

Merry Christmas from everyone at VIC

Prestigious art show for VIC

OUR exhibition in the art gallery at Rochdale's Touchstones was opened by Rochdale's Mayor and can be viewed until February 6.

Mayor of Rochdale Councillor Surinder Biant was very impressed with the standard of work on show and said: "You have got real hidden talent and thank you for the excellent exhibition."

The Deputy Lieutenant of Greater Manchester Ian Sandiford and members of VIC attended the opening of the exhibition in Gallery One.

Arts and Crafts Co-ordinator Darren Horsnell was the inspiration behind the exhibition having discovered art while convalescing at Combat Stress.

The Falklands Veteran said: "This is another

chapter in my life. To get the chance to exhibit in Touchstones is amazing.

"The people at Touchstones have been absolutely fantastic and have supported VIC right from the start and helped to organise everything. To have the Mayor to open the exhibition is great too.

"These are all steps in my recovery. I started painting 10 years ago and then started the art group at VIC. It has helped me personally being able to encourage others to take up art.

"I would love to be able to teach art to others and that is my end goal, steps like this all help towards me reaching that goal.

"Discovering art has made such a big difference to my life; it is better than any medication."



Liz Henson Photography

AT ROSSENDALE Business Awards, not only did our singing group entertain, we were finalists in the Community Business of the Year category.

Don't be alone

CHRISTMAS can be one of the loneliest times for veterans and to help, this year, we will be opening the centre.

Members will be at the VIC Centre in Bury Road, Haslingden, BB5 5PL throughout the festive season on: Christmas Eve, December 29 and 30, and New Year's Eve from 10am to 9.30pm.

A selection of board games will be played we will also be watching films.

Refreshments will be available throughout the day and there is a small charge of £2 to cover the cost of the film and refreshments. All money raised will go towards holding future events.

Transport is available, but contact the office on 01706 833180 for details of pick up points.



Tattoo trip

SIX members of VIC headed to The Birmingham International Tattoo along with members of the Bury branch of the Fusiliers' Association.

The event, at the National Indoor Arena, saw military-style marching bands perform alongside the Band of the RAF College.

Bury standard bearer Steve Fitt and Spud Taylor of the Fusiliers' Association, offered VIC the chance to attend as the organisations have close ties.

More than 300 standards were marched into the arena and members enjoyed watching the bands parade, a field gun competition and a band of mass pipes drums.

Craft appeal

WE ARE launching the Chatty Crafters in the New Year at the VIC Centre.

The group will be trying out a variety of different crafts and they are looking at knitting Twiddlers for dementia sufferers.

If anyone has any odd balls of chunky or double knitting wool that they no longer need can they drop them off at VIC. Also 6.5 knitting needles would be appreciated.

Courses

FOUR members of VIC are furthering their knowledge and skills on courses.

Peter Webster and John Edwards attended a Being a Trustee course while Tony Stubbs and Iain Barrow are undertaking Community Reporters courses.



Christmas treat

A DELICIOUS free Christmas lunch was enjoyed by 20 VIC members at The Whitaker Arms in Accrington.

The pub generously donated a three-course meal to support Veterans In Communities. Everyone had a great time, the food was very nice and we were made very welcome by the staff.

Outdoor project finished

VETERANS carried out a community project to create an outdoor space for tenants of a housing scheme to enjoy.

The banking next to Anchor Housing's Bridgewood Lodge, on Margaret Street, Heywood, was a redundant piece of land strewn with rubbish, overgrown shrubs and tree stumps.

In the summer tenants would sit out but there was no pleasant garden area.

But now, thanks to the hard work of members of VIC Keith Edgar and Tony Stubbs, the land has been cleared, tree stumps removed, steps put in to make gardening easier and part of the land has been levelled to create a seating area



for residents.

All they need now is donations of plants, shrubs and seeds so the ground can be planted up in the spring.

Manager of Bridgewood Lodge Janet Murray said: "Keith has been wonderful, he has worked outside in all weathers, even when it was pouring down he wouldn't stop working.

"It has made such a difference to that area and it is going to be lovely when we have it all planted out."

