



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

Clients Newsletter September 2018

VASL YOUR LOCAL CHARITY IMPROVING LIVES

**Project News**

In year one our project focus was to get new volunteers and clients to join the CC project community – and this has happened really well. We have 54 volunteers, 71 clients and 100 active relationships. We also see about 30 people at our monthly Community Gatherings. The Big Lottery is pleased with our progress. Thank you for your support

In year two we want to encourage volunteers and clients to join other groups and activities whilst being involved with us. We aim to keep you informed about groups and events in the area, and make it easier for you to join anything you find interesting. If you could introduce people to a group you belong to, let us know.



**News from other organisations**

**Bereavement Course**—The Bower House in Market Harborough offers a seven week course for those who have experienced loss and would benefit from sharing their journey through grief in a safe and caring group setting. To ensure this is the right course for you, any one interested will be interviewed contact 01858 469257. **No transport available through CC, course only available to those within 10 miles of Market Harborough.**

HDC are hosting **Sport Awards** including the Twilight Achiever of the Year, for anyone 65 and over, who has tried a new activity and encouraged others too. See the website or contact the council on MH 828282, by 28/09/18.



**Community Friends**

When a client has had a Community Champions volunteer for some time, they often develop a friendship. We see this as a real success. From a project point of view we need to record that this relationship is now a friendship. This means that any project restrictions are lifted, for example you can see each other when you like and swap phone numbers .

As a Community Friend we will send you newsletters and welcome you to gatherings, training and celebrations.

We already have 11 Community Friends so if you want to know more about how it works we can introduce you to them – just let us know.



Community Champions is funded by the Big Lottery  
 VASL Registered Charity No. 1141274  
 Company Registration No. 7517828



## August Gathering

Nearly 30 people from the project community met at the Café Ventoux in Tugby for the August Community Gathering. This venue was chosen so that everyone had a nice ride through the parched Leicestershire countryside.

The tables buzzed with conversation as refreshments were served. The café staff were friendly and wanted to learn more about VASL and its projects.

Notices and information were shared about community events and other opportunities.



“I never knew about this café – its lovely – look at the views outside. I will definitely come here again with my friend”

“look at all this space – its amazing” “Its great to come to a new place- thanks for organising”.

## Useful information

For independent advice or home repairs we would suggest contacting:

**Age UK** [www.ageuk.org.uk](http://www.ageuk.org.uk) or ring **0800 055 6112**.

- ◆ Age UK register of reputable tradespeople [www.aubdleicestershire.co.uk](http://www.aubdleicestershire.co.uk)
- ◆ Age UK Handyman service online or booklets from their shops in MH, Lutterworth or us.

**Safe and Well** [www.safeandwell.co.uk/leicester](http://www.safeandwell.co.uk/leicester) 0116 264 3690, advice on equipment you need to live at home. Please note the assessment visit costs £90.

**Warm Homes** 0116 305 4286 info on boilers, gas and electric prices and home insulation

**Aids and Adaptations** – see the website (search Leics CC disability) or ring 0116 305 0004

**First Contact Plus** [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk) for advice on health and well being.

## Diary Dates

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

**Community Gathering**  
Tuesday 4th September  
2.30-3.45 at MH Golf Club

Club

**Laughter Yoga** Wednesday  
19th September 2.30-3.30pm  
at Torch House

**Community Gathering**  
Wednesday 3rd October 2.30-3.45 at The Fox Pond Oadby.

## Fire Safety

7 clients, volunteers and staff attended an informative fire safety session at Torch House in August. Ben and Rob, local firefighters talked about how to stay safe at home and minimise the risk of fire. Main messages are:

**Have a working smoke alarm**, that is tested regularly. Call 0116 287 2241 for a free alarm with a 10 year battery. **Keep your kitchen door closed** particularly at night to protect you against smoke inhalation whilst you call the fire brigade. **Free Home visits available** to give safety advice and information where needed. Call Action on Hearing Loss on 0808 808 0123 for **specialist alarms**.