



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 July 2018



YOUR LOCAL CHARITY IMPROVING LIVES

### Stress and You

11 of us completed the Stress and You session with Jayne from the Adult Learning Service. We discussed what stress is, and identified how stress affects our physical body and mental state. We talked about the Stress Container and things we can do to reduce stress – exercise, talk to people, listen to music, eat honey /mangoes, get into the countryside/ seaside, do yoga, sing, acupuncture, meditate etc. We recognised that stress is based in fear and that different solutions work for different people – the key is to find what works for you and make time for it! We are thinking of organising a Laughter Yoga session.....

*Thank you all so much for the session today. Nice to chat to new people. Nice to know we all go through the same things on our journey. I really have never felt valued before by employers....so your charity staff are all amazing, all kind and interested in us. You have made me feel whole again and i thank you for that. I know I am not alone any more. I look forward to continuing taking part with you and the events you organise for us.*

### Rural Update

We recently visited the Pathway Pavilion in Lutterworth to attend a cream tea provided by Age Concern Lutterworth. This is a monthly event called 'Tea and Natter'. For £2.00 older people in the local area can attend to play games like scrabble, beetle drive or cards, have refreshments and a cream scone and the chance to meet new people and catch up with friends.

On this occasion there was a bingo session followed by time to talk and socialise, ending with a raffle. Age Concern Lutterworth provide lots of different opportunities to socialise with lunch clubs, exercise classes and trips out to name a few.

Four of us attended the session, two clients from the local area, a volunteer who was a great support and myself, Sam. We discovered we were all new to bingo or at least had not played for a long time so needed a quick run down on the rules of how to play – it paid off as one of our group won the first line! The cream tea was delicious, and the staff and volunteers were really welcoming.

For anyone interested in activities in the Lutterworth area you can get a brochure from us with all the information in, call them direct on 01455 557116 or check out the website at: [www.ageconcernlutterworth.org.uk](http://www.ageconcernlutterworth.org.uk)

Transport is often provided and charges for activities are kept at affordable rates. We may visit other activities in the area so if you live in or near Lutterworth and are interested in joining us please get in touch with Sam on: 01858 439262.



[www.ageconcernlutterworth.org.uk](http://www.ageconcernlutterworth.org.uk)

Lutterworth & District



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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”



## Loneliness in the News

The Royal College of General Practitioners

has produced a manifesto called **Tackling Loneliness: A Community Action Plan**, which suggests raising awareness of loneliness, that surgeries appoint link workers who would try to introduce people to groups and activities.

[www.rcgp.org.uk](http://www.rcgp.org.uk)

All too often, GPs are the only human contact which chronically lonely patients have. Three out of four GPs say they see between 1 and 5 people a day who have come in mainly because they are lonely.’  
RCGP Manifesto

## Future Training

Contact us to book a place  
**01858 439262**

**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 them advice in their own home. Torch House 10-12 noon, 15th August 2018.

## 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

Digital Volunteers Peer group The Angel 9th July 10.30am

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

Steering Group 1st August 2-3.30pm at Torch House MH.

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

Leics Fire and Rescue Service Training Torch House 10-12 noon, 15th August.

## Mystery Drive

We have recently had our first ‘Mystery Drive’ aimed at clients who find it difficult to get out. John, 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 ,

The original idea was that a driver and volunteer take a couple of passengers and we are looking at ways to develop this. If you would like to be part of it please get in touch with Sam.

‘The outing was wonderful and lovely to go round the areas I haven’t seen for years!’

