



VIC Newsletter

Veterans in your communities

WE HAVE had a busy few weeks spreading awareness and raising money at three major events.

We started off by attending Cowling Gala, then we supported the Haslingden branch of The Royal British Legion at a fun day at St Mary's Football Club and finally we were in attendance at Trawden Show.

At all of the events we set up an information stand, a Nerf shooting range and sold artwork created at VIC and at some we also set up an assault course.

Pat O'Reilly and Mark Culshaw brought along

their popular Living Museum and we had lots of children getting dressed up in army uniforms.

Admin Officer Tracy Keir said: "The day before we went to Trawden a woman offered Mark a brooch that has been worn by a First World War veteran Fred. She also brought in letters that he had written home and ones that his mum had written to him before he was fatally wounded in the Battle of the Somme.

"These went on display when we went to the show and created a lot of interest.

"The show was a lively traditional agricultural event with horticultural tents, wildlife, sheepdog and duck trialing and even terrier dog racing.

"VIC was kept very busy and a lot of people were interested in the artefacts. Some of the children were a bit shy at first, but when they got to try on the uniforms they had lots of questions to ask."

Chief Executive Liz Hamilton said: "I would like to say a big thank you to everyone who volunteered to man the stalls on the three days."



Cowling



Trawden



Haslingden

A treat for VIPs Doug and Lewis

SECOND World War veterans enjoyed a terrific time at an afternoon tea and dance at the Village Hotel in Bury organised by The Royal British Legion.

VIC members Doug Hocken and Lewis Banham, along with other VIC

members, had a great time speaking to the fellow comrades and sharing sandwiches and cakes.

They would like to say thank you to all those involved.



Invitation to VIC AGM

VIC will be holding its Annual General Meeting at the VIC Centre, Bury Road, Haslingden, on Wednesday September 20 at 7pm, all welcome.

The organisation was formed in 2012 and since then has grown rapidly. To find out about this year's work and achievements, please call along to the AGM.

Shed gone



MEMBERS of VIC were on hand to help out the recently widowed wife of an RAF veteran who needed a shed demolishing.

Operations Manager Bob Elliott said: "His widow was moving out and needed it removed

or she would have been charged.

"Thanks to Jimmy Elsworth, Andy Greaves and Joe Davis for helping out. It was another good example of VIC supporting the veteran community."



On your hike

A COUPLE of walks have been held including a very wet, muddy and windy hike around the moors above Clough Head Information Centre in Haslingden and a walk up to Darwen Tower.

On Thursday September 14 there will be a 3.5 mile circular walk round Downham and Chatburn and on Thursday September 28 there will be a 4.5 mile walk to Hardcastle Crags in Hebden Bridge.

On Sunday October 15, join veterans for a walk to Peel Tower on Holcombe Moor.

For more information and to book places on the VIC crew van contact Outdoor Activities Co-ordinator Ivy Limbrick on 01706 833180.

Ivy is also seeking suggestions of places to visit and social inclusion trips to try next year.



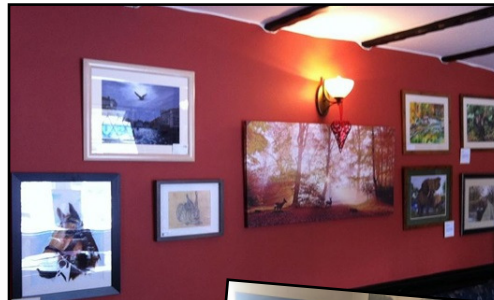
A STUNNING green-themed oil scene was created by artists on the popular 'painting in the style of Bob Ross' art class.

Two exhibitions of VIC art

ART created by members of the VIC art group has been exhibited at the Masa-UK Art Gallery in Bury.

The exhibition is part of a display called The Sound of Colours by Padiham Artists Group and is on to the end of September. It features the work of VIC Arts and Crafts Co-ordinator Darren Horsnell and member Liz Taylor.

