



VIC Newsletter

Celebrating Armed Forces Week



MEMBERS of VIC attended several Armed Forces Day flag raising events including Rawtenstall and Haslingden.

To mark the special week, Chief Executive Amanda Walton, Operations Manager Bob Elliott, Outreach Worker Ray Sharkey and volunteer Ron Flowers attended a Civic Reception for the Armed Forces and Veterans' Community at Preston County Hall.

At Rawtenstall, Bob, Amanda, Phil Speddy and Paul Nixon were in attendance and Bob and Amanda then went to Haslingden Memorial Gardens.

Our fantastic new gazebo had its first outing, to the inaugural Burnley Uniformed Services Family Fun Day.

Organisers estimated up to 5,000 people attended. Our raffle, and donated popcorn, sold out in record time, every prize was claimed and it raised £188.46, with a further £65.62 given in donations.

Thanks to Chief Executive Amanda Walton, Operations Manager Bob Elliott, Administrator Amy Thompson, Phil Chamberlain, Willie and Sam.

It was great to see so many of our members past and present in attendance on the day.



Social inclusion diary – book your places

A HOST of trips are now being arranged for members of VIC and the community.

VIC organised trips include:

July 12 VIC Ribble Valley trip to Fusiliers Museum Bury leaving Clitheroe at 10am cost £10.

July 16 Lancashire Infantry Museum at

Fulwood Barracks, Preston, leaving Haslingden at 11am cost £8. **FULLY BOOKED**

August 13 The Mill, Lostock Hall, leaving Haslingden at 11.30am cost £3 (food extra).

August 27 Amazing Accrington Soapbox Challenge more info in next newsletter.

August 29 Thompson Park Family Fun Day,

Burnley, more info in next newsletter,

For more details and to book contact Social Inclusion Activities Volunteer Pat McEvoy on email patmcevoy@vic.org.uk or call 01706 833180.

Unless stated, costs only include transport and entrance fees, not food.

Rossendale Methodist Churches trips include:

July 9 Buxton Carnival, departure 10am, cost £22.

July 13 Manchester River Cruise, departure 10am on Witchway Bus, cost £8 for cruise.

July 26 Scarborough departure 9am cost £24.

August 20 Whitby or Eden Camp.

For more information email rossendalemethodistcircuit@gmail.com



Busy time in Ribble Valley

IT HAS been a very hectic month for the veterans attending VIC Ribble Valley outreach sessions.

They were delighted to be able to witness the Duke of Lancaster's Freedom Parade through the streets of Clitheroe and the

attendees at the coffee morning, at Trinity Methodist Church and Community Hub, were delighted to be visited again by RCSO Ryan.

At the beginning of the month, the group was presented with a picture of the 14 Light Dragoons at the Battle of Ramnugger in 1846

by Geof Hutchinson.

Geof is a member of VIC and regularly attends Clitheroe.

The picture is now on display at the VIC Centre in Haslingden, along with our collection of military pictures.

The kettle is on every Tuesday from 10am to noon.



Social inclusion outings

A SOCIAL inclusion trip for all ages was made by members of VIC to our friends at Burnley FC in the Community's Whitehough Outdoor Centre at Barley, Pendle.

VIC members from Haslingden and Ribble Valley enjoyed social activities and small teams of BFCitC veterans and visitors toured areas around the centre.

They reminisced about years gone by, shared stories and the banter soon started.

Following a buffet,

which was supplied by staff from both organisations, there was a quiz and a photo opportunity.

The BFCitC veterans programme and VIC will be undertaking several more joint ventures throughout 2022, including a visit to the Army Foundation College, Harrogate, and Royal Armouries.

The trip was organised by Social Inclusion Activities Co-ordinator Pat McEvoy. She said: "Today VIC enjoyed a great day out with Burnley FC veterans.

"We have been invited to go back again and I am arranging two more VIC Trips. The first one will be a barbecue in September and then a Christmas trip in December to make Christmas wreaths and eat mince pies."

Ribble Valley Project Worker Ray Sharkey said: "A great day out was enjoyed by Veterans In Communities Ribble Valley and some members from Haslingden VIC.

"The sun was shining and Pat made lunch



and organised the trip so deserves a special thank you from the veterans of both groups and their team leaders John CT Pluckwell and his team.

