



GET IN TOUCH with Rohini, Jenny or Crystal
9.00—5.00 Monday - Friday
Phone us 01858 439262
Email: champions@vasl.org.uk
Or call in to First Floor, Torch House,
Torch Way, Market Harborough LE16 9HL
www.vasl.org.uk

Clients Newsletter **September 2017**

Making a difference

Christine heard about the Community Champions Project when Rohini spent the morning in Welland Park asking runners about their understanding of loneliness.

Christine fitted in her volunteer training around work and was then matched with a client Kathleen, aged 92, who shared her love of travel, reading, gardening and the local community. Christine sends the Community Champions team a weekly email summarising each visit:

"It never ceases to amaze me how quickly time goes when I'm visiting. Sorry I don't stick to one hour but we're never short of anything to chat about and continue to have many laughs throughout."

Kathleen also gives glowing feedback about her involvement in the Community Champions project. *"I really enjoy Christine's visits. We have so much to talk about the time just flies. I really look forward to catching up with her. I also love the monthly Community Gatherings when I get a chance to talk to project friends and make new pals. Having a Pen Pal is also fun"*.

Kathleen and Christine have made new local contacts, learnt from each other's life experiences, learnt new skills and enhanced their well-being. They demonstrate that people come to Community Champions as individuals, and become members of a thriving community



Christine starring in our latest film!

Rohini went to MH U3A coffee morning and talked about VASL/CC she encouraged people to join us.

Please let us know if there are other community groups who would like to know more about VASL

[Feel Alive from 65 Week](#)— 25th September-1st October aims to encourage older adults to increase their physical activity levels. 290 taster activities in Leicestershire, there might be one for you, maybe kurling or a walk at Wistow!
www.lrsport.org or ring us for more information



Community Champions is funded by the Big Lottery

VASL Registered Charity No. 1141274

Company Registration No. 7517828



August Gathering

17 of us met at the Roebuck in August. As always there was a buzz of conversation about summer breaks, travelling in on the Harborough Community Bus, volunteer visits, Movie Makers films, recent training etc

Rohini and Jenny gave out newsletters and information about Shop Mobility, an Age UK luncheon club, digital champions and the next Gathering at the Conservative Club on 19th September. Jenny promised that there will be balloons as we are celebrating receiving five years funding from Big Lottery.

Then one of our volunteers, Maureen Weaver talked about the Community Spirit group, a group for people interested in spirituality.



A packed hour enjoyed by all. Thank you to Isobel for delicious cakes.

Community Gathering Tuesday 19th September at the Conservative Club, Fairfield Road MH. 1.30-3.30 to celebrate our five year funding. It will include 40 minutes of films from Harborough Movie Makers and a time to share.

1st October Silver Sunday, although we are not part of this event there will be a lot of national publicity about loneliness. www.silversunday.org.uk

Thursday 5th October Community Gathering 10.30-11.30, at Palmers Garden Centre at Ullesthorpe, LE17

Diary Dates

5DR. **Please note we have changed the date to enable more people to attend**

Friday 3rd November 2-4pm **Befriending Week Event** with local MPs.

Local MP Maureen O'Malley the Charity

Manager and Rohini met with Neil O'Brien, Harborough's new MP to talk about how



Community Champions tackles loneliness.

Neil talked about his interest in tackling loneliness in his maiden speech and is keen to know what happens locally. He will join on Friday 3rd November 2-4pm to celebrate the difference that volunteers make.

◆ Shopmobility are now based in Roman Way and have scooters and wheelchairs available for long or short term hire.

0116 305 2343

◆ Independent Age have a very useful website with practical help www.independentage.org

◆ Silverline has a free 24 hour phone line for older people who are lonely, this can be useful if you are struggling to sleep 0800 4 70 80 90



Skills exchange

One of our Community Champions was able to show her client how to use her iPad, in the course of the conversation the volunteer explained that she was having difficulty with her knitting pattern, the client was able to sort it out for her. Both are making progress and enjoying learning from each other.

