



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

Diary Dates

**Community Gathering** 3rd October 2.30-3.45

The Fox Pond, Glen Rise, Oadby, LE2 4RG.

**Effective Communication** 31st October 2 -

4pm Torch House, call to book places and transport.

**Community Gathering** 7th November 2.30 -

3.45pm

Kibworth Golf Club, Weir Road, Kibworth Beauchamp, LE8 0LP.

Volunteer Newsletter

October 2018

VASL 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

**Volunteer Training** — Last month, 7 people attended the Community Champions new volunteer training. The group participated actively, asking questions and sharing their insights. Jonathan D, an existing volunteer talked about his experiences – the challenges and how he manages these, the companionship and the sense of belonging he feels as a Community Champions volunteer. Feedback has been mostly positive:

*'such a warm and friendly training session – loved Jonathan's talk'*

*'really enjoyable course; clear objectives, delivered in an informative and fun way'*

*'Brilliant, varied, informative, inclusive – thank you'*

We also received suggestions for improving the course which are always welcome.

We are now looking for clients for these new Digital, Pen Pals and Community Champions volunteers. It is fantastic that we can support more clients. If you know of someone who would like to volunteer, or become a client, please let us know.



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.



### Hosts needed

#### Helen is a volunteer

who comes along to help at Gatherings to welcome people and make tea. We are delighted that the number of clients attending has increased, and we would really appreciate more help from volunteers, either with or without your client. Let the team know if you could arrive 30 minutes early to ensure that no-one arrives without being welcomed.

### Digital volunteers

meet every couple of months, to share their knowledge and sometimes to ask for help! This month we were very grateful to Tony and Kath who presented sessions on computer memory and ways to free up space on different devices. We are fortunate to have such high calibre volunteers with experience to share. One volunteer warned us of a scam — someone telephoned claiming to be from a trustworthy company calling to fix his pc; having had problems he checked with his company directly and they were able to confirm that call was nothing to do with them, advising that if scammers call enough numbers, eventually someone who has had issues with their computer, will pick up. If you would like help with getting online please contact us.

The Community Champions project wants to help clients make new friends and link up with local opportunities. This recent feedback from a volunteer shows how this is already happening – please do let us know if your client is getting out to try new things as a result of your encouragement. The volunteer reports:

*'Having no TV, 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 taste-test 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.'*

Led by Nisha, **Laughter Yoga** (LY) was enjoyed by 11 people recently. We learnt LY started in 1990 in India and there are now 5000 groups across the world. Creating positive energy, it has mental and physical health benefits. We stretched to warm up, did clapping exercises, and different kinds of laughing; shy (eyes down), direct (with eye contact) and loud (eyes up). We passed claps and laughs around the group. Nisha thanked the group and said they were *'fantastic!'* Participants were positive: *'When I came in I felt quite down, now I feel happy; I have really enjoyed this session, are there local classes please?'*