



Activity day at the lake

A WATERSPORTS and cycling activity day was enjoyed by VIC members from Heywood, Middleton and Rochdale, Oldham, Bury and East Lancashire.

Link4Life hosted the day at

it's centre at Hollingworth Lake, Littleborough. Everyone had such a good time that we are now planning our next visit which will be on Sunday September 15. Members of VIC and their families are wel-

come to come alone and try out one of the activities.

For more information, or to book your place, contact Suzanne on 01706 871730 or email suzannepreston@veteransincommunities.org

Reaching out to veterans all over East Lancashire

VETERANS and their families in Burnley now have the opportunity to meet with members of VIC on a regular basis.

As part of VIC extending its services throughout East Lancashire, the Burnley weekly outreach and activity session began on August 20 at the Retreat 'N' Recovery Centre at 21 Hammerton Street in the town centre (*pictured*).

Drop-in sessions are now being held every Tuesday from 10am - 2pm.

Project co-ordinator Andrea Goodall said: "We are moving forward with expanding the successful model we have developed in Rossendale and tailoring it to meet the needs of the different areas in East Lancashire. The response



are doing has been phenomenal."

VIC is also one of the founding members of the Pendle Armed Forces Covenant Group, has been supporting the development of the group.

This has included building the group's membership ensuring that all main

Veteran support agencies operating in Pendle are invited, the development of the constitution and terms of reference.

Executive Director Diane Owen is currently the Chairperson and VIC is working with members to find suitable premises in Nelson to host a 'one stop shop'.

The VIC outreach team in Hyndburn is set to go, with activities lead by Dave Goss and Graham Gilsenan with Sean Clarke leading on employability.

VIC is currently looking for a suitable premises to offer an outreach and a model making group, supported by Lancashire Care Foundation Trust who are offering a new coping skills support package.

VIC's partner REAL was successful in securing £80,000 from the NHS East Lancashire Clinical Commissioning Group to enable VIC to provide services across the area. An update on progress so far was delivered by members of VIC to locality groups in Hyndburn, Pendle and Rossendale.

At the same time comprehensive information packs were given to all GPs and Practice Managers and an offer of one-to-one training regarding veterans issues was made.

And soon VIC representatives and information will be on public information vehicle Stan the Van in the Ribbles Valley. The schedule will be on our website.

Come fly with us



EVER wanted to fly like a bird? Well here is your chance.

VIC is planning a sponsored tandem parachute jump to raise much needed funding to support our outreach services across the North West.

If you are fit, have a desire to fling yourself out of a per-

fectly serviceable aeroplane with friends, then please contact Andrea or Darren to register your interest. We are aiming to do this in April/May 2014 with a professional skydiving company based in Lancashire.

You will need to raise enough to cover your place as well as additional funds for VIC. If this isn't for you, don't

worry. We are also looking for supporters who are willing to obtain sponsorship from friends and colleagues as well as supporters present on the day to watch the brave souls.

For further information please contact Andrea on 01706 871730 or email andrea-goodall@veteransincommunities.org

Heywood outreach now in new venue

OUTREACH sessions in Heywood are on the move.

VIC family support worker Suzanne Preston will now be holding sessions every Wednesday at Recovery Republic, 63-65 York Street, Heywood, OL10 4NR on between 11am - 2.30pm. This will be followed by a Veterans badminton session at the Heywood Sports Village, West Starkey Street, Heywood OL10 4TW from 3-4pm. Cost £1 per session.

Contact Suzanne on 01706 871730 email suzannepreston@veteransincommunities.org

Veteran awareness training session

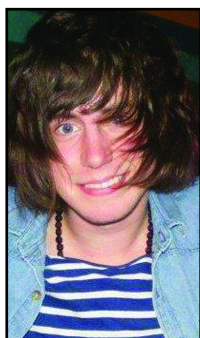
LANCASHIRE Care Foundation Trust Veteran Special Interest Group is holding special Armed Forces Veteran Awareness Training.

The session will be at the Mount Training Room, Accrington, on Monday October 21.

The training is suitable for clinicians and front line services who may come into contact with veterans and their families and can enable those from a non-military background to gain some perspective into a life in the Armed Forces.

To book a place telephone 01772 773592 or email learning.enquiries@lancashirecare.nhs.uk

Watch out for latest VIC promotion



A THREE-minute infographic about VIC has been developed and will soon be available on the VIC website.

It is all thanks to David Calvert, a graduate digital designer from UCLAN – the University of Central Lancashire. UCLAN used European Regional Development Fund money Unite for Business to pay for David to work with VIC on the project. The infographic is a quick simple visual which relays what VIC is all about. Visit www.veteransincommunities.org to see more.



Animated memories

VIC and the Horse and Bamboo Theatre based in Waterfoot are currently working on a two dimensional animation as part of a pilot project to convey Veteran experiences.

The member involved, whose identity will not be revealed, is currently learning about 2D drawing and learning about the processes of animation and digital imagery.

