



VIC Newsletter



VIC goes out and about broadening horizons

VETERANS enjoyed three fabulous trips out since our last newsletter that have taken them all over Lancashire and into North Yorkshire.

On July 26, they enjoyed a lovely warm sunny day at the Embsay and Bolton Abbey Steam Railway.

Roland and Sheila Dunn said: "Well, once more a super trip organised by Pat McEvoy, a volunteer at the VIC Haslingden.

"We went to Embsay and Bolton Abbey Steam Railway. Pat had even organised a surprise for us after lunch, our very own young man John playing the bagpipes in full Scottish dress, he was very good we enjoyed his playing.

"We went on the steam train and enjoyed a lovely ride to Embsay Station where the piper played again; he had come on the train with us.

"We had a ride back on the train to Bolton Abbey Station, then back into the Veterans' Bus for an



WHALLEY



CHORLEY

excellent drive back to Haslingden by our driver Philip Chamberlain. We mustn't forget to thank Aaron Lorimer for his attention to us all."

Then on August 9, members enjoyed a trip to The Ridges Gardens in Chorley and a tour. The weather was lovely and a blue sky was perfect for some of older members to enjoy afternoon tea. The gardens were beautiful.

Then it was the turn of the VIC crew van to take members to Whalley Abbey on another beautiful summer day.

After an informative talk by a tour guide, members

walked around the Old House, which was beautiful inside, and looked out over the ruins of the Abbey, which were stunning.

Members were treated to a home-made hot lunch created by the resident chef, followed by home-made coffee and vanilla cake.

Many thanks to our bus driver Phil, and also Aaron for being a taxi for several Clitheroe ladies.

AGM invite

THE Annual General Meeting of VIC will be held on Wednesday September 13 at the VIC Centre, Bury Road, Haslingden.

Doors will open at 7pm and the meeting, in the upstairs conference room, will begin promptly at 7.30pm.

There is also a Zoom link for anyone who is unable to attend in person, but wants to join in and contribute to the discussions.

After the meeting, those present will be asked to share their thoughts about the successes of VIC and discuss improvements that could be made to the charity's services.

Anyone wanting to attend is asked to confirm their attendance, in person or via Zoom, to ensure sufficient copies of the Trustees' Annual Report and Financial Statements for the year ended March 31 2023 are available.

Forthcoming VIC trips

Wednesday September 6
– Embsay and Bolton Abbey Steam Railway. **FULL.**

Wednesday September 13
– National Arboretum,

Staffordshire. **FULL**

Wednesday September 27
– Sale Sharks Rugby Club, cost £5. Contact 01706 833180 for more info.

Friday October 20 –



Heskin Hall, Chorley, cost £13 including entrance and light lunch, depart VIC Centre at 10.30am.

Tuesday December 5 – Whitehough, Barley, cost

£5, Christmas wreath making and mince pies, depart VIC Centre at 9.45am. **For more information contact: Social Inclusion Activities Volunteer Pat McEvoy on 01706 833180.**



Food parcels for veterans



VETERANS will benefit from a very generous donation of food packs which Foundation 92 and the Islamic Relief UK donated to VIC.

A representative from the charity, based in Salford, dropped off the food bags, containing a variety of dried food and cooking essentials, at the VIC

Centre.

A spokesman for F92 said: "We've been out in the community this week delivering food parcels. We visited Healthier Heroes and Veterans in Communities to support those in need in the community. This month we're delivering 500 food packs alongside Islamic Relief UK

across the Greater Manchester community."

Operations Manager Bob Elliott said: "The donations will be going to our members who are living on low incomes and those who are struggling with homelessness, both military veterans and those from the blue light services."

Dedication and Remembrance

TWO special memorial services were attended by VIC Project Worker Ray Sharkey.

He was invited to attend a Remembrance Parade at Gatty Park in Accrington for the 70th anniversary of the Armistice that brought an end to hostilities in the Korean Peninsular.

The event was

organised by Church and Oswaldtwistle Royal British Legion and there was a good turnout, despite the inclement weather.

Ray was also honoured to attend the 100 years Rededication Ceremony for the Clitheroe War Memorial in the grounds of Clitheroe Castle as a guest of Ribble Valley Borough Council

and Clitheroe Town Council.

The event was attended by more than 200 residents of the Ribble Valley with some people actually having family members remembered on the monument which is topped by a statue of a Grenadier Guard.

We Will Remember Them.



Photography talk

PHOTOGRAPHER Duncan Phillips, a renowned landscape and infrared photographer, offered to deliver a talk to members of VIC Clitheroe, Redoubt.

After our usual coffee morning at Trinity Methodist Church, Duncan, who is also one of the volunteers, offered to deliver a talk.

Together with his wife, also a well-known photographer, he owns the Knowle Top Studios and he gave an illustrated talk about their trip last year to Svarlbarud in the Arctic Circle.

He explained how they braved the elements and permanent daylight to bring back some stunning shots. Further talks are planned and he has offered to give some training on taking quality photographs



Harvest time at VIC allotment

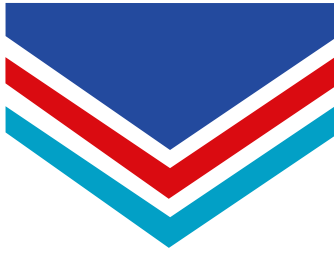
HARD work on our allotment is reaping rewards as our first crop of spring onions has been harvested.

The VIC allotment in Helmshore, is managed by one of our volunteers Jack

and has been transformed over recent months.

For more information about how to get involved please contact the main office on 01706 833180.





