



GET IN TOUCH Rohini, Jenny or Sam 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 March 2018

VASL YOUR LOCAL CHARITY IMPROVING LIVES

Rural outreach

Sam and Rohini went to HIST (The Hallaton and Isabella Stenning Trust) group to talk about how the Community Champions project is tackling loneliness.



Hallaton already has a number of active community groups including the Evergreens, WI, Tots group and is interested in developing other ways of reaching out to village residents. The meeting

was a good opportunity to think about how the village can use its resources to make Hallaton even more welcoming to men, young parents, older people etc

We are very keen to know what is happening in your area, let us know of any groups who would welcome new members or might like to know about Community Champions.

Rohini recently met Will Bateman and Narinder Singh the Parliamentary Researchers for South



Leics MP Alberto Costa, and Neil O'Brien MP

for Harborough.

We look forward to working with them to reduce loneliness.

Telephone befriending

Fiona heard about the project through the Big Lottery publicity, she volunteered as a Telephone Befriender and was matched with two older ladies who were keen to have a weekly chat with a young, lively lady. Face to face introductions were made and the telephone calls started.

Fiona said " I really love the flexibility of this type of volunteering. I can fit it in around my job and family life and it is so wonderful to hear how my ladies are getting on. Sometimes they have had a really tough week and just want to let off steam, other weeks they have done so much and have plenty to tell me about"



The clients say "It is wonderful to have such a friendly volunteer ring me each week. She is so interested in what I have been doing and how I feel, I really look forward to it"



Dementia Friends is an Alzheimer's Society initiative to increase

learning about dementia and the small ways you can help. 10 people (3 VASL Drivers, 3 CC volunteers, 3 VASL staff and a client) enjoyed a session delivered by the Harborough Active Together team. The feedback has been really positive, people felt able to share their personal experiences.

"I really enjoyed the morning and learned a lot"



Community Champions is funded by the Big Lottery

VASL Registered Charity No. 1141274

Company Registration No. 7517828



February Gathering

23 people (10 clients, 9 volunteers, 3 staff and a visitor) met at the Community Church on Bath Street. Some of the clients had made their own way there, others had VASL Transport cars and staff gave lifts to others as the Harborough Community Bus was not available. Our visitor was Nic, the Local Area Co-ordinator for Market Harborough and she explained her role at each table. Everyone chatted over tea and cakes and those who wanted played dominoes. Topics of conversation were holiday plans, new clubs in town, health and



family news. Rohini presented the 3 volunteers who had hosted the event with flowers.



It was suggested that a future Gathering could include some singing – watch this space!

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

Diary Dates

Trading Standards advice on doorstep crime and scams – how these crimes occur, how to recognise someone is a victim and ways to prevent being a victim. The same session will run

at Torch House on two occasions, 10 – 12 on Thursday 1st March or 2-4pm on Wednesday 25th April both open to clients and volunteers.

Tuesday 6th March 2-3.15pm **Community Gathering** at Lutterworth Sports Coventry Road, Lutterworth LE17 4RB including optional armchair exercises.

Wednesday 11th April 2018 10-11.15am **Community Gathering** venue tbc

Watch this space, Sam is arranging mini gatherings in the Bushby area and on the west side of the district. The aim is to set up local groups of people who can meet and share local connections.

Local info

Steady Steps is a rejuvenating exercise programme helping to develop strength and balance.

MH Squash Club Monday 11.30-12.30

Lutterworth Pavilion Tuesdays 1.00-2.00

All sessions £2.50 information from Vanessa 07764968544 **BOOKING IS ESSENTIAL**

Poppy Calls The British Legion's handy van service helps ex-Service people and their families with small household repairs and minor adaptations. Call 0800 032 0306 if you want to find out more.

Have you been watching the Olympics? **New**

Age Kurling at Harborough Leisure Centre will run weekly from 20th February. Information from Active Together Team Harborough DC

828282, it can be played from a chair and there is no ice!



Active Together also has details of the **Tea Dance** on Thursday 29th March at the Jubilee Hall, Bowden Lane MH.

Maureen, our Charity Manager is on **Hfm** alternate Wednesdays at 9.15 giving up to date info on VASL projects.