



COMMUNITY
CHAMPIONS

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

Phone us 01858 439262

Email: champions@vasl.org.uk

Or call in to First Floor, Torch House,

Torch Way, Market Harborough LE16 9HL

Volunteer Newsletter May 2018



YOUR LOCAL CHARITY IMPROVING LIVES

Happy to chat!

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

The 'Jo Cox Commission on Loneliness' 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.



Leicester Befriending

At our Leicester Befriending

Network we meet with other projects and this time we heard about the JOINING FORCES project run by Age UK. 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:01162992233) or look at www.ageuk.org.uk



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:01162667706) or email leicsrutland-hub@royalvoluntaryservice.org.uk



Rural Update

This month after a successful mini gathering in March we are planning our next meetings for those people that live in the rural villages of Harborough District.

There will also be a mini gathering for the Lutterworth area in June, possibly visiting one of the cream tea events that Age Concern arrange every so often. If you live in the Lutterworth area and are interested in joining us, please call Sam to let her know.

Our next mini gathering for people that live in the villages north of Market Harborough is pencilled in for the middle week of May, dates and venue to be confirmed soon, watch this space!

Digital Volunteers

Since July we have helped 30 people to get online or improve their skills. If you are over 60 and would like a friendly, patient volunteer to support you, let Jenny know.



Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

Company Registration No. 7517828



April Gathering

29 people gathered at the Market Harborough Golf Club – this included 7 volunteers who helped serve the drinks and home made biscuits, 15 clients, 3 Community Friends, 2 staff , one visitor from Harborough District Council (Rachel Edwards) and a VASL Driver.

Rachel explained that HDC had 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”*

A volunteer – client introduction was made, 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 Harborough Lottery

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

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 in the group it will help with that first step into the group. We started this at the Gathering but want to add to this. Please let us know, the name of the group, where and when it meets, if there is a charge and is there any transport provided.



Diary Dates

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

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.

The same day there is **First Aid training** for volunteers either 10-12 or 1.30-3.30 at the Community Church in Bath Street, please book a place with us.

Tuesday 5th June **Community Gathering** 2-3.15 Langton Greenhouse Café, Melton Rd, Mkt Harborough LE16 7TG

Volunteers Tea, Youth Wing Methodist Church, Northampton Road 1.30-3.00pm
Wednesday 27th June (volunteers only)

New Data Protection Regulations 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 using the contact details overleaf. If you receive the newsletter by email please confirm that you are happy to continue by replying to the email.

Volunteers’ Week is at the beginning of June, and you will see national publicity celebrating the difference that volunteers make. There is a website with inspiring stories www.volunteersweek.org.



Here at VASL we will be hosting a cream tea on Wednesday 27th June 1.30-3.00pm , for volunteers from all the projects.

Volunteers’ Week

Do you know about the Easyfundraising website? Every time you buy online a donation goes to your nominated charity without any additional cost to you (VASL is registered).

