



Client Newsletter March 2025

Get in Touch...

Rohini, Jenny and Alison

Mon - Thurs 9am - 5pm, Fri till 4.30pm.

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Torch House, Torch Way, MH, LE16 9HL

February Community Gathering



22 clients, volunteers, staff and 2 visitors met at the Coach and Horses pub in Lubenham on a cold, grey afternoon. Volunteers Kevin, Mary, Roger, Helen and Ann made sure all had hot drinks and a cream scone to fuel conversations. Rohini gave short notices and introduced Jenny, from Oat Mills Care Home who told us about their community events including the free monthly Friendship Café, anniversary party, Information events and Dementia Awareness sessions. "Thank you for another lovely afternoon - I really enjoy these events" "What a wonderful group you have here" reflected Jenny.

The CC team would also like to thank those of you who were able to make a donation to the project. All funds raised will go back into the project.

March / April project events (for CC clients and volunteers only)

Date	Event	Details
Mon 10 March 10.30am - 12 noon	Lutterworth Library Digital Session	Call to book No transport
Tues 18 March 2 - 3.15pm	Community Gathering Welland Park Academy	Current clients are prioritised. Please call to book by 9am Weds 12 March Transport available
Tues 18 March 11am (every 3rd Tues)	Walk and Talk + dogs. Lutterworth Rec, off Coventry Rd, LE17 4RF	Led by Volunteer, Cate Astbury. All abilities. Dogs welcome. No transport. Meet next to the rec car park.
Tues 18 March and 1 April, 11am (1st and 3rd Tuesdays of each month)	Elevenes Social group meets for coffee or breakfast at Enigma Coventry Road, MH, LE16 9BZ	Hosted by Community Champions Volunteers. No transport, buy own refreshments.
Weds 2 April appointments from 10.30am	Market Harborough Library Digital Session	Call to book No transport
Weds 2 April 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn Pontin. No transport, buy own refreshments.
Thurs 3 April 1pm. Meet at Welland Park Café.	Walk & Talk & dogs. Welland Park, MH, LE16 9DR	Led by volunteer, Alan Tolley For all abilities, dogs welcome. No transport.
Thurs 10 April 2-4pm Evergreen (learning) session	How can society be more age-friendly?	Transport available Call to book

Change of premises

From 7th March, VASL staff will be temporarily working from home while we prepare for our move to a new premises later in the year. During this time, meetings will be held as usual in the community. Please note, we will not be able to accommodate drop-ins at the Torch premises. We apologise for any inconvenience this may cause and truly appreciate your patience and understanding. We look forward to welcoming our clients and volunteers to drop into our new premises in the near future. Watch this space for more information!

Learning event: Dealing with worries

Mary from Leicestershire Adult Learning Service ran a fascinating session about Dealing with Worries. We learnt the definitions for worry, stress and anxiety and shared 6 strategies we could use to help manage worries. These included:

1. focussing on a day at a time
 2. imagining the worst outcome, and having a plan to deal with it,
 3. being clear about your circle of control – what can I control? E.g. my diet, my sleep What can't I control? E.g. the weather, the economy.
 4. problem analysis is this a practical worry or a hypothetical worry?
 5. Use distraction – the brain can only do one thing at a time so if you read, do puzzles, listen to music you can't also worry
 6. Build a routine of healthy habits to build your resilience – eg healthy diet, regular exercise, relaxing hobbies.
- We finished the session by singing Que sera, sera
"I want to say a huge thank you for arranging this morning's session - such an interesting and appropriate subject. I thoroughly enjoyed the whole session".



See our events calendar on page 1 for future learning sessions.

Donate online now available

We are often asked by members of the public, volunteers and clients, if it's possible to make a donation towards the VASL charity. It is now even easier to donate with our online and telephone donation facility. Please spread the word, as every donation helps us to deliver more support to local people. www.vasl.org.uk/donate or call 01858 433232 and donate over the phone.

Spotlight on...

Each month, we hope to feature one of our invaluable volunteers. This is Mickey. She has been volunteering for the CC team for several years and currently visits two clients. She also accompanies clients to CC events, drives clients to events when we struggle for transport, has given a talk to local school students and delivered calendars and cream teas to clients for us. We are so grateful to Mickey for the support she provides. We asked Mickey why she chooses to volunteer and she explained. "discovering how many lonely people there are has been a real eye opener. Volunteering helps me to tackle my own loneliness and is worth every minute when I see how much my hour with them is appreciated."



Equality, Diversity and Inclusion

The month of March sees the celebration of International Women's Day and Women's History Month, recognising the achievements of women over history and challenging gender inequality.

5th March is Ash Wednesday, the beginning of Lent in the Christian calendar and the 14th March is a festival day 'Holi' in the Hindu faith, celebrating the arrival of Spring, and is also the 'Hola Mohalla' festival in the Sikh faith.

Other community events

Take a look at what's on:

50s group, Harborough Community Church, 2nd Wednesday of every month 2.30-4.30pm. Tel: 01858 434906 or email: connectwithhcc@gmail.com

Welcome Kitchen, Kibworth Grammar School Hall, LE8 0JE. Every Monday 12-1.30pm.

Friendship café at Oat Hill Mews Care Home, Leicester Road, MH, LE16 7BN on the 1st Friday of the month 10.30am - 12 noon. To book, please call 01858 390 305.