



NEWSLETTER

February 2022

Volunteers

This month... Face to Face Community

Gathering Tues 8 Feb 2-3.15pm Market

Harborough Golf Club. Transport available, please call to book.

Breakfast Club every Tues 9.15am. Enigma, MH. Just come along, no need to book, buy own breakfast, ask for Dave, usually sitting in the window, all welcome.

Lutterworth Library Digital Session Mon 14 Feb.

Appointments available from 10.30am **Market**

Harborough Library Digital Session Weds 2 Mar.

Appointments available from 10.30am

Conversational Skills A Free Learning Session

Weds 9 Feb 10am -1pm. Torch House, Conference Room.

All Face to Face events dependent on Covid.

Zoom Book Club Weds 9 Feb 11am. See opposite for more details.

Zoom Mini Gatherings Weds 16 Feb 2pm

Call or email Community Champions for details or to book on any session.

Fantastic News!

The Lottery have confirmed that they will provide another 3 years of funding for Community Champions to keep tackling loneliness and building community cohesion. This is fantastic news and we want to **thank everyone in the project**, especially the volunteers who give up their precious time to provide company to others.

We will let you know how the new project will run – it will have a slightly different emphasis in encouraging people to join local groups but for now let's celebrate this wonderful achievement – it's a real vote of confidence in our project and all the different interventions it facilitates in enabling people to make social connections in real life, and digitally across the generations.

Kibworth Library Groups and Activities

This Community Library has lots on offer. A new book group on the first Thursday of the month, next one 3 Mar 7- 8pm, costs £2.50 including refreshments. All payments go to supporting the library run by volunteers. Each month participants read a new book and discuss it at the group. For next month the group are reading 'West with Giraffes' by Lynda Rutledge. See W: kibworthcommunitylibrary.org.uk for details.

Get in Touch... Rohini, Jenny, Sam & Denise. Mon -Thurs 9am - 5pm, Fri till 4.30pm. T: 01858 439262
E: champions@vasl.org.uk
Torch House, Torch Way,
MH, LE16 9HL



Zoom Book Club

Sheila, a lovely Community Champions volunteer, hosts a **Zoom Book Club** on the second Wednesday of each month from 11 am – 11.40 am. The book club are a friendly group who would like to welcome some more people to join them. You can just come and listen to the discussion, you do not have to chat if you do not want to. Their plans for the next few meetings are:-

February 9th A novel by your favourite author. This might be a book you remember, want to re-read or one by the author that you have not yet read.

9th March A novel on the theme of the family. It can be anything, a romance, thriller, mystery anything which features a family of one kind or another.

13th April A historic novel.

Sheila sends out a zoom weblink a few days before the meeting and Jenny is available to help with any technical issues on the day. Do let us know if you fancy joining this group, it is always fascinating to see how the same book can evoke such reactions in different people. And remember, there are no right or wrong answers, only respectful discussion and food for thought!



Harborough Welland u3a

This organisation provides learning and leisure activities for retired and semi retired people.

See W: hwu3a.org.uk for details of the regular activities and events on offer.



JUST 2022

This is a 9 week physical activity programme, aiming to empower and support local women to try new activities. A range of activities are on offer and the first session is free. Call T: 0116 272 7703 or E: just@harborough.gov.uk for details.

Annie's Sausage Roll Recipe

Ingredients and Method:

1 Packet of Puff pastry.

1 packet of 6 sausages. Small apple and a red onion, finely chopped or grated. Cut sausages in half. Lay out pastry. Put sausages on pastry in rows. Sprinkle the apple and red onion over the sausages, add a little mustard. Pre heat oven to 220.

Cut pastry allowing a little overlap. Brush edges with beaten egg yolk. Seal and brush over top of rolls with egg yolk. Bake on the middle shelf for 20 minutes. Cut into portions and leave to cool. These taste fab and are a lovely little present for a friend or with salad for a snack. *Thank you to Annie for sending this recipe in.*



Inter-generational Links

Would you like to correspond with a student at Welland Academy by email? This method of communication is flexible, you write when you have a free moment, are in the mood, or have news to share. The CC volunteers who already correspond with students enjoy hearing what school life is like today and are amazed at the breadth of student hobbies (sport, music, crafts) and how well travelled their students are. Young people enjoy learning from your life experiences. Please contact: E: champions@vasl.org.uk by 1 March and Rohini will seek a suitable student for you.

Fun Activities

We are sorry that Omicron has stopped us from having face to face events. We know you have a lot of time to fill so we have included a general knowledge quiz and wordsearch based on people involved in the project with this newsletter, please let us know if you enjoy them. Do you have anything you could share? Quiz answers will be included with the March newsletter.

Freedom of the District awards

Local Paralympian Laura Sugar and Olympian Dylan Fletcher are to be awarded Freedom of the District in a special ceremony in May. Both went to school in the area and have won gold for Team GB in their events at Tokyo 2020. Awarded by the District Council this honour goes to those who have 'rendered eminent services' to the area, these are the first to be awarded since 2011.

Travelogue part 4

When I was a small child living on a farm, I was often involved with helping to move cows and calves from one field to another. It involved a lot of standing in gateways and then running alongside them to stop any animals escaping. Despite spending lots of time helping with this, I have never really considered how farmers cope when their cattle graze enormous flat salt marshes like in the Camargue, where there are no hedges or fences. We were lucky enough to see a great celebration of horsemanship and cattle handling called the Festival D'Abriado at a small town called Saintes Maries de la Mer. The herdsmen in the Camargue are called Les Guardians and cover huge distances on their famous white horses looking after their equally famous black bulls. They are really the European version of cowboys. The Festival was a celebration of their way of life and a chance for them to show off their formidable skills. At the end of the Festival, all of these teams enter the town with their



animals and canter through the streets, past the houses and shops and crowds of onlookers. It is an unforgettable sight and a great testament to their animal handling skills. I'm not sure how we would react to this kind of event on the UK. It was a spectacular way to end our time in the Camargue before going west to the next part of our trip.

Volunteering in School

Like everyone, children have been really impacted by the COVID pandemic. Right now, more than ever, local schools need your support. If you have any spare time in the week and like getting out and meeting new people, Market Harborough Church of England Academy would love to hear from you. Our primary school is looking for volunteers to come and read with our children. We can offer a friendly, warm environment where you will always be welcomed. You can volunteer as much or as little as you like. All volunteers will be provided with training, including safeguarding. If you would like to hear more about this volunteering opportunity, please contact Rohini: E: rcofield@vasl.org.uk or T: 01858 439262

