

Marvellous Middleton allotment

IT HAS all been happening down at VIC's allotment in Middleton where preparations are underway to grow our own fruit and veg.

The polytunnel is being prepared with new planters and a polythene cover will be added to the frame.

Scaffolding planks have been used to create raised beds and a new fence is under construction.

VIC Volunteer

Outreach Worker Tony Stubbs and his team of veterans from Middleton outreach have been working two days a week to prepare the area for summer.

He said: "We are planning to get chickens next year, which will be for all the allotment owners on the site."

"We have also removed hornets' nests that had been established inside the shed that we have on

the allotment.

"A greenhouse has been donated by former firefighter Paul Stott, who relocated to Cornwall, and we will be installing that on the site."

"Next to our plot is a communal nature area and pond, which already has frogs and we will be building a pathway around it and putting up hanging baskets."

Work on the allotments is carried out on Tuesdays from 11am to 3pm and



some Fridays at the same time; check with Tony in advance by calling 07534 381723.

Tony added: "I can have up to eight veterans working on the site, but more volunteers are always

welcome."

On June 1 Tony will be attending a presentation ceremony at Rochdale Town Hall because he has been nominated for the Volunteer of the Year Awards.



RIP Megan Edwards

A PACKED church gathered to say farewell to VIC member Megan Edwards who died suddenly at her home in Haslingden.

Megan, 76, had supported the VIC Singing Group since it set up and was present to help with collections at most performances as well as providing moral support and constructive criticism to help the group improve.

Her funeral service was at St James Parish Church, Haslingden, attended by 250 people.

Husband John, a former firefighter and a member of the VIC Singing Group, said: "I would like to thank everyone who attended and sent cards and donations in memory. We raised £860 which is going to benefit St James Church, Diabetes UK and the British Heart Foundation."

Operations Manager Bob Elliott said: "She supported the Singing Group at most of the functions and she didn't hold back when she was judging how the group were performing."

"She had just celebrated her birthday and also her



wedding anniversary but died after a short illness in Royal Blackburn Hospital.

"On the day of the funeral, we closed the VIC Centre as a mark of respect."

Sky's the limit for Dominic

TEENAGE volunteer Dominic Trotter has spoken of how joining VIC has helped turn his life around.

Dominic Trotter, 16, of Middleton, has been struggling to find a direction over the last few years.

He said: "I have been involved in Veterans in Communities, VIC, for a year now and I have done all sorts and helped out with various projects.

"Before I came here, I didn't really care about anyone and I didn't care about myself."

Since joining our organisation, he has been helping Volunteer Outreach Worker Tony Stubbs create an allotment on land off Latrigger Crescent,



Middleton, and was rewarded with a volunteer award from the Mayor of Middleton.

He also went on to do a sky-dive and raised £320.

Dominic said "I was planning to do something for VIC as I have seen what it can do for people. I think it's brilliant and needs to be appreciated by more people."

Dominic would like to join the Army, probably the Fusiliers, because several

members of his family have served in the forces.

Being a soldier is something he is passionate about, but Dominic is also aware that he needs a plan B so is currently studying catering at Tameside College.

He said: "Since meeting Tony, joining VIC and getting the award, it has been a stepping stone for me and my relationship with my parents has improved."



MEMBERS of VIC were invited to the opening of the new Stubblee Community Café in Stubblee Park, Bacup. VIC works in partnership with the community greenhouses and our members have attended various courses.

What a catch

TEN places are available on a fishing trip for veterans to Heywood and District Angling Club.

The social inclusion trip is for anglers and non anglers with five participants from Rossendale and five from Heywood, Middleton and Rochdale.

It will be held on Wednesday June 7 leaving the VIC Centre at 9.30am or participants can make their own travel arrangements and attend for 10.30am.

There will be a £3.50 charge, collected on the day, which includes everything you need to fish so no need to bring any tackle or bait. A packed lunch is advised.

Fishing is between 11am and finishes at 1pm. There is a strictly no dogs policy.