VIC member Keith Shepherd added: "Thanks to all who organised this wonderful day at Whitehough it was great to meet up with another group and in the future hopefully more will

come to visit us or we will go back to see them."

- VIC members enjoyed looking round the Police Museum in Manchester; one ended up in the dock and some in cells.

Visits are now regularly arranged by Pat McEvoy, Social Inclusion Activities Volunteer.



Food festival success

VIC worked in collaboration with Accrington Stanley Community Trust to have a stall at the Amazing Accrington Food Festival.

VIC supports Accrington Stanley Community Trust with Outreach for their Veterans' programme and we arranged an information stand and

the minibus to attend the festival and both were very well received with a lot of interest from all age ranges.

The Accrington Detachment Lancashire ACF, who did a sterling job of guarding the Spitfire on display, also supported VIC by collecting donations while on duty.



A special mention must go out to the young ACF recruit in a blue suit who stood on guard throughout the day and after his breaks went straight back to duty – he will make a fine Guardsman one day.

On the day, £299 was raised and a huge part of the funds were raised by Egypt

Company Accrington Detachment Army Cadets.

A big thank you to all the VIC volunteers who helped to make the day such a success, Ron Flowers, Pat McEvoy, Paul Wilcock, Sam Kelly, Brian McEvoy, Graham Limb, Ian Beavis.



Steve steps in to carry his ship's standard

FALKLANDS Veteran and VIC Outreach Worker Steve Butterworth stepped in at the last minute to carry the standard from his ship, the HMS Intrepid, at the Falklands 40th anniversary parade at Portsmouth.

He said: "I was very honoured

indeed to be asked to carry my ship, HMS Intrepid's standard. I was the only one with no gloves at the end of 61 standards and we had to scrounge a holster as well.

"The normal standard bearer became ill on Friday evening and couldn't attend."

Poppy appeal for garden

A GARDEN open day in Stubbins in November will be filled with knitted and crocheted poppies as well as a beautiful plants.

Lavinia Tod, who tends the beautiful church garden next to Stubbins Congregational Church on Bolton Road North, will be opening it up to raise

money for VIC and is planning to create a labyrinth of 1,000 poppies on wooden posts.

Any poppies that you make can be dropped off at the VIC centre in Haslingden. For more details contact Lavinia on 01706 822474 or 07746038421.



History talk

GUEST speaker Rod Ross will be delivering a talk entitled 'British Jews in the First World War – we were there too'.

The talk is expected to last a couple of hours and will be held at the VIC Centre in Haslingden.

This is the first of many such talks on a variety of military history topics over the coming months.

To book a place please call the office on 01706 833180.

Website update

PLEASE have a look at the VIC website and let VIC member Phil Spedy know anything you would like to see on the site or any changes needed to the current website to improve it.

Email sped@nectrus.org

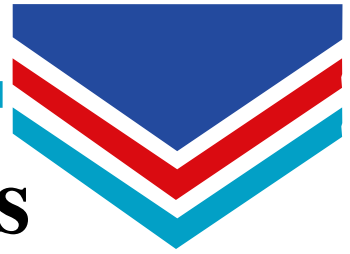
Breakfast move

ROCHDALE Veterans' Breakfast Club will now also be meeting on the first Saturday of the month from Saturday July 2, at 9.30am at The Sandbrook, Sandbrook Park, Rochdale, OL11 1RY

If you bring your Defence Discount Card, then there's an all you can eat breakfast and unlimited tea or coffee for under £6; healthier options are also available.

Choir in Asda

NOTE the date – the VIC Choir will be entertaining shoppers in Asda Rawtenstall on Saturday September 10.



Jubilee celebrations



Soapbox sticker

OUR entry into the Amazing Accrington Soapbox Challenge is still remaining top secret... but we are able to say a big thank you to Suli Kara from Premier Tints & Signs, pictured with Project Worker Ray Sharkey who has been supporting VIC by providing us with decals for the kart and signage too.

Badge appeal

A BEAUTIFUL quilt is being made for our 10th anniversary by the Crafty Chatters and it will feature material cloth badges from the different armed forces and blue light services.

Many have already been provided, but we are still seeking badges representing the NHS, the RAF, police service and fire service.

The plan is to have badges that represent all of the services that benefit from the work that VIC does. Contact 01706 831880 if you can help.

