

Million steps lead Graham to £1,000

A FORCES Veteran who struggles sometimes to leave his home because of anxiety, stepped out and completed a one million step challenge – a week ahead of schedule.

Graham Limb, 46, from Haslingden, is a member of VIC and used the walk to raise money for that charity along with mental health charity Mind.

He said: "I had a set route at the start every day. I would leave my home at 8am, walk up to The Halo, then over Cribden, down to Stonefold and then

Rising Bridge Road, the cycle path adjacent to the A56, Jubilee Road, Victoria Park and on to the VIC Centre in Bury Road.

"Sometimes I would extend that route and most days I would go out and complete a second walk.

"It was very important for me to do this for VIC because it has been a big part of my life for nearly 10 years and supported me through lots of dark times as well as happy times.

"The million steps challenge was supposed to be done

over three months, I decided I wanted to do it in eight weeks and although I completed the million steps in seven weeks, I still carried on walking until I had finished the eight-week challenge."

As he neared the one million, Chief Executive of VIC Amanda Walton volunteered to join his walk.

She said: "What Graham has achieved is inspirational. It has been an amazing challenge for him and I am chuffed to bits that he has achieved it ahead of schedule.

"I only went out one morning; he has been doing this day after day and I know that the biggest challenge for him has been just to get out of the house. What



he has done has been phenomenal."

Graham joined the Royal Artillery at an early age and struggled to re-adjust to civilian life.

When he saw what was happening in Croatia with ethnic cleansing, he felt he couldn't stand by and so fought against the Serbs. During his time there he decided to join the French Foreign Legion and returned to Croatia.

On returning to the UK, he became a firefighter, but had to leave this career early after a traumatic fire where children died.

When he finished the eight weeks, Graham had walked

the equivalent distance of Haslingden to Lille in France and back. Lille was where he signed up to join the French Foreign Legion.

He added: "I feel very proud, not just because I have done this but because I have inspired other people to get out and walk. It is not about doing lots of steps, it is about getting out and enjoying your surroundings and the nature you see.

"You can spend money on going to a gym, but walking is free."

He has so far raised more than £1,000.



To donate visit <https://uk.virginmoneygiving.com> and in 'search' type Graham Limb

National honour for Amy

THE work undertaken by VIC Administrator Amy Thompson to strengthen the links between VIC and The Royal British Legion has been nationally recognised.

Amy, who is also the Secretary of the Haslingden Branch of The Royal British Legion, said: "I have been invited to go to The Royal British Legion Service of Celebration at

Westminster Abbey in London on October 12 to mark The RBL's 100th birthday.

"They announced they were to have a Reward and Recognition Scheme to acknowledge work undertaken in five categories, and I have been given an award for collaboration."

Chief Executive Amanda Walton



said: "I am delighted that Amy has received this recognition and I am really pleased that it has been recognised that VIC and The RBL are working in collaboration to the benefit of both organisations."

Haslingden RBL and VIC work closely on Remembrance, fun days at St Mary's Football Club in Haslingden and providing hampers at Christmas. A tablet from VIC was also provided to the local RBL Chairman so he could take part in online meetings.



House move

VETERANS helped a comrade move house from one side of the street to the other.

Arts and Crafts

Co-ordinator Darren Horsnell sadly lost his partner Tracey Vick last year and then had to move houses.

Darren said: "I would like to take this opportunity to thank everyone that helped in my house move. I could not have done it without you all."

"This is one reason why I love working where I do, because everyone helps each other. You made what could have been a very stressful time run smooth and stress free."

Bob Ross

ARTISTS will be back in residence for the next painting in the style of Bob Ross class on **Saturday July 31 and Sunday August 1.**

Due to holiday commitments and a house move, the dates had to be rearranged.

The times and cost remain the same but if you would like any more information contact Arts and Crafts Co-ordinator Darren Horsnell or Administrator Amy Thompson on 01706 833180.

Choir back

THE VIC Choir is back rehearsing at the VIC Centre in Haslingden and will be hoping to take bookings for outside singing performances in August and September.



A series of photography workshops were held in Towneley Park, Burnley, to conclude our Developing Veterans' Photography course funded by Lancashire Community Foundation. It was great for tutor Emma Holt to get to meet the students in person and not just online over Zoom.

Rivington ramble

STUNNING views and great company added up to another amazing walk led by Outdoor Activities Co-ordinator Ivy Limbrick.

As well as scaling Rivington Pike, walkers also took in Winter Hill and explored the gardens and Liverpool Castle.



Gordon's 1,000 mile walk

ENERGETIC pensioner Gordon Aaron completed 1,000 miles ahead of his target date on July 23 to raise money for VIC.

The Army veteran's challenge featured in last month's newsletter, and will conclude in early August when he celebrates his 86th birthday.

He was joined on one of his walks by Chief Executive Amanda Walton and



Outreach Worker Steve Butterworth.

Amanda said: "We had been at the

Rochdale Breakfast Club and we went on a walk with Gordon. He had arranged a surprise for Steve and I and he took us to the home of Chris and Philippe Bret in Littleborough to see their gardens.

"We were led through a gate and we were just awestruck, the garden was beautiful. It was stunning and it felt like we were in the Garden of Eden.

"There were three ponds, flowerbeds, a

rockery and trees and they had been developing it for 40 years."

Steve took a photograph and painted it and is going to return to give the painting to the couple as a gift.