Bowlers

NAMES are being taken for a trip in September to meet fellow veterans at Warrington Veterans Hub.

VIC has been challenged to a match on the hub's bowling green.

They will also provide food. All we need is a few bowlers and the rest of the party can be cheerleaders. It is most likely to be a Wednesday, please book a place asap on 01706 833180.

Choir gig

THE VIC choir will be entertaining the shoppers at Tesco in Haslingden on Saturday September 2 from 1pm.

If you can help to collect donations on the day, please contact the office on 01706 833180 or turn up at the supermarket.



Rock night to benefit VIC

OUR good friends the Throttle Twisters MCC are holding another charity rock night on October 20 to raise money for VIC.

The event will be at the North Chadderton Social and Bowling Club and is the second rock night where the proceeds have been donated to our charity.

It was a great night last year

and this year there is no ticket needed so supporters can just turn up on the night.

They are looking for some good raffle prizes for the night and for more information call Bob on 01706 833180 or 07961554006.

You don't have to be a biker to go, it's just a great night out with good company.



Bumper class

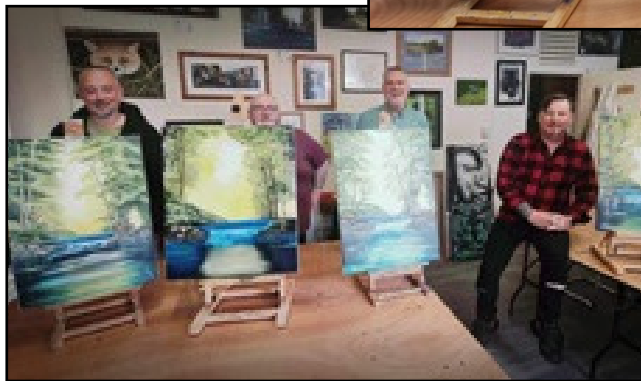
CLASSES to paint in the style of Bob Ross proved hugely popular with a dozen people walking away with their own masterpieces.

Ian Loughlin, and his two guests, attended the first session and veteran Graham Limb, joined in for only his second painting.

At the end of August, eight people booked in for a further class run by Arts and Crafts Co-ordinator Darren Horsnell.

The classes are held every month and cost £45 with all materials supplied including tea and coffee. Participants should bring a packed lunch.

A £15 non-refundable deposit must be paid to confirm a place, this is payable at the VIC Centre in Haslingden or by calling Amy Thompson on 01706 833180.



VIC held a stand at Trawden Agricultural Show when we gave out a lot of information about our work and how we support veterans and their families.

Marshals

VETERANS will be marshalling at the annual Round the Hills walk organised by Rossendale Rotary Club on September 3.

The 18-mile hike starts at Marl Pits in Rawtenstall and takes in Cribden Hill, up to Clowbridge, over to Water, down to Waterfoot up Cowpe and back to Marl Pits via Cloughfold.

VIC members will be helping to marshal the car park, registration and distribution of maps and routes.

● Some volunteers will also be helping at the '60s Festival in Rawtenstall on September 9.

Battlefields

THERE are still a few places left on our Battlefield Tour 2024.

A meeting is being held on Wednesday September 6 and anyone who has booked a seat on the trip is welcome to attend the meeting.

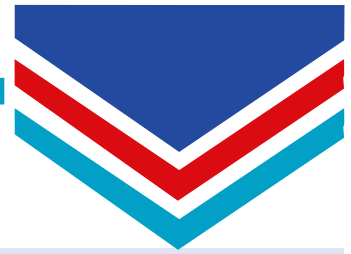
The trip, in June 2024, will visit Normandy, see where the troops landed on the beaches and travel to The Somme and other First World War sites.

It will coincide with the 80th anniversary of D-Day and costs £400. Contact 01706 833180.

Co-op shop

MEMBERS of the Co-Op can select which local cause their savings should benefit.

Why not sign up to be a member, and select VIC as your cause and then we win too. To find out more visit www.coop.co.uk



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

THURSDAY

VIC Choir (weekly)

6.30-8.30pm

FRIDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

SUNDAY

Drop-in

10.15am-12.30pm

SECOND SATURDAY IN THE MONTH

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

Haslingden Community Link Cafe, Bury Road, Haslingden BB4 5PG (book in advance)

EVERY MONTH

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

Walking Groups/ Social Inclusion trips

see Facebook or website for details

10am-noon

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

BURNLEY AND PENDLE

Outreach Service

MONDAY

10am-noon

Breakfast Club at Burnley Miners' Social Club, Plumbe Street, Burnley, BB11 3AA.

Contact 01706 833180 for dates of outreach at: Burnley FC in the Community; Pendle Armed Forces Support Group, Holmefield House, Gisburn Road, Barrowford; 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 Flying Horse Hotel, Packer Street, Rochdale, OL16 1NJ.

RIBBLE VALLEY

Redoubt Coffee Morning and Outreach

TUESDAYS

VIC – 01706 833180

Chief Executive Amanda Walton

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Operations Manager Bob Elliott

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07961 554 006

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07741 902 343

Project Worker Ray Sharkey

raysharkey@vic.org.uk

07741 902 188

Volunteer Support Worker Mel Fitzgerald

melfitzgerald@vic.org.uk

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@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

0300 373 3332 email

opcourageNORTH@cntw.nhs.uk

Veterans UK Free Helpline

0808 1914 218

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

0800 0130 707

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

10.30am-noon

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

Want to help?

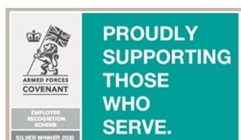
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