



## Volunteer Newsletter April 2025

### Get in Touch...

Rohini, Jenny and Alison

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

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## March Community Gathering



19 clients, volunteers, and staff were welcomed by smiling Welland Park Academy

students for our spring Community Gathering. Students had decorated tables with Easter bonnets, eggs and tempting cakes. Students escorted clients from the bus to the tables, served drinks and chatted, keen to learn more about what clients had been doing since their last visit. Some students were sad as this was the last time they would see clients. Rohini gave short notices about project events and was pleased there was interest in the telephone befriending with Hastings Direct staff.

"A massive thank you for today. How I enjoyed it, the company and excitement of our young hosts, just starting out on life's journey. Absolutely amazing. Also a huge thank you to your team and amazing drivers, without who we could go nowhere. A very special afternoon."



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

| Date                                                                       | Event                                                                                            | Details                                                                                                          |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Thurs 10 April</b><br><b>10am - 12 noon</b><br><b>Evergreen session</b> | <b>How can Society be more age-friendly</b>                                                      | <b>Call to book</b><br><b>Transport available</b>                                                                |
| <b>Tues 14 April</b><br><b>10.30am-12 noon</b>                             | <b>Lutterworth Library Digital Session</b>                                                       | <b>Call to book</b><br><b>No transport</b>                                                                       |
| <b>Tues 15 April</b><br><b>11am</b><br><b>(every 3rd Tues)</b>             | <b>Walk and Talk + dogs.</b><br><b>Lutterworth Rec, off Coventry Rd, LE17 4RF</b>                | <b>Led by Volunteer, Cate Astbury. All abilities. Dogs welcome. No transport. Meet next to the rec car park.</b> |
| <b>Tues 15 April</b><br><b>11am</b>                                        | <b>Elevenes Social group meets for coffee or breakfast at Enigma Coventry Road, MH, LE16 9BZ</b> | <b>Hosted by Community Champions Volunteers. No transport, buy own refreshments.</b>                             |
| <b>Weds 16 April</b><br><b>2-3.15pm</b>                                    | <b>Community Gathering at the Roebuck</b>                                                        | <b>Call to book by Weds 9th April</b><br><b>Transport available</b>                                              |
| <b>Thurs 1 May</b><br><b>1pm. Meet at Welland Park Café.</b>               | <b>Walk &amp; Talk &amp; dogs.</b><br><b>Welland Park, MH, LE16 9DR</b>                          | <b>Led by volunteer, Alan Tolley</b><br><b>For all abilities, dogs welcome. No transport.</b>                    |
| <b>Weds 7 May</b><br><b>10am-12noon</b>                                    | <b>Mkt Harborough Library Digital session</b>                                                    | <b>Call to book</b><br><b>No transport</b>                                                                       |
| <b>Weds 7 May</b><br><b>10.30am</b>                                        | <b>Beanies Coffee morning</b><br><b>Wycliffe Rooms, George St, Lutterworth LE17 4ED</b>          | <b>Led by volunteer Dawn Pontin. No transport, buy own refreshments.</b>                                         |

## Other community events

**50s group**, Harborough Community Church is running a range of events: 9th April - a talk on canal boating, 14th May - a trip to St Albans. To book, call 01858 390 305.

**Community Café** at Harborough Leisure Centre every Thursday from 12-2pm.

The next **canal-side walks** from MH basin with the Canals & Rivers Trust are 29th April and 13th May. Call 07795 057 198 to book.

## Human Library: Consume less, Care More

Inter-generational dialogue is an important aspect of the Community Champions project. David, a VASL Transport Driver, agreed to give a 'Human Library' talk to 32 Year 8 students at Robert Smyth Academy about his varied career, climate change and Artificial Intelligence (A.I.). David facilitated some really interesting discussions with the students on; the impact of AI, and whether more can be done to combat climate change by learning to consume less and care more. David and the students agreed with Ghandi's statement that **"there is enough in the world for everyone's need, but not their greed"** and that we all had a role to play in living more sustainably.



## Ageing and Ageism Evergreen Session

Eight Community Champions clients and volunteers joined retired tutor Jayne to discuss ageing and ageism.

We felt that maintaining a variety of social connections, looking after our physical and mental health, having good nutrition, keeping active and appreciating the small things in life all contributed to ageing well.

"Thank you so much for a really interesting learning session – it's so useful to open up the conversation about our different experiences of ageing and ageism."



Our next learning session, on **Thursday 10th April**, focuses on how Society can be more age-friendly. Please come along if you can.

## Equality, Diversity and Inclusion

April is Autism awareness month, hoping to promote a better understanding of Autism. April this year includes the Christian celebration of Easter, St George's Day for England and interestingly for CC: Global Intergenerational Week which seeks to celebrate and encourage good intergenerational practices.

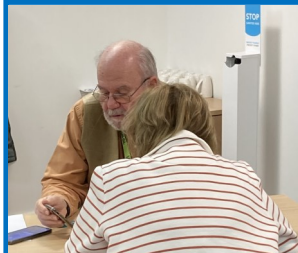


## Volunteer Social

16 CC volunteers, helpers and staff met at Louisa's Place in Mkt Harborough on a bright spring day for chat, coffee and cake. Conversation topics included how their volunteering was going, client news, project events, the VASL office move, holiday plans, garden updates and family news. Alison, Jenny and Rohini were presented with beautiful flowers to thank them for all they did to make the project such a welcoming community for all. "It's great to catch up with people"



## NHS App Sessions



Digital volunteers attended Kibworth Medical Centre on 11th March to help local people download the NHS App onto their smart phones. Jenny from the CC team has been working with Social

Prescribers at the Practice to develop the sessions and more are planned in other locations. 12 people were helped to use the NHS App at the latest session, bringing our total to 70 people who can now use the App to contact their GP surgery, order repeat prescriptions and access their medical information.

Gemma, a Social Prescriber was keen to thank the CC team: "The NHS App sessions are wonderful. They are of real value to us at the practice and make a real difference to how our patients access our services. It's lovely to see our patients leaving with smiles on their faces and feeling that little bit more confident with the technology they're using."

