You can make this happen. Would you like to volunteer with us?

We offer a great range of rewarding and flexible volunteering opportunities. You will get full training for whatever you choose to do.

You could:

- Become a Community Champion and help isolated or lonely people - by visiting them, talking to them over the phone or showing them how to get online.
- Provide support to unpaid carers by providing a listening ear.
- Help people get out and about by becoming a volunteer driver with our social car scheme or our young carers project.

These are just some of our many volunteer opportunities, if you'd like to help, why not let us know?
Call 01858 433232 or email admin@vasl.org.uk

Would you like to donate and help support our work?

We rely on funding to continue our work so your donation will make a real difference to the lives of those around you. Find out more - www.justgiving.com/vasl

JustGiving™

Text VASL11 £10 to 70070 to donate to VASL

If you're a business, we have lots of ways we can partner with you to improve your Corporate Social Responsibility and let your customers know you support a local charity that is helping them.

VASL

INCLUDE • INVOLVE • ENRICH

If you don't know what we do, you don't know if you need us.

Call 01858 433232
Visit www.vasl.org.uk
Follow @vaslonline
Facebook VASL
Email admin@vasl.org.uk

Registered with FUNDRAISING REGULATOR

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

Charity No: 1141274 Registered Company No: 7517828

VASL

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Your local charity improving lives

Supporting our local community; carers, young carers, older people, those who feel isolated or lonely and many more…

Welcome to VASL

Who are we?

VASL is a charity dedicated to improving lives in the Harborough District and the wider community of Leicestershire.

What do we do?

We have a variety of projects that support you, your family and friends. From projects to support unpaid carers and young carers, to a social car scheme for those who otherwise couldn't get out and about.

We are a volunteer driven organisation, with over 200 VASL volunteers helping us make lives and communities better.

Together, we:

Support the isolated

Our Community Champions volunteers help people aged over 60 feel part of their communities, make new friends, get online or out and about.

Support unpaid carers

Our **www.supportforcarers.org** project provides information, and supports family carers through our telephone helpline and website - and runs carers groups and events around the county.

Help young carers

We make sure young carers have a time and place to enjoy themselves, as well as benefit from our support.

Provide a social car scheme

We help people where there is no public transport, making sure they can get to hospital appointments or enjoy a trip out.

Bring people together

From our My Mind Matters workshops and activities for Young carers, to our Community Champions and Telephone Helpline reducing loneliness.

Help carers and older people get online

We make sure those who need it most can become part of the digital world and benefit from online sources of help, support and socialising.

Recruit and train volunteers

We provide exciting opportunities for volunteers to give something back, learn new skills, gain valuable work experience and make new friends.