

Charity No. 1141274
and Registered
Company No.
7517828



Farewell Jenny and Welcome Liz

Client Newsletter Sept 2025 Get in Touch...

Rohini, Alison and Liz
Mon - Thurs 9am - 5pm, Fri til 4.30pm.
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27 people (clients, volunteers, staff and a visitor) met at The Coach and Horses pub at Lubenham for our August



Gathering, a chance to say goodbye to Jenny as she retires after 11 years at VASL. Volunteers Kevin, Mary, Roger and Helen escorted clients from the buses and ensured they had cakes/scones and hot drinks. Other volunteers like Micky and Noel had driven clients from Gilmorton and Great Glen. Rohini gave short notices, and Jenny was presented with a huge card and gifts. Jenny

thanked all for their friendship and inspiration and recalled favourite memories of her time with the project, including various eventful bus journeys, dressing up for photos and exchanging stories and laughter. Maureen then told us about the new Chatty Café in Market Harborough and encouraged all to attend (every Wednesday 10 – 12 noon at Mercado Lounge on Abbey Street) Liz went to meet everyone and said she was excited to be joining the CC project. “What a happy event, I have really enjoyed it” said a smiling client.



September/October Community Champions project events

Date	Event	Details
Weds 3rd Sept	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Mon 8th Sept 10.30am-12 noon	Lutterworth Library Digital Sessions	Call to book. No transport.
Tues 9 September, 2-3.15pm	Community Gathering at Café 55, Grange Lane, Thurnby, LE7 9PH	Call to book by 4th September
Thursday 25th September 10am-12 noon	Learning session with Mary Baker: Loneliness - Get Better Connected	Call to book. Transport available.
Weds 1st October at 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn. No transport, buy own refreshments.
Weds 1st October 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Thurs 2nd October at 1pm.	Walk & Talk (& dogs). Welland Park, MH, LE16 9DR	Led by volunteers, Alan & Kath. For all abilities, dogs welcome. No transport.
Tues 7th October at 11am	Tea and chat at Louisa's Place, St Mary's Road, Mkt Harborough	Led by volunteers Annie & Colin, no transport, buy own refreshments.

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

Arthritis Support Learning Session

10 CC clients and volunteers joined Conrad and Margaret from the charity Arthritis Support (www.arthritissupport.org.uk) for an informative and interactive learning session. Conrad defined Arthritis as a medical term for a range of conditions which involve inflammation of joints. There are over 200 types of arthritis which can be passed on genetically or developed through lifestyle choices. Everyone has a unique journey with arthritis depending on factors like their age, weight and other health conditions. There is no cure, but drug treatments can slow down degeneration. Arthritis is a chronic condition which can flare up because of triggers. Conrad and Margaret suggested self-care strategies that help, including: gentle exercise, nutrition, pain management, mindfulness and meditation. Clients shared their experiences, asked questions and tried adaptive aids like stress balls, tap openers, plug tugs and jar openers. The key message from the session was do what you can, when you can and be kind to yourself.



"This has been such a useful session, I liked the way Conrad explained things".

CC Newsletters: Email or Post?

CC produces a monthly newsletter for volunteers and clients with details of all our events you are invited to, and project updates.



We send this out by email to most volunteers and some clients. We post out a paper copy to most clients but we are now **asking if you would prefer to receive the newsletter by email** – this gets to you faster, saves us money on colour printing and postage and is better for the environment. We have also had some problems with post delays recently. **Please can you let us know if you are happy to receive a newsletter by email?**

Heritage Open Days Festival 12 -21 Sept

England's biggest and most popular heritage event returns this month. It's a great opportunity for people to explore venues that either usually charge or are not open to visitors at all. The festival directory, offering free access to the public, is now live and features talks and walks, tours and open days to welcome everyone curious about their local heritage and history. This year's theme is architecture and is very relevant as The Symington Building in MH undergoes renovations. Visitors can take a tour inside the former factory to learn more, see photos and film from the archives and hear about the corsets that travelled the globe. **www.heritageopendays.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.

Over 50s, 2nd Weds of the month at MH Community Church, Bath Street, Call 01858 434906.

Canal side walks with the Canals and Rivers Trust are held regularly and leave from various locations. For more info call Sean on 07795 057198.

Lutterworth Age Concern Quiz, Friday 3rd October & Friday 5th December, 1.30-3.30pm, Wycliffe Rooms, call 01455 557116.