

Many happy returns Doug



SECOND World War veteran Doug Hocken received a 90th birthday surprise at VIC when he was presented with a new blazer, tie, beret and badges.

The RAF veteran, who was a navigator and flew in Lancaster Bombers, also received a special mug showing a Lancaster Bomber from Arts and Crafts Co-ordinator Darren Horsnell.

Doug was guest of honour at the VIC Centre where, unknown to him, comrades and friends had gathered in the board room to wish him well and cheer him blowing out candles on a special cake.

He said: "VIC is the best thing to happen to me in the last couple of years. I am right suited."

The former Bacup and Rawtenstall Grammar School student began working for JB Broadley's in Rawtenstall aged 16 before he enlisted in the RAF 18 months later.

He said: "I joined up in 1944 and served just before the end of the war. I was stationed on an American base at Rattlesden in Suffolk and we flew over



France dropping leaflets to explain that the war was nearly over, thank them for their co-operation to ensure peace and look forward to a period of prosperity; which has happened.

"When the war was finished I was then stationed in Delhi in India where I had an administrative job with the RAF."

On returning home, Doug went back to his job at JB Broadley and he retired in 1987 as a production manager.

He has a son David who is a scientist at the European Space Agency in Darmstadt, Germany, and a daughter Susan, a director in P&M Coppack, in Bacup, five grandsons, three granddaughters and twin great-granddaughters.

Doug said: "My wife Dorothy died in 2010 and my daughter Susan has been a rock, but a couple of years ago I was visited by the welfare and they suggested that I attend VIC because I was a bit lost.

"They thought it would be good for me and it has been. I have been very lucky to meet such nice people and I have been on lots of trips."

Doug also attends the art club every week.

VIC presented him with a blazer complete with squadron badge, a tie and cap badge to go with a beret provided by the 1969 Air Cadets.

Susan said: "Coming to VIC has been something for him; I think this place has been a lifesaver for him."

Vacancy

VIC is seeking an Administration Assistant to work in the VIC Centre in Haslingden.

Chief Executive Liz Hamilton said: "We are looking for an organised, flexible and dynamic Administration Assistant.

"The applicant will have excellent communication and organisational skills and the ability to work as part of a team as well as with minimal supervision."

Contact 01706 833180 for more information.

Applicants should submit a CV and personal statement on their ability to meet the job description and person specification by 12 noon on Friday November 10 to lizhamilton@vic.org.uk



CRAFTY Chatters have been busy knitting baby clothes, which have been donated to Ruth Thorpe of Cloth and Craft at Waterfoot to be given to whoever needs them.

VIC fundraiser

THE Cornerstone pub, top floor of the Pioneer Buildings, Bacup, will host an event for VIC on Saturday November 4 from 8pm-12.30am

Tickets for the night cost £5 and include an artiste, DJ, raffle and meat and potato or cheese and onion pie supper.

Tickets are available at Wishes Galore in Pioneer Buildings, or contact Bill Ogden on 07835 481855.



Art aids recovery

Christmas lunch

MEMBERS of VIC will be tucking into a Christmas lunch at the Rose 'n' Bowl in Stacksteads on Wednesday December 13 at 12.30pm.

The lunch costs £11 per person including a starter, main course and tea or coffee. To book contact Ivy Limbrick at the office on 01706 833180 and a £5 deposit is required.

Veteran helped

THANKS to donations from Angie's Angels, VIC has been able to provide a young veteran in Colne with kitchen appliances.

She has not long left the Adjutant General's Corps on medical grounds. Thank you to Andy Greaves and Joe Davis for helping out.

ALMOST five years ago VIC introduced art as an activity to provide veterans with a means of expressing themselves.

Since then, the provision has grown and two art group sessions are held at the VIC Centre on Bury Road, Haslingden, along with popular classes at a sheltered housing scheme at Jubilee Court, Haslingden.

Arts and Crafts Co-ordinator Darren Horsnell said: "We have now grown to holding two groups every Tuesday and Friday from 10.30am till 3.30pm for people with varying levels of artistic ability.

"Subs are £3 for a half day or £5 for a full day with all materials and tuition supplied.

"We also hold a popular Wednesday group at Jubilee Court, which is open to anyone and runs from 2pm to 4pm and costs £3."