To book places contact 01706 833180.

Team support for VIC



HASLINGDEN football team St Mary's, who raise awareness for VIC by wearing our logo on their strip, could be crowned West Lancashire Football League champions.

The team played the penultimate match of the season at home against Burscough Richmond, but lost. However, should they win or draw the final game, a rematch against Burscough Richmond, then the local side will win the league title.

Support singers

THE VIC Singing Group performed at Tesco in Haslingden and has a packed programme in the months ahead.

In June the group will sing in Asda; July's venue is Tesco in Bury and in August and September at Tesco Haslingden.

Volunteer collectors are needed while the group is performing.

Ceilidh planned

A FUNDRAISING ceilidh for VIC will be held at St Christopher's High School, Accrington, on September 29 with tickets costing £7.50.

Help needed

PERMISSION has been granted for VIC to collect at Piccadilly Station in Manchester on Tuesday June 27

The dress will be blazers and berets and VIC will be providing four collectors. Anyone who can volunteer to help should contact 01706 833180 and put their name down.

Greenfingers

A KIND donation of bulbs from FareShare including begonias, lilies and gladioli will be bringing colour to the rear yard of the VIC Centre and St James School, Haslingden.

Lead theft

THIEVES stole lead from the roof of the toilet block extension at the VIC Centre, but it has been replaced with a lead substitute.

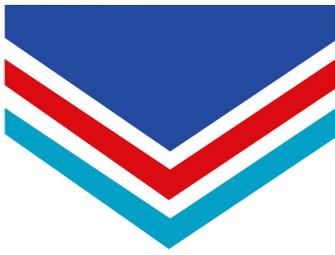
The theft happened at the same time as repairs have been taking place to improve the external and internal appearance of the VIC Centre.

Brockholes

A SOCIAL inclusion trip to Brockholes will be made by VIC on Thursday May 25.

The trip is open to veterans and members of the community, but places need to be booked in advance.

The Crew Van will leave the VIC Centre at 9.30am and to book contact 01706 833180.



Mayor rewards VIC with cheque for £3,500



CHIEF Executive Liz Hamilton was delighted to collect a cheque for £3,500 from the retiring Mayor of Rossendale Councillor Granville Morris.

Liz said: "We knew we were one of the three main beneficiaries for the money that the mayor raised during his year of office, but we were still surprised by the amount that we received. We are very grateful.

"The new Mayor of Rossendale is Councillor Colin Crawforth who is also one of our trustees."

At the Mayor Making ceremony Liz was accompanied by Trustee Jon Beilby and his wife Sue, both members of the VIC Singing Group, Bill Ogden and Mick Armstrong.



'Ello 'Ello 'Ello

FORMER police officer Ivy Limbrick went on a trip down memory lane on the VIC social inclusion trip to The Police Museum in Manchester

Ivy, who is now VIC's Outdoor Activities Co-ordinator, held various roles when serving as a police officer including work on major incidents, as a traffic officer and finally on the beat.

Ivy said: "The trip brought back memories, it was fantastic and fascinating. I saw my old uniform and handbag.

"At the start of the police force all officers only had two uniforms and they had to wear them at all times. They worked 12 hours day, 365 days a year and when on duty wore an armband."

The party learnt about the history of policing and saw a courtroom that had been taken back to its original look, colours and style.

Operations Manager Bob Elliott said: "This is definitely a trip that all members of the VIC enjoyed and they will be making another trip there soon."



Accrington outreach



EVERY Monday, VIC is now holding outreach sessions at Accrington Market.

Veterans Association UK has kindly allowed us to share their office on the first floor between 1pm and 3pm and our Volunteer Outreach Worker Carole Mills will be covering these sessions.

For more information please email carolemills@vic.org.uk or call the office on 01706 833180.



Carnival appeals

AN APPEAL is being made for hay bales for the float that Veterans In Communities is having in Bacup and Stacksteads Carnival on Sunday June 25.

