



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 September 2018



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, 9 come to Mini-Gatherings and about 8 to optional training events. The Big Lottery is pleased with our progress.

Now in year two we want to encourage volunteers and clients to join other groups and activities as well as stay involved in the Community Champions project community. By helping you to grow your local connections you will meet more people in your community with similar interests and expand your social circle, hopefully reducing loneliness. Community Champions will tell you about community events and local groups and try to make it easier for you to join groups by finding people who can welcome you there. 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 is offering a seven week course for

those who have experienced a significant loss and would like to join with others to share the journey through grief in a safe and caring environment. There will be an initial interview to make sure that the course is suitable for you please contact 01858 469257. This is not a VASL event so we can't provide transport through the project. The course is available for people within 10 miles of Market Harborough.

Harborough District Council are hosting **Sport Awards** including the Twilight Achiever of the Year - an individual aged 65 years plus, who in the last year has tried a new sport and has seen the positive impact of physical activity and encourages others to get and stay active. Nomination form on www.harboroughsport.org.uk or contact the council on 01858 828282 by 28.09.18



Community Friends

When a volunteer and client the Community

Champions team have introduced to each other have met for a few months, 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, you can swap phone numbers and you do not need to report back to us.

Volunteers cannot claim expenses as Community Friends but we do still want you to be involved in the project community. We will send you newsletters and welcome you to events.

If volunteers are able to take on another new client through the project we do appreciate it but it is not an expectation.

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

15 clients, 5 volunteers, 4 Community Friends, 2 VASL Drivers and 3 VASL staff 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.

Everyone chatted about the sweltering weather, holidays, family news, volunteer visits, the cycling memorabilia around the cafe and day trips out as hot/cold drinks and flapjacks were ordered and delivered. The café staff were friendly and wanted to learn more about VASL and its projects. One recognised a client from Harborough and went over for a chat.



Rohini, Sam and Jenny then shared notices and information about community events and training 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

If you or your client need independent advice or work doing at home we would suggest

Age UK www.ageuk.org.uk or ring 0800 055 6112.

- ◆ Age UK register of reputable tradespeople www.aubdleicestershire.co.uk
- ◆ Age UK Handyman service online or booklets from their shops in MH, Lutterworth or us.

First Contact Plus www.firstcontactplus.org.uk Advice on Improving health, falls, feeling safe, living independently, money debt benefits, work learning and volunteering, families and relationships, and your home. Referrals must be online but we can help with that if the client can't self refer.

Warm Homes run by LCC can give free impartial advice on home insulation, boilers (including grants towards a new one) and check that you are on the best tariff for gas and electricity. Phone 0116 305 4286

Aids and Adaptations – the County Council have a self assessment form on their website (search Leics CC disability) or ring 0116 305 0004, People who need further advice are referred to Safe and Well

Safe and well www.safeandwell.co.uk/leicester 0116 264 3690 who can give advice on equipment which makes it easier to live at home. It is a service commissioned through Leics CC, please note the Occupational Therapy assessment visit cost £90, as it is a private company not an NHS services.



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 Market Harborough Golf Club

New Volunteer's Training

Wednesday 12th September 10-3.30pm

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

Shopmobility session for volunteers Thursday 27th September 10.30-11.30 a chance for volunteers to see what Shopmobility can offer.

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

Fire Safety

Seven clients, volunteers and staff attended an informative fire safety session at Torch House in August. Ben Hill and Rob, Fire-fighters from the Community Safety Team talked about their service and the booklet 'Fire Safety in the Home' describing how to stay safe at home and minimise the risk of fire.

◆ Everyone should have a working smoke alarm, that is tested regularly. If you are elderly or vulnerable call 0116 287 2241 for a free alarm with a 10 year battery.

◆ Most fires are to do with cooking, so keeping your kitchen door closed when you're not using the room and at night can protect you against smoke inhalation and give you time to call the fire brigade once your alarm goes off.

◆ Did you know... there are specialist alarms available for people with hearing loss, call Action on Hearing Loss on 0808 808 0123.

◆ **The team also do home visits to vulnerable people to assess their property for safety and give advice and information where needed.**