Amanda said: "They were so hospitable and gave us lemonade and cake, I could have stayed there all day, but we went on and completed a five-mile walk with Gordon.

"I was really worried about walking with Gordon because he is so fit and I thought I would be huffing and puffing and he would be putting us to shame, but he was a perfect gentleman and made sure we were ok, stopped when we needed a rest and made sure we drank water."

To donate visit <https://uk.virginmoneygiving.com> and in 'search' type Gordon Aaron



PYROGRAPHER Brian McEvoy is already making a start on silhouette soldier plaques in time for Remembrance. Keep a watch on the Facebook page for when the items can be ordered.



Helping The Whitaker

Army invite

VIC has been invited by Burnley Football Club in the Community to visit the Army Foundation College in Harrogate on Tuesday August 3.

On arrival, there will be a short briefing and attendees will watch the final rehearsal for the pass off parade and then mix with junior soldiers over lunch at the restaurant.

Contact Bob Elliott on 01706 833180 to book a place or join the reserve list. Dress: suited and booted.

Upskilling

VIC staff and core volunteers are being given the chance to develop deeper knowledge and understanding of the advisor role enabling them to be more focused on moving VIC members through the service efficiently.

Improved record keeping will assist the charity to be able to illustrate to funders the difference VIC has made to members' lives.

VOLUNTEERS from VIC rolled up their sleeves and helped The Whitaker in Rawtenstall to prepare for the reopening of the museum and new extension.

The museum and art gallery in Whitaker Park has been closed throughout the pandemic for Heritage Lottery funded work to be carried out.



Operations Manager Bob Elliott said: "We were asked to help when we were volunteering at the Vaccination Hub, but obviously we had other commitments then.

"We had a works party helping out at the The Whitaker – Rossendale Museum and Art Gallery for a full day to clear the cobbled area of weeds ready for the grand opening of the new extension and refurbished museum.

"It was a pleasure for VIC to be able to help out towards the transformation."

Volunteers were Ray Sharkey, Lorraine Phillips, Bob



Brindley, Bob Elliott, Joe Davis and Gary Horrocks.

Thanks to a donation of a no longer needed buffet from Lesley Cropper from EDS HV Group Haslingden, the volunteers were also well fed.



OUR community allotment in Holcombe Road, Helmshore, is looking good thanks to an army of helpers.

Thanks to Jacko Pearce, Mick Hinder and Leoni, a lorry load of bark chippings has been distributed across the site and a donation of seeds was also provided by Roy Davis.

Christine Adams, who was tending Incredible Edible Rossendale's allotment nearby kindly donated seed potatoes which have been put to very good use. If anyone want to help with the allotment call Steve Butterworth on 01706 833180.

BBQ for pallet volunteers



At the end of Armed Forces Week, Outreach worker Steve Butterworth attended a service at Poulton Le Fylde Arboretum at the newly installed Falklands memorial.

VETERANS who helped to split and separate wooden pallets for Veterans In Production were rewarded with an impromptu barbecue at the VIC Centre.

Four days of activities and awareness raising were held on Armed Forces Week and on the 'day of rest' the barbecue was held.

Arts and Crafts Co-ordinator Darren Horsnell provided the meat from J M Harris butchers in Haslingden and Angela



Thorpe, the Community Champion for Tesco, provided bread and salad.

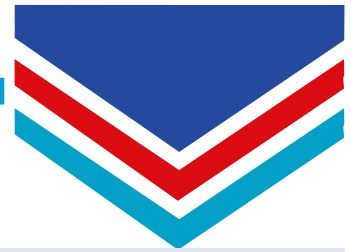
Volunteers are now being sought to help Veterans In



Production meet demand for bespoke projects.

The Sandbag Café chairman Ian Rosales made the above garden bench for two of the members from the The Sandbag Cafe. They wanted a bench they could put in the back garden.

Anyone interested in helping Veterans In Production should contact 01706 833180.



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

VIC Choir (weekly)

6.30-8.30pm

FRIDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

SECOND SATURDAY

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

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

Limited numbers book in advance

EVERY MONTH

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

Walking Group

restricted numbers see

Facebook or website for details

BURNLEY AND PENDLE

Outreach Service

MONDAY

Breakfast Club at the Community Kitchen, Charter Walk.

10am-noon

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

12.30pm-2.30pm

Middleton Gardens, M24 1AB

The Messing cafe and drop in

1pm-2.30pm

The Lighthouse Project, Middleton Shopping Centre, M24 1AB.

THURSDAY

Rochdale Veterans; Breakfast Club

9am-10.15am Touchstones Cafe, The Esplanade OL16 1AQ.

10.30am-noon

VIC Outreach

Touchstones Cafe, Rochdale OL16 1AQ.

RIBBLE VALLEY

Coffee Morning and Outreach

TUESDAYS

10am-noon

The Family Thrive Centre, New Market Street, Clitheroe, BB7 2JW.

VIC – 01706 833180

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Sessional Worker Bernard Tighe

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VIC Choir Bookings Barry Hyde

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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@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

Armed Forces Support Group

01282 613132

HYNDBURN

Outreach / drop in/ Model Railway Club

FRIDAY

10am-3pm

VIC Veterans' Drop in, Accrington Arndale Centre, BB5 1EX.

Want to help?

To donate to support the work of VIC please visit our website and click on the secure

Virgin Money Giving link

www.veteransincommunities.org/donate.html

VIC supported

by:



East Lancashire

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