The vehicle, provided by Wynsors World of Shoes, will have the VIC Singing Group on the back.

In Moorlands park VIC will be running an assault course, have an information stand and Pat O'Reilly will bring along his Living Museum. To help contact 01706 833180.

Benefit gig

VETERANS and Voices is a benefit concert in aid of VIC being held on Friday June 16 at St Mary's Church in Rawtenstall.

The concert will feature the VIC Singing Group and Sarah Dennis 'the Veteran's sweetheart'. Also on the bill is Haslingden and Helmshore Brass Band and The Wonderful Things Children's Choir.

Master of Ceremonies is Peter Sweetmore.

Tickets for the concert are £5, and are available from Tracy Keir on 01706 833180.

Open house

FIFTEEN people came to the VIC Centre on May Day Bank Holiday.

Opening our centre all hours, enables veterans to access support whenever they feel they need it.

Some of the visitors watched DVDs, whereas others sat with one another and chatted.

Hikes away

OUR walking group had a change to the planned walk and instead of Indians Head they took a walk around Hog Low Pike.

It was great weather and offered good views across Rossendale and the group even touched a trig point.

On June 8 there will be a 4.5 mile ascent of Pendle Hill, and on June 22 there will be a 4.5 mile circular walk around Musbury Heights, Helmshore

Both walks leave the VIC Centre at 9.30am.



ROSSENDALE

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

Outreach Service
MONDAY-FRIDAY

10am-3pm

To book a home appointment call 01706 833180.

MONDAY

Crafty Chatters

10.30am-12.30pm

WEDNESDAY

Community Arts and Crafts

10am-noon

Computer Functional Skills

9.30am-12.30pm

Art Classes

2pm-4pm

Jubilee Court, Jubilee Road, Haslingden, BB4 4DD.

THURSDAY

Rossendale Citizens' Advice (weekly)

by appointment only
Singing Group (weekly)

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

11am-3pm

Walking Group

Morning

Walks will be held on alternate **THURSDAYS**, weather permitting. Log on to VIC Facebook page to see where the next walks will be.

Outdoor Activities

Log on to our website and follow the link on *Projects and Activities* to see what we have planned and how to book a place. A full leaflet is available.

Positive Art

Our art shop is now based at the *VIC Centre, Bury Road, Haslingden, BB4 5PL, contact 01706 833180 for details.*

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

MONDAY

1-3pm

Sandon House, Taylor Street, Heywood OL10 4EF.

TUESDAY AND SOME FRIDAYS

11am-3pm

Allotment, Lattrigg Crescent, Langley, Middleton M24 4LU.

Call Tony 07534 381723.

THURSDAY

9.30-10.30am Rochdale Breakfast Club, Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

VIC Outreach

1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

Lighthouse Project, Unit S6b/c Middleton Shopping Centre, Limetrees Road, Middleton M24 4EL.

Walking Group

Walks will be held on alternate **THURSDAYS** and are combined with Rossendale.

HYNDBURN

Outreach Service

MONDAY

1-3pm

First floor Accrington Market Hall.

VIC – 01706 833180 Contacts

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Outdoor Activities Co-ordinator Ivy Limbrick
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Volunteer Outreach Worker Carole Mills
carolemills@vic.org.uk

Singing Group Bookings Barry Hyde
barryhyde@vic.org.uk

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
01772 260 462

Rossendale Citizens' Advice
0300 456 2552 Mon to Fri 10am-4pm

The Samaritans
01706 830999 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
01772 426930

Veterans UK Free Helpline
0808 1914 218

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

PENDLE

Outreach Service

10am-noon

MONDAY - first week only

Place de Creil, near Wilkos, Nelson.

MONDAY - second week only

Market Place Car park, Town Square Colne.

MONDAY - third week only

Town Square, Albert Road, Barnoldswick.

Want to help?

To donate to support the work of Veterans In Communities please visit our website and click on the secure BT MyDonate page

www.vic.org.uk

VIC supported by:



East Lancashire Clinical Commissioning Group



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