



# NEWSLETTER

July 2020 | Client

## This month...

### Zoom Community Gathering Tuesday 7th July 2pm

Jenny will send out an email invite to all. It would be great to see as many people as possible, if you have not used Zoom before and need help with joining please let us know and a Digital volunteer can assist. We usually have time for project notices, a chance to chat in small groups and a theme to chat about.



Get in touch...

Rohini, Jenny, Sam & Denise

Mon -Thurs 9am-5pm,  
Fri til 4.30pm

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## Just Call

The charity Campaign to End Loneliness has researched how people are keeping connected during lockdown. Whilst use of digital technology is increasing all the time the majority of people especially the over 75's are picking up the phone. It seems a phone call is our favourite way to keep in touch during lockdown. They have launched the Just Call campaign as part of the Be More Us movement encouraging all of us to pick up the phone, catch up and stay connected. See [www.campaigntoendloneliness.org](http://www.campaigntoendloneliness.org) for support and information.



## Last month...

17 VASL Community Champions volunteers, clients and pets (dogs, parrots) and staff met online for the June Zoom Community Gathering. Jenny skilfully facilitated the meeting which offered all a chance to see each other. She shared her idea of volunteers knitting miniature Community Champions dolls which could be posted to clients with a message from the volunteer. People were randomly put into small groups to meet others in the project community and find out how everyone was managing lockdown and what they were missing. Swimming was mentioned .. Rohini gave short notices and Maureen (VASL Charity Manager) thanked volunteers for their fantastic support and explained how Trustees are considering garden visits. In the meantime all were encouraged to continue with phone calls, emails and letter writing which provide valuable social contact. In the second set of small groups people shared their diverse experiences of volunteering, including putting together a variety of quizzes. Feedback has been great: "lovely to meet everyone for the first time on the Zoom meeting today it is always nice to put a face to a name".



## Clap for Carers

At 5pm this Sunday 5th July to mark the birthday of the NHS, /Together are inviting everyone to clap once more to say "thank you" to everyone from NHS staff to neighbours who've helped one another out. For more details see [www.together.org.uk](http://www.together.org.uk).

## Welland Park Academy Epals

### 6 Community

Champions volunteers are emailing students at Welland Academy to share lockdown experiences and “talk” about common interests.

This intergenerational exchange came about because Welland Academy already had a relationship with the Community Champions project. The school had hosted two project events and both students and older people had said how much they enjoyed the contact.

Volunteers are really enjoying their email correspondence:

“It's been really nice to receive some lovely chatty emails from my penpal. I look forward to hearing from her, and enjoy taking the time to sit down with a cup of coffee and read what she has to say. I don't have much opportunity to speak with young people so it's really interesting to hear about her experiences and find out what we have in common and our differences. We're both interested in travelling so we've been comparing notes on some of our favourite trips - I'm very impressed how well travelled she is, and she has visited a couple of places I wouldn't have thought of going to - Slovenia for instance! I'm also hoping she might bring me up to date on which social media platforms and music are popular these days”.



“Well I love it. The student's mail makes my day...his enthusiasm for helping his parents in their new garden is inspiring. He is so uncluttered. Obviously it is early days but I love to hear from him. I don't want him to feel pressured to write back quickly. I am happy for his mail just whenever he has time. He is a very special young man. I feel privileged to be his email friend”.

## Quiz

Last month we sent out a 50s and 60s music quiz with the newsletter – included are the answers. Let us know if you would like more quizzes.

## Help

If you need help with getting information from your computer contact us as digital volunteers could help.



## Learning in Lockdown

In

response to the restrictions of Covid 19 GoLearn! (LCC Adult Learning Service) has created NEW Online Learning resources for adults across Leicestershire to access FREE of charge. The ‘Life and Learning in Lockdown’ area makes available a wide range of learning materials, activities and courses which are open to all members of the public. This new site offers a range of opportunities from Digital Skills, Family Learning Languages and Wellbeing.



Contact FREE phone 0800 988 0303 for more information.

## Garden Visits Update

So far

we have 12 pairs of volunteers/clients meeting face to face at a safe distance through garden or doorstep visits facilitated by the CC team. These have brought real joy and connection. Please note if volunteers live in Leicester City the new local lockdown will mean they're not able to travel. Remote contact by phone, email or letters can resume until the lockdown is lifted. Other volunteer/client pairs have felt happier and safer with continuing with regular chats by phone or friendly emails/letters and this is fine. A key strength of the CC project is its ability to be adaptable around people's preferences.

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