



# VIC Newsletter

## Lest we forget

**MEMBERS of VIC paid their respects at services all over Lancashire and Greater Manchester as the Centenary of Armistice Day was commemorated.**

As well as joining high school services at Alder Grange School and Fearn Community Sports College, Operations Manager Bob Elliott and members Alan Willetts and Graham Limb attended St James CE School, Haslingden, where they made clay poppies.

Members were

also present at Weir, the highest War Memorial in England, at Bacup Cemetery to remember those whose service was honoured in a War Graves project carried out by VIC and in Bacup when hundreds joined the parade and Deggs laid a wreath.

Bob said: "The VIC Singing Group was at Stacksteads Remembrance and also at Rawtenstall as were many more members.

"In Burnley Jon Beilby laid a wreath, Alan Willetts laid a wreath in Helmshore

while Dave Almond took on the role in Accrington and Jim Smith was in Whitworth.

"There were lots of VIC members present in Haslingden and our poppy wreath was laid by David Hoyle.

"There was a parade past the VIC Centre and we opened for a couple of hours on the Sunday for people to call in."

Veterans attended the North West HQ Festival of Remembrance at Preston's Guild Hall where VIC held a stall selling Lest We



Forget craft items.

Chief Executive Liz Hamilton also got the chance to meet Falklands veteran Simon Weston.

In Ramsbottom, Outreach Worker Steve Butterworth was involved in the Rammy Rocks unveiling in Nuttall

Park. Normandy veteran Lewis Banham and Steve's granddaughter unveiled a memorial stone surrounded by painted rocks in the park.

Veterans also went to the Manchester Airport Festival of Remembrance.

## Remembrance photo special on Page 3



## Graham's amazing year

**VIC member Graham Limb was one of just five ex-service personnel chosen to work with a designer on a special Armistice Medal for The Royal British Legion.**

The veterans involved in the medal's creation are all members of Bravo 22 Company who were invited to work with artist Michael Guilfoyle to design the medal.

It was then produced by Mint Editions in time for the Centenary of the

end of the First World War.

Graham said: "Because of Bravo 22 I am now doing things that in my widest



dreams I never thought I would do. I'm so excited for the future."

In June, Graham travelled to Waterloo in Belgium with the

Company to the most famous location in the battle's history – Hougoumont.

This is a walled farmyard where on 18 June 1815 the Duke of Wellington ordered the gates be closed leading to the defeat of Napoleon's army.

Graham was also privileged to be a part of a special video documenting the history of Cadbury and The Royal British Legion. Graham is one of the veterans that narrates the story.

It is available to view on YouTube – Chocolate Soldiers.





## Close shave for Armistice



**VETERANS** were given a complimentary haircut, beauty treatment and massage in time for Armistice Day.

Barber Dave Faulkner and Beautician and Masseuse Sarah Evans from Manchester-based Barbers at Work spent a day at VIC to give back to those who have served their country.

Andy set up his own business Barbers at Work in September. He Googled different

organisations and after finding out more about VIC from Operations Manager Bob Elliott, he decided to offer a free day for veterans.

Andy said: "My great-grandfather served in the Argyll's in the Second World War and became a Prisoner of War in Singapore.

"When he came back he was in Erskine Bridge Hospital and a lot of my childhood was spent visiting him with family.

"This is my way of giving back and saying thank you. I could just go into a charity and hand over money, but this way it makes an event for the community to enjoy.

"You could see how the younger veterans respected the advice they were given from the older ones. The banter in the centre was hilarious and all the stories."

In total 29 veterans and members of the community



called into the centre; 15 had haircuts and four had beauty treatment.

Bob said: "We are very grateful to Andy and the team for coming into our centre; they even brought cakes.

"We really appreciate the staff taking the time to make sure our veterans looked their best for Remembrance Sunday."



## Exhibition to heroes

VIC members were invited to the opening of a special exhibition being staged at Bacup Natural History Museum telling the stories of 60 First World War soldiers buried at Bacup Cemetery.

The Nat's secretary and historian Wendy Watters, wrote the book 'Where Heroes Rest' which VIC used to help with the War Graves 100 project at Bacup Cemetery.

Members of VIC Bill Ogden and Mick Armstrong, who helped with the project that placed stone plaques to First World War soldiers in Bacup Cemetery, attended the exhibition.

