

Charity No. 1141274
and Registered
Company No.
7517828



COMMUNITY
CHAMPIONS



INCLUDE • INVOLVE • ENRICH

Volunteer Newsletter May 2025

Get in Touch...

Rohini, Jenny and Alison

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

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E: champions@vasl.org.uk

Torch House, Torch Way, MH, LE16 9HL

April Community Gathering



25 clients, volunteers, staff and visitors met at The Roebuck on a windy day for the April Community Gathering. Volunteers Helen and Noel helped as bus escorts whilst Roger, Mary, Alan and Kevin hosted tables – serving hot drinks and gooey chocolate biscuits.

Clients chatted about their Easter plans, health challenges, making jam, the change in weather, and the international news. Rohini gave short notices and Jenny distributed information about Fox Connect. Ruth and Jez from The Community Church explained the free activities they offered each month for the over 50s, which included interesting speaker talks, coach trips and shared lunches. Pippa and Richard drove the buses.

“Thank you for another lovely afternoon – it’s so good to have opportunities to connect”

“I definitely want to go to the over 50s”. “You do a great job of looking after us, thank you”

May / June Community Champions project events (for CC clients and volunteers only)

Date	Event	Details
Tues 6 May and Tues 3 June, 11am	Tea and chat at Louisa’s Place, St Mary’s Road, Mkt Harborough	Volunteer led, no transport, buy own refreshments.
Weds 7 May and Weds 4 June 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book No transport
Weds 7 May and Weds 4 June 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn Pontin. No transport, buy own refreshments.
Mon 12 May, 10.30am-12 noon	Lutterworth Library Digital Session	Call to book No transport
Tues 20th May 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.
Weds 13 May 2-3.15pm	Community Gathering at MH Golf Club	Call to book by Thurs 8th May Transport available
Thurs 5 June 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.

This newsletter can be provided in alternative formats/languages, simply contact us to request your alternative.

YOU ARE INVITED TO OUR ANNUAL VOLUNTEER CREAM TEA

Wednesday 4th June 2025
2pm to 4pm

Harborough Methodist Church

Northampton Road

Market Harborough, LE16 9HE



RSVP via email admin@vasl.org.uk by
14th May 2025 and do tell us of any dietary
requirements

Digital Inclusion for the over 60s

The digital volunteers like getting out and about, particularly now we have the wifi sorted and last month we went to Café 55 at Thurnby to help patients at Billesdon Surgery to register for the NHS app. We have now supported 74 people to get on to the app which means that they can talk to the GP, re-order prescriptions, check test results and look at their medical history.



MH Practice is now using WhatsApp to communicate with patients so we have helped a few people with that as well. If you would like to become a digital volunteer or need some help yourself, get in touch.

Alan On-Air

CC's wonderful volunteer Alan chatted to Dave, the breakfast presenter on HfM about the monthly Walk & Talk he leads with volunteer Kath. Alan explained that he organises the publicity about the event through HfM, social media and chats to people about it. "At present 12 people and 5 dogs meet at the Welland Park café, go for a gentle stroll, and then spend an hour chatting in the café! People with a range of mobility aids are welcome: wheel-chair users, people with walking sticks/frames and scooters. It's an opportunity for gentle exercise in the fresh air and a chance to make new connections. Everyone is friendly and anyone is welcome – we're delighted to see new people joining our vibrant group".



Age-friendly Communities



Community Champions clients, volunteers, staff and a visitor from a partner organisation participated in a lively learning session about Age-Friendly Communities (a framework developed by the World Health Organisation (WHO)). We revisited the key points from the last session with Jayne and she then explained the eight domains of the AFC framework, and clients shared their experiences of them, including: Social Participation, Civic Participation and Employment, Communication and Information, Transport, Respect and Social Inclusion, Community Support and Health Services, Outdoor Spaces and Buildings and Housing.

Keep an eye out for future learning events - open to all CC clients and volunteers!

Pen Pals / E-mail Pals

Community Champions enables people to make social connections face to face, via telephone calls and online. Rohini asked a volunteer and client who are email pals what they gain from this form of contact. They correspond weekly.

"What I enjoy about our emails is knowing that I might be making a difference even if it is as small as an email but if that gives her a feeling that she is not on her own and someone does care then that puts a smile on my face and hopefully hers too".

"I just love the fact that he is interested in me as a person. I so look forward to his messages and his amazing progress at university. What an exceptional young man he is. I feel very proud to be his email pal. Thank you for thinking about me for this intergenerational project. Amazing".

Could you be a pen / email Pal for one of our clients? Please get in touch if you'd be willing.

Equality, Diversity and Inclusion

During May, there are a number of 'awareness weeks' that are particularly relevant to all of us involved in CC. Notably: Deaf awareness, Mental Health awareness, Black Inclusion, Dementia Action awareness and Global Access awareness week - which aims to promote digital inclusion - something very close to CC hearts!



