



# NEWSLETTER

## June 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 9 Jun 11am-12.15pm Emma Brown leads a mindfulness session.

**Creative Writing via Microsoft Teams** Tues 15 Jun 11am - 1pm with Mary Baker tutor from Adult Learning.

**Mini Zoom Gatherings** volunteer led, week beginning 21 Jun. Contact Jenny for details.

**Zoom Bereavement Training** Tues 29 Jun 10am - 12 noon facilitated by Jenny, a repeat of May session, CC can join SfC for this training.

**Volunteer Meet Up** We held 3 outdoor, in person, socially distanced meetings in May involving 7 volunteers and a dog, Amber. Conversations ranged from the changing news about Covid around the world, the greater freedoms to meet people, and plans for safe socialising. Others shared their diverse experiences of teaching Music and Sociology in secondary schools across the Midlands and volunteering with different organisations e.g. as a NHS Responder making check in calls, as an online book club facilitator and as befriending volunteers through Community Champions. "Thankyou it was nice to meet you, I couldn't believe how quickly the time went."

### Community Gathering

13 people met on Zoom for the May Community Gathering. Sam facilitated an ice-breaker about Star Wars – people were asked which character they would like to dress up as – Darth Vader, a Stormtrooper, Yoda, Chewbacca and Princess Leia all came up! We then broke into small groups and chatted about what we had done since our last meeting, people recalled emotional reunions with family members, having their hair cut, UK holiday plans, going out to outdoor events and the horrors of Covid spreading in India. Rohini gave short notices and introduced Taylor Staines, who explained her role as a Health and Well-Being Coach. People of all ages were being encouraged to be proactive about managing their health and well-being, and could be referred to a coach to help with long-term life-style improvements e.g., losing weight, stopping smoking, getting more active. Jenny then facilitated a whole group chat about memories of childhood holidays – from Scarborough, Skegness, North Wales, Devon and Dorset. We laughed about men wearing formal suits on the beach, knitted swimming trunks, and tying knots in hankies worn as sun hats. People recalled travelling to Cornwall by motor rail, and estimating how much home made wine to take to the Norfolk Broads. Tips were shared about



finding less busy beaches away from the crowds.

We had barely started talking about Line of Duty and all its acronyms when Sam closed the meeting by thanking all for their lively participation. "Thank you all for a great meeting today again. Honestly a lovely experience...Keeping up our spirits through lockdown.....Just amazing".

**Harborough District News** This year sees Harborough Market celebrating 800 years of the Tuesday market day which has run since medieval times. Celebrations will be revealed later in the year when it is safe to do so. Harborough District is appealing for residents to get involved as it aims to become the first **'Compassionate Community'** in the region. Residents are



being asked to help those that have terminal illnesses, are carers or getting older by doing small things, like collect a prescription or have a cuppa and a chat. There is free training available from Loros.

For details see W: [compassionatecommunities@loros.co.uk](mailto:compassionatecommunities@loros.co.uk)

**National Bereavement Seminar** Rohini was invited to do a presentation about Community Champion's 'Coping with Loss' session at a national bereavement seminar run by The **Campaign to End**

**Loneliness**. Jenny had filmed facilitator Linda, explaining how creative storytelling and mandalas can be used as tools, helping people to make sense of loss of any kind e.g. losing loved ones, pets, jobs. 200 people registered, 106 came and there were 18 break out rooms! Other organisations presenting were specialist, **Cruse** and **St Christopher's Hospice**, so it was an achievement for CC to be there! There was some really positive feedback in the chat box "wonderful approach, so creative, thanks for sharing". The CC project community should all be proud that some innovative work we piloted in Market Harborough utilising Linda's expertise as a soul mid-wife has been shared with practitioners across the UK – what a great impact! Let's hope others can also use these tools to help themselves and others. "Thank you SO much for being at the event and for making such a powerful and helpful intervention in such a short slot".

**Meeting for the First Time** A volunteer and client met at the Farndon Fields Café in Market Harborough. It was the first time they met face to face after talking on the telephone every week since February. "We had a lovely chat and lunch" said the volunteer. The client also brought along some photos of his family and he enjoyed reminiscing.

"The café is lovely. Well organised but quite cold. Also there are ramps and plenty of corners and different surfaces to navigate



which I think might be challenging for some clients". They plan to continue with the weekly phone calls and occasionally meet face to face. Would you like to do something similar? If so, please contact the CC team so they can advise you of the process we follow to keep everyone safe.

**Bereavement Training** 6 people from Community Champions and Support for Carers met via zoom for this new session developed by Jenny. Rohini introduced the session and Sam hosted, letting people know how they could take a break if they needed to. Jenny led the session covering topics such as the practical aspects of death and grieving, theories of grief, rituals around death and what can help people that are bereaved. Jenny also included useful sections on supporting volunteers when they lose a client and how to support people with a terminal illness, both common issues for VASL volunteers. Jenny also signposted us to useful online resources such as: W:[mariecurie.org.uk/help/support](http://mariecurie.org.uk/help/support). Participants said they felt better equipped to support bereaved people, that the course was well presented and included good resources. Thanks to Jenny for devising this session.



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