



Remembering The Falklands

FORTY years ago, armed forces were fighting an Argentine invasion of The Falkland Islands.

In Nelson town centre, VIC members attended a service to commemorate the start of the war and wreaths were laid.

Around 40 people were present and the service was organised by the Pendle Armed Forces Support Group chaired by Mike Sutcliff. VIC has partnered with the group for more than five years to provide outreach support across the borough of Pendle.

Vicar the Reverend Christopher Casey, himself a Falklands Veteran, led the

service and VIC Outreach Worker and Falklands Navy veteran Steve Butterworth along with Paul Barlow, a former Royal Marine and Falklands veteran, laid a wreath.

RAF veteran and VIC member Jacko Pearce carried the standard.

Steve was also present at the National Memorial Arboretum in Staffordshire on April 3 when the South Atlantic Medal Association held a service.

On June 14,, to mark the end of the conflict, a further Remembrance event will also be held at the arboretum.

Veterans of the Falklands



conflict in receipt of the South Atlantic Medal and bereaved family members of the 255 service personnel who lost their lives during the war, along with civilians who

supported the task force can attend.

Pictured, from left, Andrew Walmsley, Iain Roden, VIC member, and Steve Butterworth, former shipmates on HMS Intrepid in 1982.

Appeal for collectors

VOLUNTEERS are being sought to help collect donations as the VIC Choir has returned to fundraising singing in supermarkets.

VIC Chief Executive Amanda Walton was interviewed live by BBC Radio Lancashire's breakfast presenter Graham Liver ahead of the first performance at Tesco in Haslingden.

The choir is delighted to be back singing in public following the tricky last few years with Covid restrictions.

Already three other supermarket performances have been booked – on May 21 and September 10 the choir will perform at



Asda Rawtenstall, while during Armed Forces Week, they will once again be singing in Haslingden Tesco on June 25.

Veterans in blazers and berets are asked to assist the choir to help collect donations from the listening shoppers.

All of the money raised by the choir goes to fund

projects organised by VIC which help veterans return to life in Civvy Street.

The choir is also joining Rossendale Valley Sounds at their rehearsal on May 5 ahead of a concert later in the year.

Anyone who can spare some time to help the VIC Choir collect is asked to call 01706 833180.

Allotment opportunity

AN APPEAL is being made for veterans who would like to help grow fruit and veg to sign up to assist with the VIC allotment in Helmshore.

A lot of work has been carried out on the allotment to prepare it for planting and now VIC is seeking green-fingered helpers, and those who want to learn about growing their own to volunteer some free time to helping the allotment garden grow.

Anyone who would like to help with the allotment, on Holcombe Road, Helmshore, can contact 01706 833180.



Thank you to volunteers

Open all hours

OUR 'open all hours' policy continued over Easter when veterans could call in to the VIC Centre in Haslingden on Good Friday or Easter Monday.

Holidays can be a tricky time for veterans, especially those who don't get to see families as often as they would like, and opening up the VIC Centre enables them to have a place to go for a brew and banter.



Allotment sign

TWO special plaques have been created by John Platt, a member of the pyrography group run by veteran Brian McEvoy, for an allotment in Helmshore managed by one of our Trustees Barry Payton.

Badge appeal

CLOTH badges, old uniforms with embroidered patches and pieces of fabric are being sought to make a special 'VIC is 10' quilt.

Members of the Crafty Chatters are asking for donations to represent the various Regiments, Corps, Ships, Stations and Blue Light Services that members have served in.

Donations should be handed into the VIC Centre in Haslingden.

A HUGE thank you from VIC to volunteers Ron Flowers and Aaron Lorimer who have stepped up to support VIC Ribble Valley and Hyndburn.

Project Worker Ray Sharkey has had an unforeseen medical issue and hopes to return to his

role as soon as he is medically fit, but in the meantime Ron and Aaron have helped to maintain the Tuesday Ribble Valley and Friday Hyndburn shop sessions.

As Pat McEvoy has returned from her Florida break, she will also be assisting with the outreach.

Bowled over in Ribble Valley

BI-WEEKLY indoor short mat bowling sessions have been introduced to VIC Ribble Valley meetings.

VIC meets very Tuesday between 10am and noon at Trinity Methodist Church Community Hub, Wesleyan Row, Parson Lane, Clitheroe, BB7 2JY.

Volunteer Ron Flowers has also been setting a quiz at the meetings.

VIC Ribble Valley welcomes and supports all military and blue light veterans and



anyone wanting to know more can contact 01706 833180, or call in on a Tuesday morning.

The weekly Thursday evening Men's Walk and Talk meetings have now restarted with walkers completing

a walk of around two hours. There are limited spaces available so booking is essential and members of VIC Ribble Valley are welcome to join in.

