

October Community Gathering

Our CG started with an adventure when one of the Harborough Community Buses broke down in the depot. Alison, Liz and Mick quickly hatched plan B with Alison and Liz driving clients to Lutterworth in their cars. 21 people enjoyed the freshly-baked cakes and tea/coffee as they chatted about family news, new mobility scooters, hoarding, the weather, health news, Strictly and even Christmas events and plans. Rohini gave short notices and handed out the Age Concern brochure with details about a variety of trips and activities.



"Thank you so much, another lovely afternoon".

"We appreciate all you do to take us out to nice places".

"What an afternoon we have had".

November/December CC project events

Date	Event	Details
Weds 5th November 10.30am-12 noon	Mkt Harborough Library Digital session	Call to book appointment. No transport.
Mon 10th November 10.30am-12 noon	Lutterworth Library Digital Sessions	Call to book. No transport.
Tues 11th November 2-3.15pm	Community Gathering at Market Harborough Golf Club	Call to book by 9.30am 6th Nov. Transport available.
Wed 19th November 10am-12	Learning and discussion session on UK Cities with Steve Hare.	Call to book by 13th November. Transport available

November / December volunteer-led events

Date	Event	Details
Weds 5th November and Weds 3rd December at 10.30am	Beanies Coffee morning Wycliffe Rooms, George St, Lutterworth LE17 4ED	Hosted by volunteers Sally, Cate and Kevin No transport, buy own refreshments.
Tues 4th November and Tues 2nd December 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.

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 (run by other organisations or groups)

Walk & Talk (and well-behaved dogs) Thurs 6th November at 1pm, Welland Park, MH, LE16 9DR (meet near the café. For all abilities including mobility scooters / walkers).

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

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

Leicester Oddfellows meeting at the MH Conservative Club on the second Thurs of each month between 2-4pm. Contact Jo Brown on 0116 254 3106.

Community Garden session, every Tues 10-12 at Harborough Leisure Centre plus the Community Café from 11.30am-1.30pm every Thurs.

Chatty Chairs: Seated Exercise & Relaxation Session every Tues 10am - 11am. £2 per person, Wycliffe Rooms George Street, Lutterworth, contact Val on 07753 133019.

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. Call: Rev Jane on 07852495878.

Bladder and Bowel Health

CC volunteer Cate, who worked as an Incontinence Adviser, led a fascinating session about how the bladder and bowels work normally, common illnesses affecting these organs and what we could do to maintain good health e.g. drink 8 glasses of water a day, eat a high fibre diet, do pelvic floor exercises regularly and use the toilet when needed. We discussed how the lack of suitable disabled toilets prevented people going out. You can contact **Bladder Health UK** on **0121 702 0820** to get a Just Can't Wait card which enables you to use staff toilets in shops. Cate also distributed Age UK booklets with useful details of organisations which can help. **The Age UK helpline** is **0800 169 6565** "Thank you for another interesting session - Cate was great. It is a shame more people don't come to these - I always learn something new, have a chat and laugh".



Kibworth Library has moved

Kibworth Community Library has moved to its new home in the Kibworth Community Hub (the Grammar



School Hall), School Road, Kibworth, LE8 0JE. Opening times are as follows:

Mon 10am - 1pm & 2 - 5pm,
Tues 10am - 1pm, Weds 2 - 5pm,
Thurs 9 - 11am, Fri 9am - 1pm & 2 - 5pm,
Saturday 10am - 1pm.

Befriending Week: 1-7 Nov 2025

Befriending Week is the annual campaign to raise awareness about befriending and highlight the power of social connection in reducing loneliness and social isolation.

A huge **THANK YOU** to our volunteer befrienders and digital volunteers for all you do to support CC clients. We were able to



say **thank you** to some of our volunteers with a hot drink and piece of cake last month at Louisa's Place.