A small exhibition of paintings is also being held at The Hargreaves Arms in Lumb.



VETERANS enjoyed paying a second visit in five months to the Tameside Veterans' Breakfast Club.



Welcome Gillian

IN SEPTEMBER we will welcome Gillian Hughes to VIC as she has been appointed to the role of Transformational Coach.

Gillian, who has previously worked for West Lancashire Council for Voluntary Service and Bootstrap, will be working part-time on the Changing Futures (Building Better Opportunities) project we are delivering in East Lancashire.

Skydive for VIC

A FUNDRAISING skydive will be undertaken for VIC by Julie Claire Davis, whose father is VIC member John Edwards.

John said: "We were enjoying a family meal when Julie's brother and his wife announced they were doing a parachute jump just for fun and Julie said if she could get on the same plane she would also like to do it."

A skydive is on her 'bucket list' and, weather willing, it is scheduled for September 9. The tandem jump will be from 15,000ft and Julie has set a fundraising target of £300.

To sponsor her log on to <https://mydonate.bt.com/fundraisers/juliedavis1>

Singers success

VIC Singing Group raised a superb £232.79 when they entertained shoppers at Tesco in Bury.



Veteran's Falklands song recorded by Port Stanley choir

A POEM written by Falklands Islands' veteran Steve Butterworth has been transformed into a song that has been recorded by a choir from Port Stanley, Falkland Islands.

In 2014 Steve, a VIC Outreach Worker returned to the islands for the first time in 32 years.

He served in the Royal Navy from 1976 until 1983 and was a catering accountant on HMS Intrepid, but during the day he was a medic patching up the wounded, mainly Welsh Guards from the Sir Galahad.

Although he was never affected by Post Traumatic Stress Disorder, Steve said he witnessed some 'horrible things' and he can never forget the smells.

On his return to the Falklands, he was moved by the islands' national flower Pale Maiden and its strong scent.

He said: "This little flower and its fragrance had such an impact on me because having treated



some of the Welsh Guards, the smell of those terrible burns and wounds stayed with me.

"The small white bloom with a yellow centre and red veins and especially its distinctive fragrance became a symbol of hope.

"I wrote down what I was thinking and it became a poem – Pale Maiden. When I returned, it was suggested I make it into a song and I wrote a further three verses.

"That little flower turned a negative experience in 1982 into a positive in 2014. When I returned to the Islands in 2015 I approached the Port Stanley Choir with a view to them recording my song."

Pale Maiden is now being sold for £5 with all profits benefiting VIC and the South Atlantic Medal Association.

The song is a sentimental dialogue of how the Pale Maiden grows and protects the islands from land, sea and air and acts as a 'Guardian Angel' to the fallen. A second female section,

co-written and sung by acclaimed folk singer Corrie Shelly, portrays the flower singing to herself.

On the CD, Port Stanley Community Choir and Infant and Youth Choir sing one version, the male part of the song, with music composed and lyrics arranged by VIC member Alan Willetts and Veterans' Sweetheart Sarah Dennis.

VIC member Nina Birley composed the second female version of the song.

It has been played on the Falkland Islands radio station and is available to buy from VIC on 01706 833180 or email info@vic.org.uk

VIC's Singing Group will be adding the song to their play list.

To hear a sample visit YouTube and search Pale Maiden.



Tube fun

AN EXHILARATING tubing and skiing experience was enjoyed by nearly 20 members of VIC as a thank you for a donation of chairs to Ski Rossendale.

Most members tried their hand at zooming down the slope above Rawtenstall in an inflatable rubber ring.

Admin Officer Tracy Keir said: "It was a brilliant social inclusion experience with several members bringing their children along.

"The weather was very unseasonal with rain, hail, thunder and lightning, but the sun did come out and going down the slope was exhilarating."



Helping others

OUR work on a notice board for the village of Weir is nearing completion.

We were tasked with creating the board for community group Weir Pride who obtained a grant from Living Well Living Better to carry out a number of projects in the hilltop village.

