



COMMUNITY  
CHAMPIONS

GET IN TOUCH Rohini, Jenny or 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

Volunteer Newsletter April 2018



YOUR LOCAL CHARITY IMPROVING LIVES

## Message in a bottle

You may be aware of Message in a Bottle which is relaunching and can now include 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, volunteer 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.

A particular highlight was a Facebook Training session recently delivered by a Digital volunteer which all who attended thought had been "simply brilliant"

New ideas the CC team will pilot are a country drive for clients and encouraging inter generational conversations through volunteers taking their children when they visit clients.

## Rural Update

Nine of us recently met for our second mini gathering for the people that live in the villages north of Market Harborough. Conversation topics included what's on in the local villages and how accessible activities are, good local venues for meetings, and 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. We welcomed a new member and took some great suggestions of where to meet next time.

*'I thoroughly enjoyed that, it is so nice to get out - I met so many friendly people'*

We are planning a mini gathering in the Lutterworth area sometime after Easter.

## 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.



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 a new volunteer, two new clients who have not yet been matched, two clients who came to the Community Gathering without their volunteers, two Community Friends and lots of regulars. 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'*

## Thank you

At the Digital Volunteers training, recent news headlines led to a discussion about how charities use their resources.

The volunteers as a group felt it was not necessary to receive cards and gifts for the 'above and beyond' volunteering as has been our practice, as volunteering itself is intrinsically rewarding. We have decided to act on this feedback, **but want to reinforce the message that all volunteers are valued, always.**

## Diary Dates

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

Wednesday 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 we can avoid being targeted at Torch 2-4pm on Wednesday 25<sup>th</sup> April open to clients and volunteers. Please book a place and transport

**Community Gathering** Thursday 10th May 2-3.15 pm Community Church, Bath St, MH LE16 9JL. There will be a chance to sing for those who want to join in.

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



8 volunteers and staff participated in a **Facebook Awareness** session led by a Community Champions Digital volunteer

The information covered included:-

- Potential uses of Facebook for clients
- Registering for Facebook
- Setting up a profile and Privacy settings
- Navigation
- Connecting with friends
- Posting content
- Groups, Events and Pages
- FAQs

Feedback has been positive "I had stopped using Facebook but will now go back on"

**GAMES TOGETHER** in MH Library every Wednesday afternoon.

**Local info**

Join others in a friendly game of Scrabble, Ludo, Chess and more. Drop in anytime between 1pm and 3pm!



**SCRABBLE CLUB** at Lutterworth Library every Tuesday from 1pm, free.

No need to book for either venue, just turn up!