



**COMMUNITY CHAMPIONS**

**GET IN TOUCH with Rohini and Jenny**

**9.00—5.00 Monday - Friday**

**Phone us 01858 439262**

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

**Or call in to**

**The Settling Rooms, Springfield Street,**

**Market Harborough LE16 7DR**

### Getting the message out....

Did you hear Rohini on Harborough FM promoting the new project?

We've also been to Dragon's Soup, a lunchtime meeting for local businesses and charities where two charities



make a three minute pitch about their work and then everyone votes. We were delighted to get the most votes and win the prize money raised that day. The event was also an opportunity to talk to people about the project and share our publicity.

We supported VASL colleagues during Carer's Week outside MH Sainsbury's where we had a camper van and information stand. Community Champions leaflets were

also given out.

We met with a local Police Community Support Officer who often comes across people who are lonely or isolated and Harborough District Council have sent our information out to all 72 Parish Councils.

### Volunteer Thank you tea;

The Volunteers thank you tea was a great success with about 25 volunteers present. The event provided a chance for VASL to thank all volunteers for their time, commitment and energy; volunteers make a positive difference to improving people's lives and help VASL to reach out to more lonely and isolated people. It was also a great chance for volunteers from different projects to share their experiences, and for new volunteers to learn from the insights of existing volunteers.



Next drop in ...

Thursday 7th July 10-12  
come and join us in the  
Settling Rooms open to  
current and potential  
volunteers.



### Pen Pals

Would you like to write to one of our older people and share your news with them. We will supply paper, envelope and stamps and a suggested list of topics to get you going. We want to offer this as an

alternative to Telephone Befriending for people with hearing problems. Get in touch to find out more

### Training for Volunteers

We have had our first session of training for five new volunteers . We are going to hold the next session in the Methodist Church on 20th July and the following one will be in September.

*My thanks to you both for this morning. Your commitment and enthusiasm are definitely contagious! Greatly looking forward to moving things on and being part of your team.*

See overleaf for other training opportunities



## Digital Champions Training

8th 15th and 22nd July 10-2.30 - lunch provided

Would you like to help an older person to get online, so they can explore the internet, pay bills, use skype or email to keep in touch.

The training will help you to understand how people learn, how to keep safe on the internet and make sure you know the basics. If you would like to, you can attain a City and Guilds Qualification.

There is no charge for the course but we will expect you to support at least one older person for 3 or 4 weeks to pass on what you learn.

Spaces are limited, so even if you can't make the July dates, let us know if you are interested and we will fit you in to the next course in the series.



### SUPPORT GROUP

Our first support group for Volunteers is on Thursday 28th July from 11-12 and will include a speaker from Dementia Friends. Venue to be confirmed

Although the scheme does not support people with dementia, I'm sure that many of us have been affected within our families and friends. This sample session just gives practical ideas for how you can help people that you meet as you go about your daily life.

All current and potential volunteers welcome



### Did you know....?

You can download eBooks, eNewspapers and eAudiobooks from Leicestershire Libraries to use on tablets and pcs (but not Kindle). Search "leicestershire libraries ebooks".

This free service is ideal for your holidays or to encourage someone new to online reading.

**Open Day** Would you like to know more about what we do at VASL, come along to the Settling Rooms on Wednesday 13th July 10-12 when we will be serving tea and coffee outside the office.

Let us know if you could help.



### Project Ambassadors

We have posters and leaflets to promote the project, could you ask your local village hall, hairdressers, coffee shop, pub noticeboard etc to display either the leaflet or the poster?

This 'old fashioned' publicity has been one of our most successful recruiting tools in the past, and if you can help we will post them to you or pick some up if you are passing

Volunteers make great project ambassadors as they know how the project works to tackle loneliness, so please talk about what you are doing (respecting confidentiality of course!)

**7th July** drop in (office)

13th July VASL open day (settling Rooms)

**8,15,22 July** Digital Training (Methodist Church)

**20th July** New Volunteer Training (Methodist Church)

**28th July** Support Group



We were delighted to receive the Pride in Harborough Community Award. This is a reflection of the impact that we all, volunteers and staff, have in our local area.

The photo is from our staff conference looking at the future of VASL



Community Champions is part funded by VASL and Harborough District Council's New Homes Bonus/Community Fund

