



THE BEFRIENDERS NEWSLETTER

December 2021

Dates for your diary:

→ Our Festive Volunteer get together: Monday 13th Dec from 1pm to 2.30pm: to connect over a hot drink and mince pie, at the **Wellbeing Hub** at Harborough Leisure Centre, Northampton Road, Market Harborough, LE16 9HF

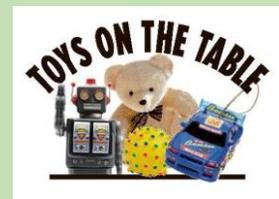
→ From Fri 3 to Fri 31 Dec

A sensational Christmas with a brand-new Made at **Curve** production of the legendary Broadway musical *A Chorus Line*, directed by Nikolai Foster.

New York City. 1975. On an empty Broadway stage, 18 performers are put through their paces in the final, gruelling audition for a new Broadway musical. Only eight will make the cut.



You can drop off donations for this year's Hfm-backed **Toys on The Table appeal**. Harborough Market is the collection point for new toys and gifts, as the appeal aims to ensure disadvantaged youngsters across Leicestershire have a present to open on Christmas Day, when they otherwise wouldn't.



You can drop of new toys and gifts for babies up to teenagers aged 16 – which must be unwrapped – at Harborough Market between 8am and 4pm Tuesday to Saturday and on Sundays between 10am and 3pm.





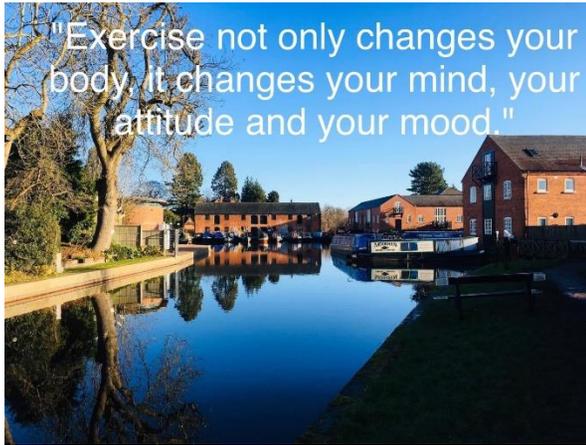
“The vital work volunteers do to help others in and around Market Harborough was being highlighted during Befriending Week.

People give up their time to support projects run by town-based charity VASL. The Well-being Befriending Service launched earlier this year to offer support to adults across the Harborough District living with mental health issues.

Sam Hammond, one of the volunteers, told how extremely rewarding this is.”

Listen here: <https://harboroughfm.co.uk/vital-work-of-volunteers-highlighted-during-befriending-week/>

Thank you, Sam for your interview with HFM, “As a service we really appreciate our volunteers taking time out to talk about their experiences as a befriender at VASL, and what better way to do this than over the radio. Thank you Sam you did a great job”, Emma Brown.



Union Wharf – Market Harborough (Photo: Karine)

“Fun & interesting facts about me”

This month, **Samantha** answered a few questions to introduce herself:

One of my favourite things to do is paint and the hobby I could never give up is reading

Right now I’m reading Tory Hayden, a social worker with children

May favourite season is spring because of all the new growth

If I could have a superpower it would be to talk to animals

One thing I know I do well is talk lol

My favourite cuisine is Chinese especially sweet and sour

One think I cannot live without is my children

My favourite movie is sister act

I would love to meet Paul McKenna

One thing on my bucket list is to go to Nashville

One thing I use every day that I could probably live without is my cinema screen

Favourite comfort food is chocolate

My dream home would be a tiny house

My favourite type of art is paint by numbers

The kids keep laughing about my memory. They won't be laughing at Christmas when there's no eggs under the tree!

The 5 ways to Wellbeing:



Be active

Learning for Wellbeing:

Fitness and health: Ballet for wellbeing and fitness; Pilates; Yoga; Adult Tap Dancing; Dance Fitness (for those aged 50+); Drama for Confidence.

<https://www.leics-als.ac.uk/>





**Leicestershire
Recovery College**

NHS
Leicestershire Partnership
NHS Trust

Available Online Courses December 2021

NEW!

**Building Confidence
in the Use of
Microsoft Teams**
7th December, 10am

**Gentle Yoga
& Relaxation**

9th December, 10am

**Learn To Surf:
Introduction to
Living More Mindfully**
10th & 17th December, 10am

NEW!

**Winter
Wellbeing**
15th December, 10am



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Harborough,
LE16 9HL**