

Flag raised for heroes

VIC members will be celebrating Armed Forces Day by raising the flag in Rawtenstall accompanied by the Mayor.

Members have been invited on the Monday 24th June for the official flag raising ceremony at St Mary's Garden in Rawtenstall.

The flag will be raised by The Mayor of Rossendale Councillor Amanda Robertson who will be accompanied by the Deputy Lieutenant of Lancashire Col Sir David Trippier, a former Rossendale and Darwen MP. A short service will then be led by Area Dean the Rev Martin Short.

Armed Forces Day is an opportunity to raise public awareness of the contribution made to our country by those who serve and have served in Her Majesty's Armed Forces. It also gives the nation an opportunity to show support for the men and women who make up the Armed Forces community. Those currently serving, service families and everyone from veterans to cadets.

Across the country people are getting involved: communities hold local events and business show their support.



VIC and our members have also been invited to a number of events including: Barrowford, Skipton, Heywood and Tameside.

In Heywood a two-day Armed Forces Weekend will be held on Saturday 29th and Sunday 30th with events all over the town from a 1940s 'X' Factor to an evacuees bus and a re-enactment. For more information look on the Facebook page Heywood

1940s Day. VIC executive director Diane Owen said: "Many of our members will be present at many of the events being held across the North West, and it gives us an opportunity to meet up with other veterans and friends we served with to celebrate the days events."

A full listing of Lancashire activities is available on <http://www.armedforcesday.org.uk/events/listing.aspx>

Welcoming our lads back home

ROSSENDALE's Mayor, Councillor Amanda Robertson, invited VIC to accompany her as her guest to the homecoming parade of the 1st Battalion the Duke of Lancashire's Regiment in Burnley.

VIC manager Bob Elliott said it was great privilege to be at the church service and meet the serving Kingsmen at the lunch after the parade.

Bob said: "It was great to see Burnley turn out to support the Battalion who have returned recently from their deployment to Afghanistan.

"One of the Kingsmen on parade was a son of one of our members and was introduced to the Mayor of Burnley."



On parade outside the Town Hall in Burnley



The ones that didn't get away

MEMBERS of VIC, and some of their families, enjoyed a fishing trip last month to Heywood and District Angling Society.

It is planned that this will be the first of many fishing days with our next one on Thursday 25th July. We will be inviting other organisations to enter a team for future events. Dynamite Baits kindly provided some sponsorship to VIC.

There are many lakes across Lancashire that VIC has access to and these events will become a regular activity enabling families and veterans to get together in an informal environment.



Band plays on

THE Band and Corps of Drums of the Royal Regiment of Fusiliers held a concert at Norden High School, Rishton, and some of the proceeds were donated to VIC.

Several members attended the event, which was organised by the Rotary Club of Great Harwood and Rishton.

The evening was a great success and it gave VIC an opportunity to meet socially.



Update on war graves

OPERATION War Graves 100 has moved on apace since we announced it in our May Newsletter.

VIC has now met and discussed the project with a number of public and third sector organisations. The project will mark the 100th anniversary of the start of the First World War and will see local graves repaired and maintained.

We have also submitted our initial project proposal to Heritage Lottery Fund and a concept document will be sent out to those groups which have been consulted with so they can add their expressions of interest.

VIC members have visited Bacup Cemetery on a number of occasions.

Initial findings show there are about 71 graves with headstones; many of them need some maintenance and potentially there could be up to 120 graves in total.



Check it out

CUSTOMERS at ASDA Rawtenstall found out more about the work we do in Rossendale and East Lancashire.

VIC members manned an information stand in June to promote our volunteer roles and members will be back in store on Saturday 20th July to hold a fundraiser.

VIC family support and outreach worker Suzanne Preston said: "It's a great opportunity to work with ASDA and we are looking at using the community rooms for meetings of our Family Support Group." ASDA provides free use of the community rooms to Rossendale groups. Contact the store on 01706 242400.



Military art on show



Badminton sessions

A PARTNERSHIP with Link4Life in Heywood, Middleton and Rochdale has led to a development in services for ex-service personnel and their families.

Through this partnership, Link4Life has now arranged badminton sessions for veterans and their families starting on Wednesday 3rd July. Costing just £1, the sessions are heavily subsidised and will run every Wednesday at the Heywood Sports Village.

For further details contact Suzanne on 01706 871730 or email suzannepreston@veteransincommunities.org

College courses

FIVE members of VIC are starting a course on Preparing to Teach in the Lifelong Learning Sector (PTLLS) this month.

