



COMMUNITY CHAMPIONS

GET IN TOUCH Rohini, Jenny or Sam 9.00— 5.00 Monday - Friday

Phone us 01858 439262

Email: [champions@vasl.org.uk](mailto:champions@vasl.org.uk)

Or call in to First Floor, Torch House,

Torch Way, Market Harborough LE16 9HL

Volunteer Newsletter March 2018



YOUR LOCAL CHARITY IMPROVING LIVES

### Rural outreach

Sam and Rohini went to the HIST Group (The Hallaton and Isabella Stenning Trust) 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 were interested in developing other ways of reaching out to village residents. In total 10 people from the village including from the Church and Parish Council asked questions about the Community Champions model and took away information about sports activities and groups active in the Harborough area. 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 locality, is there a group that you belong to which would welcome other members of the project or who would like to know more about the Community Champions? Please let us know.



### Telephone befriending

Fiona heard about VASL's Community Champions project

through the publicity after VASL secured Big Lottery funding. 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 our chats"

VASL is looking for telephone befrienders to ring older people and also carers, please get in touch.

10 people (3 VASL Drivers, 3 Community Champions volunteers, 3 VASL staff and a client) enjoyed a Dementia Friends' session delivered by Emma Andrews and Danny Hallam from the Active Together team.



The feedback has been really positive : "I really enjoyed the morning and learned a lot" "Very good use of such a short time and open discussions were good" Participants felt that the time was well-utilised and all have learned new things. It was fantastic that people felt able to share their personal experiences.

The information about physical activity sessions run by HDC was also well-received.



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 February Community Gathering 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 and thanked Sam and Jenny for making all the logistical arrangements.



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**

**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 on two occasions, 10 – 12 on the 1<sup>st</sup> March or 2-4pm on Wednesday 25<sup>th</sup> April both open to clients and volunteers, please let us know if you would like to join us at Torch House for either session.

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

Thursday 22nd March **New Volunteer Training**, do you know anyone who would make a good volunteer, speak to Rohini.

Wednesday 11th April 2018 10-11.15am **Community Gathering** venue to be confirmed.

## Diary Dates

**Local info** **Steady Steps** a rejuvenating exercise programme helping to develop strength and balance MH Squash Club Monday 11.30-12.30 and Lutterworth Pavillion Tuesdays 1-2pm. All sessions £2.50 info 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.

**Good Old Days** tea Dance at Jubilee Hall Bowden Lane on Thursday 29th March info from Active Together MH 828282.

Have you been watching the Olympics? **New Age Curling** is starting at Harborough Leisure Centre weekly from 20<sup>th</sup> February more info from Active Together Team Harborough DC 828282, it is accessible for non-Olympians!



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

Rohini met with Will Bateman the Parliamentary Researcher for South Leics MP Alberto Costa and Neil O'Brien MP's Researcher Narinder Singh, to explore ways that both MPs can work with VASL projects.

Alberto Costa has particular interests in Justice, Data Protection, Press Regulation, Foreign Affairs and EU Rights.

