



# VIC Newsletter



HEYWOOD



CLITHEROE

## Celebrating Armed Forces Week with flags and fairs



PRESTON

A PLETHORA of events were attended by members of VIC as part of Armed Forces week in June.

We attended flag raising ceremonies in Rawtenstall, Haslingden, Rochdale and Clitheroe.

Chief Executive Amanda Walton and Operations Manager Bob Elliott attended a short service and reception at County Hall in Preston while Administrator Amy Thompson carried the County British Legion standard.

We were also represented at several special Armed

Forces events including at the Bury AFC fun day at Unsworth Cricket Club.

Amanda said that VIC and the football club had forged a close relationship after money raised during a Remembrance football match was donated to VIC.

Special mugs were created with the Bury AFC logo and Lest We Forget.

Amy, Outreach Worker Steve Butterworth and Amanda manned the stall. The club has now amalgamated with Bury Football Club.



UNSWORTH

VIC also had a stand at the second Uniformed Services Fun Day at Towneley Park in Burnley and this year it was organised by Healthier Heroes and The Royal British Legion.

Amanda said: "Following on from last year's event, we enjoyed a great day. Our tombola sold out by 1.30pm. It was

great to spread awareness and there were lots of different organisations represented.

"The highlight was definitely the parachutists being dropped from a plane and landing in the park."

Veterans In Communities Hyndburn Team supported Accrington Stanley's summer fair held at the Sports Hub.

Project Worker Ray Sharkey said: "In previous years, we have missed this event because of other bookings so we kept the diary free.

There were a few hundred people and we raised awareness as well as selling some items made by VIC.

"We also have a new member Hilary who makes crochet dolls and dolls' clothes and they were very popular. The football club is splitting the proceeds with VIC."

VIC members attended the Heywood 1940s Armed Forces Day and Mitch Mitchell and Simon Peace marched while Vincent Houghton was in a jeep.



RAWTENSTALL



ACCRINGTON



BURNLEY



# All hands to the pump



**MEMBERS of VIC joined forces with Firefighters from Accrington to run a car wash at Hyndburn Fire Station.**

It was especially poignant for Graham Limb who used to be based at the station and met up with former colleagues.

Project Worker Ray Sharkey said: "We had so much fun helping the firefighters on what was a blisteringly hot day.

"They are now talking about holding another joint car wash in the future and they are more aware that our charity also supports members of the blue light

services."

Star Wars characters from the Imperial Alliance Costume Group attended to help raise funds for both organisations.

The proceeds of the event were split between The Firefighters Charity and VIC and we are very grateful for the £550.



*Veterans In Production created planters for Helmshore Textile Museum*



**Where has the choir been?**

**THE VIC Choir had a terrific reception at Asda in Rawtenstall and raised £420.94.**

Thank you to the singers, the staff and customers, Asda Community Champion Laura and our collectors Jacko Pearce, Barnesy and Charlotte Harding.

*Photo Gaztyke Photography*



*Ring of Red picks VIC*

**BIKERS taking part in the Ring of Red Remembrance ride around the M60 circling Manchester will be supporting the work of VIC.**

Ring of Red organiser Mandi Latham-Holmes said: "Over the past few weeks we have spoken to a few charities and after careful consideration we have decided to go with Veterans In Communities.

"After meeting them, and looking round at what they offer, I can definitely say this is a fantastic charity for us to support for our 10th anniversary this year.

"We spoke to them at length about how they support veterans, I can say they are very dedicated and passionate about the work they do, from a simple conversation to helping with housing, mental health, loneliness etc.

"I was especially impressed with how they helped support people during Covid."

VIC is delighted to have again been selected by the incredible event that attracts so many supporters.



# Carp fishing comp is a huge success

**AN ENORMOUS carp weighing 42lb 10oz was the largest catch in a fantastic 48-hour Carp Fishing event in Oxford.**

Barry Horsnell, son of VIC Arts and Crafts Co-ordinator Darren, organised the match as a way of thanking VIC for the support that has been given to his father.