Weir Pride would like to thank Outreach Worker Steve Butterworth and Volunteer Peter Webster for their hard work.

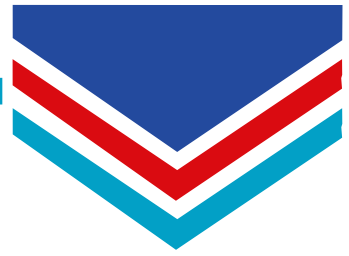
Veterans on display

VIC will be showcased at the prestigious Preston Military Show on Saturday September 16.

The show, at Fullwood Barracks, will see the last ever public performance from The Royal Signals White Helmets Motorcycle Display Team along with other shows.

Gates open at 11.30am.





ROSSENDALE

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

Outreach Service
MONDAY-FRIDAY

10am-3pm

To book a home appointment call 01706 833180.

MONDAY

Crafty Chatters

10.30am-12.30pm

WEDNESDAY

Community Arts and Crafts

10am-noon

Computer Functional Skills

9.30am-12.30pm

Art Classes

2pm-4pm

Jubilee Court, Jubilee Road, Haslingden, BB4 4DD.

THURSDAY

Rossendale Citizens' Advice (weekly)

by appointment only
Singing Group (weekly)

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

11am-3pm

Walking Group

Morning

Walks will be held on alternate **THURSDAYS**, weather permitting. Log on to VIC Facebook page to see where the next walks will be.

Outdoor Activities

Log on to our website and follow the link on *Projects and Activities* to see what we have planned and how to book a place. A full leaflet is available.

Positive Art

Our art shop is now based at the *VIC Centre, Bury Road, Haslingden, BB4 5PL, contact 01706 833180 for details.*

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

MONDAY

1-3pm

Sandon House, Taylor Street, Heywood OL10 4EF.

TUESDAY AND SOME FRIDAYS

11am-3pm

Allotment, Lattrigg Crescent, Langley, Middleton M24 4LU.

Call Tony 07534 381723.

THURSDAY

9.30-10.30am Rochdale Breakfast Club, Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

VIC Outreach

1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

Lighthouse Project, Unit S6b/c Middleton Shopping Centre, Limetrees Road, Middleton M24 4EL.

Walking Group

Walks will be held on alternate **THURSDAYS** and are combined with Rossendale.

HYNDBURN

Outreach Service

MONDAYS OR TUESDAYS (check with VIC)

1-3pm

Second floor Accrington Market Hall.

VIC – 01706 833180

Contacts

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Outdoor Activities Co-ordinator Ivy Limbrick

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Volunteer Outreach Worker Carole Mills

carolemills@vic.org.uk

Singing Group Bookings Barry Hyde

barryhyde@vic.org.uk

Combat Stress Helpline

0800 138 1619

NHS Military Veterans Psychological Therapies Service (NW)

0161 253 6638

The Royal British Legion

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

SSAFA

email Lancashire@ssafa.org.uk

01772 260 462

Rossendale Citizens' Advice

0300 456 2552 Mon to Fri 10am-4pm

The Samaritans

01706 830999 Freephone 116 123

Mental Health Helpline

0800 915 4640 Mon to Fri 7pm - 11pm Sat

& Sun 12 noon to 12 midnight

Royal Air Forces Association

01772 426930

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of Access

via GP or self-referral

01282 657116

PENDLE

Outreach Service

10am-noon

MONDAY - first week only

Place de Creil, near Wilkos, Nelson.

MONDAY - second week only

Market Place Car park, Town Square Colne.

MONDAY - third week only

Town Square, Albert Road, Barnoldswick.

Want to help?

To donate to support the work of Veterans In Communities please visit our website and click on the secure BT MyDonate page

www.vic.org.uk

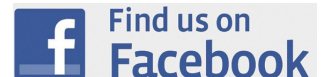
VIC supported by:



East Lancashire Clinical Commissioning Group



Supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund



www.facebook.com/VICVeteransInCommunities