in touch to progress your application. Your help and support are invaluable.



Making an IMPACT

From the Chair

I am immensely excited by, but also to some extent daunted by, my new role as chair of UCAN. The organisation owes a big thankyou to my predecessor Marc Davis for his excellent leadership over the last four years. He has presided over a difficult, but highly successful period for us.

I must also thank Clive for his continued tireless work as CEO. The amount he gets through and his ability to keep plates spinning are truly remarkable. The same goes for the whole of the UCAN SMT who have continued to help grow the organisation, during a time of significant staff shortages.

As you can see from the figures here, UCAN has had a huge impact on the district of Uttlesford. We have become a key component of the district's Rapid Response Unit, enabling it to respond to the crises we have seen, and continue to see.

We also deliver impactful projects such as Ticket Home, which continues to grow in terms of patients, and also now hospitals; Digital

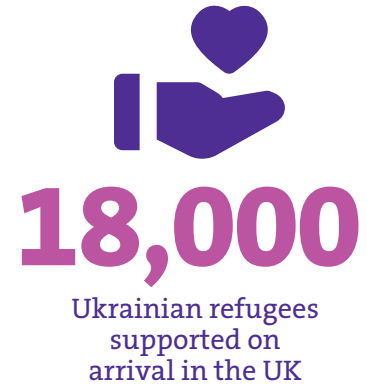
Inclusion, helping some of our more disadvantaged citizen interact with an increasingly digital world; the Essex Shed Network, addressing loneliness and isolation.

We also provide key community infrastructure through the district, linking together the third sector organisations, underpinning this with a first class volunteering organisation and providing two community hubs in Dunmow and now in Saffron Walden

When you think about what the UCAN team has achieved in the face of the continued downward pressure on funding, it is nothing less than miraculous.

Looking forward, the challenge is to build on our success, delivering more of what we are currently doing, as well as widening it where appropriate, and at the same time become less reliant on local authority grants, as they continue to dry up. Not an easy ask, but the board and the UCAN team together believe it is achievable.

Richard Boyce
CHAIRMAN



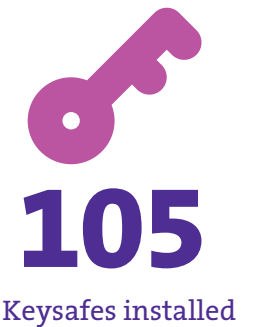
FINANCIAL HIGHLIGHTS

	2022/2023 £	2021/2022 £
TOTAL INCOME	736,596	483,671
DONATIONS AND LEGACIES	15,803	20,234
INVESTMENT INCOME	361	4
CHARITABLE ACTIVITIES	709,664	421,754
OTHER INCOME	10,768	41,679
EXPENDITURE ON CHARITABLE ACTIVITIES	599,814	371,768
UNRESTRICTED RESERVES	67,108	53,309

Our independently examined annual report and financial statements for 2022/2023 will be available to download from our website www.ucan.org.uk

OUR IMPACT IN NUMBERS

UCAN helps people in need. We do this by responding to help requests from Uttlesford residents, providing opportunities for social inclusion and participation, and overcoming digital disadvantage. Volunteers from across Uttlesford are mobilized by UCAN in times of crisis, such as the Ukraine conflict, Afghanistan and Sudan evacuations. We support other charities and voluntary groups with compliance, governance and fundraising, to bring more resources into the district.



ORGANISATION DIRECTORY

- **Café Clare – St Clare Hospice** **T:** 01279 945089 **E:** info@stclarehospice.org.uk **W:** www.stclarehospice.org.uk
- **Café Cornell Tackling Hunger** **T:** 03333 442420 **E:** info@enterpriseeast.org **W:** www.uttlesford.essexfrontline.org.uk
- **Citizens Advice Uttlesford** **T:** 01799 618840 **W:** www.uttlesfordca.org.uk
- **Digital Share** **T:** 07578 665659 **E:** ali.firth@westessexcan.org **W:** www.digitalshare.org
- **Essex Shed Network** **T:** 01621 851891 **W:** www.essexshednetwork.co.uk
- **Jubilee Hub Saffron Walden** **T:** 01371 404525 **E:** jubilee.hub@ucan.org.uk **W:** www.ucan.org.uk/jubilee-hub
- **Mind in West Essex** **T:** 01371 876641 **E:** admin@mindinwestessex.org.uk **W:** www.mindinwestessex.org.uk
- **Pam's Place Thaxted** **T:** 01371 830094 **W:** www.pamsplace.org.uk/
- **The Salvation Army Saffron Walden** **T:** 01799 510798 churchleader@waldenarmy.org.uk **W:** www.waldenarmy.org.uk
- **Ticket Home – Addenbrooks** **T:** 03333 407566 ticket.home@ucan.org.uk **W:** www.ucan.org.uk/ticket-home
- **Ticket Home – Harlow** **T:** 03333 402111 **E:** ticket.home@ucan.org.uk **W:** www.ucan.org.uk/ticket-home
- **TouchPoint Stansted** **T:** 07572 114882 **E:** info@thetouchpoint.org **W:** www.thetouchpoint.org
- **UCAN** **T:** 01371 404474 **E:** connect@ucan.org.uk **W:** www.ucan.org.uk
- **UCAN Volunteer Centre** **T:** 01371 404525 **E:** volunteer@ucan.org.uk **W:** www.ucan.org.uk/volunteering
- **Uttlesford Community Response Hub** **T:** 03333 408218 **E:** connect@ucan.org.uk **W:** www.ucan.org.uk/community-response
- **Uttlesford Community Travel** **T:** 01799 519008 **E:** info@uttlesfordcommunitytravel.org **W:** www.uttlesfordcommunitytravel.org
- **Uttlesford Foodbank** **T:** 07531 436335 **E:** info@uttlesford.foodbank.org.uk **W:** www.uttlesford.foodbank.org.uk

THANKS

UCAN would like to express its gratitude to the following people and organisations for help, support and funding over the past twelve months.

- ECVYS
- Alice Vye
- Anglo Dutch and Overseas Lodge
- Charley Boughen
- Claire Husband
- Cllr Alex Reeve
- Cllr Richard Freeman
- Enterprise East
- Essex Association of Local Councils
- Essex Community Foundation
- Essex County Council
- Louise Howard
- Maldon and District CVS
- Manchester Airports Group
- Marc Davis
- Mind in West Essex
- NHS Hertfordshire and West Essex ICB
- NHS Transfer of Care Teams
- North Uttlesford PCN
- Rainbow Services (Harlow)
- Richard Boyce
- Rowena Gardner
- Rt Hon Kemi Badenoch MP
- Saffron Walden Town Council
- South Uttlesford PCN
- St Clare Hospice
- Steve Broome
- Tim Anfilogoff
- TouchPoint
- Uttlesford Citizens Advice
- Uttlesford District Council
- Uttlesford Health
- VCSFE Alliance
- Voluntary Action Epping Forest



FOLLOW US
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CONTACT DETAILS

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www.ucan.org.uk

UCAN is a working name of registered charity
Council for Voluntary Service Uttlesford
Registered Charity 1098627
Company Limited by Guarantee 04709512