

Merry Christmas and a Happy New Year



VIC open all hours

VIC is there when veterans need us most and so we will be opening the centre in Haslingden to provide support and comradeship at what can be a difficult time for some.

We are open:
Christmas Eve 10am-4pm
 food will be available
Boxing Day 10am-4pm
 food will be available
Thu Dec 27 10am-4pm
Fri Dec 28 10am-4pm
New Year's Eve 10am-4pm
 food will be available
New Year's Day the centre will open at 10am and at 10.30am the minibus will take people to the Sandbag Café in Heywood for brunch.

Hamper appeal

CAN you help to bring some festive cheer to veterans by donating to our Christmas hamper appeal?

Operations Manager Bob Elliott said: "We are appealing for tinned and dried foods, chocolates and other luxury items.

"Donations can be left at the VIC Centre in Bury Road, Haslingden.

"The hampers will be distributed over the festive season to veterans and their families who live in the areas where VIC operates."

Sandbag café success

A VETERANS' café has been a huge success having more than 1,000 visits since it opened just over a year ago.

The Sandbag Café is run by VIC Volunteer Outreach Worker Liz Davies out of Sandon House, on Taylor Street, Heywood.

Liz said: "Initially we would have about eight or nine regulars, but now we have around 24 every week.

"It is a really relaxed atmosphere, attracts men and women and members of all three services."

Three regulars, who met at the café enjoyed a

relaxing break at The Royal British Legion home Byng House in Southport.

The veterans have also attended summer balls, Rochdale Veterans' Breakfast Club meetings and Remembrance events.

Clifford Dodgson, 83, who served from 1953-1980 with the 2nd Battalion Lancashire Fusiliers was struggling to attend because his wheelchair was broken.

Clifford, **pictured left**, said: "I was struggling to get out of the house, but within a week of asking Liz for help she got me a wheelchair.

"I was just stuck in never meeting anybody, but now I can get out."

Due to the success of the coffee morning, they were able to get regimental blazers and ties for 13 of the veterans who had been reluctant to attend Remembrance parades because they felt they were not properly dressed.

Liz said: "We have six members who were socially isolated and were not leaving their home and three others who have

Alzheimer's, but their carers are able to bring them to the Sandbag and know that they are in a safe environment.

"I hoped it would be as good as this, but I never envisaged it would be this successful; it has astounded me. The Sandbag did so well that we introduced bacon butties as well as brews and biscuits."

Liz has had a complicated year with her daughter Lauren being in hospital three times with cystic fibrosis and multi organ failure.

Lauren, 25, said: "Mum was able to come here every Tuesday and knowing everyone was asking after me was nice and it was good for me to know that someone was taking care of my mum."

Engineering firm Balfour Beatty tarmacked the whole of the front of Sandon House to create a better access for all centre users.

The Sandbag Café committee is now being formalised. The café is open every Tuesday between 10am and noon.





A fantastic new sign now hangs on the outside of the VIC Centre. Dave Joddrell fabricated the frame, Graham Riley got the sheet steel, Chris Jones completed the sign writing and Simon Peace fitted the sign to the building. A great team effort.



A cheque for £400 was presented to VIC Chief Executive Liz Hamilton from the ladies of New Venue at Greenfield Gardens. The group provides a monthly lunch and raffle with profits donated to charity.

VIC Christmas celebration held in Rochdale



VIC Singing Group members raised nearly £600 by entertaining customers at Rawtenstall's Asda. Many thanks to the group, the collectors and staff and customers at Asda.



Veterans honoured with special medal

MEDALS were handed out at the November meeting of **Rossendale Armed Forces and Veterans Breakfast Club.**

The club, held monthly at Haslingden Community Link, is organised by VIC member Bill Ogden and attended by many of our members.

At the session, Retired Brigadier David Hargreaves, of the Royal Signals, made a special presentation to VIC member Lewis Banham and veteran Doug Farrington, from Chadderton, who were accompanied by Bill when they made a return trip to Holland.

