



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

Client Newsletter August 2018

VASL YOUR LOCAL CHARITY IMPROVING LIVES

Bereavement Training

7 people took part in the Bereavement Awareness session where we talked about different types of loss, eg retirement, relationship breakdown, financial and disability, and circumstances when death may lead to people making negative judgements for example when it is due to drugs/alcohol or suicide.

We talked through the process of loss and the range of emotions and stages that people go through. We learnt the importance of self-care, making time to do things for our well-being eg meditate, exercise, listen to birds sing, take up hobbies.

Practical suggestions included:-

"I have got some ideas for things to try"
Breathing through the nose and exhaling through the mouth to slow ourselves down
Keeping a grief journal
Showing gratitude for what we have.

"Thank you so much, that course has been really helpful"

Thank you to everyone who took part.

Rural Update

Nine of us met at the Well in Kibworth for our mini gathering. It is a

village community café run by a local church with various activities provided through the week which are very welcoming. The staff were brilliant and the cakes and refreshments were great. We met for an hour and discussions covered latest news, local events, personal stories and memories.



The mini gatherings run every other month for people living in the villages north of Harborough to discover new places to meet, make local friends and offer another way of socialising for people that are already using the project.

'I really enjoyed coming out today, I haven't been out for ages, and everyone was so nice'

Local MP

Sam and Rohini met with Alberto Costa, MP for South Leicestershire which covers Lutterworth and Broughton Astley



He is keen to help promote VASL projects to his constituents and wants to encourage people to get involved in Community Champions.

If you know anyone who might be interested, let us know.



Community Champions is funded by the Big Lottery

VASL Registered Charity No. 1141274

Company Registration No. 7517828



July Gathering

26 of us met on a hot afternoon at MH Golf Club for the July gathering. One of the group had suggested that we should wear name badges and we agreed that it helped us to get to know names. We had lovely cupcakes to celebrate the end of the first year's funding and Rohini commented on how much progress we have made over the year thanks to everyone involved in the project. Jenny then gave out details of local events and future training opportunities and encouraged people to give details about other community groups they are involved in.

Topics of conversation included the summer heat, England's progress in the World Cup football after winning at penalties, the Mystery Drive, summer outings and volunteer visits.



Feedback has been appreciative:

"It is so good to have these occasions and great that you organise them. I honestly only very rarely went out before, and of course my wonderful (volunteer) is so good and I do appreciate her very much. My life has certainly changed for the better in the last year or two so thank you very much."

"Thank you all for another wonderful gathering. Made some more friends and really enjoyed the lovely venue along with the tea and cakes."

"Thank you never seems enough. So much to look forward to these events and meeting other people. Thank you also for the transport without which I would not be able to access some gatherings."

Penpals Penpals can write 'old fashioned' pen and paper letters, type letters or email, whatever suits you both. All expenses are covered by the project, including stamps and paper. If anyone is interested in becoming a penpal contact the project for more details.

"My letter writing pen pal wrote a lovely letter to which I replied. Waiting with anticipation. Again thank you for that introduction. Love it"

Diary Dates

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

Community Gathering

8th August 2.30-3.45 at Café Ventoux, Wood Lane, Tugby, Leics, LE7 9WE

Leics Fire and Rescue Service Training Torch House 10-12 noon, 15th August for clients covering home safety.

4th September Community Gathering 2.30-3.45

Digital Volunteers

Did you see Irene and Dawn in the Harboro' Mail recently promoting the work we do to get people online? We've helped people to make GP appointments online, to research their family trees, to listen to county cricket matches across the country, to follow grandchildren on Facebook as they travel the world, to transfer photos from their phone, to email family and friends and to find the courage to start (often the most difficult thing).

If you would like to know more please get in touch.

