

Volunteers and what we're looking for...

Community Champions

You'll be matched to the person you support for a year, so you'll have plenty of time to really make a difference to their lives.

Telephone Champions

Call isolated people on a regular basis, giving them companionship, support, practical help and information.

Digital Champions

Visit isolated people at home and show them how to use and benefit from the internet. There's a world of online information and support out there, as well as communities of like-minded people and fun, enriching activities. You'll help people discover this and more.

"Go To" Champions

A network of people and organisations we can rely on to know their local area and suggest ideas for our Community Champions.

How will you benefit?

As well as enjoying the rewards of enriching people's lives and taking part in an exciting community project, volunteering could also help you build your skills, experience and confidence, boost your CV, meet new friends and connect with a wide range of local people and organisations. Full training will be provided.



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

If you'd like to find out more:

Visit - www.vasl.org.uk

Call - **01858 439262**

Fax - **01858 410047**

Email - **champions@vasl.org.uk**

Follow - **@vaslonline**

VASL

The Settling Rooms, St Mary's Place
Springfield Road, Market Harborough
Leicestershire LE16 7DR

Please Note

The information contained within this leaflet can be provided in alternative formats/languages simply contact us to request your alternative.



Voluntary Action South Leicestershire
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Registered Charity: No.1141274



COMMUNITY CHAMPIONS

Supporting older people
back into the heart of
their communities

www.vasl.org.uk



Helping to transform people's lives

Community Champions is aimed at helping isolated or lonely people (over 60) to change their lives for the better. In a nutshell, we want to help good things happen for people, not just when our staff and volunteers are with them, but all the time. If you feel you need these changes in your life, or you know someone that does, then get in touch.

Who are we?

VASL are a local community charity based in Market Harborough with a long and successful history of supporting older people to enjoy their lives.

Find out more - www.vasl.org.uk

Community Champions will help people:

- Access information, groups and support, in the local community and online.
- Build new friendships or reconnect with old friends and family in the local community and online.
- Take action to make life better, by helping to plan practical steps to make changes.
 - Highlight strengths, skills and gifts.
 - Support to enjoy new opportunities.
- Support to speak to services and professionals helping people live life to the full.

Live the life **you** want to live

Everyone has the right to live a full and satisfying life. Whether you want to make new friends, discover how the internet can open up your world, enjoy a new group or class, or achieve something that's important to you, we can help.



Rediscover who **you** are

Over a year, one of our caring, experienced volunteers will help you achieve your personal goals and overcome life's challenges, by giving you support, practical help and information. Together, you'll focus on the positives, including your unique qualities, attributes and interests, enabling you to live a fuller, happier life.

Could you, or maybe someone you know benefit?

Why not become a volunteer...

Would you like to be a Community Champion?

We're looking for caring people to volunteer their time and skills, to help isolated or lonely people reconnect with their local community, discover new opportunities and achieve their personal goals, with your support, encouragement and companionship.



See overleaf for what we are looking for...