Bill said: "When we started the project we

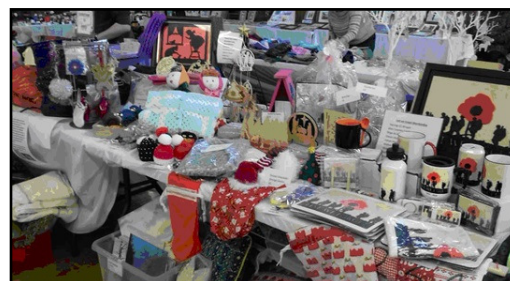


knew of the soldiers mentioned in Wendy's book, but at the end we had found 135 soldiers who were buried or remembered on graves in Bacup.

"They all now have a personalised engraved stone and we worked with

younger people, cadets, the National Citizen Scheme and Prince's Trust so we hope in future years they will take care of the stones."

The information at Bacup Nat will be on display in the museum until Christmas.



*Outdoor Activities Co-ordinator Ivy Limbrick sold VIC craft items at Trinity Baptist Church Craft Fair.*



*A huge congratulations to Normandy veteran Lewis Banham who celebrated his 96th birthday with a very special cake and lots of good wishes from VIC members.*





# Centenary Remembrance

**VIC**  
VETERANS IN COMMUNITIES  
*Return. Belong. Prosper.*







## Grubs up lunch club

**DELICIOUS food will be on offer every fortnight at the new 'Grubs up' luncheon club at VIC.**

The first meal will be served at 12.30pm at the VIC Centre on Tuesday November 27 and will be beef casserole, mash, carrots, swede and cabbage followed by apple pie and custard.

The meal costs £2 and must be paid for in advance. Veterans and the community, who are members of VIC, are welcome to attend.

Contact 01706 833180.

## Bob Ross art class

**MORE stunning artwork will be created on November 24 and 25 at the latest painting in the style of Bob Ross art classes at the VIC Centre.**

On the Saturday we will be painting a window scene and, due to popular demand, we will be repeating last month's Autumn scene on Sunday. Both classes are £35 each with all materials supplied. They start at 10.30am and finish around 3.30pm.

Tea and coffee are supplied but a packed lunch is advisable.

To book a place call 01706 833180.



## Youth aid veterans

**TEN students who are studying Public Services at Bury College spent a fortnight working with VIC.**

They were taking part in the National Citizen Service, a voluntary personal and social development programme for 15-17 year olds.

They visited our Haslingden centre and created poppy pictures that are being entered into a national competition and helped prepare the allotment ready for winter.

Patrick Clarke, 16, from Helmshore, said: "We completed the NCS as part of our course and it was the first time I had heard about VIC.

"We took part in a Dragons' Den pitch for money and we all got involved in presenting what the charity we were supporting was all about - and we won."

That success, in front of a panel of judges including Operations Manager Bob Elliott, earned the team £20, which kick started their fundraising efforts.

## Cafe opens

**VIC members were guests at the official opening of the Burnley Community Kitchen at Charter Walk, Burnley.**

Our members helped Burnley FC in the Community at the start when the former shop was being converted by stripping out the old fittings.

It shows what can happen

They collected money from shoppers in Bury town centre assisted by Bob, Volunteer Outreach Worker Carole Mills and member Alan Willets.

One of the students, Sam Mathieson, 16, from Bury, was sponsored to run three miles and he was supported by the other students.

Patrick, who is an Explorer Scout in Haslingden, said: "I like that we have had the chance to meet veterans who are living in our neighbourhood.

"I always attend the Remembrance Parade in Helmshore as a Scout. Veterans have given us so much it is only right that we support them."

The team presented VIC with a cheque for £127.79p.

Bob said: "I was one of a team on the Dragons' Den panel and they presented very well. We have all enjoyed working with them and wish them well in their future careers."



when so many organisations and volunteers come together to support and deliver a community venture.

**Project worker Bev Fowler held an information stand at Longford Street Group Practice, Heywood.**







# Pride of Britain recognition

VIC was nominated in the national Pride of Britain competition sponsored by the Daily Mirror and TSB.



Operations Manager Bob Elliott said: "It was totally out of the blue. Three weeks before the final was due to be broadcast, we got a call from a journalist from the Mirror who

wanted to know more about what we do. "We found out we had been nominated and they sent a photographer and wrote a case study on

the work of VIC. "We are delighted that the work of the charity has been recognised in this way and we would like to thank whoever put us

forward. It is rewarding for everyone involved in VIC to be recognised in this way." The Manchester Evening News featured the work of VIC as did Heart Radio. Here is the link to the VIC story on the TSB website <https://www.tsb.co.uk/local-pride/north-west-england/veterans-in-communities/>

"I would just like to offer my thanks to Jim Smith for accompanying me at our Remembrance Service. A true gentleman. It was a privilege and honour to meet him."

