



NEWSLETTER

November 2020 | Volunteers

This month...

Zoom Community

Gathering Weds 4 Nov 2-3.15pm

We thought it would be fun to share some of the things which are getting you through the pandemic. It might give others ideas to try new activities. We are inviting you to show others an object at the Zoom Community Gathering related to your hobby e.g. seeds for people who enjoy gardening, a cake / bread for people who like baking, a card from a friend, walking boots for ramblers etc. Let's see who can come up with the most unusual object! There will be time in the Zoom meeting for a brief "Show and Tell" for anyone that wants to join in.

PLEASE NOTE CHANGE OF DATE -

Zoom Well-Being Session Weds 25 Nov

10am - 12pm This session is free and will cover how to look after your physical and mental health plus signposting to other resources.

Please contact staff to book either session.

Self Care Session

We enjoyed a Zoom learning session, led by Steph, about The Body Shop and its ethical approach to self-care. We learnt how founder Anita Roddick enshrined key values into the business such as promoting community trade not aid, protecting the planet and promoting self-esteem. Each year the business works to support different global charities such as a charity in India enabling Dalit children to access education and a Ugandan charity that provides food parcels. Steph carried out a skin care demonstration on herself and answered questions on a variety of topics. "That was so refreshing, lovely to hear about the good work they do behind the scenes. Most enjoyable interesting hour."

Mini Zoom Gathering

On a wet miserable afternoon Helen, a digital volunteer hosted a Zoom meeting for 3 clients. They chatted and laughed for 40 minutes – a great example of how digital technology can help people connect in groups without having to leave the comfort of your home. All felt brighter after the interaction: "Just enjoyed a most wonderful time with the ladies. Never stopped laughing. What a joy. Thank you for organising this. Fab."

For details of this year's National Befriending Week see: www.befriending.co.uk/news



Get in touch...

Rohini, Jenny, Sam & Denise

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

T: 01858 439262

E: champions@vasl.org.uk

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MH, LE16 9HL



Last month...

A mix of volunteers, clients and staff joined the October Zoom Community Gathering. We started with two lively catch up conversations in small groups with people sharing personal news – some had been away, others had learnt how to use Zoom and others talked about their pets. To start Jenny explained this meeting was a safe space as invites went only to people in the project. She reminded people to be polite, give all a chance to speak and to dress appropriately which caused a chuckle. Harry, a volunteer shared how exercise has benefitted her physical, mental and emotional health sharing her personal journey with photos. Her presentation stimulated a discussion about the various types of exercise people already do – and the list was impressively diverse including Walking Football, Running Netball, Bowls, Tap Dancing, Tai Chi and Zumba. "It was lovely to see you all on the Zoom chat this afternoon, I really enjoyed it." "Good to see everybody today, well done to Harry with her achievements."

National Befriending Week

A big **thank you** to all volunteers for providing regular befriending throughout the year

– it makes a huge positive difference for clients. It is great to be able to celebrate both your volunteering and our partnership with Befriending Networks.



Online Learning Opportunities

Digital Lifelong

Learning Are you insatiably curious? Community Champions promotes regular learning opportunities as we know that learning is a sociable activity, enabling people to share their experiences and knowledge and it is good for our mental and emotional health. The Open University has a fantastic website Open Learn – this is a database of informal courses, videos, spin offs with BBC television programmes which anyone can access for **free**. See www.open.edu/openlearn/ Subjects include Nature and the Environment, History, the Arts, Science, Politics and Technology. Please let us know what you think of this resource – it may be a good way of making use of the long winter evenings! Happy Learning....

The Rural Community Council are offering Free Zoom based **Loneliness Awareness Training** this November: Thurs 5th 10 - 11.30am, Weds 11th 1 - 2.30pm, Tues 17th 3 - 4.30pm.

See www.ruralcc.org.uk/loneliness for details T: **01455 856 330** or E: training@ruralcc.org.uk

Walking Groups Resuming

Socially distanced

guided walks are now available with Active Harborough. Both on Mondays, Market Harborough in Welland Park at 12 noon and Lutterworth from the Shambles Pub at 1.30pm. Those interested must register and book first at:

W: harboroughsport.org.uk/walking T: **01858 828282** and ask for the 'Active Harborough' team or E: activetogether@harborough.gov.uk

Worried about a client?

VASL has a duty of care

to all the clients we support. Volunteers have a responsibility to notify staff of any concerns they have regarding their client. Occasionally clients aren't answering their phone when the volunteer calls. Once notified Community Champions staff call the client's emergency contact or lifeline provider, to find out if the client is ok. However some clients choose not to share these details with us. So we contact the GP or refer to Social Services. If there are confidentiality issues around these conversations, we may not be able to share with the volunteer any information we do find out about the clients, for example if they are in hospital or elsewhere. Community Champions staff know how hard this can be, to not know what is happening with your client. We appreciate your understanding and are here to support all volunteers in this difficult time.

Community Champions is funded by the National Lottery Community Fund
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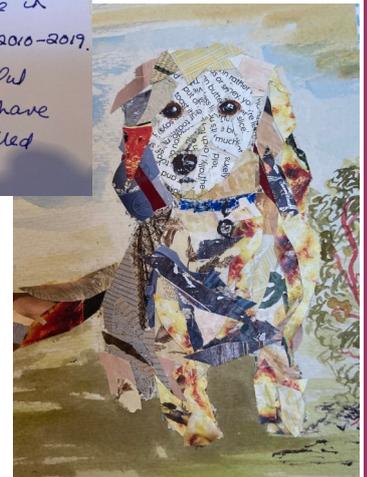


Scotland Postcard Project

5 volunteers and clients have taken part in the project by decorating a blank postcard and writing a message - I am sure you'll agree that whoever receives these will be touched by both the creative flair and the touching messages. It's amazing how much creative talent this project has revealed. The other 5 postcards are being completed by students at Welland Academy.

Watercolour/collage in memory of Lucy 2010-2019. She was our beautiful cockapoo. We now have another cockapoo called Amber.

Kim Rickell



Sylvia Mountford

Hello. I live near a canal and often go for a walk along the towpath. This is one of the bridges. Best wishes Sylvia

Thanks to Kim and Sylvia for allowing us to print their postcards here. More postcards will be featured in future newsletters.

Independent Age - Support

This UK support and campaigning charity offers a range of help to older people. A helpline, open M - F 8.30am - 6.30pm, free guides available by post and befriending volunteers that call clients every week. For more information see: www.independentage.org or give them a call T: **0800 319 6789**. They can help with any worries around illness, housing and money too. We have a selection of the guides available to post, just contact us.