

## Grants guarantee VIC services

**TWO grants have secured the services of VIC across East Lancashire and the Heywood, Middleton and Rochdale areas for another year.**

Both grants have also been increased, which is an endorsement of the amazing work VIC is carrying out to support ex-service personnel.

The East Lancashire NHS Clinical Commissioning Group has supported the work of VIC since its inception in 2012 and has



now increased its grant by £10,000 to £90,000.

A further grant from Heywood, Middleton and Rochdale Clinical

Commissioning Group has been increased four-fold from £5,000 to £21,302 to support the work VIC has been carrying out.

Chief Executive Liz Hamilton, *pictured*, said: "We are delighted with the continued support that VIC has received from both funding bodies.

"The East Lancashire money will now see further outreach services introduced into Hyndburn and Ribbles Valley and inter-generational work will also be carried out with the Army Cadets in

Haslingden."

In the HMR area the increased funding will enable further ex-service personnel to be identified, allow them to be supported and gain access to statutory services with the aim of reducing isolation and encouraging integration.

Liz added: "We will be working with other agencies and organisations to deliver on these contracts including integrated NHS neighbourhood teams, The Royal British Legion and Link4Life."



### Allotment gets a make over

**OUR allotment, off Holcombe Road, Helmshore, is being prepared ready for planting.**

The land has been cleared and dug over and we have had a greenhouse donated along with slabs to sit it on.

The work will be a continuation of our successful Dig for VIC that started last year where we grew crops in the



rear yard of the VIC Centre and led to a delicious harvest.

To help with our plans for the allotment we were fortunate to receive a generous donation of seeds from Suttons and look forward to harvesting them later in the year.

Anyone who wants to donate items, or can help with the project, can contact VIC on 01706 833180.

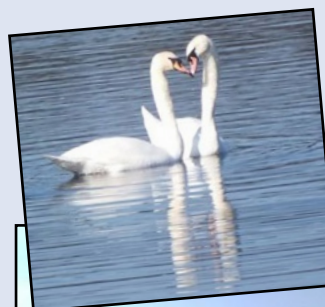
## Out and about

**WE HAVE been very busy with a walk and a social inclusion trip.**

We went on a three-mile walk in Sabden, Pendle, which took in Spence Moor and Pendleton Moor.

Members also enjoyed a social inclusion trip to Brockholes Nature Reserve, near Preston. We enjoyed the sunniest day of the year so far.

Next month we will be completing a 5.3 mile walk in Wycoller and Trawden, Pendle, on Thursday, April 14. Meet at at 9.30am at VIC Centre.



**More regular activities at VIC Centre - see back page**



# Open all hours at Easter

**THE doors of the VIC Centre will be open during Easter as part of our Open All Hours project.**

We received a grant worth nearly £20,000 to fund activities during holiday periods, as these are often a time when veterans feel particularly lonely.

The grant, from the Armed Forces Covenant, paid for activities over Christmas and New Year

and during Easter the centre will be open three days.

The centre will be open Good Friday from 10am to 3pm; open Easter Saturday for a Bob Ross art class at 10.30am; closed Easter Sunday; open Easter Monday from 10am to 3pm.

There will be a Wii sports tournament, board games and films to watch. Refreshments will be served and cakes have been generously donated by Park Bakery in Oldham.

## *New admin Tracy has 'come home'*

**HAVING served six years in the 5th Royal Regiment of the Fusiliers Territorial Army, Tracy Keir is well placed to take on her new role as our administrative assistant.**

She has also worked as PA to the Captain at the MoD in Bury and was used to handling requests from TA soldiers to serve with the army overseas.

At one stage she also inspected army bases in Germany to check on the standard of early years' provision.

Tracy, from Bacup, said: "I did my training at Guildford alongside regular soldiers



and when I trained both men and women undertook exactly the same training regime, it has all changed now.

"Because the Fusiliers are an infantry regiment we did a lot of tabbing, quick marching through all different kinds of terrain.

