

VASL

INCLUDE • INVOLVE • ENRICH



COMMUNITY CHAMPIONS

Supporting older people back into
the heart of their communities

www.vasl.org.uk



COMMUNITY CHAMPIONS

Live the life **you** want to live...
rediscover who **you** are...

Helping to transform older people's lives

Community Champions is aimed at helping isolated or lonely people (over 60) to change their lives for the better. In a nutshell, we want to help good things happen for people, not just when our staff and volunteers are with them, but all the time.

If you feel you need these changes in your life or know someone that does, simply get in touch.

Who are we?

VASL are 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

Community Champions will help older people

- Access information, groups and support in the local community and online.
- Build new friendships or reconnect with old friends and family in the local community and online.
- Take action to make life better, by helping to plan practical steps to make changes
 - Highlight strengths, skills and gifts
 - Support to enjoy new opportunities
- Support to speak to services and professionals helping people live life to the full.

Would you like to become a Community Champion?

We're looking for caring people to volunteer their time and skills, to help isolated or lonely people reconnect with their local community, discover new opportunities and achieve their personal goals, with your support, encouragement and companionship

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.

Would you like to find out more?

Visit - www.vasl.org.uk

Call - **01858 439262** | Email - champions@vasl.org.uk

Follow - [@vaslonline](https://www.instagram.com/vaslonline)

Community Champions is part funded by VASL and Harborough District Council's New Homes Bonus/Community Fund.

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