Cracking Christmas cards

TWO different collections of specially designed Christmas cards are on sale at our Positive Art Shop, in Bury Road, Rawtenstall, and at our



centre in Haslingden.

The cards have been designed by members of the VIC art group and are priced from £1.50 to £2.50 per pack of four or five different cards.



Crew Van's Capers

WHERE has Crew Van been this month...? Everywhere or so it seems!

- It took members to Rossendale Business Awards in Whitworth;

- Members used Crew Van to visit the Yorkshire Sculpture Park;

- Crew Van helped three VIC members to move home – two in Rossendale and one in Rochdale;

- Art Group members used Crew Van to transport exhibition works to Touchstones in Rochdale

- It has been used on eight occasions by the Singing Group to take members to various performances;

- It helped members to get to the free Christmas meal in Accrington;

- Crew Van delivered art work for an exhibition at Salford Veterans;

- It helped VIC volunteers to get to Haslingden Baths to work on a community project.

Give us a wave if you see Crew Van in your area.





A STUNNING display of poppies cascading from a bridge at the Yorkshire Sculpture Trail was a highlight of a social inclusion trip attended by seven VIC members.

Check our website and Facebook for our 2016 outdoor activities.



Colouring classes

ADULT colouring sessions have started at our Positive Art Shop in Rawtenstall on Sundays.

The new craze, which has been shown to lower blood pressure, aid relaxation, help insomnia and pain management, has really taken off.

Demonstration materials will be available at the sessions, participants can bring their own books or buy materials from the shop.

There will be people available to give tips and help. Beginners, and those with some experience, are welcome.

The shop has put together gift packs for Christmas, which will also be available for sale.

The finished pictures can be used as a gift and can be made into anything from a postcard, mouse mat, mug, key ring or coaster.

On alternate weeks a scale model drop-in will be held at the same times. Those attending will meet other modellers, learn new techniques, show off their own models.

Art on show

VIC art group is currently holding its second display at the Salford Veterans Club, St Thomas's Church, Pendleton.

The exhibition, which began on December 12, is on until December 22

New staff

TWO new employees have joined VIC.

Claire Wright is a Project Worker and will be mainly working on the NHS England Overcoming Barriers pilot across Greater Manchester for the next four months.

Claire served in the Royal Navy and will be working closely with Steve Butterworth and Tony Stubbs.

And we also welcomed Zainab Hussain who used to be a supervisor at Queen Street Mill, Burnley, and is now our admin support.

On a holiday to New Zealand she completed a 12,000 ft sky dive for Combat Stress because she wanted to raise funds after studying the Vietnam War.



Singing group in fine voice

EIGHT performances have been made by our Singing Group since the last newsletter.

They sang on the stage at the Rossendale Business Awards, at Lacey Court and Greenfield Gardens in Haslingden.

They sang when the Christmas lights were switched on in Haslingden when comedian and radio presenter Ted Robbins joined the singers.

The singing group also went to Lumb Baptist Church and the 1969 ATC Squadron presentation night at Rawtenstall Masonic Hall.

A performance at Asda in Rawtenstall raised £477.51 and a further fundraiser was held at Tesco in Accrington.

Support on web



BIG White Wall (BWW) is an online mental health and wellbeing service which has been working with the UK armed forces community since 2011.

The service is free for all UK serving personnel, veterans and military families aged 16+ and is available 24/7.

Big White Wall is supported by the Ministry of Defence, NHS England and Help for Heroes.

To join Big White Wall visit www.bigwhitewall.com and click 'Join Now'.

Project update

VIC is involved in a major pilot project in Manchester – Overcoming Barriers.

The project aims to identify the barriers faced by some veterans who have mental health issues, but do not access support.

It will also seek ways of supporting veterans to get help when they need it – whether it's from local, or specialist, NHS services or properly accredited charities or private therapists

Other agencies are involved in delivering the project and VIC will be conducting outreach work throughout the area.

If successful, the scheme could be rolled out across the UK.

Are you a veteran, a member of their family or friend or a professional working with ex-service personnel? Get involved.

Pennine Care NHS Foundation Trust

Overcoming Barriers

Have your say on how we can improve health services for Military Veterans by:

TEXTING: IN TO: 60013

If you would like more information about the project and other ways to get involved, please get in touch.