"I heard about this job by accident because a friend was going for it. I feel like I have come home because I am used to working in the MoD office; this was my ideal job."

Tracy is married to Rob, whom she met in the TA, he went on to serve in the RAF and retired as Squadron Leader three years ago. Their son Tom serves in the Merchant Navy and their daughter Ellie is at Haslingden High School.

## Courses

TWO courses are being run for VIC in association with Al Shingler, from Alternate Forces, at Hollingworth Lake Country Park, Littleborough.

A first aid at work course is being held from March 31 to April 2 and 12 free places have been offered to VIC members.

Also eight free places are available on a three-day navigation course from April 14-16.

Places must be booked in advance on 01706 833180.

## Craft club

THE Crafty Chatters will begin their first weekly session at the VIC Centre on April 4 at 10.30am - noon.

The sessions are open to veterans and people in the community and donations of craft items and anyone willing to share their craft skills is asked to contact VIC on 01706 833180.

## Station visit

VIC members will be visiting Burnley Fire Station on June 13 at 9.30am. Anyone wanting to attend should call 01706 833180.

## New classes

A SERIES of courses are to be held at the VIC Centre by Lancashire Adult Learning.

These include microwave cooking and IT for the terrified.

## Quiz starts

ON THE second Tuesday of every month there will be a quiz night held at the VIC Centre at 7pm.

## Singers to cut first CD

**A SPECIAL concert will be performed by members of the VIC Singing Group at Alder Grange School in Rawtenstall on Thursday March 24.**

The Singing Group will be performing a selection of songs to an audience of invited



guests. Standard bearers will be present.

The whole evening will be videoed and

recorded and the group's first CD will be released later this year.

Members of the

group also performed a concert in Asda in Rawtenstall and raised more than £210 for VIC.





## Community reporters make the grade

**WE NOW have three trained community reporters in VIC working with veterans.**

Outreach worker Tony Stubbs, Warren Beman and Iain Barrow have been trained as part of pilot project Overcoming Barriers that VIC is involved with in the Greater Manchester area.

Operations Manager Bob Elliott said: "They are now trained to interview veterans about their experiences and problems with accessing mental health services in the NHS

"Two films have already been made, one to show to providers and the second to show to other veterans.

"They will also be filming the activities we carry out at VIC."

As a result of their involvement in the project, Warren and Tony have also been asked to continue in their role as community reporters. If it is successful, the pilot may be extended to other areas of the country.

## Art kits make excellent gifts

**OUR Positive Art Shop in Bury Road, Rawtenstall, is now selling jumbo art packs in A3 size or A4.**

The value of the watercolour and acrylic packs is £35.55, but our price is just £24.99.

We also have a jumbo sketching set worth £37.85, which is a bargain at just £25.99. These make excellent presents.

In addition, a selection of Daler and Rowney simply art packs are available in all mediums. Each pack has all the basic materials you will need and is ideal to take to art classes or on long journeys.

Prices range from £15.50 to £25.99 saving an average of 40% on RRP. Contact [positiveart@veteransincommunities.org](mailto:positiveart@veteransincommunities.org)



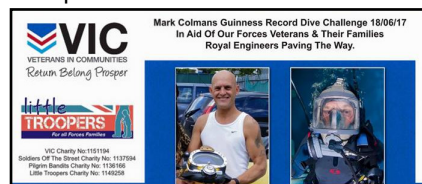
## Mark's dive update

**LAST month we told you how veteran Mark Colman is attempting to beat an endurance dive record and VIC is one of four charities he will be raising money for.**

VIC has helped Mark to secure publicity around his home town in Essex and where he now lives in Shropshire.

Mark is now in serious training for the event in June 2017 and has made a promotional video for his Guinness World Record attempt.