Darren said: "I had an amazing week. We had 36 fish caught and 28 people took part. It took 25 to 30 minutes to land the biggest fish.

"We had three prizes, for the largest fish, the most fish caught and the prettiest fish. I judged that and I looked for colour, scale patten and general shape.

"We have paid for the event to happen next year and it is already fully booked.

"Barry is also organising an event in November and again all the profits will be going to VIC."

One of the participants, Steve Mills, took to Facebook to praise

the event. He said: "Just got home from a 48-hour on Oxlease Linear Fisheries, this was a charity event for Veterans In Communities with special guest angling legend Lee Jackson.

"Had a great time and managed two fish myself, 21lb 4 oz and 25lb 8oz."

Amanda said: "I would like to thank all involved and especially a big thanks to Barry for organising it."

The competition raised £2,540 for VIC.

Darren thanked Graham Limb for helping with logistics and the barbecue and Asda and Tesco for supplying lots of food.



# Herb planters in production

**FABULOUS herb planters are being manufactured by one of our members.**

Veterans In Production is providing the materials and future planters will be made to order.

The octagon herb planter is made from recycled pallet wood, 89cm high and 85cm width. The cost is £200.

Chief Executive Amanda Walton said: "Our member, who is making the planters, is using woodworking as a coping strategy because his wife is quite poorly.

"We are providing the wood and



we are very humbled by the generosity he has shown to create these during this difficult time."

# Volunteers we thank you

**AS NATIONAL Volunteers' Week was celebrated this month, VIC staff and trustees want to take the opportunity to say thank you.**

Chief Executive Amanda Walton said: "VIC couldn't do what we do without the support and help of our volunteers. They help to organise activities, run trips, manufacture items and run art and craft classes. The trustees and staff would like to say a huge thank you for the continued support and help we receive from our volunteers."



**After a visit from Mickie and Emily from Sale Sharks Rugby Union, we are looking to get a group to visit one of their activities.**



# A bridge so far



**LAST month we told you about our Model Railway Club's bridge being mentioned in Parliament, this month it is set to go international.**

After club member Bob Brindley sent information about the project to the Railway Modeller Magazine, he received a reply.

The editor wants to do a feature about VIC, incorporating a feature on the club, which meets in the basement of the Hyndburn drop-in at Accrington Arndale.

Not only is the magazine sold

all over the UK, but copies are also sold internationally.

The scale-model of the Glenfinnan Viaduct, made famous in the Harry Potter films, has been meticulously recreated and is believed to be the largest model viaduct in the country.

Chief Executive Amanda Walton said: "The group has been set up with next to no funding but it is run with real passion. They are a small group of like-minded people and their plans are now getting interest from other model railway groups around the country."

## Book a trip with VIC

**LOTS more social inclusion trips are coming up in the next few months but many have proved so popular they are already fully booked with a reserve list.**

Here is a list of trips that still have places available:  
**Wednesday July 12** - Hot Ice Show, Blackpool Pleasure Beach, cost £20 including admission, departing 1pm.

**Wednesday August 9**, Ridges Garden, Rivington, cost £10.50 including light afternoon tea departing VIC at 1pm.

**Wednesday August 23**, Whalley Abbey cost £15, includes tour, talk, hot lunch and refreshments, departing 11am.

**Friday October 20**, Heskin Hall, Chorley, cost £13, includes entrance fee and light lunch, departing 10.30am.

For more information contact Social Inclusion Activities Volunteer Pat McEvoy on 01706 833180.

## Comfort teds

*by Delilah Williams*

**MEMBERS and friends of the Crafty Chatters have been knitting keepsakes to provide comfort for patients in hospital.**

Teddy bears have been knitted for adults and children on the Pam Woods Suite following a request by the Swan Team, a not-for-profit charity, at Salford Royal Hospital.

