

Outdoor activities



VIC members relaxing after one of the walks in Rossendale

Veterans In Communities (VIC) is an ex-services charity based in East Lancashire. Established in September 2012, VIC supports ex-service personnel, their families and members of the uniformed services who have experienced difficulties re-integrating with the community on returning to civilian life.

For those who have served in the armed forces, personal fitness and the opportunity to take part in many different sporting activities can be one of the reasons for joining. After leaving the armed forces many continue to keep up their personal fitness.

Taking part in any physical activity can have many benefits to the individual, not only for physical wellbeing but for those who have a mental health or a psychological illness. These activities are also particularly good for socialising with like-minded people.

VIC has been delivering at least two outdoor activities in Rossendale every month for the last two years. The range of the VIC activities have included; walking, sailing, fishing, bike riding, badminton, kayaking and bowling. Our walks are generally around the Rossendale areas where there are a number of walks that can take into consideration all the different fitness levels and abilities.



Climbing up one of the many hills in Rossendale

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Badminton at Heywood Sports Village



We are working with Link4Life in Rochdale for some of the activities, as we are able to use their venues for indoor as well as outdoor activities. These activities are subsidised and some of these activities are included in the Social Inclusion Projects.

The activities that our members can take part in give them an opportunity to 'walk and talk'. Many photographs are taken and the views around the walks can be quite spectacular.



Crown green bowling



Mountain bike riding at Hollingworth Lake



Canoeing at Hollingworth Lake