

How can we help?

If you live in the Harborough District and are 18 or above, Community Wellbeing Harborough is here for you.

Our friendly team can call you each week for a chat or support you with getting 'out and about' in the community.



If you pay your council tax to Harborough District Council, then you are eligible for support from Community Wellbeing Harborough.

We can share information with you about what is happening in your area. You would be very welcome to join our free monthly Wellbeing Workshops, too.



VASL's Community Wellbeing Harborough is funded by the National Lottery Community Fund



If you would like to receive support or refer someone else to the project, we would love to hear from you.

Call

01858 456042

Email

Wellbeing@vasl.org.uk

Address

**Torch House, Torch Way
Northampton Road
Market Harborough
Leicestershire, LE16 9HL**



Registered with
**FUNDRAISING
REGULATOR**



Voluntary Action South Leicestershire is a company limited by guarantee.

Registered Office Torch House (as above)
Registered Company: No. 7517828 Registered Charity: No.1141274



**Supporting adults
in the Harborough District
to improve their
emotional, physical and
social wellbeing.**

Weekly Telephone Calls

Would you like someone to call you each week for a supportive conversation?

We understand that often people find it easier to talk to someone who isn't a friend or family member. We will match you with a friendly volunteer, who will call you each week, to support you with life's challenges.

We provide up to 12 phone calls, and can then refer you to other support, if needed.



"I got so much from being called each week, the lady who called me was very friendly and professional and seemed to know just what to say."

I could see my confidence growing, so much so I have joined a walking group, which I love and have enrolled some workshops too."

(J aged 29)

Community Connections

Have you ever wanted to go somewhere, like a café or group, but felt your anxiety held you back?

At some point in our lives, many of us will feel this way. It is often a challenge to go somewhere on your own for the first few times.



We can arrange for you to meet someone before you go in to the event, as going together can be so reassuring.

"The volunteer who met me before I went into the café was brilliant. If it wasn't for her, I wouldn't have had the confidence to go in on my own."

She was easy to talk to and it made going into the café and meeting others a whole lot easier."

(M aged 62)

Wellbeing Workshops

Based on the 5 Ways to Wellbeing (Active, Learn, Give, Take Notice and Connect), these free, inclusive workshops aim to share ways to improve overall wellbeing.

Each session provides complimentary refreshments and a chance to connect with others. Everyone is welcome to join, but will need to book a space beforehand.

**For more information,
please call 01858 456042
or email wellbeing@vasl.org.uk**



"I attended a wellness workshop and loved it. I really enjoyed the variety on offer, getting to know people and having a chance to be creative."

It gave my confidence a well-needed boost."
(P aged 24)