



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

Client Newsletter January 2019

VASL Your Local Charity Improving Lives

Diary Dates

### Community Gatherings, for Project Members only

**Tues 15 January** 2.30 - 3.45pm MH Golf Club, Gt Oxenden Rd, LE16 8ND, visit from Helen Murray, Market Harborough Library

**Tues 5 February** 2 - 3.15pm The Roebuck, Rockingham Road, MH, LE16 7XY

**New Volunteer Training 23 January 10am - 4pm**

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

The VASL 2018 Annual Review is now on our website: [vasl.org.uk/annual-review-2018](http://vasl.org.uk/annual-review-2018) Read how VASL projects help local people.

December Gathering

50 people met for the December Community Gathering. Volunteers helped set up the room with festive table cloths, hosting tables and bringing drinks to each client to enjoy with their mince pies and shortbread. Rohini gave a few notices and thanked everyone for their participation in making 2018 another successful year for the Community Champions project. The Christmas tree lights sparkled as the Kibworth Ladies Choir sang carols and encouraged everyone to join in. Some people, including the Choir ladies, dressed up – and looked wonderfully colourful in their Christmas jumpers, T shirts, earrings and elf costumes. Our Christmas celebration was enjoyed by all. One client even recognised the midwife who had helped her deliver her child a few decades ago, what an amazing coincidence! **A Big Thank You** to everyone who helped make the event so special.



Have you been given a piece of technology for Christmas, but you're not sure what to do with it? Our digital volunteers can help with mobile phones, tablets (e.g. iPad) and laptops. They visit you at home and take things at your pace. They are VERY patient! We have helped people from 62 - 97 years old, so don't use age as an excuse! There is no charge and it just takes a phone call to get some help, call Jenny on 01858 439262.

Digital Support



Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

Company Registration No. 7517828



Of interest?

- \* **Royal Agricultural Benevolent Institution (RABI)** support farmers, farm workers and their dependents for more information t: 0808 281 9490
- \* **Citizen's Advice Bureau** offer support locally: Drop in at Market Harborough Symington Building Tues and Thurs 10am - 3pm and Lutterworth Town Hall Mon 10am - 3pm, or call their advice line t: 0300 330 1025
- \* **Kibworth Library** offer French Conversation for Beginners from Tues 8 January 10am £2.50, just drop in
- \* **Harborough Library** 'A Century of Stories' Exhibition drop in during library opening hours
- \* **Red Cross** First Call Support at Home practical help to live independently call for details t: 0345 054 7171
- \* **Independent Age** offer a free guide to staying connected in later life and provide free friendship calls or visits t: 0800 319 6789

Knit and Natter Cards

Wendy from the East Carlton Knit and Natter (KaN) group delivered 40 beautiful handmade Christmas cards to us. Rohini gave Wendy a Community Champions calendar to show our appreciation. "The group enjoyed making the cards and had an interesting discussion about loneliness in our communities and what we could do to help. It is a massive national issue and can affect anyone" said Wendy. Denise said "I enjoyed meeting Wendy, the cards are so creative and the message inside is perfect". This initiative reflects the true sentiments of Christmas beautifully, and some clients will receive a card in the post.



Local info

**Friendship Lunch** 2nd Wed of each month 12 - 3pm 9 January The Royalist, Western Ave, MH, t: 01858 438080 to book, £7 for 2 course meal/raffle/activities  
**Tea @ Three** January 27, 'New Year, New Discoveries' t: David 07505 968767 for details. **Angel Ears Bereavement Support** Thursdays 7-9pm Jan 17 meets at Enigma, Coventry Road, MH, all welcome t: Nic 07534 26309 for details

Leicestershire Loneliness Summit

Volunteer Helen (pictured) and Rohini, represented VASL Community Champions at the summit discussing how to tackle loneliness in all age groups. Speakers from The Red Cross and the BBC Loneliness experiment gave perspectives on the subject and ways to tackle it. Local examples of action were given by MP Neil O'Brien, the Derbyshire Community Connector Service and Community Champions. Helen said about our project "I really liked the focus of building a community, enabling older people to acquire digital skills". Peter, the client, shared his story before the event saying "you have done so much for me – I love my volunteer visits, the training and the gatherings, there's always a lot going on!". VASL gives a huge thanks to Peter and Helen for their involvement in such a big event, what fantastic ambassadors! LCC have signed the Campaign to End Loneliness Pledge and launched 'Within your Gift' a campaign encouraging LCC residents to reach out to lonely people.

