



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....**

As some of you will know VASL's Befriending Projects ended on 31st March 2016 and we are delighted that Community Champions has been in place since April 2016, and in May Rohini Corfield joined us to lead the new project and Jenny Young is supporting the project.

### **So what does Community Champions do.....**

We still offer one to one befriending, but we are also able to offer extra opportunities, so you may have a befriender who visits at home once a week for a year, or a second volunteer for a shorter time who could phone, write or email you.

### **Have a look at the different sorts of volunteers that we have.**

#### **Digital Champions**

We have been training our volunteers so that they can show you how to use a computer, either a tablet like an iPad or a laptop or a computer.

We have some computers that we can lend you to for a month if you would like to practice, or you may want to get to know more about one you already own.

The volunteers will visit you at home for up to six weeks and help you to get your confidence on the computer



#### **Pen Pals**



Would you like to write to one of our volunteers and share your news with them. We will supply paper, envelope and stamps and a suggested list of topics to get you going. We will act as the post master so you don't have to give out your home address.

Most of us love to get a proper letter through the post which you can re-read, rather than bills and adverts, so why not get in touch to find out more.

## Community Champions

One of our volunteers could accompany to you to a group for a couple of visits so that you get to know people and settle in. Some examples might be:

- ◆ Tea Dances in Jubilee Hall, Bowden Lane Market Harborough on the last Thursday of each month 2-4.30.
- ◆ No exercise Class—armchair exercises run by Age Concern Lutterworth in the Town Hall Fridays 10.30 –12 £3.50
- ◆ Tea@Three last Sunday of the month at Naseby Square, Market Harborough Transport if needed
- ◆ Senior Citizens Cream Teas, 1<sup>st</sup> Tuesday of the month, from 2pm onwards with transport available if needed. Donations only at The Well at Kibworth



Our **telephone befrienders** will give you a ring once a week for a chat, it would be the same person each week and you could arrange to the call at weekends or evenings if you find them particularly quiet times.



Want to know more?

Ring Rohini or Jenny on 01858 439262



At VASL we were delighted to receive the Pride in Harborough Community Award. This is a reflection of the impact that VASL 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

