



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 July 2018



YOUR LOCAL CHARITY IMPROVING LIVES

### Mystery drive

We recently 'piloted' what we called a 'mystery drive'. It had been suggested at the CC Steering Group that members of the project might like to go out on a country drive. We decided to do a test run to find out how this might work, where we might go, who would benefit and how we would organise this. The driver was excellent and chose a route that included local places of interest such as Eyebrook Reservoir, beautiful views over the Welland Valley and picturesque villages. We stopped for a break in Uppingham for coffee before returning down a steep, winding route with sweeping views over the local countryside. During the drive we all chatted about the area, shared stories of places we passed and information about local places to visit.



The passengers very much enjoyed the trip and the driver fed back that it went well. We will now be planning the next mystery drive and will keep you updated on how this strand of the project develops.

*"The outing was wonderful and lovely to go round the areas I haven't seen for years!"*

### Rural Gathering

This month we invited clients around Lutterworth to come along to the Pathway Pavilion for a cream tea provided by Age Concern Lutterworth. As well as having an afternoon out we wanted to introduce people to all that Age Concern can offer in the area. They provide lots of different opportunities to socialise with lunch clubs, exercise classes and trips out to name a few. Transport is often provided and charges for activities are kept at affordable rates, our session was £2.

Four of us attended 'Tea and Natter' and this time it was bingo which we were all new to or very out of practice, a quick run down on the rules of how to play and our group won the first Line!

The cream tea was delicious, and the staff and volunteers were really welcoming.

You can get a brochure from us with all the information, call them direct on 01455 557116 or check out the website at: [www.ageconcernlutterworth.org.uk](http://www.ageconcernlutterworth.org.uk)



Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

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## June Gathering

**Community Gathering** On a hot sticky afternoon 25 people (14 clients, 3 Volunteers, 5 Friends, 2 staff and a visitor) gathered at The Roebuck for conversation and a catch up over drinks and biscuits. Our visitor Anthony was from Age UK and he joined each table to explain what day care services were available in Market Harborough and Fleckney.

Topics of conversation included holidays, gardening, Naseby Square potential changes and health challenges. New clients were introduced to new people and Rohini and Sam circulated the room to catch up with everyone.

Mandy, manager at the pub, also came to check that everyone was happy.

“ I really like the pictures and atmosphere in here – its cosy!”

“ I like it and have been here for lunch”

“ The transport worked really well today”



Don't forget, all workmen should show you their id before you let them in the house, you can always ring and check with the organisation that it is a genuine, call 101 if they are persistent.

## Diary Dates

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

Wednesday 4th July Community gathering 10.30-11.45am at MH Golf Club, Northampton Road MH LE16 8NB

Bereavement awareness training at Torch Thursday 12th July 10-12 noon, open to clients and volunteers.

Steering Group 1st August 2.00-3.30pm at Torch House MH.

Community Gathering 8th August 2.30-3.45 venue to be confirmed

Leics Fire & Rescue Service Training Torch House 10-12 noon, 15th August 2018

## Future Training

**Contact us to book a place 01858 439262, we hope you can join us., we can offer transport**

**Bereavement Awareness** Torch House Thursday 12th July 10-12 noon. The session will cover, how do we help someone who is suffering with bereavement, what is the process of loss and what is 'normal' when it comes to grief. This is the second time that we have run this course and people found it very helpful last time.

**Fire Safety** organised by Leics Fire & Rescue Service It will cover cooking safely, bedtime checks, shutting doors switching off sockets etc. We will go over what to do in the event of a fire and checking smoke alarms. If anybody is without smoke alarms LFRS can offer a free service to go and fit some as well as give you advice in your own home. Torch House 10-12 noon, 15th August 2018.