During lockdown, groups were asked to knit or crochet hearts to unite families who were not able to see their

loved ones in hospital due to Covid.

Ivy Limbrick saw a request on Facebook by Val Hogan and shared it with the group to see if they wanted to take part.

They have used up donated wool to create the bears.

Former police officer Ivy said: "The teddies are said to be a light in the dark and that they can live anywhere."

The Crafty Chatters was created due to a common interest in knitting and crochet, meeting every Monday.



Members described it as 'two hours of therapy', as they discuss

everything and solve the world's problems. The next project will

see them making bereavement blankets for the Swan Team.



# Group unites Falkland veterans



by Charlotte Eastwood

**FALKLANDS' veteran Steve Butterworth, has launched a Facebook community group called Poems, Songs and Writings about the Falklands Conflict.**

Steve, who is also an Outreach Worker at Veterans In Communities, hopes to encourage fellow Falklands' veterans to join the group and share their own thoughts and feelings.

He said, the group so far had 127 members nationwide and had become a safe environment for them to share their feelings about the Falklands War.

Steve, from Holcombe Brook, spent eight years in the Navy and was on HMS

Intrepid in the Falklands, working as a catering accountant and medic – helping the wounded.

Steve said: "I have ideas for what this group can achieve. I would like to collect everyone's writing and poetry to publish a book, filled with all our individual experiences.

"I want others to understand what we have been through. A book could perhaps be a lasting memory for what we have to say.

"Some of the members write songs, which cannot be printed into a book. I would like there to be a live performance, where these veterans can sing what they have written and read their poetry.

"Some of the writing is deep and dark. Someone

wrote 'even the shadows had shadows' when talking about the Battle of Goose Green, which stuck with me.

"When I first came out of the Navy, I never spoke about what happened, but I found that writing poetry was a form of escapism for me, and it led me to write a poem Pale Maiden, which was made into a song and recorded.

"More recently, I have considered how wars do not only affect those that go, but also the families that are left behind."

Steve recently wrote a poem called 'Letter to Dad,' and in it he speaks to his father, who sadly passed away at 52 years old – just three years after Steve left the Navy.



## Yard is ship-shape

**THE back yard at the rear of the VIC Centre has had a summer clean and work has now started to build a new wood store.**

Thanks go to Jacko Pearce, Willie and Saul who have worked extremely hard transforming the yard.



## Thomas Galbraith

**VIC helped with arrangements for the funeral of RSM Thomas Galbraith, formally of the Queens Lancashire Regiment who passed away at the age 82.**

His funeral was held at St Mary's Church in Haslingden and we arranged for standards to be carried, veterans to line the route into the cemetery and the Last Post to be played at his graveside.

His daughter Maria, on behalf of Thomas's family, said: "I would like to thank the VIC for all your help with regarding my dad's funeral.

"It honestly made me proud that his send off would have been just how he would have liked it and he would be beaming with pride.

"Thank you so very much x"



## ASDIC conference

**A TWO-day conference organised by the Association of Service Drop In Centres, ASDIC, was attended by VIC Chief Executive Amanda Walton and Operations Manager Bob Elliott.**

VIC had an information stand at the conference in Leeds due to the charity's participation in the VPPP – Veterans Places People and Pathways Project.

Amanda said: "This year there was a lot of interactive workshops and question and answer sessions and it was very useful to us because it covered service development and social prescribing."



## 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

Breakfast Club at Burnley Miners' Social Club, Plumbe Street, Burnley, BB11 3AA. 10am-noon.

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-10.30am Touchstones Cafe, The Esplanade OL16 1AQ.

## RIBBLE VALLEY

### Coffee Morning and Outreach

### TUESDAYS

## VIC – 01706 833180

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Volunteer Support Worker Mel Fitzgerald

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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

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

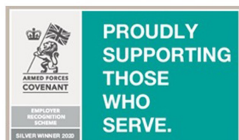
[www.veteransincommunities.org](http://www.veteransincommunities.org)

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