It is available to view on his blog <https://worldrecorddive2012.wordpress.com/>



## Chance to tell your tale

**VETERANS wanting to tell their story of service in wars and conflicts are invited to contact Mosaic Films.**

A number of short animated documentaries are to be made and the not-for-profit films will be targeted at veterans, families and health workers.

The project, called Shattered Minds, has received funding from the Wellcome Trust.

The documentaries are aimed at addressing the stereotypes, prejudice and misinformation surrounding service-related mental health issues.

To find out more check out this website [www.animatedminds.com](http://www.animatedminds.com)

## Forthcoming activities

**ON Tuesday March 29** there will be a trip to Farrington Waste Recovery Facility, Leyland, leaving at 1.45pm.

**On Thursday April 28** VIC is organising a visit to Crosby Beach, Merseyside, to see the Anthony Gormley statues; cost £3.

**On Wednesday April 20** we are going to Blackburn Yarn Dyers to tour the facilities. The tour should last approximately 90 minutes.

Those attending should meet at the VIC Centre 10.30am or at the Yarn Dyers at 10.55am.

Activities are open to veterans and the community call to book 01706 833180.

# What's On and Where

## ROSSENDALE

All activities at VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.

### Outreach Services

#### MONDAY-FRIDAY

11am-1pm

#### WEDNESDAY

10-12 noon

Central Methodist Church, Burnley Road,

Bacup, OL13 9AH.

#### MONDAY

##### Chafty Chatters

10.30am - 12

#### TUESDAY

##### Tai Chi

2pm

#### TUESDAY - second week only

##### Quiz

7pm

#### THURSDAY

### Singing Group

6.30-8.30pm

#### TUESDAY AND FRIDAY

##### Art Group and drop-in

11am-3pm

### Walking Group

Walks will be held on the 2nd and 4th

Thursdays. Weather permitting.

## HEYWOOD, MIDDLETON AND ROCHDALE

### Outreach Service

#### THURSDAYS

10am-12pm

1 Riverside, Rochdale OL16 1UB.

#### 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

#### MONDAY

10am-noon

Pendle Rise Shopping Centre, Nelson, BB9 9SL.

## VIC – 01706 833180

### Chief Executive Liz Hamilton

[lizhamilton@veteransincommunities.org](mailto:lizhamilton@veteransincommunities.org)

07731 730 442

### Operations Manager Bob Elliott

[bobelliott@veteransincommunities.org](mailto:bobelliott@veteransincommunities.org)

07961 554 006

### Admin Assistant Tracy Keir

[tracykeir@veteransincommunities.org](mailto:tracykeir@veteransincommunities.org)

### Outreach Worker Steve Butterworth

[stevebutterworth@veteransincommunities.org](mailto:stevebutterworth@veteransincommunities.org)

### Outreach Worker Claire Wright

[clairewright@veteransincommunities.org](mailto:clairewright@veteransincommunities.org)

### Volunteer Outreach Worker Tony Stubbs

[tonystubbs@veteransincommunities.org](mailto:tonystubbs@veteransincommunities.org)

### Arts and Crafts Co-ordinator Darren Horsnell

[darrenhorsnell@veteransincommunities.org](mailto:darrenhorsnell@veteransincommunities.org)

### Volunteer Outreach Worker and Music Project

#### Co-ordinator Peter Webster

[peterwebster@veteransincommunities.org](mailto: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)

### SSAFA

[email Lancashire@ssafa.org.uk](mailto:email Lancashire@ssafa.org.uk)

01772 260 462

### Rossendale Citizens' Advice

03444 889 622

### The Samaritans

01706 830999

### Mental Health Helpline

0800 915 4640 Mon to Fri 7pm - 11pm

Sat & Sun 12 noon to 12 midnight

### Royal Air Forces Association

01772 426930

### Veterans UK Free Helpline

0808 1914 218

### 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](mailto: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 VIC MyDonate page

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

VIC supported by:



Cobseo  
The Confederation of Service Charities



East Lancashire  
Clinical Commissioning Group



Supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund



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