

What is special about the Community Champions project?

Making a difference

We know our project model makes a positive difference as these quotes show

"I would like to say how much I enjoy the zoom meetings, I enjoy them and they have been a real lifeline for me."

"nothing can fill the hole left by losing your best friend of 70 years but because of Community Champions green shoots are starting to appear, Community Champions has played a key role in supporting me."

Community Champions has a thriving project community which meets regularly face to face, and online.

Many people have made friends through the project. We want these connections to continue so are now looking for volunteers to take lead roles in setting up social groups like the weekly Breakfast Club, monthly Zoom Book club etc.

Do you have a hobby you would like to share with others e.g. Bridge? Walking? Come and talk to the project team.

Working in partnership

Community Champions works in partnership with a variety of national, regional and local agencies working to improve older people's lives.

Nationally

Campaign to End Loneliness, Befriending Networks

Regionally

Leicestershire County Council

Locally

Harborough District Council, GPs, Social Prescribers, charities and schools.



VASL Community Champions is funded by The National Lottery Community Fund..



If you'd like to find out more:

Visit - www.vasl.org.uk



Call - 01858 439262

Email - champions@vasl.org.uk

Follow on Facebook - [vaslonline](https://www.facebook.com/vaslonline)

VASL

1st Floor, Torch House Torch Way
Northampton Road, Market Harborough LE16 9HL

Please Note

The information contained within this leaflet can be provided in alternative formats/languages simply contact us to request your alternative.



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Voluntary Action South Leicestershire is a company limited by guarantee.

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Registered Company: No. 7517828 / Registered Charity: No.1141274



COMMUNITY CHAMPIONS2

**Tackling loneliness through
empowering older people
to re-connect with their
communities**

www.vasl.org.uk/communitychampions

VASL Community Champions

VASL is a local community charity based in Market Harborough with a long history of supporting older people to enjoy their lives.

Community Champions is a hybrid project funded by the National Lottery Community Fund to tackle loneliness amongst older people.

It works across Harborough District in South Leicestershire empowering people to make local and digital connections, through regular volunteer social contact.

We also organise regular social and learning events, both face to face, and online.

We want to boost the confidence and empowerment of older people, so they can lead fulfilling lives.

Project Criteria

Are you over 60, living alone in Harborough District and without a diagnosis of dementia or serious mental health condition?

If so, Community Champions could help.



What support do clients get?

Whether you want to make new friends, discover how the internet can enable you to enjoy digital connection opportunities, join a new group or class or make changes we can help you.

Community Champions has a variety of friendly volunteers that help clients:

Build new local and digital friendships

Access relevant information about local events, groups and support

Help to get online and join zoom social and learning groups

Support to speak to services

Guidance and help with making changes you want to make

Clients get:

Regular social contact with a volunteer (via home visit, by phone, email, letter or zoom)

A monthly newsletter with project events, updates and local information

The opportunity to attend monthly community gatherings with free accessible transport

Regular face to face and online learning opportunities

A Volunteer to help you make changes e.g. join a new group

What do Community Champions volunteers do?

Volunteers help clients regain their social confidence, learn digital skills, make new contacts and discover new opportunities through providing companionship and encouragement.

Our volunteer roles are:

Community Champions Volunteers visit people at home weekly for a chat or go out to a local cafe together. They encourage clients to make changes in their life to connect with local people and or make online connections. They can accompany clients on the Next Steps course and help knit them into the community.

Telephone Volunteers ring clients on a regular basis, providing company, support and information.

Digital Volunteers can visit clients at home or run monthly sessions in the library. They show clients how to use smartphones and tablets to use the internet.

Pen Pals or Email Pals correspond with clients exchanging news and sharing interests via letters or emails.

Free quality training and support are provided for all roles.

For more information see Community Champions Volunteering Leaflet.

