



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 May 2018

VASL YOUR LOCAL CHARITY IMPROVING LIVES

### Happy to chat

The late MP Jo Cox said 'Young or old, loneliness doesn't discriminate... it is something many of us could easily help with.'

Her Commission is encouraging us all to start a conversation, whether on a bus, in a café, standing in the queue at the supermarket. To help with this there are badges which say *Happy to Chat* that you can wear on the days you have time to stop and spend a little time with someone. You could tell them about Community Champions or just listen to their story.



Zeph's Café in Oadby is promoting shared tables, so people who are on their own can join others, and it would be lovely if this idea spreads in Harborough, perhaps you could approach a local café and ask them to put a sign on a table inviting people to sit together.

Let us know how you get on, or pick up a badge from us.

We send these newsletters out to all members of the project and to other people who are interested in what we do. If you no longer wish to receive them please let us know. If you receive the newsletter by email please confirm that you are happy to continue by replying to the email.

### Befriending Network

At our Leicester Befriending Network we meet with other projects and this time we heard about the JOINING FORCES project run by AgeUK. If you have been in the forces or your spouse was, even for one day, they would like you to get in touch. They are running coffee mornings once a month, the nearest is possibly in Melton or various venues in the city. They can also help with financial difficulties and completing benefit claims. Phone [0116 2992233](tel:0116 2992233) or look at the Age UK website



RVS provide a befriending service for six weeks when you are discharged from hospital, the volunteer may be able to visit daily and can help with anything from making sure you have a healthy meal, walking the dog, helping with the garden or collecting shopping or prescriptions. [0116 266 7706](tel:0116 266 7706)



or email [leicsrutlandub@royalvoluntaryservice.org.uk](mailto:leicsrutlandub@royalvoluntaryservice.org.uk)



Community Champions is funded by the Big Lottery



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## April Gathering

29 people gathered at the Market Harbourough Golf Club – this included 15 clients, 3 Community Friends, 2 staff and 7 volunteers who helped serve the drinks and home made biscuits.

Rachel Edwards from Harbourough District Council explained that they have secured funding for an Ageing Well project and wanted to ask people about what physical activities they enjoyed doing. “ This has been so useful, thanks for letting me come along”



We introduced a client to their volunteer, 3 people who have been emailing each other met face to face and feedback has been generally positive “ *its nice to get out and meet people*” “*that volunteer is so kind*” “ *what a lovely bunch of friendly people*”

We also gave out Message in a Bottle tubes and explained how these enabled the Emergency Services to get medical information about people quickly. Lots of information was also shared - about the next CG , Digital Volunteers, local events, the Senior Citizen’s Lunch at the Golf Club and the new Harbourough Lottery

Jenny thanked the volunteers and drivers for their help and Rohini asked all to provide feedback.

## Rural Gathering

We are planning our next meetings for those people that live in the rural areas of the District. This time we are also planning a mini gathering for the Lutterworth area in June, possibly visiting one of the cream tea events that Age Concern arrange every so often. The mini gathering in the North of the District will be mid May—details to follow.

## Diary Dates

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

**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.

Tuesday 5th June **Community Gathering** at the Langton Greenhouse, Melton Road MH 2-3.15

## Community Groups

We want to build up a list of organisations that members of the project belong to, and which would welcome new members.



Our hope is that if there is a friendly face it will help new people to join the group. We started collecting this at the Gathering but want to add to it. Please let us know any groups you attend, where and when it meets, if there is a charge and is there any transport provided?