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External events and promotions

We have listed below a number of events and promotions from other organisations within our localities. Whilst these are not run by, or endorsed by VASL or the Community Champions project, we are happy to promote other events that may be of interest to our volunteers and clients.

OVER 50s

Join us at 

2nd Wednesday of Every Month 2:30 - 4:30

9th April: Canal Boating - Barry Watson

14th May: Trip to St Albans (booking essential)

11th June: Harborough Movie Makers (archive)

9th July: Summer Tea Party (bring and share)

For more information about the Over 50s, please call church office on 01858 434906 or email us at connectwithhcc@gmail.com



Make a difference, volunteer with us!

Join our amazing team of volunteers & help us support older people from our new Market Harborough Superstore!

Join the team today!

 volunteering@ageukleics.org.uk

 0116 299 2256

 www.ageukleics.org.uk



LOROS

Hospice Care for Leicester, Leicestershire & Rutland

The LOROS Bereavement Hubs offer drop-in sessions that aim to provide those who are bereaved with a place where they can access information, talk to others and share their thoughts and feelings.

This new service will be based in different locations across Leicester, Leicestershire and Rutland, to offer support and information to communities.

The hubs are available to anyone over 18 who has been bereaved, regardless of the cause.

There is no need for an appointment, just attend any chosen session at the times and dates below. The hubs take place weekly on the same day and time and are supported by trained bereavement volunteers.

If you have any questions about our bereavement hubs you can email us at bereavementsupport@loros.co.uk.

Market Harborough

The Bowden Charity, 10 Fairfield Road, LE16 9QQ

Alternate Mondays from 10am-11.30am

Thurnby

Cafe Fifty Five, Grange Road, Thurnby, LE7 9PH

Every Tuesday afternoon from 1.30pm-3pm

Canalside Walks

Do you want to spend more time outside?

Canals and rivers are the perfect places to boost your mood and improve your physical and mental health. Even in busy towns and cities, they provide special spaces where you can relax, recharge.

Our free, guided canalside walks are an easy way to be active and to socialise. We go at a gentle pace, suitable for anyone who has a basic level of fitness. Walks are around 1 hour long.

All participants must book on before attending using the QR code below or by contacting Sean.

Contact:
Sean Payne

Telephone:
07795 057 198

Email:
sean.payne@canalrivertrust.org.uk

Wistow - 6th March
Glen Parva - 13th March
Kilby Bridge - 20th March
Everards Meadow - 27th March
Wistow - 3rd April
Glen Parva - 10th April
Kilby Bridge - 24th April
Everards Meadow - 1st May
Wistow - 8th May
Glen Parva - 15th May
Kilby Bridge - 22nd May
Everards Meadow - 29th May
Wistow - 5th June
Glen Parva - 12th June
Kilby Bridge - 19th June
Everards Meadow - 26th June
Wistow - 3rd July
Glen Parva - 10th July

All Walks Start at 10am

Start and finishing at Union Wharf:

4th Feb - 10:00-11:30
18th Feb - 10:00-11:30
4th March - 10:00-11:30
18th March - 10:00-11:30
1st April - 10:00-11:30
29th April - 10:00-11:30
13th May - 10:00-11:30
27th May - 10:00-11:30
10th June - 10:00-11:30
24th June - 10:00-11:30
8th July - 10:00-11:30

Telephone:

07795 057 198

Email:

sean.payne@canalrivertrust.org.uk



LEICESTERSHIRE
FIRE and RESCUE SERVICE

DRIVING SAFER FOR LONGER

Mature Driver's Event
For drivers aged 60+

Friday 16 May
11:00 - 13:00

Langton Community Hall, Stanton Road,
Church Langton, LE16 7SZ

Book for free at
leics-fire.gov.uk/events

Advice on:
Highway code changes
Eyesight
Hazard Perception
First Aid
How to stay safe

Free refreshments

For more information:
Email: roadsafety@leics-fire.gov.uk

GoLearn!

Leicestershire Adult Learning Service



FREE Adult Learning Tasters The Symington Building (Market Harborough)

Celebrate 'Have a Go Month 2025' with GoLearn this June by enrolling on a FREE taster at The Symington Building in Market Harborough.

Discover a new skill, explore our venues, and discuss the learning opportunities available on your doorstep. Tasters available in June at **Market Harborough** and **Online**:

Taster	Date	Time
A Taste of British Sign Language	11/06/2025	6.30-8.30pm
Digital Craft - Make a Card	12/06/2025	10.00-12.00pm
Making the Most of Your Money	17/06/2025	10.00-12.00pm
Building Block to Novel Writing - Character Development (Online)	09/06/2025	2.00-4.00pm
5 Ways to Wellbeing (Online)	17/06/2025	1.00-3.00pm
A Taste of British Sign Language (Online)	12/06/2025	6.00-7.30pm

Scan the **QR code** to browse our Have a Go Month tasters online!



Call FREEphone 0800 988 0308
www.GoLearnLeicestershire.ac.uk /LeicsGoLearn