Seaside trip

VIC is planning a trip to visit the Blackpool Veterans' Breakfast Club early in July with our good friends from Burnley.

Contact VIC on 01706 831880 to book.

MEMBERS of VIC honoured our Commander in Chief Her Majesty Queen Elizabeth II on her Platinum Jubilee at many events.

A fabulous time was had by all when we joined Rawtenstall Vintage and Craft Fair's jubilee celebrations.

Marie and Margaret booked Rawtenstall's Unitarian Church and VIC got involved to hold a cake stall and serve refreshments.

Chief Executive Amanda Walton said: "Thanks to all involved, be they the bakers, staff and volunteers who helped on the day. We were asked to be part of the Queen's Jubilee celebrations by selling tea, coffee and cakes with all the proceeds going to VIC.

"VIC members rose to the challenge and baked a magnificent array of goodies for us to serve on Saturday.

"Carol Austin from Asda baked a stunning Jubilee

cake and so we decided to hold a raffle with the cake as first prize."

The cake sale raised £187.80, the raffle raised £78, and we received £42.23 in additional donations.

For the jubilee, our centre in Haslingden was festooned with Union flags and an original Queen Elizabeth II Coronation Banner from 1953.

It has been hung in one of our rooms at the VIC Centre in Haslingden, it is 14ft in length and would have originally been hung outside either a town hall or theatre to celebrate the Queen's Coronation.

Red, white and blue celebrations were held at VIC's The Sandbag Café in Heywood, the VIC Choir entertained residents and visitors at Haslingden Hall Care Home in Haslingden, and 10 members of VIC had a brilliant free afternoon tea with other veterans at St Mary's Football Club in Haslingden.



Memorial garden plans

PLANS are being drawn up for a memorial garden bed at Sparrow Park, Rawtenstall, next to the War Memorial.

VIC will be planting and maintaining one of

the beds this year to honour those who lost their lives in The Falklands War.

Rosendale Civic Pride is improving the beds and asked VIC to get involved.

Zip line challenge

HURLING down a zipwire at 100 mph is an excellent way of raising funds for VIC for our 10th anniversary celebration,

Some of our staff and volunteers will be braving Velocity 2 in Wales and there are a few places left. If you fancy being on our team and taking part in something truly breath-taking contact Administrator Amy Thompson on 01706 833180.

All participants must pledge to raise a minimum of £200 and a deposit of £90 must be paid by July 8 to secure your place. Health restrictions apply.



Quick on the draw Brian's cartoon creations

A PENSIONER has discovered a talent for drawing after attending art sessions at our Haslingden centre.

Before the pandemic, Arts and Crafts Co-ordinator Darren Horsnell would run art sessions at Jubilee Court in Haslingden and Brian Smith would attend.

Darren said: "At that stage he would draw very slowly and the subject would always be the same so he would end up with copies of the same drawing.

"Then 21 months ago

he had a stroke and this has affected his ability to communicate. After Covid, the sheltered accommodation was still closed to visitors so we could not resume the sessions.

"Brian met someone who was attending our art classes at the VIC Centre and he now attends every Tuesday and Friday.

"His artwork has improved so much and now he copies cartoon characters free hand, first picking up a pencil and drawing shapes then with a biro

he flies across the page outlines the character; they are really good.

"He is very relaxed now. His wife says she has seen a massive difference as he never used to draw at home and now, he can't stop."

The drawings created by Brian, 70, a former forklift truck driver, are now given out to adults and children who attend the VIC art sessions to colour in.

Brian said: "I have always drawn, sort of. It helps me."

Veteran Dave Joddrell said his partner Pauline Black is taking



copies into Parkside, the day centre at Olive House in Bacup, for the residents to colour in.

Darren is planning to showcase the coloured in pictures at the VIC Centre in Bury Road.

What VIC means to me

Just feel like saying it how it is. When I first met Bob Elliott I was a broken man. Always in flight, as I was just to tired to fight. Tracey Vick and VIC (VIA at the time) gave me a reason to fight and be able to wake up every morning, ring my kids up and tell them 'I love you all' and meant it.

One thing I had noticed is that I was being liked by people instead of being feared as a man that mental health had created.

Then, when I had learned to live again, life dealt me such a cruel blow and took Tracey away from me. Hand on heart I did not think I would survive this, but once again family and VIC supported me in ways I never thought I deserved.

