

# Smart new look for VIC centre

**AN ARMY of volunteers have rolled up their sleeves and given the VIC Centre a fantastic makeover.**

It was the first time since VIC took over the former pub in November 2013 that a complete tidy up, decluttering and sprucing up has taken place.

Over the last few months a rolling programme of improvements has been carried out starting with the art room.

Outdoor Activities Co-ordinator Ivy Limbrick and volunteer Carol Duckworth rearranged The Hide, while Ivy and Volunteer Support Worker Mel Fitzgerald redesigned the reception.

Members Bryan Thorpe and Alan Willetts tidied up the front, including removing the vinyl signs from the window allowing more light into the building.

Operations Manager Bob Elliott said: "It has been a

fantastic team effort and we have to say a big thank you to everyone who has helped.

"The IT room is now just that – a proper computer room with no clutter. Artwork is neatly displayed on the wall and in the window so passersby can see it.

"We were pleased to welcome back army veteran Chris Jones, who was first here in April 2014.

"Chris lives in Bury and served in the Royal Welsh Fusiliers. He has been a great help painting walls, in magnolia of course, and the windows.

"Local window cleaner Raymond Halstead also very kindly cleaned the windows for free."

Dave Joddrell has created a framework for a 'pub-style' sign, which Chris will be painting. It will be hung outside the front of the building underneath the flagpole so the centre is more visible on Bury Road.



## New art on sale

**A STUNNING new collection of 'Lest We Forget' commemorative items is available to buy from VIC.**

Fretwork produced by Outdoor Activities Co-ordinator Ivy Limbrick has been transformed into a range of items including mugs, key rings, mouse mats, travel mugs and 'magic' mugs that



change colour when hot liquid is poured inside.

Items can also be personalised.

An online shop is in the process of being set up, but in the meantime to buy

the items call into the VIC Centre or contact Admin Officer Amanda Walton on 01706 833180 or email [amandawalton@vic.org.uk](mailto:amandawalton@vic.org.uk).



**VETERAN Bryan Thorpe is now also volunteering in the kitchen at Burnley FC in the Community's new town centre community café.**

VIC undertook preparation work for the new cafe in Charter Walk and outreach sessions will be held there.

From September 10 to 15 a VIC art exhibition be held at Pendle Rise Shopping Centre, Nelson, as part of events being organised by Pendle Armed Forces Support Group; it will then move to Charter Walk.



# Veterans on radio

**VETERANS** went live on BBC Radio Lancashire to explain the work of VIC.

Operations Manager Bob Elliott, Outreach Worker Steve Butterworth and Arts and Crafts Co-ordinator Darren Horsnell were interviewed on the Sally Naden mid-morning show.

Bob said: "We were asked by Sally to call into the studio in Blackburn and we were very pleased when she also played the CD of Pale Maiden, a poem that was written by Steve and set to music.

"We have copies of the CD for sale at the VIC Centre. Steve is a Falklands veteran and the Port Stanley Community Choir sing part of the song."

Steve explained how he wrote the poem in 2014 after he returned to the islands that he first went to in 1982 at the height of the Falklands Conflict.

Sales of the CD benefit VIC and also the South Atlantic



**A BIG thank you to shoppers at Asda in Rawtenstall for posting their green tokens in the VIC collection slot. Asda Communities Champion Laura Saxton attended the VIC Centre to present a cheque for £200.**



Medal Association. All three talked about their service

history and the difference VIC has made to their lives.



**WALKERS** enjoyed spectacular views from the trig point on Blackstone Edge. On the way down they also encountered the impressive wildlife made from wood at Animal Elegance.



## Statue visit

**BEAUTIFUL** weather attracted a good crowd of veterans to Crosby Beach to see the Antony Gormley statues 'Another Place'.

The cast iron sculptures weigh 650kg, were made from casts of the artist's own body and stand in the beach staring out to sea.

## Ceilidh

**A CRACKING** Ceilidh will be held on September 15 at Haslingden Community Link.

The event will raise money for VIC and Haslingden Community Link and tickets are available by contacting Admin Officer Amanda Walton on 01706 833180 or by emailing [amandawalton@vic.org.uk](mailto:amandawalton@vic.org.uk)

Tickets cost £7.50 for adults, £4 for children under 16 and a family ticket (two adults and two children under 16) is £20. The price includes supper and a performance by a local Irish dance troupe.

