



COMMUNITY  
CHAMPIONS

GET IN TOUCH Rohini, Jenny, Sam or Denise  
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 Gatherings 4 December** 2-3.15pm  
Methodist Church, Northampton Road,  
LE16 9HE, with Kibworth Ladies Choir  
**15 January** 2.30—3.45pm MH Golf Club,  
Gt Oxenden Rd, LE16 8ND, visit from Helen  
Murray, Market Harborough Library.

**Please note VASL offices will closed from  
Monday 24 Dec 2018 to Weds 2 Jan 2019.**

Welcome Denise

Community Champions would like to welcome our new team member Denise Heseltine:  
Hello everyone, I'm Denise and I'm thrilled to join VASL and the Community Champions team as Office Administrator. I have volunteered as a befriender with Community Champions since relocating to Market Harborough. I am originally from the US and have lived in various countries with my British husband and two children. We feel fortunate to have found such a lovely place to live and are enjoying our involvement with many aspects of the community. I have met some of you through my role as a volunteer and look forward to meeting more of you now as I help Rohini, Jenny and Sam "behind the scenes".



## Volunteer Newsletter December 2018



Your Local Charity Improving Lives

**The 2019 Community Champions  
Calendar is now available please  
contact the office if you would like  
one, free to volunteers and clients.**

November Gathering

42 people met at Kibworth Golf Club on a cold grey afternoon for the November Community Gathering. We needed 2 Mini-buses and 5 cars to transport everyone! Simon and Trisha welcomed us with drinks and cakes laid out on each table. There was a lively hum of conversation as people caught up with pals and new introductions were made. Rohini told everyone about Denise joining the Community Champions Team, shared plans for the next gathering and thanked all the volunteers and staff who make these events so enjoyable. Sam shared flyers about the Friendship lunch and Jenny distributed the 2019 Community Champions calendar. Information about local events and Warm Homes were also shared. Alan gave each table a copy of his fun quiz. 3 ladies have already decided to form a lunch club and plan to eat at Kibworth Golf Club. *"This is one of the best Community Gatherings we've had – what a great group of people – just look at everyone chatting"* *"The calendar is great – thank you for such a useful gift"*.



Mini gathering

A small group met recently for a mini gathering at the Fox Pond in Oadby. We welcomed a new member and caught up on everyone's news from the last couple of months. The venue and staff were excellent, very helpful and provided delicious cakes for us too, (bang goes the diet!). The group fed back: *"It was lovely to see everyone, and the cakes were amazing!"* *"Thanks for the mini-meeting. I enjoyed it. Of course, there were plenty of cakes!"*, *"there was a really nice atmosphere with everyone chatting"*.



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Company Registration No. 7517828



## Salt and Sugar

A small group recently participated in a healthy eating session, Salt and Sugar. It was very interactive and covered a variety of topics: The salt and sugar contents of different sweet and savoury foods and drinks, Salt Awareness Week, Interpreting food labels and the Foodswitch app. The Eat Well plate, The Rainbow Diet, and healthy alternatives for instance soya, lentils were also discussed. The group enjoyed the session:

*"I learnt many things and will read all the handouts – it was fun learning in a group" "I will experiment more with different coloured fruit and veg" "The trainer Jayne was excellent and answered all my questions"*



## Befriending Network Conference

This month Jenny spent one day at the Befriending Network Conference in Edinburgh. It could have been the driest, most boring day ever, with four speakers talking about how to measure the impact of befriending. But one of the speakers said, 'stories are data with a soul' and through the day, stories were shared about different client groups and the very positive impact is similar in them all. We heard about a twelve year old boy who had been befriended through the move to 'Big School', projects for teenagers, older people, clients with dementia, projects from Shetland to Australia! It is great to have the opportunity to talk to people who are running similar projects, to hear from the Scottish MSP who is the Minister for Older People and Equalities about the impact of befriending on their loneliness strategy, and to tell them about all the positives that we experience in Community Champions.

## Effective Communication

8 people completed the Effective Communication session with Jayne Edwards from Leicestershire Adult Learning Services. The group learnt about open and closed questions, how to be mindful when communicating and that clear communication is the foundation for building strong relationships. Everyone felt they could use their enhanced skills daily in their volunteering and personal lives. The trainer was excellent and everyone enjoyed the informal atmosphere and supportive group.

For more information on Adult Learning in your area see: [leicestershire.gov.uk/GoLearn](http://leicestershire.gov.uk/GoLearn) or tel 0800 988 0308

## Local info

Friendship Lunch Weds 12 Dec 12 -3pm The Royalist, Western Ave, MH, call 01858 438080 to book - £7 for 2 course meal and activities/games/raffle.

Tea @ Three

December 16th 'Christmas Carols and Cakes' tel David Palmer 07505 968767 for details

Angel Ears Bereavement Support Thursdays 7-9pm Dec 20th, Jan 17th, Feb 28th, March 28th meets at Enigma, Coventry Road, MH, all welcome tel Nic 07534 26309 for details

## Of interest?

\* [Joining Forces](#) - Age UK project for veterans call 0116 261 4605/4606 for details of coffee mornings and other events

\* 55,000 people responded to a [BBC Loneliness Experiment](#), find a series of programmes about this here: [www.bbc.co.uk/search?filter=programmes&q=loneliness](http://www.bbc.co.uk/search?filter=programmes&q=loneliness)

\* Market Harborough Library are re-launching their [Home Library Service](#) and are looking for volunteers, contact: [helen.murray@leics.gov.uk](mailto:helen.murray@leics.gov.uk) for details or call: 0116 305 3627 to find out about receiving the service

\* [National Trading Standards](#) have launched a campaign against scams, find out more here: [www.friendsagainstscams.org.uk/](http://www.friendsagainstscams.org.uk/)

\* [Independent Age](#) have produced a guide to a stress free Christmas - to order your free copy go to: [www.independentage.org](http://www.independentage.org) or call 0800 319 6789.

\* [Warm Homes](#) - organise information and support around fuel poverty call: 0116 305 4286 or visit [www.firstcontactplus.org.uk](http://www.firstcontactplus.org.uk) for details