



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

Client Newsletter November 2017

Digital Champions

Did you know?

You can read books on a tablet (or kindle) and increase the type size and it is much lighter than a large print book. You can borrow e-books from the library at no cost.

You can use a tablet, laptop or mobile phone to 'facetime' or 'skype' this is a phone call that uses a camera so you can see the person you are talking to. Some of our people have seen new great grandchildren, and I know someone who reads bedtime stories to his granddaughter, 100 miles away.



"When I started I just wanted to throw the thing out of the window, but D helped me to go at my own pace and now I love it."

The internet is the biggest library in the world and you can find out about news, sport, history, by reading or watching videos.

People enjoy the independence of doing a supermarket shop on the computer..

Facebook and Instagram help you keep in touch with friends by seeing the photographs they post.

Get in touch with Jenny if you would like to know more.

STOP PRESS

The Fraud Awareness training was very good, full of sensible advice on how to be vigilant .

- Fraud can happen to any of us.
- Don't agree to anything without taking time to think about it, particularly estimates at the door .
- Don't let anyone in to your house without checking their ID. Good firms will always be happy to confirm that their employee is at the door, give them a ring.
- Never send money to claim prizes.
- Never give your PIN number to anyone, banks will NEVER ask for it over the phone.
- Listen to your gut instinct, if you are not happy just say no, genuine people will call again.



Community Champions is funded by the Big Lottery

VASL Registered Charity No. 1141274

Company Registration No. 7517828



October Gathering

About 20 people met at the Palmer's Garden Centre near Ullesthorpe, for morning tea and coffee. Conversation was buzzing as everyone caught up with each other's news: holidays, family events and plans for upcoming gatherings. Everyone made the new member of staff, Sam, very welcome, and it was nice to see some people come along that missed our last event. There was lots of good feedback about the venue although we agreed that an hour wasn't long enough for the amount of travelling involved. As there is such a large store there too, some people stayed to go shopping, whilst others would like a chance to do this another time. A number of people expressed an interest in meeting for lunch in January which we will be looking into. A big thank you to Mick for providing the bus and excellent driving service, the other volunteer drivers that assisted with their own cars and to everyone who managed to attend this time. See you all at the Angel Hotel November 3rd and 6th December at the Greenhouse 10.30-11.30; give us a call if you need help with transport.



Swapping email addresses is an important part of our digital follow up.

Diary Dates

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

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

Wednesday 13th December (time to be confirmed) you are invited to attend the dress rehearsal for a **school Christmas Performance**. Details to follow.

In January it has been suggested that we meet for lunch, details to be confirmed.

Transport

We know that lack of transport can really increase isolation and so we are committed to arranging transport to our events. **WE DO NEED TO KNOW A WEEK BEFORE EVENTS if you would like transport.**



Our Lottery funding means that we don't have to charge for transport.

We are very grateful to the volunteer drivers who give their time, particularly **VASL Social Transport**, volunteer drivers using their own cars, and the **Harborough Community Bus Scheme** volunteers driving buses which are adapted for wheelchair users.



Travelling together is a great opportunity to continue the conversation. In November we are using Leics CC transport for the first time.

We are always keen to hear what we can do to make it easier for you to join in with our events.