

Charity No. 1141274
and Registered
Company No.
7517828



COMMUNITY
CHAMPIONS

VASL
INCLUDE • INVOLVE • ENRICH

Volunteer Newsletter June 2025

Get in Touch...

Rohini, Jenny and Alison

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

T: 01858 439 262

E: champions@vasl.org.uk

Torch House, Torch Way, MH, LE16 9HL

Thank you to our invaluable volunteers!

We celebrated National Volunteer's week by hosting an afternoon tea to say an enormous THANK YOU to everyone who volunteers for VASL as drivers, befrienders and digital supporters. See inside for more details and photos of a special afternoon!



May Community Gathering



22 clients, volunteers and CC staff met at the Market Harborough Golf Club on a hot afternoon for our usual tea/coffee and cake and social catch up. It was lovely to see the golfers on the greens. People chatted about family news, health updates, haircuts, V.E Day local events and television coverage and the heat !

Rohini gave short notices and explained that VASL had won a trophy for raising the most money of any team participating in the SwiMarathon.

Carol commented on her first CG " Everyone is so welcoming and friendly – I really enjoyed the afternoon, thanks."

June / July Community Champions project events—all open to clients and volunteers.

Date	Event	Details
Mon 9 June, 10.30am-12 noon	Lutterworth Library Digital Session, George Street, LE17 4ED.	Call to book. No transport.
Tues 17 June at 11am (every 3rd Tues)	Walk and Talk + dogs. All abilities. Lutterworth Rec, off Coventry Rd, LE17 4RF	Led by Volunteer, Cate. Dogs welcome. No transport. Meet next to the rec car park.
Weds 18 June 2-3.15pm	Community Gathering at Buttercups Tearoom, Rushfield House, Tilton Road, Billesdon, LE7 9FE	Call to book by Wednesday 11th June. Transport available.
Weds 25 June, 2-4pm at Torch House, Torch Way, LE16 9HL	'Evergreen' discussion session on creating a dementia friendly society with Julie Clarke from Harbough District Council.	Call to book. Transport available.
Tues 1 July at 11am	Tea and chat at Louisa's Place, St Mary's Road, Mkt Harborough, LE16 7DU	Volunteer led, no transport, buy own refreshments.
Weds 2 July at 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn. No transport, buy own refreshments.
Weds 2nd July 10.30am-12 noon	Mkt Harborough Library Digital session, Symington's Building, LE16 7LT	Call to book appointment. No transport.
Thurs 3 July at 1pm. Meet at Welland Park Café.	Walk & Talk & dogs. For all abilities. Welland Park, MH, LE16 9DR	Led by volunteers, Alan & Kath. No transport.

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

Volunteers Week continued...

13 of our Community Champions befriending and digital volunteers joined volunteers from other VASL projects and staff for the annual cream tea during Volunteer's Week. This event is an opportunity to celebrate the positive difference that volunteers make during the year. Julia (Charity Manager) thanked all volunteers for their dedication. Feedback has been positive, with one of our Trustees saying "I really enjoyed having the opportunity of meeting with some of the volunteers and the other members of the VASL team. Thanks for an excellent event"

The afternoon tea was kindly enabled by Market Harborough Rotary Club, CC Project Manager, Rohini, explained "every aspect of the CC project is reliant on our volunteers. Without them, projects like CC wouldn't exist and we are so very grateful for the joy and kindness they bring to our clients each week. One of our volunteers also fed back to us "I really enjoyed yesterday's event. It was lovely to get together with some of the volunteers and swap ideas.



Hastings Direct Befriending Project

6 CC clients are receiving weekly telephone calls from staff at Hastings Direct – so far feedback has been very good from both sides.

"What a choice of a phone a friend, We had so much to talk about, I didn't want the conversation to stop, I hope all of the others have been as lucky as me. Thank you Rohini and Jenny for matching me so well".

"I talked to X for an hour about his previous jobs, family, interests and it was great. He made my day". These calls will continue for a total of 12 weeks. It is fantastic that they bring such joy to both parties.



Lutterworth Health Fest!



Healthfest Lutterworth saw over 1000 attend a very well planned day for the local community. There were lots of charities and local support groups on hand. The NHS were

there offering vaccinations and advice along with talks and demonstrations supporting health and wellbeing in the main hall.

CC Digital volunteer Linda S spent the whole day at the VASL stand for the Healthfest event and many of the attendees asked about VASL and its projects. A huge **Thank You to Linda** for being such a fantastic volunteer and a great ambassador for the project.

Equality, Diversity and Inclusion

The month of June has a strong focus on inclusion and challenging prejudice. June is Pride Month, celebrating the LGBTQ+ community.

It also sees Roma, Gypsy and Traveller month, recognising and educating us about the travelling community. www.gypsy-traveller.org



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.

GoLearn!

Leicestershire Adult Learning Service

June 2025 Have a Go Month

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

EveryoneActive

HARBOROUGH COMMUNITY GARDEN

Every Tuesday | 14:00 - 16:00 | Harborough Leisure Centre

Bringing Neighbors Together to Grow, Share, and Cultivate a Greener Future!

Join Us!

everyone ACTIVE

Canalside Walks...

Glen Parva 12th June & 10th July
 Kilby Bridge 19th June
 Everards Meadow 26th June
 Wistow 3rd July
 Market Harborough: 10th June, 24th June, 8th July
 Telephone: **07795 057 198**
 Email: sean.payne@canalrivertrust.org.uk

Community Cafes...

50s group, Harborough Community Church: Over 50's Tea in the Afternoon at the café. No charge. 2.30-4.30pm on the second Wednesday each month, call **01858 434906**.

Community Café at Harborough Leisure Centre every Thursday from 12-2pm, call **01858 410115**.

Friendship Café at Oat Hill Mews Care Home (near St Luke's), first Friday of the month, 10.30am-12, call **01858 894558**.

REACHING OUT

LOROS Bereavement Hub

Taking place at

Market Harborough & The Bowdens Charity, 10 Fairfield Road, Market Harborough LE16 9QQ

Date: 2/6/25 THEN 16/2/25 BI WEEKLY.

Time: 10.00am-11.30am.

The Bereavement Hub offers drop-in sessions that aim to provide those bereaved with a place where they can access information, talk to others and share their story, thoughts and feelings. It is within the local community, accessible to everyone and provides an opportunity for individuals to support each other.

The sessions are open to anyone who is bereaved over the age of 18 years.

The sessions will be friendly, safe and welcoming.

Please come along, meet others and make that connection.

For more information please call Jo Beeching or Michelle warden on **(0116) 231 3771 ext 7549**

Also at Café 55, Grange Road, Thurnby, LE7 9PH, every Tuesday

loros.co.uk
Registered Charity No: 596120

LOROS
Hospice Care for Leicestershire, Leicestershire & Rutland
 Being there for you and your family