Non-members can book by calling 01200 442188.

Farewell and good luck Bailey

WORK-placement volunteer Bailey Ralphs has now moved on to a joinery apprenticeship after helping out at VIC since December.

Former Belmont School student Bailey, who was at North Lancs Training Group, has been helping to carry out maintenance work at the VIC Centre one day a week and also



assisting at our VIC Hyndburn shop on a Friday.

Operations Manager Bob Elliott

said: "Bailey is moving onto an apprenticeship in joinery and we all wish him the very

Go-kart is taking shape

THANKS to a donation from Stubblee Community Greenhouses, our VIC go-kart team has got off to a flying start.

Operations Manager Bob Elliott said: "The team was given a go-kart from the greenhouses which they have stripped back to its chassis, wheels and steering, and they will be combining this with wheels from an old electric wheelchair and making a seat."

VIC is planning to enter the Amazing Accrington Soapbox Rally on August 27.

The gauntlet has been thrown down as VIC's Duke of Edinburgh volunteer Tyler Cockrell is making his own entry as is the Army Cadet Force in Accrington where VIC member Phil Speddy is a leader.

Any army, navy or RAF veterans who want to help the VIC team to create the best go-kart can volunteer their help by calling 01706 833180.

best for the future.

"He's been a great asset to the team and helped around the centre.

"Whilst Bailey has been with us, he's been painting the centre, tiling a wall, fitting shelves, using power tools and hanging pictures.

"He has also helped out at the Accrington Veterans Drop-In and helped on some of our community projects."



99 happy returns

Celebration

VIC will be celebrating its 10th anniversary with a dinner at Burnley Football Club on September 30.

Former World Champion snooker player Steve Davis will be delivering an after-dinner speech and businesses are invited to support the event by buying corporate tables for 10 for £500 each; each table sold will help subsidise the cost for veterans to attend.

Operations Manager Bob Elliott said: "Tickets will be available for £30 each, but the cost will be subsidised to veterans and members of VIC."

Meal deal

VETERANS attending the Accrington Stanley Breakfast Club and Drop In will enjoy a free bacon butty.

Run by the football club's Community Trust and supported by VIC, the breakfast club is held on the last Wednesday of each month at Lancashire Carers Link, Blackburn Road, Accrington, BB5 1LE, from 9.30am to 11am.

A grant from The Arnold Clark Community Fund has covered the cost of the breakfasts.

Peel Tower

OUR walking group will be tackling a six-mile circular route to Peel Tower on Thursday April 28.

Walkers will meet in the car park at Nuttall Park, Ramsbottom, at 9.30am, and go up to Peel Tower then complete a route back

ROYAL Signals veteran Bernard Munton enjoyed a celebration 99th birthday party at The Sandbag Café in Heywood.

The Second World War veteran served from 1942 to 1946 and as a Wireless Operator during the war years, Bernard saw service with the PAI Force (Persia and Iraq) and was then at the Ministry of Defence in London.

He was called up at 18 and



described being in the Signals as 'top notch'.

When interviewed in 2019, ahead of the VE 75

celebrations, he said: "We never knew what the messages meant that we were sending out, they were all code in code."

When the ceasefire in Europe was announced, he didn't get chance to celebrate as the fighting was still continuing and so his role to send messages also continued.

At Sandon House, a celebration cake was presented and his family, veterans and friends gathered to wish him many happy returns.

David joins the project team

FORMER Royal Navy diver David Green has joined the project team at VIC making products to help raise funds for the charity.

David, from Rawtenstall, has been involved with VIC since 2019 and last year helped to make memorial benches as a way of giving back to the charity that had supported him mentally.

He served in the Royal Navy for seven years, but in January this year suffered a back injury and has



been struggling as the injury prohibited him from returning to the gym where he was a regular.

He said: "I found myself without a routine; I was like a ship without a rudder. I

spoke to my doctor and said how I enjoyed the volunteering work I did with VIC and how it was giving me a feeling of purpose.

"My first task was to clear out the cellar

and then I will be getting the outside shed organised.

"After I completed my first day, I had a strange feeling when I went home because I realised that I had had a good day and I felt I was going forward.

"I am happy to be working with veterans and glad to be helping the charity. This is good for my mental health. As a volunteer, it feeds your soul."

David is supported at VIC through the Building Better Opportunities, Changing Futures project.

Dedication ceremony for war memorial

A DEDICATION ceremony will be held on Saturday May 7 in Ramsbottom and veterans are being asked to attend.

The Ramsbottom War Memorial Project was launched to build a new memorial bearing the names of the fallen from the area from the First

and Second World Wars.

The dedication ceremony, at the Memorial Gardens in St Paul's Church grounds on Bridge Street, will begin with a band concert at 2pm followed by a parade of Standard Bearers before the consecration of the new memorial from 2.30pm.