I had only ever felt pain like this once before and that was when I walked away from my former wife and kids in a bid to save them from suffering any more heart ache because of my mental health. VIC and my kids never gave up and supported me till this day. How do you say thanks for giving me my life back?

Darren Horsnell
Arts and Crafts Co-ordinator

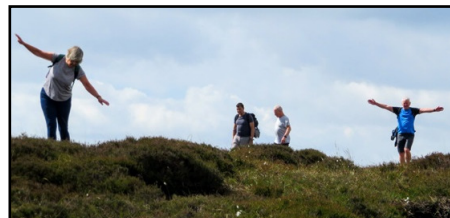


Hike-ho

A LOVELY six-mile walk saw VIC members navigating Oswaldtwistle Moor walk in reverse.

The weather started off sunny, but it went downhill and Outdoor Activities Co-ordinator Ivy Limbrick was even called a sadist for the route she chose.

On completion of the walk, refreshments were



enjoyed at Clough Head Café and cake was provided by Linda Field.

On Thursday July 7 at 9.30am, walkers are invited on a 5.5 mile moderate walk in Littleborough. Meet at The White Horse Pub, Blackstone Edge. No cafe so bring refreshments.

Op Banham recreation

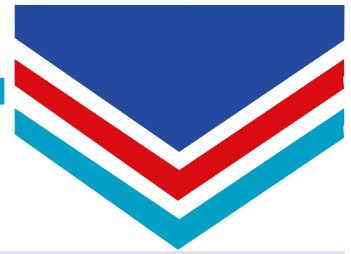
VIC member Lewis Banham was able to meet a replica of his 'Old Faithful' bike after it completed a ride across Europe.

Op Banham was a recreation of the journey Lewis, who will be 100 in November, made as a despatch rider in the Second World War.

The Veterans Living History Museum planned and carried out the trip, landing in Normandy, riding through France, Belgium, Holland and into Germany, ending up in the capital Berlin where they met Lewis at the Brandenburg Gate.

New blinds

THE VIC Centre has new window blinds thanks to the capital grants programme to improve Veterans' Community Centres from the Armed Forces Covenant Fund Trust.



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
VIC Choir (weekly)
6.30-8.30pm

FRIDAY
Art Group
10am-3.30pm
Cost £6 places limited book on 01706 833180

SECOND SATURDAY IN THE MONTH
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 see Facebook or website for details

10am-noon
Trinity Methodist Church, Wesleyan Row, Parson Lane Clitheroe, BB7 2JY.

BURNLEY AND PENDLE

Outreach Service
MONDAY
Breakfast Club at Burnley Miners Social Club, 27a Plumbe Street, Burnley, BB11 3AA. 10am-noon

Contact 01706 833180 for dates of outreach at Burnley FC in the Community, the Pendle Armed Forces Support Group, Holmefield House, 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
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-10.30am Touchstones Cafe, The Esplanade OL16 1AQ.

RIBBLE VALLEY

Coffee Morning and Outreach
TUESDAYS

VIC – 01706 833180

Chief Executive Amanda Walton
amandawalton@vic.org.uk

Operations Manager Bob Elliott
bobelliott@vic.org.uk 07961 554 006

Admin Officer Amy Thompson
amythompson@vic.org.uk

Outreach Worker Steve Butterworth
stevebutterworth@vic.org.uk

Project Worker Bev Fowler
beverlyfowler@vic.org.uk 07741 902 343

Project Worker Ray Sharkey
raysharkey@vic.org.uk

Transformational Coach Gill Hughes
gillhughes@vic.org.uk 07741 902 411

Volunteer Support Worker Mel Fitzgerald
melfitzgerald@vic.org.uk

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

Veterans Mental Health Caseworker Cath Mitton
cathmitton@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
0800 652 2867 seek a referral through a GP or health professional

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 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

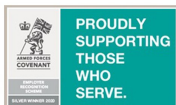
Outreach Service
TUESDAY
Rovers Breakfast Hub, Legends Lounge, Darwen End, Blackburn Rovers FC, Ewood Park, Blackburn, BB2 4JF.
10.30am-noon

Want to help?

To donate to support the work of VIC please visit our website
www.veteransincommunities.org

Veterans In Communities Charity Number 1151194

VIC supported by:
East Lancashire Clinical Commissioning Group



www.facebook.com/VICVeteransInCommunities