



GET IN TOUCH Rohini, Jenny, Sam or Denise
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 February 2019

VASL Your Local Charity Improving Lives

Diary Dates

Community Gatherings, for Project Members only, please call by 5pm on 28 Jan to book transport
5 February 2 - 3.15pm The Roebuck, Rockingham Road, MH, LE16 7XY
5 March 2.30 - 3.45pm Kibworth Golf Club, Weir Rd, LE8 0LP
20 February 10am -12pm **Effective Listening Training** Torch House, Conference Room.
20 March 10am - 12pm **Fraud and Cyber Prevention Information Session** Torch House, Conference Room
Call the office to book places and transport

January Gathering

We met at the MH Golf Club this month. Rohini gave a few notices; from now on the Community Champions team would not be ringing people to remind them to book transport or a place at the gatherings. You can add your name to the list that will be circulated at each gathering and if you miss this please call the team to book a place by 5pm on Monday 28 January. This enables the Community Champions team to make transport arrangements and organise catering for the next gathering. If the Community Buses are full when you call, names will be added to a waiting list. **Helen Murray (pictured) from Leicestershire Libraries** gave information about the **free** groups and resources that are available in the library and online. Helen encouraged everyone to visit their local library as libraries are now important social hubs for all ages. For more information see: www.leicestershire.gov.uk Rohini thanked the drivers, volunteers and staff who made these events possible and Helen for her informative talk. "It is my first time today and everyone has been so friendly. I am definitely coming again". "This is the best thing I've done since I moved here, I am so glad I got in touch with VASL, this has helped so much".



'Solo' Visit Jenny was invited to go along to the Solo Group which meets weekly at St Nicholas Church in Little Bowden. This is a lovely informal group who meet for a cup of tea and a chat on Monday mornings from 10 -11am. The brief was to talk about VASL and as always as soon as Volunteer Drivers were mentioned people wanted to share their very positive experiences. The group was very aware of the problems of loneliness and could understand what a difference a regular volunteer makes. At the end of the session we gained a potential new volunteer and a digital client, anyone in Little Bowden will be welcome to join. Well done Jenny!



Community Champions is funded by the Big Lottery



VASL Registered Charity No. 1141274

Company Registration No. 7517828



Effective Listening On 20 February 10am -12pm, here at Torch House, Linda Pentland will be leading an interactive session about developing effective listening skills. Linda is a 'Soul Midwife' and has undertaken training to be with people that are dying and conversing with them. The session will include learning how to listen 'deeply', sharing an object with the group and talking about it, as well as developing our skills for having 'tough conversations'. Linda suggests that each attendee brings with them a small item that represents what drew them to Community Champions. However, no one will be expected to speak if they prefer to listen and Linda will have pens and paper for people to use as an alternative to sharing an object. If you wish to attend, please contact the team to put your name down and book transport if required.

Community Friends After about a year we do a review of volunteer client relationships. When a client has had a Community Champions volunteer for some time, they often develop a friendship. We see this as a real success. Becoming friends means that any project restrictions are lifted, for example you can see each other when you like and swap phone numbers. From a project point of view, we need to record that this relationship is now a friendship. As a Community Friend we will still send you newsletters and welcome you to project gatherings, training and celebrations. We already have 20 Community Friends so if you want to know more about how it works, we can introduce you to them – just let us know.

Local info **Friendship Lunch** 2nd Wednesday of each month 12 - 3pm 13 February The Royalist, Western Ave, MH, tel 01858 438080 to book, £7 for 2 course meal, raffle etc.

Tea @ Three 27 Jan, 24 Feb, tel David 07505 968767 for details

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

Move 2 Music Monday mornings Little Bowden Bowling Club see www.move2music for details and charges

NHS campaign This winter, get the best out of the NHS with the '**Help Us, Help You**' campaign. The aim is to inform the public about the range of services available to relieve pressure on A&E departments. NHS 111, extended GP hours and Community Pharmacies can all help with common illnesses during winter. For more information contact your local surgery or see www.nhs.uk/staywell.

VASL News **Shopping on Amazon? Use this link to donate a percentage of your shop to VASL:** smile.amazon.co.uk/ch/1141274-0

Support for Carers have been nominated for the Leicester Mercury Carer Awards in the Special Recognition category. Winners will be announced at an event on 31 Jan, congratulations and good luck to all the team (pictured).

