

September Community Gathering



18 clients, volunteers and staff tried a new venue, Café Fifty-Five at Thurnby, for our September Gathering. Clients had enjoyed the drive through the rolling Leicestershire countryside on a sunny afternoon and appreciated the warm hospitality offered by Lizzie. All enjoyed the tea and delicious cakes, and the chance to chat about summer news, health updates, holiday travels, pets and television programmes. Rohini gave short

notices, and Lizzie gave more information about all the groups and activities that took place at Café Fifty -Five. Feedback has been great: "Thank you all for a fabulous afternoon. Lovely welcome, cake, tea and company. Thank you to all who helped too, without which we could not enjoy such experiences."

Oct/Nov CC project events

Date	Event	Details
Weds 1 October 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Mon 13 October 10.30am-12 noon	Lutterworth Library Digital Sessions	Call to book. No transport.
Tues 14 October 2-3.15pm	Community Gathering at Lutterworth Golf Club	Call to book by 6th October. Transport available.
Wed 22 October 10am-12	Learning and discussion session on Bladder and Bowel Health with volunteer Cate.	Call to book by 15th October. Transport available

Oct/Nov volunteer-led events

Date	Event	Details
Weds 1st October at 10.30am and Weds 5th November	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Led by volunteer Dawn. No transport, buy own refreshments.
Thurs 2nd October at 1pm and Thurs 6th November	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 and Tues 4th November	Tea and chat at Louisa's Place, St Mary's Road, Mkt Harborough	Led by volunteers Annie & Colin, no transport, buy own refreshments.

Get in Touch...Rohini, Alison and Liz
Mon - Thurs 9am - 5pm, Fri til 4.30pm.
T: 01858 439 262, E: champions@vasl.org.uk
Torch House, Torch Way, MH, LE16 9HL



Charity No. 1141274
and Registered
Company No.
7517828

Other Community Events... these are run by other organisations

Chatty Café Table at Mercado Lounge, Abbey Street, Market Harborough, every Weds from 10am to 12 Noon. Complimentary Tea and Coffee available.

Chatty Chairs: Seated Exercise & Relaxation Session Every Tuesday 10am - 11am £2 per person Wycliffe Rooms George Street For more information and to book a place contact: Val 07753 133 019

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

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.

Friendship café at Oat Hill Mews Care Home, Market Harborough. First Friday of the month, 10.30am – 12pm. Call 01858 898623

Saturday Singles at Lutterworth Methodist Church, 10.30am - 12pm A place to come and have a chat and a drink for those on their own and there is always lovely cake. Call: Rev Jane on 07852495878

Warm Homes Advice Line

Free, impartial, tailored advice on how to keep your home warm or



make improvements to your energy efficiency is available from Leicestershire County Council. They offer advice relating to energy efficiency/saving, dampness, including signposting to funding for energy efficiency measures.

Home visits are also available.

Telephone: 0116 305 2524

Email: warmhomesinfo@leics.gov.uk

Radio Play by Henry Dawe on HFM

Henry Dawe, local playwright and director, ran two learning sessions for us last year. Clients who attended, listened to Henry's play *The Autumn of My Years* and then took part in a discussion forum about the play's main themes of friendship in later life. Harborough FM will be broadcasting the same play in three instalments this Autumn, giving all CC clients and volunteers the chance to listen to it. It will feature on the Owen Brooks show on HFM at 7.15pm over 2, 9 and 16 October. Listen via Radio FM 102.3 or online: www.harboroughfm.co.uk

Wheelchair Transport Guidance

As a project, we try to make our events as accessible as possible. We take the safety of our clients, volunteers and staff seriously. Current advice means that clients who need to stay in their wheelchair for the journey must have wheelchairs that have approved anchor points. Wheelchair users without transport-approved wheelchairs need to be able to transfer into a bus seat independently as we do not have the necessary training and insurance to assist with this. Please call the office if you need further clarification.

Poetry and Prose Competition



A poetry and prose competition is being held by Mkt Harborough art gallery, Wingates Gallery, in

association with Creative Harborough and Harborough District Council.

Closing date for entries is: 17th October 2025.

For more info on how to apply, visit: www.poetryandprose.org or call Wingates Gallery on 01858 465455 .