

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 (All CC clients and volunteers welcome)

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 (CC members and non-members welcome)

Date	Event	Details
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.
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.

You are invited... 9th October 10.30am-12noon

Don't forget: you are invited to join us for a hot drink and a slice of cake at Louisa's Place, St Mary's Road, Market Harborough, LE16 7DU. This is our way of saying THANK YOU for all you do for CC and a chance to meet and chat with other CC volunteers.

Please email or call us to let us know if you can make it!



Get in Touch...

Rohini, Alison and Liz
Mon - Thurs 9am - 5pm
Fri until 4.30pm.
Telephone: 01858 439 262,
E-mail: champions@vasl.org.uk
Write: 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.

Wheelchair Transport Guidance

As a project, we try to make our events as accessible as possible, by providing appropriate transport to our Community Gatherings and our Learning Sessions whenever we can. We also take the safety of our clients, volunteers and staff seriously.

Current advice means that we can only transport clients with wheel-chairs if their wheelchair has the correct anchor points indicated by specific labels. We are also able to accommodate wheelchair users who can transfer into a bus seat themselves. Call the office for more info.

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

Learning to Connect

7 clients met at the September Learning session facilitated by Mary, who was about to retire after working for 18 years with the Leicestershire Adult Learning Service! Mary helped us define loneliness, identify different times when people feel lonely, explore the reasons for their loneliness (e.g. loss of partner/friends, health issues).



We discussed why humans need social connections, and the benefit they bring for our emotional and mental health. We also acknowledged that relationships could break down and that forming and maintaining good relationships is an essential life skill. We debated potential barriers to getting connected (e.g. always comparing yourself unfavourably to others) and then explored a huge variety of outdoor and indoor activities that could bring us into contact with like-minded people.

"This is such a chatty, rewarding group of learners to work with – I will really miss them," said Mary. "Thanks for another interesting session and superb handouts" commented a client.

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

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