

Community Champions Volunteer Newsletter

November 2025



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.

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, Call 01858 434906.

Leicester Oddfellows meeting at the MH Conservative Club on the second Thurs of each month between 2-4pm. Visit: www.oddfellows.co.uk or contact Jo Brown on 0116 254 3106.

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

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.

Chatty Chairs: Seated Exercise & Relaxation Session Every Tuesday 10am - 11am £2 per person Wycliffe Rooms George Street, Lutterworth, contact Val on 07753 133 019 to book.

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:

Monday 10am -1pm & 2 - 5pm
Tuesday 10am - 1pm, Wednesday 2 - 5pm
Thursday 9 -11am, Friday 9am -1pm & 2 - 5pm, Saturday 10am - 1pm.



Equality, Diversity and Inclusion

October was the month for recognising and celebrating our Black British populations through Black History month, and raising awareness and support for those affected by Breast cancer through Breast Cancer Awareness month.

From 9th-16th November, England, Wales and Northern Ireland hold Inter Faith Week, promoting mutual understanding, co-operation and education between different faith groups amongst our communities. **www.interfaithweek.org**



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

Befriending Week: 1-7 Nov 2025

Befriending Week is the annual campaign (www.befriending.co.uk/bw) to raise awareness about befriending and a chance to reflect on the power of connecting people for regular companionship. **THANK YOU to every dedicated Community Champions volunteer** who gives their precious time to visit people weekly at home, accompany people out into the community, phones for a friendly chat or email/writes to people. These regular acts of connection make older people feel seen and affirmed, and have a huge impact as these quotes show:

"CC has been brilliant. I would love to have 2 or 3 more volunteers coming to visit me - it makes such a huge difference! My volunteer is fantastic - so easy to chat to."

"Thank you for the fantastic work you do. Dad always sings the praises of CC" (Client's son).

"CC is very nice. It is great having my volunteer visit - she is a chatterbox! I would miss her visits."

As a project, we were pleased to be able to say THANK YOU in person to some of our volunteers when they joined us for tea and cake at Louisa's Place last month. We hope more of you will join us next time - we could not run CC without you!



Armistice Day Commemorations



Remembrance events are being held across the District. Sunday 9th November is Remembrance Sunday with services and parades at St Dionysius in MH, St Mary's in Lutterworth, St Wilfrid's in Kibworth and also in Broughton Astley. Please check with individual churches for service times.

On Tuesday 11th November, short services of remembrance will take place on The Square in Market Harborough, and at the Memorial Gardens in Lutterworth. Both events will culminate in two minutes silence at 11am.