VIC would like to pass on its sincere thanks to the Horse and Bamboo for its support with this project. We are currently looking for funding to continue this very important work.

For more information about Horse and Bamboo visit www.horseandbamboo.org

Fire station open day

AN OPEN day is being held at the new Burnley Community Fire Station and VIC will be holding an information stand.

The new station, at Belvedere Road, will have a number of attractions on Saturday August 31 including rescue demonstrations.

The latest state-of-the-art fire vehicles will be on show and visitors will see an exciting abseil rescue from the fire tower.

Local radio station 2BR will be presenting live all day from the event.



Art exhibition and pop-up shop success

VIC
VETERANS IN COMMUNITIES
Return. Belong. Prosper.



STUNNING art created by members of the VIC art group went on display at an exhibition in Rossendale and in a pop-up shop in Bury.

Both events were hugely successful in promoting the work of VIC and raising awareness of the help VIC offers to armed forces personnel and their families and members of other service organisations.

At AG6 in Rawtenstall more than 100 people came to view the work of the art group.

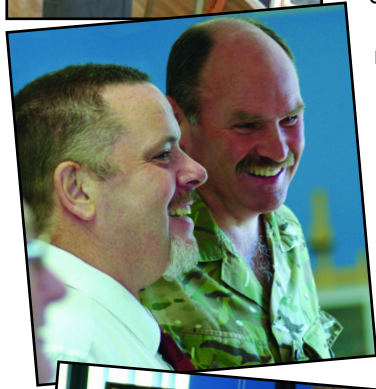
In Bury the shop proved a fantastic success with many paintings being sold

and the final visitor total was just under 3,000.

Darren Horsnell said: "It was beyond all our expectations. Most of all it boosted the morale of all the guys and girls from the art group. The board core members and VIC members all pulled in together and it was a great team work event."

"We are going to hold another shop hopefully in October/November this year in Oswaldtwistle Mills."

The art group also featured on Granada Reports and to see the video visit www.veteransincommunities.org



Ex-soldier finds a home thanks to VIC shop

A HOMELESS veteran was found accommodation in just a day when he called into the 'Pop-up' shop in Bury.

The young homeless ex-soldier called into the shop and VIC members provided outreach support to assist him in being rehoused.

VIC family support worker Suzanne Preston said: "The young man came into

the shop and he just got talking. That was when he explained his situation.

"He was not a strong enough person to be able to fight for his rights, but members of VIC were only too happy to help him out.

"We went with him to the authorities and, within a day, he had accommodation. Before we closed the shop, he called back in to thank everyone for help-

ing him solve his problems.

"In turn we would like to thank Work Solutions and Bury Council housing team for going the extra mile and the members of the Fusilier Association Lancashire.

VIC helps armed forces personnel and their families bridge the gap between serving their country and returning to Civvy Street. For more information visit www.veteransincommunities.org



ROSSENDALE

VIC Outreach Service

MONDAY

11am-1pm

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. Contact VIC on
01706 871730.

VIC Family Support Group

FRIDAY

****NEW VENUE****

A support network that meet every week at
1pm at Asda, Rawtenstall. Contact Suzanne
on **01706 871730.**

HEYWOOD

VIC Outreach Service

WEDNESDAY

11am-2.30pm

Recovery Republic, 63-65 York Street,
Heywood, OL10 4NR.

Badminton

****NEW VENUE****

3pm-4pm

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

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

BURNLEY

VIC Outreach Service

WEDNESDAY

10am-2pm

****NEW VENUE****

Retreat 'N' Recovery Centre, 21 Hammerton
Street, Burnley, BB11 1NA.

Contacts

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Project Co-ordinator Andrea Goodall

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Family Support Worker Suzanne Preston

suzannepreston@veteransincommunities.org

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

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

01282 657116



**Find us on
Facebook**

www.facebook.com

VIC Veterans In Communities

VIC update

ART has really proved a popular medium to break down barriers and get people talking about VIC this month.

The art exhibition we held is now going to become an annual event and we are already planning to repeat the 'pop-up shop' as we found it was an excellent way to communicate with people who may not necessarily approach our organisation.

Project co-ordinator Andrea Goodall and joint leader of Hyndburn outreach Dave Goss also attended a consultation and information day in August on proposals for flats in the area surrounding Woodnook. Again another way of reaching people and spreading the message of what VIC has to offer.

There are exciting times ahead with outreach now being extended to Burnley and services in Accrington, Pendle and the Ribble Valley soon to be available.

We are continuing to support community activities and will be at the Limey Valley Summer Fete on Sunday August 25. This is a traditional family fun day and will be held from 10am to 8pm.

VIC will also be supporting the open day at Burnley's new community fire station at Belvedere Road on Saturday August 31.

Looking further ahead, VIC will be having a stall at Haslingden Street Fair on Sunday September 8 so there are plenty of chances to find out more about the fantastic work VIC is doing in East Lancashire and beyond.

VIC supported by:



Heywood, Middleton and Rochdale
Clinical Commissioning Group

Putting people first



East Lancashire
Clinical Commissioning Group