



COMMUNITY CHAMPIONS

GET IN TOUCH with Rohini, Jenny or Jo
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

Volunteer Newsletter October 2016

The Community Champions project is developing fast and trialling all sorts of new activities, thank you for your willingness to try new things to combat loneliness and to give us feedback.

108 people responded to the **Community Champions' Consultation**, we contacted people through Park Run, HFM, GP surgeries as well as our own people.

The surveys talked of people's experience of loneliness, what is available to help at present and what would help.



This information and our discussions at the Focus Group are feeding into the funding application for the next stage of the project.

Thank you to everyone who responded!



This month we have moved, the new office is near to the Two Shires Surgery at the Leisure Centre on Northampton Road, Market Harborough.

Space is at a premium as we are now in a large shared office, THURSDAY is still the best day to come in to see us as we can use a small office and put the kettle on.

FUNDRAISING VASL is delighted to have been chosen as one of the



local charities for November's Moket Harborough. **If you use www.easyfundraising.org.uk/causes/vasl** instead of Google or any other search engine, half a penny is raised for VASL, it doesn't sound much but it does add up.

The donation from **MH WI** is being used for training CC volunteers, **Dragon Soup** money is used for community drop-ins.

Report on September Community Drop in

We had a lovely time! We talked about our favourite cheese, the recent storm, powercuts, gardens and walled gardens we have visited. We also discussed the Community Champions project and when a couple of people recommended the trips organised by VASL, other people decided to book onto some of them now that they will know someone else on the bus.

The group felt it was a good way to spend the morning, they enjoyed meeting up in a café, despite the background noise, and definitely want to continue. They suggested that we need to vary the day, so the next one is **TUESDAY 1ST NOVEMBER 10.30-11.30 AT THE GREEN HOUSE** (see overleaf)



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

Registered Charity No. 1141274 Company Registration No. 7517828



COMMUNITY DROP IN Befrienders' Week—1st November 2016 10.30-11.30

The Langton Greenhouse and Garden Centre , Melton Rd, Market Harborough LE16 7FD (McDonalds Roundabout on A6) langtongreenhouse.co.uk/wordpress/

We can arrange transport for clients through the transport scheme but we need to know asap or by Wednesday 26th October. You can only use your own car to bring a client if you have had a risk assessment and notified your car insurance company. There is disabled parking and a wheelchair available.

We will pay the transport costs and for the first drink, thanks to money from Dragon Soup.

Please let us know if you are coming, volunteers whose clients can't join us are still welcome to help with hosting and to meet up with other volunteers.

NEXT VENUE 1st December, can you recommend somewhere which is on one level, wheelchair accessible, has good parking and is not in MH, Rohini and Jenny are willing to try out any suggestions!

New Volunteer Training

Another 5 people completed their training and we are now matching them with clients from a 67 year old man to a lady who is 102.

There was very positive feedback on the course 'it was made easy to participate' 'I found all things covered were excellent for volunteering experience'

Thanks to Karen who came along to talk about her experience of volunteering.

We are looking for more clients (over 60, living alone in Harborough district) and volunteers, please get in touch if you know someone.



Digital Champions

We have just completed the second Digital Champions training, some of the volunteers will work within our project, others will work with carers. Seven of us completed the C&G Online Basics exam and we are waiting for our certificates. One of the Champions is already working through *Learn my Way* with his client. Another client who has just completed her time with a volunteer said 'The Digital Champions volunteer is a lovely patient lady and has a nice way of teaching. She really understands my needs. I am not a bit afraid of the computer now.'

If you are over 60 and would like to increase your confidence with using technology, ipads, laptops even smartphones please get in touch, the trained volunteers are available to help you as well as clients. We normally suggest 3 one hour sessions, but we will tailor it to your needs.

Diary Dates

1st November Community Drop-In Langton Green House Café 10.30-11.30am.

9th November 10.00-2.00pm New Volunteer Training Methodist Church, Northampton Road

1st December 10.30-11.30am Community Drop in, venue to be arranged.

23rd December –2nd January inclusive Offices Closed.

* see VASL website for groups and activities for your clients vasl.org.uk/our-projects/community-champions/community-champions-whats-on