During the visit, they met 16-year-old Peter Ottens – a military historian who is passionate about

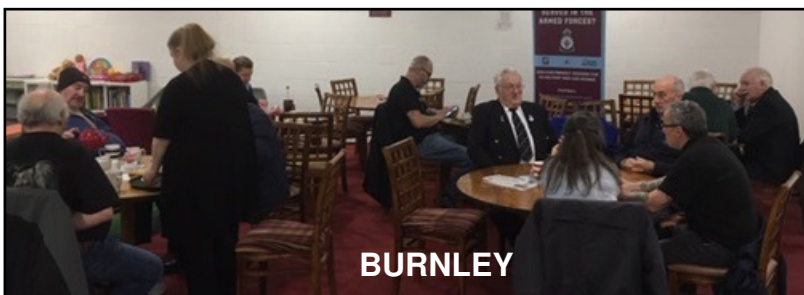
the liberation of his home town and surrounding areas. He

obtained detailed knowledge of both the 53rd Welsh Division in which Doug served and the 15th Scottish Division where Lewis served as a Royal Signals Dispatch Rider.

As a mark of his appreciation, he had a medal produced which was awarded at the club.

Arts and Crafts Co-ordinator Darren Horsnell also held a stall and sold craft items.

- VIC members attended the opening of a new breakfast club at Burnley FC in the Community Café and the Christmas dinner organised by Rochdale Breakfast Club.



Pastel class

A NEW art group is setting up at VIC on Thursday afternoons from February.

Arts and Crafts Co-ordinator Darren Horsnell will be holding a painting with Pan Pastels group from 1-3pm at a cost of £10 per person with all materials supplied.

For more information and to book places contact Darren on 01706 833180

Café open

THE kettle will be on at a new veterans' community café which has opened at Colne Open Door Centre.

The café is open every Wednesday from 9am-11am at the centre on 1 Great George Street, Colne, and VIC will be in attendance.

Art sales

FUNDS have been raised for VIC through two craft fairs.

Staff at Priory Kemple View, Langho, sold VIC items at an arts and crafts day which raised £102.

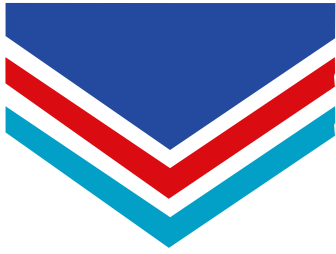
Outdoor Activities Co-ordinator Ivy Limbrick ran a craft stall at Oswaldtwistle Mills that raised £80.

Bob Ross

ARTISTS will be emulating the style of Bob Ross at the next class on **Saturday December 29.**

The session will begin at 10.30am and finish around 3.30pm with all materials supplied; cost £35 per person.

Refreshments available, but a packed lunch is advised. To book contact 01706 833180.



Waste wood transformed into furniture



ORDERS are now being taken by Veterans In Production for a series of products including, benches, planters, bird tables and log stores.

A lorry load of large pallets delivered to the VIC Centre by kitchen, bedroom and bathroom manufacturer J & J Ormerod, filled the back yard.

An army of volunteers including Simon Peace, Andy Greaves and Samantha Stretch then set about stripping the pallets

Simon and Jim Smith have used the wood to create log stores, while Joe Davies and Iain Barrow finished off painting planters that will be delivered to Haslingden Methodist Church.

VIC has also welcomed a student on placement from North Lancs Training Group.

Volunteer Production Co-ordinator Simon, who served from 1990 to 2003 first in the Royal Corps of Transport and then the Royal Logistics Corps said: "When she started working with us she didn't

know the difference between a screwdriver and a chisel, but she has worked really hard and learnt a lot.

"Jim has been teaching her joinery and how to mitre corners and when she has been shown how to do something she picks it up straight away.

"She has made five bird tables and is going to make houses to go on the top complete with a felt roof."

The log stores are being sold at £60 and orders are now being taken for delivery in January.

Operations Manager Bob Elliott said: "We are very grateful to JJO for the further delivery of wood and I would like to thank the volunteers who have



made a fantastic start on breaking the pallets down.

"VIP helps the veterans to learn different skills and to produce something that can go back into the community.

"It is about recycling and reusing unwanted pallets and off cuts of wood. It gets them working as a team, improves their confidence and also increases levels of motivation and self-esteem.

To find out more contact 01706 833180. Items can be made to order.

