

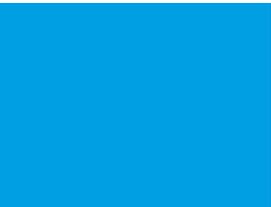
# VASL

INCLUDE • INVOLVE • ENRICH



[vasl.org.uk](http://vasl.org.uk)

# information booklet



Your local charity improving lives

# Welcome to our VASL information leaflet

We're dedicated here at VASL to improving lives in the Harborough District and the wider community.

**We run a number of projects such as:**

**A Car Scheme for people without or unable to use public transport.**

**Community Champions, supporting isolated or lonely adults to reconnect to their neighbourhoods.**

**Support for unpaid carers throughout Leicestershire.**

**A mental health project supporting people to make changes to their lives**

Have a look to see if any of our projects could help a relative, friend, neighbour colleague or yourself.

If you would like a talk about VASL to be delivered to your group or business or if you want to work with us in any way to help your community please get in touch with me - I don't bite and I love a good chat!

*Maureen*

**Call 01858 439267**

**Email [momalley@vasl.org.uk](mailto:momalley@vasl.org.uk)**



# Car Scheme

VASL Car Scheme volunteer drivers enable isolated people or those with no access to public transport to go to hospital visits, shopping or simply meet friends.

An incredible total of 5506 journeys were completed in 2016/2017. 81810.2 miles were clocked up by our 51 volunteer drivers and we have 1,817 passengers registered to use the scheme.

To be eligible to use the VASL Car Scheme the passengers are either elderly, disabled or rurally isolated and have no access to public transport where they live and don't have transport of their own.

Volunteering is a rewarding way to give something back to your local community. If you would like to be a volunteer driver, training and support will be given.



**To find out more simply contact:**

**Sandy Handley**

**Call 01858 468499**

**Email [transport@vasl.org.uk](mailto:transport@vasl.org.uk)**

PROJECT KINDLY FUNDED BY



# Community Champions

Tackling loneliness amongst the over 60's across Harborough District - "you come as an individual and join a thriving community."

Loneliness is a growing problem across society for people of all ages and backgrounds - but it is one we can all help to tackle. VASL's Community Champions provide social contact in a variety of forms visiting isolated or lonely older people over 60 at their home weekly and encouraging them to broaden their horizons by trying out local groups, activities etc. You'll be matched to the person you support for a year, giving time to really build their confidence and help them connect with others.

## Telephone Volunteers

Ring isolated and lonely people on a regular basis giving them companionship, support, practical help and information.

## Digital Volunteers

Visit older people at home to show them how to use mobile phones and tablets;

## Pen Pals & Email Pals

Exchange news filled letters.



To find out more simply contact:

Call 01858 439262

Email [champions@vasl.org.uk](mailto:champions@vasl.org.uk)

PROJECT KINDLY FUNDED BY



# Support For Carers

Since July 2011, VASL has held the Leicestershire County Council contract to deliver 'Support for Carers' across Leicestershire. Support for Carers receive referrals from many different sources such as GP practices, statutory and voluntary sector, and not forgetting self-referrals.

“Giving up my life to care is hard and so our Carers group is vitally important to give me support. It allows me to carry on with difficult, tiring, frustrating work.”

## Carer B

The service continues developing new ways of identifying and supporting carers: working in partnership with voluntary and statutory services, through the website, carer support groups, newsletters, buddying up carers and our telephone befriending service. That telephone service is available throughout Leicestershire and is run by experienced, trained volunteers who understand issues with caring.



One of our volunteers will ring you to talk about anything you like; whether you fancy a light-hearted chat or a chance to get it off your chest depending on what kind of week you have. The website, [www.supportforcarers.org](http://www.supportforcarers.org) promotes events and services across the county to support carers, as well as keeping everyone updated with all relevant new information and legislation.

**SUPPORT  
FOR CARERS**  
LEICESTERSHIRE

To find out more simply contact:

Call **01858 468543**

Email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)

PROJECT KINDLY FUNDED BY



# Young Carers Activity Group

A Young Carer is a child or young person under the age of 18 who is helping to care for someone at home. It doesn't always have to be a parent - some Young Carers find themselves providing care for disabled siblings, for example. There are many reasons someone can end up as a Young Carer; including supporting someone with long-term illness, mental ill-health, a physical disability or substance misuse. Young Carers are hugely under-identified nationwide, with many of them not realising that they're doing anything out of the ordinary.

VASL's group is open to Young Carers living in Harborough District, from Year 7 to their 18th birthday. We offer fortnightly evening sessions in term time and at least six day trips a year in the school holidays. We rely on our trained volunteer drivers and escorts to bring in Young Carers who have a longer journey into Market Harborough, and we're always keen to recruit new volunteers to help with transport.

We offer the Young Carers regular respite from their caring responsibilities; the chance to relax and be themselves for an evening; and the opportunity to try new things and make new friends. At any one point we have 15- 20 members. A large proportion of our funding comes from BBC Children in Need and the rest from local donors.

**To find out more or to  
make a referral simply contact:**

**Hannah**

**Call 07845 789782**

**Email [youngcarers@vasl.org.uk](mailto:youngcarers@vasl.org.uk)**



PROJECT KINDLY FUNDED BY



# My Mind Matters

My Mind Matters is a Mental Health project covering Harborough District offering advice, information and navigation for those directly affected or having concern for themselves or others regarding mental health.

We do this face to face in sessions held around Harborough, during an appointment in the community, or over the phone. Our dedicated telephone line for My Mind Matters is for anyone with a mental health concern to call for advice, information and guidance. Monthly workshops around Harborough support those with an interest in their mental health. For people with a diagnosed mental health condition we run a community support service where we can focus on a goal they want to achieve and take steps to work towards realising it.

This project is not a crisis project and those deemed in crisis would not be accepted but referred to medical professionals as it would be unethical to do otherwise. We don't focus on the medical side of mental health but rather the social and personal aspects which may be exacerbating mental wellbeing.

**These aspects include:** *Housing, Education, Social Inclusion, Lifestyle,, Volunteering, Health and Financial Management*

This list is not exhaustive as we offer a person-centred approach and see the individual as a whole. The project, overall, is for those who are ready to re-engage with the community but finding it a struggle.



**To find out more simply contact:**

**Call** 01858 411383

**Email** [mindmatters@vasl.org.uk](mailto:mindmatters@vasl.org.uk)

# Next Steps...

This has been a taster of what we offer at VASL and how you can be involved. We rely on donations to enhance our services. If you would like to support us in this way please give us a ring on 01858 433232 or simply text donate. A gift to VASL will be life changing for someone in our community, for example a £3 donation pays the phone costs for a volunteer to call a lonely person.

**JustGiving™** Text VASL11 £10 to 70070  
to donate to VASL

We want to have close relationships with those that are considering gifting to VASL and welcome you coming to see us to discuss how we can help you to support the community and the things you care about.

## Do you want to volunteer for us?

All our projects have volunteers in different roles, helping to achieve all sorts of things. We will give you all the help and support you need to get started and make the most of it.

**“Volunteering at VASL has been so rewarding I’d highly recommend it. It’s great giving back to community and I’ve got so much out of it for myself”**  
*Volunteer.*

### Pop in to find out more or get in touch:

Call 01858 433232 Email [admin@vasl.org.uk](mailto:admin@vasl.org.uk)

Visit [www.vasl.org.uk](http://www.vasl.org.uk) Follow [@vaslonline](https://twitter.com/vaslonline)

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Market Harborough LE16 9HL**

Patron **Maggie Philbin OBE**

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