



NEWSLETTER

March 2021 | Volunteers

This month...

Zoom Community Gathering

Weds 3 Mar 2-3.15pm. Kate Scott joins us to talk about 'Healthy at Home' bags.

Wed 24 Mar 10am - 12.00noon

Creative Writing. Mary Baker from Leicestershire Adult Learning Service will lead this session using Microsoft Teams - get in touch if you need help to use this.

Volunteer Event Weds 17 Mar 10 - 11.30am

Via zoom details to follow.

Contact CC team to book on to any of these sessions.

Get in touch...

Rohini, Jenny, Sam & Denise
Mon -Thurs 9am - 5pm, Fri till
4.30pm.

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Census 2021

The census helps shape policy and how funds are allocated. This is vital information for projects like Community Champions and our funders.

The census can be completed online or by a paper form. By the beginning of March all households will receive an information pack detailing how to receive a paper form.

The local engagement manager Robert Woodford can be contacted by email: robert.woodford34@field.census.gov.uk Alternatively see **W: census.gov.uk** for more information.

February Community Gathering

18 people (volunteers, clients and staff) joined the February Zoom CG, including a new volunteer and client. Jenny welcomed all and asked people to introduce themselves and to explain if they liked snow – responses were mixed.



There was then a chance for informal chats in small groups – families, sports, Milton Keynes, universities etc were all topics of discussion. Rohini

gave short notices about project opportunities and emphasized that support was available for those who wanted to practise with Microsoft Teams before the Resilience session on 24 Feb. She also shared information about new Family History sessions offered by Leicestershire Libraries on Zoom and by telephone, and Walk Leader training offered by Harborough District Council.

Sam then hosted a Numbers quiz sent in by Community Friend Enid (thanks Enid) which stretched us all. Tony H and Roger L emerged as winners and won a round of applause. Small prizes would be awarded. The final big group discussion covered what interesting TV shows people were watching, vaccination distribution and Chinese New Year / horoscopes – we learnt we have horses, goats and oxen among our project community.

"Thank you so much for today. Really enjoyed the meeting and all the chatter."

Leicestershire Libraries

For the duration of the pandemic you can have free access to **Ancestry.com** by using your library card and pin number, you can check out the 1911 census.

They can help with Family History either by phone or zoom call Helen on 07526928783.

Search for Leics digital library services to also get free access to newspapers and magazines from around the world and ebooks downloadable to a tablet or Kindle Fire.

Healthy at Home

Kate Scott from Leicestershire and

Rutland Sport will be joining us via zoom for the Community Gathering in March to talk about how to stay healthy at home. Kate's team has activity bags to give away to people that need support to stay well and Kate will talk us through the activities and what else we can do during the pandemic to look after our physical and mental health. See **W: Irsport.org/ healthyathome** for more information.



Resilience Learning Session

7 people (clients, volunteers and staff)

learnt what stress is, how it manifests in the body and how hormones lead to the fight or flight response.

We learnt that many issues can cause stress e.g. the pandemic, financial or health worries, bereavements, poor eating/sleeping habits etc.

Our tutor, Mary Baker, from Leics. Adult Learning Service then explained that resilience is the ability to bounce back from life's challenges and difficulties, and re-gain our balance. Everyone, from babies to ordinary people like us to superstars like Nelson Mandela and Mother Teresa can develop resilience.

Resilient people believe they can adapt, and recover from trauma and loss. They are hopeful and look for new opportunities to re-gain their balance.

Mary said her Resilience tool kit included drawing support from family and friends, through doing calming hobbies like gardening and reading, and taking care to eat well and get enough sleep.

Research has shown 5 ways to improve **our** well-being



Connect with people

Give – share things with people

Be Active – especially outdoors

Keep Learning

Take Notice of what is around us

We had a chance to practice being active by clapping and stamping to Queen's "We are the Champions!"

The course was run on Microsoft Teams, and everyone managed to join the meeting, and interact as needed.

"Thanks for a great session – I really enjoyed it; I want to book on Creative Writing now!"

"Brilliant session this morning, it was really good fun meeting you all and exploring resilience" said Mary

Why not book onto Creative Writing on 24/3?

Freebies! A driver for VASL has classic comedy cassette tapes to give away including the Goon Show and The Two Ronnies. We also have a variety of jigsaws that have been donated - various numbers of pieces. If you would like these please contact the office to arrange pick up or drop off.

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Intergenerational Week

8 – 14 March is the UK's second National Inter-Generational Week. This celebrates the benefits of getting people of different ages to share experiences and learn from each other. Community Champions has already built links with Welland Academy with 8 volunteers regularly emailing students. Students have already hosted a Christmas Community Gathering there and have plans to host a cream tea when it is safe. Little Bowden Scouts hosted three Cake, Coffee and Chat sessions, telling us about the exciting badges they were working on. "It was



such fun being around the energy of younger people, do include me when you organise more events like this". Ullesthorpe Primary School pupils and local Scouts made 88 Christmas cards (pictured) for older people with festive pictures and special messages which brought real joy, especially during the pandemic. Our newest link is with Birkett House School, a special school for pupils with learning disabilities. We have volunteers exchanging letters with the pupils. Please let us know if you have other ideas for bringing the generations together. See website for details:

W: generationsworkingtogether.org

Trustee Report

Every quarter CC reports to Trustees about our volunteer numbers, new volunteer/client relationships and events. Here are some highlights from Oct – Dec 2020:

29 new relationships this quarter including Additional Winter Support and intergenerational Pen Pals

117 active relationships (telephone, email, Pen Pals)

14 Zoom events (Community Gatherings) and Learning Events with 92 attendances