



COMMUNITY CHAMPIONS

GET IN TOUCH: 9.00—5.00 Monday - Friday

Phone us 01858 439262

Email: champions@vasl.org.uk

Or call in to

The Settling Rooms, Springfield Street,

Market Harborough LE16 7DR

Community Champions is an exciting new project, building on the foundations of the befriending scheme.

It is for people over 60 years old.

Community Champion Volunteers will help older people to make connections, build friendships and rediscover who they are. Volunteers will assist people to rebuild their confidence and to try out new things or get involved with previous interests and hobbies.

The project is flexible and support can be provided in a variety of ways. It is tailored to each person's individual needs.

In a nutshell, we want to help good things happen for older people.

Depending on individual circumstances volunteers can make a difference to someone by:

- visiting someone at home for a chat once a week, or
- discussing local social groups and accompanying someone to those groups, or
- helping someone to keep in touch with family through the internet or watching TV programmes when they want to by using a small computer called a tablet (an ipad is one of the well-known brands), or
- ringing someone for a regular conversation over the phone.

The Community Champions project team is made up of two people;

Rohini Corfield is the Community Champions' Development Officer

Jenny Young is the Community Champions' Support Worker.

Rohini works Monday – to Friday 9am – 5pm and Jenny works Tuesdays, Wednesdays and Thursdays 8.30am – 2.30pm.

Contact details are at the top of the page



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





Promotion and Publicity Leaflets and posters about the Community Champions project have been produced and are now being distributed across Harborough District. Expect to see this publicity in local shops and community centres.

Could you help to promote the project? Do you know of people in the District who would either like to volunteer or would benefit from volunteer support?

The Community Champions team are also making links with organisations who can help promote the project eg, the Police, Health services, Seven Locks Housing Association.

Community Champions Volunteers 14 volunteer befrienders have transferred to the Community Champions project so we can start supporting clients straightaway. We are also keen to receive more volunteer applications from people across the District.

Volunteering is a great way to enhance your skills, meet new people and make a real difference to the local community.

The Annual Report of the Director of Public Health 2015 states

“Participation in volunteering is strongly associated with better health, lower premature death, better functioning, life satisfaction and decreases in the occurrence of Depression.”

You may have seen in the local news that the council is reviewing the future of the Settling Rooms. We believe that we are settled here for a while longer, there will be some work done on the exterior of the building over the summer, but we will still be inside! So please do call in and see us.



Once we know something definite we will let you know what's happening.

Drop-in sessions On the first Thursday of every month from 10am – 12 noon Rohini and Jenny will be in the office, so you can pop in for a chat or to ask any questions you have.

The first drop in on 2 June will be for the 14 existing befrienders but after that anyone interested in the project is welcome.



DID YOU KNOW? VASL also runs a Community Transport Scheme and in 2015/16 the volunteers completed 81,802 miles, which is the equivalent of going round the world twice or taking everyone in Harborough District on a one mile trip, well done to the 51 drivers, a tremendous achievement.

We will be holding an event to thank all of our volunteers on 15th June, from 1.30 to 3.00pm. We will be serving cream teas, please let us know by 9th June if you are coming and if you have dietary requirements.

VOLUNTEERS' WEEK
The Big Celebration