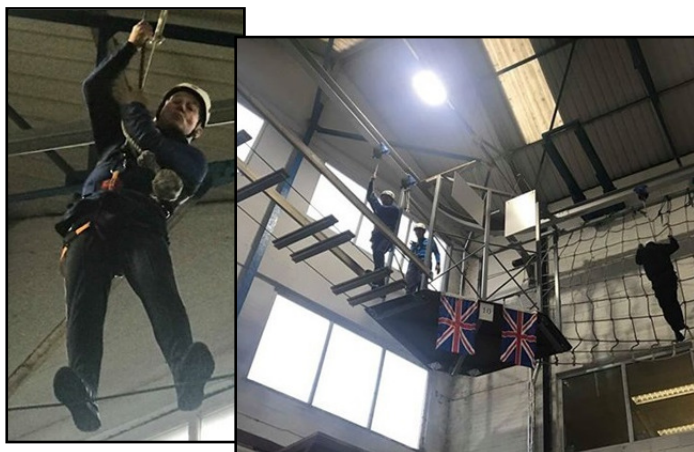
Veterans tell their stories

A PRESENTATION to members of the East Lancashire Clinical Commissioning Group Governing board earned high praise

Members Graham Limb and Andy Greaves shared their experiences and a short film was shown featuring Arts and Crafts Co-ordinator Darren Horsnell. It had been commissioned by the Armed Forces Community Covenant.

CCG Head of Communications and Engagement David Rogers said: "The presentation and discussion were so powerful that people are still talking about it and there is a lot of support for the work you are doing."

Once the video is available publicly, the CCG will be sharing it with staff and colleagues.



Veterans had an energetic time on a team building day at Challenge 4 Change at the Trafford Centre.

Book in for Grub's Up club

THE new luncheon club Grub's Up got off to a flying start with eight veterans tucking in the first week and nine a fortnight later.

Kath Payton, the wife of VIC trustee Barry, served up beef casserole with veg and potatoes followed by apple pie and custard and then chicken and leek pie with syrup sponge and custard for dessert.

Admin Officer Amanda

Walton said: "The next Grub's Up will be on Tuesday January 8 at 12.30pm at the VIC Centre when the meal will be chilli and jacket potatoes with rice pudding. The club will be held fortnightly thereafter.

"Anyone wanting to come along has to book and pay for their meal by the day before and the cost for a two-course dinner is just £2."

Call Amanda on 01706 833180.



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 and Veterans In Production

Help on the allotment in Holcombe Road, Helmshore, or manufacture wooden items at the centre. Contact 01706 833180.

TUESDAY AND FRIDAY

Art Group and drop-in

10.30am-3.30pm

Grub's Up

12.30pm

Luncheon club every fortnight £2. Book and pay in advance - contact 01706 833180.

WEDNESDAY

Community Arts and Crafts

10am-noon

Art Class

2pm-4pm

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

THURSDAY

Woodworking Course

10am-3pm

Computer and IT help drop-in

11am-3pm

Painting with Pan Pastels (from Feb)

1pm-3pm cost £10

Singing Group (weekly)

6.30pm-8.30pm

SECOND SATURDAY

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

Bumbles' Cafe, Haslingden Community Link, Bury Road, Haslingden BB4 5PG

EVERY MONTH

Painting in the Style of Bob Ross

Contact Darren 01706 833180.

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*.

BURNLEY AND PENDLE

Outreach Service

MONDAY - first week only

10am-noon

Place de Creil, near Wilkos, Nelson.

MONDAY - second week only

9am-11am

Market Place Car park, Town Square, Colne.

TUESDAY - every week

9am-11am

Breakfast Club at Burnley FC in the Community Café, Charter Walk.

WEDNESDAY - every week

9am-11am

Veterans Community Café, Open Door Centre 1 Great George Street, Colne, BB8 0SY.

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

HEYWOOD, MIDDLETON AND ROCHDALE

The Sandbag Café 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.

HYNDBURN

Outreach Service

MONDAY

1-3pm

Ground floor near cafe Accrington Market.

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 – 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

Project Worker Bev Fowler

beverlyfowler@vic.org.uk

07741 902 343

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@ssafo.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

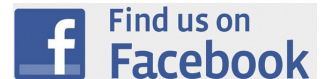
East Lancashire Single Point of Access via GP or self-referral

01282 657116

Bolton Armed Forces Centre 4 Veterans

www.bafc4v.org 01204 776628

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