



COMMUNITY
CHAMPIONS

GET IN TOUCH with Rohini or Jenny

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



Drop-in sessions

VOLUNTEERS AND CLIENTS ARE VERY WELCOME to drop in on the first Thursday of every month from 10.30-11.30am.

We are meeting in The Coffee and Cakes Dept, the Evangelical Church on Bath Street Market Harborough LE16 9JL on Thursday 4th August. There is a free car park and level access from the front of the building.

We will pay for one cup of tea/coffee for everyone, but if you give in to temptation and have a cheese scone or a piece of Victoria Sponge you will have to sort that out.

Some volunteers have informed their insurance companies that they will take their clients out and they will be able to bring them along, but if you haven't got this clearance from your insurance company you will need to let us know so that we can arrange a driver for you both from the Social Transport Scheme.

Digital Champions Training Course

The first training course is taking place.

Session one looks at different ways that people learn, the second one focusses on basic computer skills, and the last one looks at safeguarding issues, staying safe online also what to do if you have any concerns about the person you visit.

We have had very positive feedback so far

I'm really enjoying this week as I am learning so much. I am feeling more confident and will go and practice.

it's been really good to go back to basics and remind myself how to explain things.



Once trained we expect that the volunteer will visit someone for 5 or 6 weeks to help them to get online. We are in the process of purchasing a couple of tablets and mobile wifi which we can make available for a month to allow clients to decide if they should purchase their own device. The next Digital Champions course is over three weeks beginning Tuesday 27th September.



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



There are lots of opportunities for volunteering. We need volunteer/s:-



- ◆ to take someone with limited mobility in MH for a weekly walk (may be required to push a wheelchair sometimes.)



- ◆ to make weekly home visits to someone in Broughton Astley who would like a volunteer with a pet cheetah but a dog will do!!!!
- ◆ to drive clients to our new drop in sessions.
- ◆ to share an interest in crafts and embroidery in Lutterworth.

Sharing a Community Champion's experience

We tend to tailor our "road trips" to the time of year e.g. bluebell trail, blossom trail, lamb trail, autumn colour trail, Christmas lights trail. This week my lady and I did the Naseby battlefield trail – we saw a couple of viewing points – obviously we didn't get out of the car but we really enjoyed talking about what it must've been like and where we'd hide ☺ - along with the fab countryside of course. We did say – bet those wind turbines weren't there then. We always finish off with a coffee and like to change where we go.



I always feel that the road trips benefit us both in different ways – for my lady it's the memories of growing up in the countryside and seeing the change of the seasons and also the space to breathe and see the bigger picture rather than the same four walls. For me, I enjoy things I wouldn't normally take the time to see as I travel from A to B and I soak up the pleasure in seeing my lady happy.

Open Day

We set up a Gazebo outside the Settling Rooms last week and armed with free tea and cakes and chocolate for small children, we talked to people about the services which we offer. As always the Transport Scheme had the highest level of recognition, but people were very interested in the work we are doing to reduce loneliness.



Telephone/Pen Pals

Would you like to write to or phone one of our older people and share your news with them.



We will supply paper, envelope and stamps or pay for phone calls and give you a suggested list of topics to get you going. Get in touch to find out more.

Diary Dates

28th July 11-12 noon Support Group for Volunteers 'Dementia Friends' @ Harborough Council Offices

4th August 10.30-11.30am Drop in Evangelical Church Bath Street

1st September 10.30-11.30 am Drop in-venue to be confirmed.

27th September 10.00—2.30pm Digital Champions training (3 sessions)

28th September 10.00—2.00 Training for new volunteers

3rd October Silver Sunday www.silversunday.org.uk/

12th October Support Group for Volunteers Harborough Lifeline

Rohini is away 18th August to 5th September and Jenny will be in the office Tuesday —Thursday, but leave a message or speak to Jo on 01858 439262