



COMMUNITY  
CHAMPIONS

GET IN TOUCH Rohini, Jenny, Sam 9.00—  
5.00 Monday - Friday

Phone us 01858 439262

Email: [champions@vasl.org.uk](mailto:champions@vasl.org.uk)

Or call in to First Floor, Torch House,

Torch Way, Market Harborough LE16 9HL

Client Newsletter April 2018

VASL YOUR LOCAL CHARITY IMPROVING LIVES

### Message in a bottle

You may be aware of **Message in a Bottle** which is relaunching and now includes the Herbert Protocol form which contains information about people with dementia in case they go missing.

The bottles are kept in the fridge and a sticker is placed on the inside of the front door and on the fridge door. The emergency services will then locate the bottle in the fridge and use the forms inside to quickly access information about that person's routines, medical requirements and favourite places they have visited. This ensures people are treated quickly which can save time and lives. We have a supply of bottles which can be used by any of us. Please pick one up at a gathering or get in touch if you would like one.



### Steering Group

9 people, clients, volunteers and staff met to review the progress of the CC project and discuss new ideas to try to tackle loneliness

There was lots of positive feedback about the regular Community Gatherings, support given by Digital Champions, the new Mini-Gatherings in rural areas and all the new partnerships formed as a result of the publicity from events with the MP.

Some of the ideas that came up included a Mystery Tour, and opportunities for different generations to meet up.

If you have ideas for how to bring people together please let us know, or enquire about becoming a member of the steering group.

### Rural Update

Nine of us met for our second mini gathering for the people that live in the villages north of Market Harborough. Conversation topics were many and varied, including what's on in the local villages and how accessible activities are, good local venues for get togethers, as well as catching up on each other's news and local events. It was great to have some of the drivers join us and get their perspective on the project and what the local area has to offer as well as get some great feedback about the transport service and VASL in general.

For those of you living around the Lutterworth area watch this space as we hope to offer a mini gathering in your area after Easter.



Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

Company Registration No. 7517828



## March Gathering

22 people met at Lutterworth Sports Centre for our March Community Gathering, this included three new people and a couple of people who came without their volunteers.

There was plenty of chatter about how people had managed in the snow, new classes they had tried (eg, Steady Steps), health updates and family news. Lisa Welch, the Fitness Manager, led a short session of chair based exercises which involved stretching arms and legs. *"I really enjoyed the exercises, its amazing what a difference they make"*

Thank you to:-

- \* volunteer Cheryl for helping to organise drinks (sorry there were no biscuits – we had asked for them.....and will make sure you have them for April)
- \* Mick for all his patience with collecting everyone for the Harborough Community Bus
- \* VASL Drivers (Lynn and John) for their care of passengers
- \* Sam for all her organisational skills

Some clients had had a long journey but enjoyed the chance to see the countryside and chat. It was nice for those based in the Lutterworth area to have a local venue.



*'I felt really lonely, and the company and camaraderie of the group really gave me a boost, I felt so much better even when I got home that feeling lasted'*

**Diary Dates** If you need transport for Community Gatherings please let us know one week in advance

Wed 11th April 2018 10-11.15am  
**Community Gathering** MH Golf Club,  
Northampton Road LE16 8NB.

**Trading Standards** advice on doorstep crime and scams – how these crimes occur, and how can we avoid being targeted. The training is open to all clients and volunteers on Wed 25<sup>th</sup> April 2-4pm. Please let us know if you want to join us at Torch House.

**Community Gathering** Thurs 10th May 2-3.15pm Community Church,  
Bath St, MH LE16 9JL which will include singing if you want to join in.

**Building Confidence and Self Esteem** training open to all, Wed 16th May, 10-12 noon at Torch House.

Facebook has been all over the news recently, so our training for volunteers was very timely, as we were looking at ways to keep our information secure, how to control who can see our posts and how to find out what is going on. We are very grateful to Kath one of our Digital Volunteers who ran the session for us.

**If you want to get online** please contact us, we don't have a waiting list at present and our volunteers are eager to help.

They are VERY patient and what they don't know, they can find out!

**Local info** Harborough TWENTY 12 Lions Club are hosting **Fleckney Silver Band** for a free concert for Seniors at the Jubilee Hall, Congregational Church, Bowden Lane, on Sunday 22nd April at 2.30pm. Seating is limited so tickets should be obtained from the Library or Bray & Bray 51 High Street or ring Mary Darcy 01858 466836.