Meanwhile eight members have started an NVQ Level 3 Information, Advice and Guidance course.

VIC project co-ordinator Andrea Goodall said: "Once our members have completed these courses, we will have a team of qualified outreach workers that can work across East Lancashire and Rochdale. They will also be able to deliver training courses for our members."

Bowling Day

VIC has organised its first crown green bowling day in Haslingden on Monday 1st July.

As with the fishing events, it is planned to invite other groups to put forward a team to enter the event.

For more details contact VIC on 01706 871730.

THE Veterans Art Exhibition, on Saturday 20th July, already has around 100 paintings ready to go into the show and many models also being displayed.

Alder Grange High School in Rawtenstall is hosting the event and head David Hampson and the school have been very supportive.

For further information on how to get involved contact Darren Horsnell on 01706 871730 or email darrenhorsnell@veteransincommunities.org



Want to help? Join VIC

HUNDREDS of people learnt more about VIC at a series of information days held in Rawtenstall, Nelson and Burnley town centres as part of Volunteers' Week.

VIC has a number of volunteer vacancies that include: event organisers, activity leaders, fundraisers, advisors, drivers, stewards, and general volunteers to help with community projects.

We would like to recruit volunteers and new members from a variety of backgrounds and from within the communities to work alongside ex-service personnel and their families.

VIC trustee Ronnie Barker said: "Our members and volunteers are fundamental to VIC and as a charity we are very much led by their needs and aspirations."

If anybody is interested in becoming a volunteer or a member please contact Bob, Suzanne or Andrea 01706 871730.

Living healthier lives

VIC members have completed the first Manage Your Health course at the Bacup offices. Six members took part in the eight-week programme and they found it very beneficial and would recommend the course for future VIC members.



What's On and Where

ROSSENDALE

VIC Outreach Service

MONDAY

11am-3pm

Haslingden Community Link, Bury Road, Haslingden, BB4 5PG.

WEDNESDAY

11am-3pm

REAL Office, St James Square, Bacup, OL13 9AA.

VIC Art Group and drop-in

FRIDAY

11am-3pm

REAL Office, St James Square, Bacup, OL13 9AA

Walking Group

THURSDAY

Walks are arranged on the 2nd and 4th Thursday, weather permitting.

VIC Family Support Group

FRIDAY

A support network that meet every week at 1pm at Crystal Rocks, Bacup Road, Waterfoot, BB4 7AW.

HEYWOOD

VIC Outreach Service

WEDNESDAY

10.30am-2.30pm

Heywood Sports Village, West Starkey Street, Heywood, OL10 4TW.

Walks will be held fortnightly on a **Thursday** combined with the Rossendale walking group.

Art Group sessions will be held on alternate **Wednesdays**.

VIC update

It has been another incredibly busy month at VIC.

An article was printed in the "Live" magazine produced by Heywood, Middleton and Rochdale NHS CCG which focused on the excellent outreach service that is being provided by VIC and is supported by Link4Life Leisure Trust. The magazine is available to all residents in that area.

Information about the Warrior Programme, a support initiative for ex-service personnel, was outlined to VIC members during a drop in June. More details will follow in a future newsletter.

We are delighted to announce we now have a venue to extend our outreach work into Hyndburn. Sessions will take place at Cambridge Street Methodist Church, Accrington. Veteran and Family drop in, War Games and Modeling will all be available. For more details contact 01706 871730 and ask for Andrea or Dave.

VIC's first member workshop took place at Crystal Rocks, Waterfoot on Friday 7th June. A big thank you to all who came along or completed the survey. You can still have your say via the link on VIC's Facebook page. The survey will close on Sunday 30th June. All responses will be collated and circulated and will help to develop the VIC Vision Document.

We will be also be parading at Bacup and Stacksteads Carnival on Sunday 30th June and we will have a stall in the park.

Contacts

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Art Group Darren Horsnell

darrenhorsnell@veteransincommunities.org

Combat Stress Helpline

0800 138 1619

PCT Military Veterans Service

0161 253 6638

The Royal British Legion

08457 725 725

Rossendale Citizens' Advice Bureau

0844 499 4121 (from a landline)

0300 456 2552 (from a mobile)

The Samaritans

01706 830999

Lancashire Care Trust IAPT

01282 657116



Find us on
Facebook

www.facebook.com

VIC Veterans In Communities

VIC supported by:



East Lancashire
Clinical Commissioning Group



Heywood, Middleton and Rochdale
Clinical Commissioning Group