



COMMUNITY CHAMPIONS

GET IN TOUCH Rohini, Jenny Sam 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

Volunteer Newsletter October 2017

Welcome to Sam

Hi, my name is Sam Gisborne, I am the new Community Champions Worker, joining Rohini and Jenny on the project from 19th September. I have worked with older people and families in the recent past and have done lots of different jobs before that. I am really looking forward to getting to know the area and working with everyone here at VASL and Community Champions. It was great to meet some of you recently at the gathering at the Conservative Club and hope to meet more of you soon.



Case Study

P is a client with a host of medical problems which makes it difficult for him to get out. He used to work in a busy hospital and now really misses company and requested a friendly Community Champions volunteer to visit him at home.

"she is the most lovely person, and such an interesting lady; we established a very good rapport - the time just flew by. Thank you for introducing us. I also really love her dog "

He was paired with a retired lady (S) who has a dog, loves painting and gardening and celebrating her German heritage. They have developed a strong relationship, and discovered many shared interests including animals, world travel, politics, cooking and a fascination of all things German. The client has also loved getting to know the volunteer's dog so that a three way relationship has emerged.

"we had a good conversation - it was so easy to talk. We have a lot of shared interests and like to talk politics"

Market Harborough Christmas Fair 1st December 6-9pm, this

year VASL is having a craft stall, and we are looking for items to sell to raise funds while we raise awareness of the services that VASL can offer.



We are not allowed to sell food or drink but if you are a creative type who could offer something to sell we would be very grateful.

2018 Diaries

We know we are always asking you to note dates for Community Champions events ; volunteer visits, training or Community Gatherings.

So we are happy to buy you an A5 or handbag diary for 2018. We will put Community Champions stickers on them for you.



Please let us know if would like one by 31st October



Community Champions is funded by the Big Lottery

VASL Registered Charity No. 1141274

Company Registration No. 7517828



September Gathering

About 30 people gathered to celebrate VASL gaining funding from The Big Lottery for the Community Champions project and to welcome Sam Gisborne to VASL and the Community Champions team.

Existing volunteers, new volunteers, Digital and Befriending clients, staff, a Trustee and Becky, the bid-writer met to chat over tea and a special cake. The cake had the Big Lottery, VASL and project logos and Big Lottery balloons added to the atmosphere.

Rohini explained the first hour was a Community Gathering to chat with old friends and make new contacts. People shared photos, talked about holidays, updated others on their news.



Sam, Rohini, Jenny (staff) with Anne Charlton one of our Trustees



Then Harborough Movie Makers showed films including some about the Floods in the town, Symington factory and did a quiz about landmarks. This was challenging for both those who had lived in the town for decades and newcomers!

The films triggered memories and sparked conversations.

Rohini thanked all volunteers and clients for giving regular feedback. This enabled Becky to write a strong funding application. Rohini also

thanked all VASL staff and Trustees for all their help.

An enjoyable afternoon.

Diary Dates

Wednesday 25th October 2.30-3.30pm **Scam awareness training** at Torch House, this is being offered to volunteers and clients, please let us know by 18th Oct if you are coming.

Friday 3rd November 2-4pm **Befriending Week Event** which will be hosted by Neil O'Brien Harborough MP. We are meeting at the Angel Hotel and this will be our Community Gathering for November, there will be still be tea and plenty of time to chat.

If you need transport for Community Gatherings please let us know one week in advance

New Volunteer Training 8th November, 10-3pm. If you know of anyone who might like to volunteer with us, please ask them to contact us before this date, or you could join us for a refresher if you would like to.

Wednesday 6th December 10.30-11.30 **Community Gathering** at Langton Greenhouse for clients and volunteers.

Tuesday 12th December 3pm-5pm **VASL Christmas Party for Volunteers only**. A chance to meet the voluntary drivers, office volunteers, telephone befrienders from other projects.

Welland Place

Rohini talked to 18 residents (4 men) about VASL and CC. People were interested in the support the project offers to link up with their local community and all took away leaflets and newsletters.

One resident has already requested a Digital and CC volunteer. Another said "I think it is important for us to be part of the wider community and look forward to doing this with your help" Others were particularly interested in the Community Gatherings that took place around the District. "I would love to go out and see the surrounding countryside"

Many already use VASL Transport and reported that it was an excellent service, much valued by them. Some also went on the MPV trips and enjoyed these.