

Volunteers and what we're looking for...

Community Champions

Community Champions volunteers visit people at home for a chat or to go out together. You'll be matched to the person you support for a year so will have plenty of time to build their social confidence and connections.

Telephone Champions

Call isolated people on a regular basis, giving them companionship, support and information.

Digital Volunteers

Visit isolated people at home and show them how to use and benefit from the internet. You'll help people to follow their hobbies or discover easy ways to keep in touch e.g. Skype or Facebook.

Pen Pals

Correspond with people through the regular exchange of news filled letters or emails.

How will you benefit?

As well as enjoying the rewards of enriching people's lives and taking part in an exciting community project, volunteering could also help you build your skills, experience and confidence, boost your CV, meet new friends and connect with a wide range of local people and organisations. Full training will be provided.



VASL Community Champions is funded by The National Lottery Community Fund..



If you'd like to find out more:

Visit - www.vasl.org.uk

Call - **01858 439262**

Email - **champions@vasl.org.uk**

Follow on Twitter - **[@vaslonline](https://twitter.com/vaslonline)**

VASL

1st Floor, Torch House
Torch Way, Northampton Road
Market Harborough LE16 9HL

Please Note

The information contained within this leaflet can be provided in alternative formats/languages simply contact us to request your alternative.



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Registered Office Torch House (as above)
Registered Company: No. 7517828
Registered Charity: No.1141274



COMMUNITY CHAMPIONS

Tackling loneliness and empowering older people to re-connect with their communities

www.vasl.org.uk/communitychampions



Helping to transform people's lives

Community Champions operates across Harborough District in South Leicestershire and is aimed at helping isolated or lonely people (over 60) to change their lives for the better.

We want to help older people to regain their confidence and connect.

Who are we?

VASL is a local community charity based in Market Harborough with a long and successful history of supporting older people to enjoy their lives.

Find out more - www.vasl.org.uk

Are you over 60, living alone in Harborough District and without a diagnosis of dementia or serious mental health condition?

Community Champions could help.

Community Champions volunteers will help clients:

- Build new friendships
- Access information, groups and support
 - Share local information
 - Support to speak to services
 - Get Online

Live the life **you** want to live

Whether you want to make new friends, discover how the internet can open up your world, enjoy a new group or class, or achieve something that's important to you, we can help.



Community Champions clients get:

- Regular contact with a volunteer (face to face, by phone, email or letter) for company and support
- A monthly newsletter with project updates and local information
- The opportunity to attend a monthly Community Gathering and training

Could you, or maybe someone you know benefit?

Why not become a volunteer...

Would you like to be a Community Champion?

We're looking for caring people to volunteer their time and skills.

Helping people to discover new opportunities and achieve their personal goals, with your support, encouragement and companionship.



See overleaf for what we are looking for...

