

Charity No. 1141274
and Registered
Company No.
7517828



Volunteer Newsletter August 2025

Get in Touch...

Rohini, Jenny and Alison

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

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July Community Gathering

Twenty-two people (clients, volunteers, staff and a visitor) met at Lutterworth Golf Club on a soggy July afternoon. Once everyone had enjoyed their tea/coffee and delicious cake, Rohini gave short notices. All were delighted that CC had secured further funding from the National



Lottery Community Fund. Rachael from Vita Minds Health Group explained the different levels of help available to older people for support with anxiety, depression and diabetes. Support is offered face to face and online, in group settings and individually. She also showed us a Health and Well-being Passport, and encouraged all to ask their GPs for one so they could gather all their medical information in one place and use this to inform medical professionals. "Thank you so much, I feel so much better for coming out to meet people, chat and get some information".



Happy retirement Jenny... and thank you!

CC clients, volunteers and staff, along with VASL and community colleagues will be bidding Jenny a very fond farewell at the end of August. Jenny has been with VASL for an incredible 12 years and has been instrumental in shaping the CC project, including overseeing our digital inclusion work.

CC Project Manager Rohini said: "It is difficult to put into words what Jenny means to everyone at CC and VASL as a whole. Her kindness, professionalism and humour have been cornerstones of the CC team and she will be missed enormously."

We wish you a happy and healthy retirement Jenny!

August/September Community Champions project events

Date	Event	Details
Mon 11th August & Mon 8th Sept 10.30am-12 noon	Lutterworth Library Digital Sessions	Call to book. No transport.
Weds 13th August 2-4pm, Torch House	Evergreen Learning Session on Arthritis Support	Call to book. Transport available.
Weds 20th August 2-3.15pm	Community Gathering at Coach & Horses, Main Street, Lubenham, LE16 9TF	Call to book by Tuesday 12th August. Transport available.
Tues 2nd September at 11am	Tea and chat at Louisa's Place, Mary's Road, Mkt Harborough	St Led by volunteers Annie & Colin, no transport, buy own refreshments.
Weds 3rd September at 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Sally. No transport, buy own refreshments.
Weds 3rd September 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Thurs 4th September at 1pm.	Walk & Talk (& dogs). Welland Park, MH, LE16 9DR	Led by volunteers, Alan & Kath. For all abilities, dogs welcome. No transport.
Tues 9 September, 2-3.15pm	Community Gathering at Café 55, Thurnby,	Call to book by 4th September

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

The Stunning Seychelles Learning Event

Steve Hare, a new CC Befriending volunteer, led a fascinating learning session sharing his experiences of visiting The Seychelles three times and staying with a local family, allowing him to experience many aspects of local life. He lived in a tin shack,



visited local beauty spots, snorkelled in crystal clear waters, swam with sharks and ate fresh, speared fish. We learnt about the history of the 115 islands, their granite composition, local languages, spicy food and the impact of climate change. Steve passed round a coco de mer nut, unique to the island and told us about other flora and fauna (e.g. giant tortoises, spiders, black parrots). We saw photos of the stunning beaches, used in many films like Castaway and

talked about pirates and mermaids. Clients enjoyed asking Steve many questions and sharing their experiences concluding; "travel opens up the mind".

Please remember that CC volunteers are welcome to join us at our learning events.



Equality, diversity & Inclusion

August sees World Humanitarian Day, honouring humanitarian workers who have lost their lives in the course of their work and advocating for those who are affected by crises. www.actionaid.org.uk

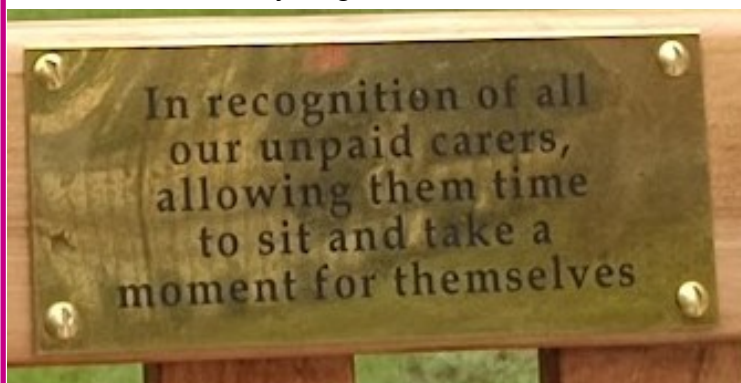
Other Community Events

- **Chatty Café** Table at Mercado Lounge, Abbey Street, Market Harborough, every Weds from 10am to 12 Noon. Complimentary Tea and Coffee available.
- **Leicester Oddfellows** meeting at the MH Conservative Club on the second Thurs of each month between 2-4pm, all are welcome. Visit: www.oddfellows.co.uk or contact Jo Brown on 0116 254 3106.
- **Community Café** at Harborough Leisure Centre every Thursday from 12-2pm, call **01858 410115** for info.
- **Over 50s**, 2nd Weds of the month at MH Community Church, Bath Street (13th Aug: cake, drink and ukeles, 10th Sept: Life on the Royal Yacht Britannia). Call 01858 434906
- **Canal side walks** with the Canals and Rivers Trust are held regularly and leave from various locations including MH, Wistow and Kilby Bridge. For more info call Sean on 07795 057198.
- **The Farm comes to MH** on the Square, Saturday 9th August 10am-4pm. www.sustainableharboroughcommunity.co.uk

Friendship park community bench

Our VASL colleagues in the Support for Carers team are delighted that a new bench, dedicated to all unpaid carers, has been placed in the new MH Friendship Park on Northampton Road next to the market hall.

Take a seat when you get a chance!



Hospital Discharge Grant

If you look after, help or support someone who wouldn't be able to manage everyday life without your help, and you are not employed to do it, then you are an unpaid carer.

If the person you are caring for has been discharged from an overnight hospital admission during the last two weeks, you may be able to apply for a grant to help towards some of the additional costs that you may be incurring in your caring role. The Hospital Discharge Grant (HDG) for Carers scheme was launched by Leicestershire County Council and our HDG co-ordinators at VASL can give you advice on how to apply for the grant. Visit www.vasl.org.uk/news/carers/hospital-discharge-grant-2025/ or call **01858 468543** and one of our advisers will help you.