For tickets online go to [www.ticketsource.co.uk/haslingden-community-link](http://www.ticketsource.co.uk/haslingden-community-link)

## Courses

**A FREE** craft course will begin at the VIC Centre on Wednesday September 12 run by Lancashire Adult Learning.

The course will be held weekly until December 19.

Places are also still available on the woodworking courses run by veteran Dave Joddrell on Thursdays, 10am-3pm. All materials and refreshments are provided; cost £3.

## Breakfast

**SUMMER** saw a reduced attendance at Rossendale Armed Forces and Veterans' Breakfast Club, but a further £30 was raised for the chosen charity – Scotty's Little Soldiers taking the total to £400.

The next meeting will be on Saturday September 8 at Haslingden Community Link from 10am-12.30pm.





# ‘VIC helped me cope’

## Free iPads

**TWO Royal Navy veterans have already received a free iPad after we posted the offer on our Facebook page.**

The Royal Navy Association has introduced a fund for those over 65 who have served in the Royal Navy to give them a free iPad.

Operations Manager Bob Elliott said: "The criteria is that they are digitally and socially isolated. I'm sure we have more Royal Navy veterans who would benefit. If you have a family member or know someone that already accesses VIC activities, please contact me on 01706 833180."

## Notice board



**VETERANS visiting The Surgery in Manchester Road, Haslingden, now have their own notice board full of information and contacts.**

Operations Manager Bob Elliott and veteran Alan Willetts installed the board. If anywhere else would like a similar board they should contact VIC on 01706 833180.

## On song

**SINGERS completed two assignments at Tesco stores in Bury and Haslingden raising money for VIC and Bury Hospice.**

**VETERAN firefighter John Edwards discovered VIC when it was suggested he join their Christmas party at the IDL League Club – he has not looked back.**

At first he would attend a couple of times a week, but after his wife of 56 years Megan died in April last year he has been at the centre in Haslingden almost every day.

John, 76, served as a firefighter for 29 years rising to the position of Station Officer.

He was stationed, albeit sometimes just for a day, at almost every fire station in East Lancashire, and also at Lancaster and Morecambe. But for a problem with his legs he would have continued in the service.

He said: "In 1991 I finished on ill health grounds, I was 51. Megan was still working as the cook at Stonefold School and when she retired in 1996 she was looking after our grandchild.

"I don't remember a lot about those years, before I came to VIC, but now I realise that I was in a bad place,



stressed out and as tight as piano wire.

"I have now found a sense of belonging and worth."

At the Christmas Party, John met up with a former colleague who invited him to the VIC Centre.

As the charity had only recently taken over the building on Bury Road, John got stuck in and helped to put in the kitchen and assisted with carpeting the conference room.

He said: "I have always been involved in music, I was in a church choir, the fire brigade choir, the Conservative Club Choir and

so I joined the VIC Singing Group.

"I then suggested to Megan that she might like to get involved and help to collect while we were singing."

Megan's death hit John hard. They had been on a cruise when she was diagnosed as being short of B12 and she was taken straight to hospital in La Palma for 11 days.

She was flown back home and was diagnosed with acute myeloid leukaemia and given just six months; three weeks later she passed away.

John said: "I could not have coped with Megan's death as well if I had not been coming here.

"I have done things I would never thought of doing. At Whitehough I climbed a pole and walked across the zig-zag 25ft up in the air. I also tried the leap of faith, although I only managed to sit on the top and fall off instead of jumping.

"It has kept me busy and I have kept myself busy and I have had a lot of support from everyone at VIC."



