

Charity No. 1141274
and Registered
Company No.
7517828



Volunteer Newsletter July 2025

Get in Touch...

Rohini, Jenny and Alison

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

T: 01858 439 262

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Driver help needed

Once a month we hold a community gathering at a range of locations across the Harborough District. These gatherings usually take place on a Tuesday or Wednesday between 2 and 3.15pm. We try to get as many clients along for a cup of tea and a piece of cake and to share some much-needed company. If



you could spare a few hours once a month to help drive our clients to and from the venue (and enjoy a cup of tea and slice of cake with us), please let us know.

June Community Gathering

On a sweltering afternoon, 24 CC clients, volunteers and staff met at Buttercups Tearoom near Billesdon for delicious cake and chat. Topics of



conversation included how to cope with the heat, gardens, sport, family and health news. People went outside to enjoy the sunshine and rolling Leicestershire countryside and watch the alpacas and goats. Rohini gave short notices



about learning sessions, new community connection spaces (e.g. Friendship Park, Oddfellows Society) and funding. She thanked all the volunteers who helped make the event a success. We were delighted that two new clients were able to join us: "thank you for a superb afternoon, I really appreciate you driving me here and everyone has been so friendly. I will definitely be coming back". "I so loved yesterday. Thank you all. It really lifts the spirit. Such lovely people!"

July/August Community Champions project events

Date	Event	Details
Mon 14 July and Mon 11 August 10.30am-12 noon	Lutterworth Library Digital Sessions	Call to book. No transport.
Tues 15 July at 11am (every 3rd Tues)	Walk and Talk + dogs Lutterworth Rec, off Coventry Rd, LE17 4RF	Led by Volunteer, Cate. All abilities. Dogs welcome. No transport. Meet next to the rec car park.
Tues 15 July 2-3.15pm	Community Gathering at Lutterworth Golf Club, Rugby Road, Lutterworth, LE17 4HN	Call to book by Tuesday 8th July. Transport available.
Weds 23 July 10am-12, Torch House	Evergreen learning session, 'Life in the Seychelles', photos, slides and a talk with Steve Hare.	Call to book. Transport available.
Tues 5 August at 11am	Tea and chat at Louisa's Place, St Mary's Road, Mkt Harborough	Volunteer led, no transport, buy own refreshments.
Weds 6 August at 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn. No transport, buy own refreshments.
Weds 6 August 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Thurs 7 August at 1pm.	Walk & Talk & dogs. Welland Park, MH, LE16 9DR	Led by volunteers, Alan & Kath. For all abilities, dogs welcome.

MH Friendship Park

We are delighted that the Support For Carers Team at VASL have a dedicated bench in the new Friendship Park on Northampton Road, near the Market Hall. We hope clients and volunteers will visit the park and enjoy the new facility.



Paying to use the internet

If you are on Pension Credit you could get cheaper access to the internet, from £10 per month.

<https://www.fasterbroadband.co.uk/social-broadband-tariffs>

If you need some help with this call us on the usual number.

Try something new: Chatty Café

Mercado Lounge on Abbey Street, Market Harborough, is delighted to have signed up to the nationwide Chatty Café Scheme. A Chatty Café Table will be set up every Wednesday from 10am to 12 Noon.



Complimentary Tea and Coffee available.

Chatting over a tea or coffee is a great way to connect and make new friends or just enjoy a few minutes in the company of others. If you are not a great chatter just come along and listen. Trained volunteer, Maureen, will be there to welcome you to the chatty table each week".

CC is hoping to become more involved with the scheme, so if becoming a chatty café volunteer is something you'd be interested in doing, please get in touch with us.

Try something new: Oddfellows

Leicester Oddfellows has launched a new group in Market



SINCE 1810
the Oddfellows
making friends, helping people

Harborough so residents can get together with other friendly locals. Meeting at the MH Conservative Club on the second Thursday of each month between 2-4pm, all are welcome. The not-for-profit mutual society is bringing the meet-up to MH following similar popular initiatives in Leicester, Whetstone and Coalville. Leicester Oddfellows also organises a range of other events, such as talks, games, quizzes, lunches and day trips and its members can make use of a range benefits, including care and welfare support. To find out more visit: www.oddfellows.co.uk or contact Jo Brown on 0116 254 3106.

Dementia-friendly learning event



Nine CC members - clients, volunteers and staff, joined Julie from Harborough District Council for a fascinating interactive learning session about how we can support people with dementia. We learnt what dementia is, about the different types, and how it affects the brain, changing people's perceptions. We also discussed how to focus on the person rather than the dementia, the stigma associated with it and key messages to share with family and friends. All engaged with the activities, shared stories and asked Julie questions. For three clients and a volunteer it was the first time they had come to a learning session and all vowed to return - "this has been brilliant - I have learnt so much and everyone was friendly" "Julie was so good - really clear" "I am going away with so much useful information, thank you". **Why don't you join us at the next one? CC Volunteers are welcome to come along to our Learning Events and Community Gatherings—see events schedule on front page for details.**



Equality, diversity & Inclusion

month. Founded in the UK, this explores the history, culture, and contributions of South Asian communities in Britain: www.southasianheritage.org.uk

July sees South Asian Heritage



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



URGENT:

VOLUNTEER DRIVERS NEEDED!

Help local residents get to vital medical appointments





WE NEED 20 MORE DRIVERS!



-  **Use your own vehicle**
-  **Expenses reimbursed**
-  **Volunteer when it suits you — no fixed schedule**
-  **Support your community and make a real impact**





GET IN TOUCH TODAY

Contact Lisa or Jo on 01858 468499 or email transport@vasl.org.uk

VASL, Torch House, Torch Way, Market Harborough, LE16 9HL
 Reg. Charity. 1141274

External events and promotions



**HOLIDAY AT HOME
2025**

**A week of activities and
entertainment for seniors**

4th to 8th August
**9.30am to 1.30pm at the
Methodist Church
(opposite the Market Hall)**

£7.50 per day, £10 on Friday
**Two course lunch, tea, coffee and biscuits
included.**

Free transport available

To book, ring 01858 410878.
**If no reply please leave a message with your
name and phone number.**



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!



Community Cafés...

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**.

Chatty Café, Mercado Lounge, Abbey Street, MH, every Wednesday 10am-12noon.