



NEWSLETTER

April 2021 | Clients

Get in touch...Rohini, Jenny, Sam & Denise. Mon -Thurs 9am - 5pm, Fri till 4.30pm. T: 01858 439262
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This month... **Zoom Community Gathering Weds 7 Apr 11am-12.15pm**

Ellie Franklin Community Recovery Officer with HDC joins us to talk about her role and the Covid Champions.

Zoom Wildlife Drawing Session Weds 14 Apr 10-11.30am

*If you would like to be interviewed for our **Community Voices** initiative let us know or talk to your volunteer.*
Call the team to book places

Health and Wellbeing Coaches

Some local GP surgeries are offering this new service to support their Patients to take control of their own health. Patients can be referred to a coach who will support them to make the changes they need to improve their health and wellbeing. People given health advice to manage a condition or make changes to their lifestyle, often find it difficult to put this into practice. This is where the Health and Well Being Coach comes in. Offering 5 weekly sessions they will help the patient to build the skills and confidence they need to make long lasting changes to their life, to become healthier and feel better. Referrals to the coaches are made through the GP surgeries, ask your surgery for more details.

Community Gathering

The March CG was a busy one with 20 people joining us. After the initial ice breaker from Jenny, there was an opportunity to chat in small groups – topics included the joy of being a Pen Pal, exciting holidays to look forward to, and the challenges of digital connection. Rohini gave short notices, including wishing happy birthday to people with March birthdays and naming people from the CC project community who had died over the last few months. As a community we celebrate happy times together, and support each other during hard times. Our speaker was Kate Scott, Sports Development Officer from Leicestershire and Rutland Sport (LRS) who talked about all the free resources on their website Irsport.org along with suggestions of how games could be adapted for people with limited mobility. **Free Healthy at Home bags** include activity cards, a beach ball, a resistance band, sunflower seeds, a 'Strengths and Balance' booklet and feedback card. LRS have already delivered 1200 and 1000 are packed ready for distribution! If you would like a free bag, please let Sam know and she will arrange delivery. Kate also talked about This Girl Can and the Twilight Games Project taking place in care homes. A video of the UK Postcard Project was shown, including postcards drawn by CC volunteers, which are now part of a digital gallery. Volunteer Helen explained how she helped the project set up a Wildlife Drawing class in April. (**W: wildlifedrawing.co.uk/our-story/**). Volunteer Linda talked about joining the litter-picking Wombles, and Tony informed us about Littercamps. "Thank you all ladies. I so appreciate all the work you do behind the scenes. Really interesting and lovely to see so many faces again. Thank everyone who took part and made a dull damp day a joy."

Leicester Musical Memory Box

This local not-for-profit company offers group singing and gentle seated exercise sessions via Zoom to reduce loneliness, isolation and promote memory function. Anyone that feels they would benefit is welcome to join for a small donation. Contact Kyle on M: 07736 841558 or E: Lmmbox2018@gmail.com or see their website for details:
leicestermusicalmemorybox.co.uk

Interesting Conversations...

Volunteers update us each week on their calls so we know clients are ok and enjoying their conversations. Despite the challenges Covid restrictions have thrown at us, it does seem many of you are still having great chats! One volunteer recently reported "I spoke to my client today, she is well and had been for a walk but is missing being able to go for coffee and cake. We talked about New Zealand and family heirlooms she had passed onto her son - a rat trap, that had been made by a Great-great-grandfather and that she thought he would appreciate, as he is a Blacksmith. She then told me what a Whitesmith was (a worker using white metal to make saucepans etc). We do seem to find many interesting topics even though we are not doing a lot." Another volunteer reported on the range of subjects she and her client cover: "Chatting about the Meghan and Harry interview soon led to my client telling me in great detail a wonderful story about her meeting Princess Anne and what a lovely person she was. We then talked about The Commonwealth and the Australia tour which reminded my client of her favourite paramedic from a recent call out who happens to be a rather nice young man from Australia! My call is the highlight of both our weeks!"

Digital Support Available

One of the real challenges of lock down has been to help people with digital problems. It is very difficult when the volunteer can't see the problem and can't point at the screen, so real thanks to our digital volunteers who have persevered. Recently we have been able to help someone with shopping online, given advice about podcasts- what they are and how to listen to them, and the most frequent request is to join zoom meetings. Now that we know we are going to be carrying on with zoom gatherings for at least another three months, you might like to try joining us, if you haven't before. If you have a member of the family coming into the house who helps with your tablet or smartphone, ask if they can add zoom to it and then you will be able to join us very easily.

Some people have been able to use their phone as a video camera and point that at their tablet so that the volunteer can see what is happening, we have used YouTube videos so that you know how things should look, we are very inventive and open to trying all sorts of things to help. Give Jenny a call and she will find a volunteer who is willing to help if at all possible.



Free Giveaways

VASL has kindly been donated a number of items recently and we have books, classic comedy tapes, jigsaws and magazines (People's Friend) to give away. We also have some 'Healthy at Home' bags to distribute from Leicester and Rutland Sport. Get in touch with the CC team if you would like any of these items and we can arrange delivery.



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