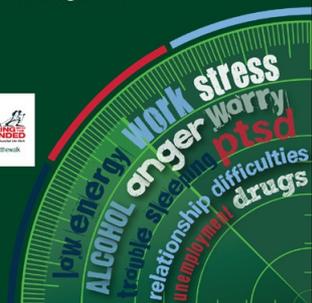
☎ 0300 323 0707 📧 the.mvs@nhs.net

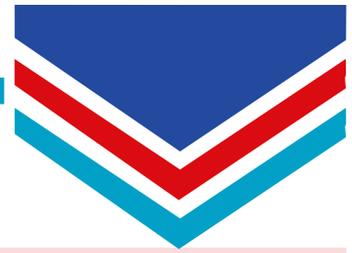
Or follow us on:
📱 @MVS_GM

In partnership with:



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ROSSENDALE

Outreach Services MONDAY-FRIDAY

11am-1pm
VIC Centre, Bury Road, Haslingden,
BB4 5PL.

WEDNESDAY

10-12 noon
Please telephone 01706 833180 to book
an appointment

Tai Chi

TUESDAY

2pm
VIC Centre, Bury Road, Haslingden,
BB4 5PL

Singing Group

THURSDAY

6.30-8.30pm
VIC Centre, Bury Road, Haslingden,
BB4 5PL.

Art Group and drop-in

FRIDAY

11am-3pm
VIC Centre, Bury Road, Haslingden,
BB4 5PL.

*Alternate weeks adult colouring
workshop and model making workshop*
SUNDAY

11am-3pm
Positive Art Shop, 4 Bury Road,
Rawtenstall, BB4 6AA.

Walking Group

Walks will be held on the 2nd and 4th
Thursdays. Weather permitting.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

**WEDNESDAY - second, third and fourth
weeks only**

10.30am-12.30pm
Fast Forward Cafe, Champness Hall,
Drake Street, Rochdale OL16 1PB.

WEDNESDAY - every week

11.30am-1.30

**Lighthouse Project, Warwick Mill,
Middleton M24 1AZ**

Walking Group

Walks will be held on the 2nd and 4th
Thursdays and are combined with the
Rossendale walking group.

PENDLE

Outreach Service

TUESDAY

10am-noon
Railway Street Community Centre,
Railway Street, Nelson, BB9 9EH.

VIC – 01706 833180

Chief Executive Liz Hamilton
lizhamilton@veteransincommunities.org
07731 730 442

Operations Manager Bob Elliott
bobelliott@veteransincommunities.org
07961 554 006

Outreach Worker Steve Butterworth
stevebutterworth@veteransincommunities.org

Outreach Worker Claire Wright
clairewright@veteransincommunities.org

Admin Support Zainab Hussain
zainabhussain@veteransincommunities.org

Volunteer Outreach Worker Tony Stubbs
tonystubbs@veteransincommunities.org

Arts and Crafts Co-ordinator Darren Horsnell
darrenhorsnell@veteransincommunities.org

Volunteer Outreach Worker and Music Project
Co-ordinator Peter Webster
peterwebster@veteransincommunities.org

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)

Rossendale Citizens' Advice Bureau
0844 499 4121 (from a landline)
0300 456 2552 (from a mobile)

The Samaritans
01706 830999

Mental Health Helpline
0500 639000 Mon to Fri 7pm - 11pm Sat
& Sun 12 noon to 12 midnight

Royal Air Forces Association
01772 426930

East Lancashire Single Point of
Access via GP or self-referral
01282 657116

Positive



One Stop Art Shop



VIC has its own arts and crafts
shop based at 4 Bury Road,
Rawtenstall, BB4 6AA near the
junction with Bacup Road.

Opening times

Thursday	10am-5pm
Friday	10am-5pm
Saturday	10am-5pm
Sunday	11am-3pm

Tel: 07437874696

positiveart@veteransincommunities.org

Want to help?

*If you want to donate to support the work
of Veterans In Communities please visit our
website and click on the secure PayPal link*

www.veteransincommunities.org

VIC supported by:



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