



COMMUNITY  
CHAMPIONS

VASL  
INCLUDE • INVOLVE • ENRICH

Your Local Charity Improving Lives

KEEP IN TOUCH Rohini, Jenny, Sam or Denise

Phone us: 01858 439262

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

Check out the website:

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

Facebook: [www.facebook.com/vaslonline/](https://www.facebook.com/vaslonline/)

## Client Newsletter April 2020

**Coronavirus** We are living in strange times. As a result of government guidance about protecting vulnerable older people from Coronavirus Community Champions is **cancelling all events** (Community Gatherings, training etc) immediately until further notice – this is really sad but we want to do everything we can to protect the health of our clients, volunteers and staff. Volunteers have also **been told that they cannot make face to face visits** but we are encouraging them to ring you so that you can maintain your social contact. You can share your worries with your volunteer, but also talk about other “normal” things and have a laugh – life goes on and it is important to have a sense of normality. If you cannot receive phone calls because of a hearing impairment we can ask volunteers or CC staff to write to you by email or letter – please do let us have your email address by emailing **[champions@vasl.org.uk](mailto:champions@vasl.org.uk)** – what a wonderful way of using your digital skills! So during the next few weeks Community Champions will keep in touch with you by phone and email – all Community Champions staff (Rohini, Jenny, Sam and Denise) will be working from home and we will answer phone calls and emails (just ring 01858 439262 or email as above as usual) - we hope to produce newsletters too, so please do tell us your news and email photos and jokes. Remember Community Champions is a project about connection – and we are all still connected, even if we can't have face to face meetings we can still talk or write to each other. If you have any ideas of other things we can do to stay in touch, please do tell us. Take care, please follow government health guidance. We look forward to meeting again, when we can.

March Community Gathering

We met at Kibworth Golf Club on a grey afternoon. Laughter and conversations about family, health, holiday plans, the Corona virus, Digital support and recent volunteer visits filled the room as people caught up with each other. Rohini gave a few short notices, including welcoming new people and wishing Happy Birthday to clients, one of whom was celebrating her 90<sup>th</sup> birthday! Suzanne from Repair Café explained that there were monthly events at the Congregational Church and people can bring a variety of items to be fixed and make a donation. There were volunteers who could fix electrical items like kitchen appliances, do clothing repairs, mend jewellery and bind books. A client Fred had a radio fixed and was delighted with the service. “The Repair Café is a way of avoiding landfill, keeping repair skills alive and building a community” said Suzanne. “We calculate how much carbon dioxide we have saved from polluting the atmosphere .You don't even need to have something to repair as we always have home made cake so you can just come for that and a chat! We are here to help repair the planet by involving the community. People from all generations come and all are made to feel welcome”. “Thank you so much for another wonderful afternoon – we do really appreciate what you ladies do for us”.



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We support people and communities to thrive.  
The National Lottery Community Fund

Community Champions is funded by the National Lottery Community Fund  
VASL Registered Charity No. 1141274  
Company Registration No. 7517828



## Non Transport Community Gathering

We met at Enigma between rain showers and enjoyed cake, tea and coffee, chatting about dancing, health matters and what's on locally. We also talked about the Pitman's alphabet and people's time in the forces. 'It's been so nice to have some company' 'I won't be around for a few weeks so it's nice to catch up with everyone'.



## Local Information

Many local events and regular meetings may be cancelled - please listen in to Harborough FM on 102.3 FM for news and updates. They also have a website [www.harboroughfm.co.uk](http://www.harboroughfm.co.uk). On Facebook look for [www.facebook.com/harboroughfm](https://www.facebook.com/harboroughfm).

## What do digital volunteers do?

Volunteers either visit at home or see people at the library. They can help people who have a new tablet or smartphone to begin using it. They also help with specific problems

- Watching BBC iPlayer
- Using Spotify to play music,
- closing an Amazon Account
- Shopping online
- Sending photos to family
- Making video calls.

*I found the volunteer to be very helpful, patient, empathic and informative.*

A mix of new volunteers and some who wanted a refresher spent a morning together under the guidance of Jenny and Kath who is a digital volunteer.

The course makes us think about the different ways that people learn, how important it is to be patient and to respond to the needs of the clients. We then make sure that all of the volunteers have the basic skills that they need and that they are aware of the need to keep safe on line.

One of the most important things that we cover is that no-one knows everything and the best thing we can show clients is how to find out. We use search engines and watch videos on YouTube to work things out.

*"Always so informative and a comfortable environment to ask questions and get the most out of the information."*

*"Very interactive and well guided"*



Digital Volunteer's Training

Alan, David, Pat and Jenny attended a session at Home Instead run by a Police Cyber Fraud Officer.

## Fraud

The main advice is that you should **Take Five** if someone rings, knocks at the door or sends you an email asking for your bank details.

**Take Five** before you do anything, hopefully that will give you time to realise it could be fraud.

## Good news you are a winner!!

If something seems too good to be true....it probably is! You won't win a competition if you haven't entered it.

If you have to send £10 to release your prize, someone will get rich, but probably not you.

## Emails

Never click in a link in an email, it can take you to a false site, search for the name and use that link.

## Workmen

Beware of people who turn up and offer to move rubbish or carry out roofing jobs for you.

Check it out with Action Fraud 0300 123 2040 or [action-fraud.police.uk](http://action-fraud.police.uk)

