



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 July 2019

VASL Your Local Charity Improving Lives

- Diary Dates**
- Community Gatherings for Project Members only,**
2 July 2.30 - 3.45pm **WITH TRANSPORT** New Venue Buttercups Tearoom, Rushfield Farm, Tilton Rd, LE7 9FE. *please call by 9am Mon 24 June to book transport.*
23 July 2.30 - 3.45pm **Without transport** Casa Nostra, 13 Adam and Eve St, MH.
7 Aug 11am - 12.15pm **WITH TRANSPORT** Kibworth Golf Club, Weir Rd. LE8 0LP
10 Jul 2-4pm Reducing Plastics Workshop Torch House.
14 Aug 10am - 12pm Wheelchair Handling Session Torch House
Call the office to book places and transport

June Community Gathering

We met at the Fox Pond in Oadby this month. We sang Happy Birthday for those with June birthdays, including team member Jenny. Host volunteers made sure that all had a drink, cake and someone to talk to. Conversations about holidays, health, community events and sports bubbled around the room. Kay and Peter, from The University of Leicester circulated around the tables to ask if anyone wanted to get involved with their research into how loneliness and social isolation affects older people. "What an amazing group of people you have here" said Kay "we have had some really interesting conversations". Rohini gave short notices and thanked all volunteers/staff for their cheerful help. Volunteer Penny told us about her new show on BBC Radio Leicester. "Thank you so much – I really look forward to these outings" commented several clients. To contact Kay for information about her research T: 0116 252 5435 E: kp14@le.ac.uk



Bus News

The great news shared recently was that the number 30 circular bus route is to begin on Monday 1 July between Market Harborough town and the Southern Estate. After much pressure from the local community and their representatives Centrebus will now be providing a service in the middle of the day 11.30am-2.30pm Monday to Saturday. For more information see: www.centrebus.info/service-changes.



Community Champions is funded by the National Lottery Community Fund
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Company Registration No. 7517828



Community Gathering without transport The first Community Gathering without transport took place at Enigma. Introductions were made and people chatted over drinks and cakes. Rohini gave short notices and Denise met volunteers and clients, "It's great to put a face to the name!" she reflected. Topics of conversation were health, birthdays and summer plans. Enigma staff were friendly and helpful and everyone enjoyed a smaller group. "Thank you so much I have really enjoyed it", "Its nice to meet new people", "What a great project" said the manager Tom.



From pen pals to friends A volunteer came to VASL Community Champions and said "I would love to be a Penpal, I love writing and receiving letters". This volunteer was matched with a client who shared similar interests, travel, food, local events and their regular correspondence has blossomed. "I can't believe it's a year we have been writing, she seems such a lovely lady. I think it is nice to consider her as a friend and wondered whether it would be nice for us to meet face to face, but wouldn't want her (or me) to miss out on the pleasure of receiving a letter". The client is also keen to become friends and a meeting is planned; this local social connection all resulted from two people choosing to write a few words regularly to a stranger who has now become a friend. Amazing!

Digital update Digital volunteers recently met to discuss how technology can help people with visual impairment, for example changing the settings on tablets and TVs to respond to speech, using Alexa and Google home to play radio programmes, tell the time or read a recipe. We are planning a session for anyone in the project to learn how to take and send photos, and one where you could get some advice about a phone or tablet which would meet your needs and try it out without the pressure of a salesperson trying to sell you something. Let us know if you're interested in either of these sessions or would like any digital support.

Friends of the Elderly Provide grants for people on benefits over state pension age to help with garden clearances, decorating and transport. They also support with disability adaptations, white goods and furniture. For anyone interested they can provide tablets, laptops and mobile phones. Certain criteria do apply and a third party has to act on the applicant's behalf. For more information contact: T: 0330 332 1110 E: hello@fote.org.uk W: www.fote.org.uk.

Local Info **Lutterworth Free Wellbeing Sessions:**

25 Jun 1-3pm Relaxing Crafts

2 Jul 1-3 Beat that stress, mindfulness techniques. For more information and bookings contact Mary M: 07535 890017 E: mary.baker@leics.gov.uk

Both of these events are in Lutterworth.

Tea @ three visit to Launde Abbey **28 Jul** small charge for refreshments/transport. For more information contact David Palmer 07505 968767.

Fixers Café Planning meeting 20 Jun 2.30pm Louisa's Place, MH. Volunteers with fixing skills needed. For details contact Suzanne Reddi M: 07709 058318.

Carers' Café Waitrose 3rd Sunday of the month 2-4pm starts 16 Jun .Call MH 468543 for information or just drop in, free tea/coffee.