**Madeline de Souza**  
Mayor of Whitworth

## Veterans in Production

**HASLINGDEN Civic Pride now has a new street planter made by VIC at the top of Deardengate outside Lindens Rest Home.** We have also been asked for a further two to be made which will be used to brighten up Haslingden.

VIC was delighted to be able to help the group because they do a great job to keep the area clean and tidy. We have also been asked for three planters for Manchester Road Methodist Church.

If you would like to know more about Veterans In Production and some of items we can make or would like to get involved in the project then please contact the office on 01706 833180.



## Retreat plans

**A FANTASTIC day out was had by three VIC members at Belisama's Retreat in Balderstone.**

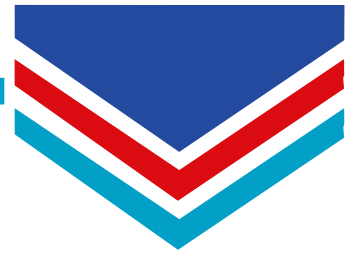
Amanda, John and Andy had a great day exploring the woodland retreat to see how we can work together with Paul and Tony. Any projects that are arranged in the future, will see veterans helping to develop the site for the benefit of all. As can be seen – Andy honed his axe throwing skills.

## Last walk of the year

**THE last walk of 2018 saw VIC members enjoy a trip from Clowbridge Reservoir across to the Singing Ringing Tree.**

Fortunately the walkers managed to complete the route just as the weather changed. For information on next year's outdoor activities programme, check the VIC website.





## ROSSENDALE

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

### Outreach Service

MONDAY-FRIDAY

10am-3pm

For a home appointment call 01706 833180

MONDAY

### Crafty Chatters

10.30am-12.30pm

TUESDAY

### Allotment in Helmshore

Volunteers can help Outreach Worker Steve Butterworth with the allotment on Holcombe Road, Helmshore. Contact 01706 833180.

TUESDAY AND FRIDAY

### Art Group and drop-in

10.30am-3.30pm

WEDNESDAY

### Lancashire Adult Learning Craft Course

10am-12.30pm

Free craft course until December 19.

### Community Arts and Crafts

10am-noon

### Art Class

2pm-4pm

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

THURSDAY

### Woodworking Course

10am-3pm

### Computer and IT help drop-in

11am-3pm

### Singing Group (weekly)

6.30-8.30pm

SECOND SATURDAY

### Rossendale Armed Forces and Veterans' Breakfast Club

10am-12-30pm

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

### Walking Group, Social Outings and Outdoor Activities

These are held every THURSDAY. Please visit the *Events* section on our VIC Facebook page or log on to the VIC website and follow the link to *Projects and Activities*.

## HEYWOOD, MIDDLETON AND ROCHDALE

### The Sandbag Cafe and drop in TUESDAY

10am-noon

Sandon House, Taylor Street, Heywood OL10 4EF.

THURSDAY

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

10.30am-noon

### VIC Outreach

1 Riverside, Rochdale OL16 1UB.

## BURNLEY AND PENDLE

### Outreach Service

MONDAY - first week only

Place de Creil, near Wilkos, Nelson.

10am-noon

MONDAY - second week only

Market Place Car park, Town Square, Colne. 9am-11am

TUESDAY - every week

Breakfast Club at Burnley FC in the Community Cafe, Charter Walk.

9am-11am

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

## HYNDBURN

### Outreach Service

MONDAYS

1-3pm

Ground floor near cafe Accrington Market.

## VIC – 01706 833180

Chief Executive Liz Hamilton

lizhamilton@vic.org.uk

Operations Manager Bob Elliott

bobelliott@vic.org.uk

07961 554 006

Admin Officer Amanda Walton

amandawalton@vic.org.uk

Outreach Worker Steve Butterworth

stevebutterworth@vic.org.uk

Project Worker Bev Fowler

beverleyfowler@vic.org.uk

07741 902 343

Transformational Coach Gill Hughes

gillhughes@vic.org.uk

07741 902 411

Volunteer Outreach Worker Carole Mills

carolemills@vic.org.uk

Volunteer Outreach Worker Liz Davies

lizdavies@vic.org.uk

Volunteer Support Worker Mel Fitzgerald

melfitzgerald@vic.org.uk

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@vic.org.uk

Outdoor Activities Co-ordinator Ivy Limbrick

ivylimbrick@vic.org.uk

Singing Group Bookings Barry Hyde

barryhyde@vic.org.uk

## Contacts

### 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@ssaafa.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

### Bolton Armed Forces Centre 4 Veterans

www.bafc4v.org

01204 776628

### VIC supported by:



www.facebook.com  
VIC Veterans In Communities