**DELICIOUS produce will be harvested from our allotment in Helmshore. Volunteers have been led by Outreach Worker Steve Butterworth, who made this unusual nesting box out of a boot for a friendly robin. More pictures are on our Facebook page.**



## Trawden fun

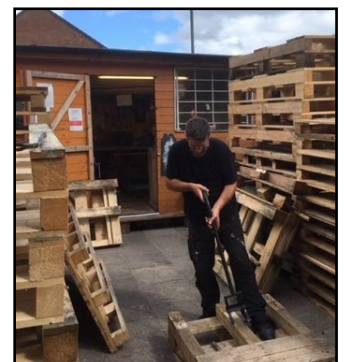
**OUR annual visit to Trawden Country Show was a great success.**

We held two tombolas, one for adults and one for children, the giant garden Jenga game was a huge hit and our new craft 'Lest We Forget' range proved very popular. VIC will return next year.

## Recycling pallets

**A LORRY-load of pallets has been donated to Veterans In Production by Bacup business J&J Ormerod.**

The company kindly delivered the pallets to the yard at the VIC Centre in Haslingden and veteran Chris Jones was quick to begin dismantling them so that the wood can be recycled.





## ROSSENDALE

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

**Outreach Service**  
**MONDAY-FRIDAY**

10am-3pm

For a home appointment call 01706 833180

**MONDAY**

**Crafty Chatters**

10.30am-12.30pm

**TUESDAY**

**Allotment in Helmshore**

Volunteers are being sought to help Outreach Worker Steve Butterworth with the allotment on Holcombe Road, Helmshore. Contact 01706 833180.

**TUESDAY AND FRIDAY**

**Art Group and drop-in**

10.30am-3.30pm

**WEDNESDAY**

**Lancashire Adult Learning Craft Course**

10am-12.30pm

Free craft course from September 12 until

December 19.

**Community Arts and Crafts**

10am-noon

**Art Class**

2pm-4pm

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

**THURSDAY**

**Woodworking Course**

10am-3pm

**Singing Group (weekly)**

6.30-8.30pm

**SECOND SATURDAY**

**Rossendale Armed Forces and Veterans' Breakfast Club**

10am-12.30pm

Bumbles' Cafe, Haslingden Community

Link, Bury Road, Haslingden BB4 5PG

**Walking Group, Social Outings and Outdoor Activities**

These are held every **THURSDAY**. Please visit the *Events* section on our VIC Facebook page or log on to the VIC website and follow the link to *Projects and Activities*.

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## HEYWOOD, MIDDLETON AND ROCHDALE

**The Sandbag Cafe and drop in**  
**TUESDAY**

10am-noon

Sandon House, Taylor Street, Heywood OL10 4EF.

**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.

Check with VIC 01706 833180

## HYNDBURN

**Outreach Service**

**MONDAYS**

1-3pm

Ground floor near cafe Accrington Market.

## VIC – 01706 833180

**Chief Executive Liz Hamilton**

lizhamilton@vic.org.uk

**Operations Manager Bob Elliott**

bobelliott@vic.org.uk

07961 554 006

**Admin Officer Amanda Walton**

amandawalton@vic.org.uk

**Outreach Worker Steve Butterworth**

stevebutterworth@vic.org.uk

**Transformational Coach Gill Hughes**

gillhughes@vic.org.uk

07741 902 411

**Volunteer Outreach Worker Carole Mills**

carolemills@vic.org.uk

**Volunteer Outreach Worker Liz Davies**

lizdavies@vic.org.uk

**Volunteer Support Worker Mel Fitzgerald**

melfitzgerald@vic.org.uk

**Arts and Crafts Co-ordinator Darren Horsnell**

darrenhorsnell@vic.org.uk

**Outdoor Activities Co-ordinator Ivy Limbrick**

ivylimbrick@vic.org.uk

**Singing Group Bookings Barry Hyde**

barryhyde@vic.org.uk

## Contacts

**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

**The Samaritans**

01282 694929 Mon to Fri 9am-9pm

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**

0800 018 2361

**Veterans UK Free Helpline**

0808 1914 218

**East Lancashire Single Point of Access**

via GP or self-referral

01282 657116

**Bolton Armed Forces Centre 4 Veterans**

www.bafc4v.org 01204 776628

## BURNLEY AND 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.

Contact 01706 833180 for dates of outreach at the Armed Forces Support Group, Holmefield Mill, Gisburn Road, Barrowford.

Burnley Outreach at Burnley FC in the Community Café date and time to follow.

## 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

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