A wreath will be laid in

honour of the fallen and afterwards, at Ramsbottom Royal British Legion Club, the band will play for a further 40 minutes.

VIC will be taking the minibus and anyone wishing to attend the service should contact Outreach Worker Steve Butterworth or the VIC office on 01706 833180.



ROSSENDALE

Activities are held at the VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.

Outreach Service MONDAY-FRIDAY

9am-4.30pm

For a home appointment call 01706 833180

MONDAY

Crafty Chatters

10am-12 noon

TUESDAY

Art Group

10am-3.30pm

Cost £6 places limited book on 01706 833180

WEDNESDAY

Allotment

Help on the allotment in Holcombe Road, Helmshore. Contact 01706 833180

THURSDAY

Greggs RV

1pm-3pm

VIC Choir (weekly)

6.30-8.30pm

FRIDAY

Art Group

10am-3.30pm

Cost £6 places limited book on 01706 833180

SECOND SATURDAY IN THE MONTH

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

Haslingden Community Link Cafe, Bury Road, Haslingden BB4 5PG
Limited numbers book in advance

EVERY MONTH

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

Walking Group see Facebook or website for details

10am-noon

Trinity Methodist Church, Wesleyan Row, Parson Lane Clitheroe, BB7 2JY.

BURNLEY AND PENDLE

Outreach Service

MONDAY

Breakfast Club at Burnley Miners Social Club, 27a Plumbe Street, Burnley, BB11 3AA. 10am-noon

Contact 01706 833180 for dates of outreach at Burnley FC in the Community, the Pendle Armed Forces Support Group, Holmefield Mill, Gisburn Road, Barrowford, at Morrisons in Nelson and Asda in Colne.

HEYWOOD, MIDDLETON AND ROCHDALE

The Sandbag Cafe and drop in

TUESDAY

10am-noon

Sandon House, Taylor Street, Heywood OL10 1EF.

VIC Outreach

TUESDAY

The Mess Tin - cafe and drop in

1pm-2.30pm

The Lighthouse Project, Middleton Shopping Centre, M24 1AB.

THURSDAY

Rochdale Veterans' Breakfast Club and VIC Outreach

9am-10.30am Touchstones Cafe, The Esplanade OL16 1AQ.

RIBBLE VALLEY

Coffee Morning and Outreach

TUESDAYS

VIC – 01706 833180

Chief Executive Amanda Walton
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Project Worker Ray Sharkey
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Transformational Coach Gill Hughes
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Volunteer Support Worker Mel Fitzgerald
melfitzgerald@vic.org.uk

Arts and Crafts Co-ordinator Darren Horsnell
darrenhorsnell@vic.org.uk

Veterans Mental Health Caseworker Cath Mitton
cathmitton@vic.org.uk

VIC Choir Bookings Barry Hyde
barryhyde@vic.org.uk

Contacts

Combat Stress Helpline

0800 138 1619

NHS Military Veterans Psychological Therapies Service (NW)

0300 323 0707

The Royal British Legion

0808 802 8080 7 days a week 8am-8pm

SSAFA

email Lancashire@ssafo.org.uk

01772 260 462

Citizens' Advice Rossendale and Hyndburn

0808 278 7975 freephone Mon-Fri 9am-5pm

The Samaritans

01282 694929 Mon to Fri 9am-9pm

Freephone 116 123

Op Courage

0800 652 2867 seek a referral through a GP or health professional

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of Access via GP or self-referral

01282 657116

Armed Forces Support Group

01282 613132

HYNDBURN

Outreach / Drop In/ Model Railway Club

FRIDAY

10am-3pm

VIC Hyndburn, Accrington Arndale Centre, BB5 1EX.

Accrington Stanley Breakfast Club/ Drop In

LAST WEDNESDAY EVERY MONTH

9.30am-11am

Lancashire Carers Link, 54-56 Blackburn Road, Accrington, BB5 1LE.

BLACKBURN WITH DARWEN

Outreach Service

TUESDAY

Rovers Breakfast Hub, Legends Lounge, Darwen End, Blackburn Rovers FC, Ewood Park, Blackburn, BB2 4JF.
10.30am-noon

Want to help?

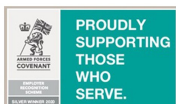
To donate to support the work of VIC please visit our website

www.veteransincommunities.org

Veterans In Communities Charity Number 1151194

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 East Lancashire Clinical Commissioning Group



 Rossendalealive BOROUGH COUNCIL

 Borough of Pendle

 ROCHDALE METROPOLITAN BOROUGH COUNCIL

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 ASDIC

 Changing Futures Building Better Opportunities

 COMMUNITY FUND

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 Ribble Valley Borough Council
www.ribblevalley.gov.uk

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