



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 October 2018

 Your Local Charity Improving Lives

September Gathering

36 people (18 clients, 8 volunteers, 3 Friends, 2 Drivers, a visitor and 4 staff) met at Market Harborough Golf Club. Conversation flowed as people swapped summer tales.

Our visitor, Tim Savage, from the Harborough Museum told us what the museum's collections included (e.g. Hallaton Treasure, artefacts from local companies like Symingtons and Faulkners) and then had objects to show (e.g. fossil, shoe cast) and pass round. The canon ball was amazingly heavy!

'Thank you for inviting me to your wonderful group – I have learnt so much from your clients' reflected Tim

Nickie took photos of various groups which may be used in the Community Champions calendar. Feedback included:

'A huge thank you to everyone who helped to make our gathering such a lovely time. Really enjoyed it...met some new people. Really enjoyed the museum talk. Really just so enjoyable. Don't think I will ever feel lonely again'



These events rely on the support of volunteers, drivers and staff – a massive thank you to all.

Pictured: Pat , Tim , Rohini, Jonathan and Graham

Mini gathering at Rose and Crown Thurnby

Mini gatherings are smaller social get togethers for people that live in the rural areas of the Harborough District. 9 clients, volunteers and drivers met this month at the local of one of our group. Refreshments were served by friendly, helpful staff and conversation flowed. It was great to welcome back familiar faces that had been away for a while due to illness and catch up with everyone's news.

'Thank you so much for the mini meeting. It is so nice to get amongst other people. Also it was a lovely drive on roads that as usual I hadn't been on for a while.' *'I really enjoyed that, it was great to catch up with everyone I've not seen a for while'*



A big thank you to the volunteers and drivers as well as the transport team that make this possible.

VASL
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Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

Company Registration No. 7517828



VASL's My Mind Matters project are running workshops each month about topics such as Calm and what it means to you, Mind Maps and Self Care. These workshops are free and you can attend on a drop in basis. They are open to volunteers and clients who have an interest in improving their mental health.

They take place monthly:

Market Harborough – 27 September, 25 October, 22 November.

Fleckney – 4 October, 1 November, 6 December.

Lutterworth – 9 October, 13 November, 11 December.

Kibworth – 5 October, 2 November, 7 December.

Sam and Rohini have already attended workshops, they found them enjoyable and came away with useful well-being tips. For more information please call Amarjeet or Debbie (pictured) on 01858 411383.

Community Champions can not provide transport for these workshops.



Laughter Yoga was enjoyed by 11 people recently. Creating positive energy, it has mental and physical health benefits. Led by Nisha, we stretched to warm up, did clapping exercises, and tried different kinds of laughing. Participants were positive: *'I felt quite down, now I feel happy.'* *'I really enjoyed it'*

Penpal Volunteers Available If this is something that appeals to you please let us know. Penpals can write using paper or stay in contact by email.

Need transport for Community Gatherings? Please let us know a week before
Community Gathering
 Wednesday 3rd October
 2.30-3.45 The Fox Pond

Oadby.

Effective Communication
 Wednesday 31st October 2-4pm Torch House, call to book places and transport
Community Gathering
 Wednesday 7th November
 2.30—3.45pm Kibworth Golf Club

The Community Champions project wants to help clients make new friends and link up with local opportunities. Let us know if you have joined an activity because of encouragement from a volunteer. This feedback from a volunteer shows how this is already happening: *'I listen to the local radio station and often inform her of various events going on. One such event was the Food & Wine Festival in Welland Park a few weeks back. She was delighted to know and took herself off there on the Saturday morning to be even more delighted to find a certain cheese she adores. She was most grateful I told her and I got the tastest on my next visit. On Friday I told her about the Lubenham Scarecrow Weekend, so she was going to bus out there Saturday morning to take a look around if the weather allowed. Can't wait to hear if she did go and if maybe she met up with some of her old neighbours and friends amidst the awesome, humorous scarecrows.'*