Falkland Islands veteran Darren discovered art as therapy when he was being treated for Post Traumatic Stress Disorder at Combat



Stress.

Since then he has gone on to set up art groups through the Creative Community Hub at VIC, funded by a grant from the Armed Forces Covenant.

Nora Yeomans is a regular at the Jubilee Court group and had never painted before joining. She is now producing stunning works of art, *like this one right*, and also created one of the designs on our Christmas cards. These are on sale at the centre.

Darren also runs classes to paint in the style of Bob Ross and the 19th class will be on Saturday October 28 from



10.30am to 3.30pm at a cost of £35 with all materials supplied.

To find out more about arts and crafts at VIC, contact Darren on 01706 833180.

London trips for VIC member Graham

SCULPTOR Graham Limb made two trips to London this month as part of his work with Bravo 22 Company.

VIC member Graham created a life-size sculpture for an exhibition as part of a project called The Art of Recovery featuring a seated man with his head in his hands.

Fellow VIC member Dave Joddrell created a sculpture of a man with a lock in pieces in one hand and a fully working lock in the other.

Their artwork was originally on show at the Lowry Hotel and

from October to next February all the 10 veterans' sculptures are now on display at the Museum of the Mind in Croydon.

The recovery and wellbeing project has been delivered in partnership between The Royal British Legion, The Drive Project and Phoenix Brighton led by sculptor Al Johnson.

Graham was also invited to the press launch in Kings Cross of the drama Unspoken, which is telling the tales of veterans.

There he met actor Ray Winstone who is a patron of Bravo 22 Company.

Graham said: "He was very

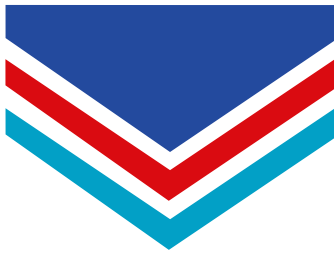


down to earth and spoke exactly as you have seen him in films and on TV. I will be involved in a film which is being made to be shown before the play."

Unspoken will be staged at the Theatre Royal in Newcastle on Remembrance Sunday November 12.



VIC would like to thank John Hardegan from Colne for his kind donation of £300.32, which will be used to support our social inclusion work. John is pictured with Councillor Neil Butterworth, who is Pendle Armed Forces Champion.



Open for breakfast

VETERANS tucked in to a hearty breakfast at the first meeting of Rossendale Armed Forces and Veterans' Breakfast Club.

The regular event will be held on the second Saturday of every month at Haslingden Community Link, Bury Road, Haslingden, from 10am to 12.30pm.

VIC member and veteran Bill Ogden, who served in the Royal Signals for 25 years in Germany, Northern Ireland and the UK, decided to set up the club.

He said: "Leaving the forces isn't like changing your job in Civvy Street because you leave behind your home, your colleagues and your social group."



"The club is a not for profit organisation and the veterans only pay for their breakfast. They get a full breakfast including orange juice and unlimited amounts of tea and coffee, all served up with plenty of banter and military stories."

Rossendale's Mayor and Mayoress Councillor Colin Crawforth and his wife Denise were invited to the first breakfast club.

They praised the excellent breakfast. Councillor Crawforth said: "This is the start of something big."

● *Every Thursday afternoon the kettle will be on at Burnley FC's Turf Moor for a veterans' social session from 1pm-3pm. The Football in the Community team also wants to know if veterans want to play walking football or 5-a-side.*

Outdoor challenge

AN EXCITING day of adventure is promised at Outdoor Elements in Simonstone, on November 18.

The full day of activities will see members crate stacking, showing their archery skills, building dens, making fires and much more.

A £5 non refundable deposit is needed to secure your place for VIC members and a minimum of 10 are needed to book the day. Non VIC members will be charged £25. Book places on 01706 833180.

"I wanted to say the biggest thank you to everyone who attended dad's funeral and thank you all for the card too. We felt so unbelievably proud on Friday, and it was only possible thanks to you all and the fantastic live music from Water Band.

What an amazing send off we gave my dad. I'll never be able to thank you all enough. So very, very proud to have been his daughter, and without you all, we could not have got through this like we have. I'll see you all soon. Lots of love to you all."

Leah-Anne Wellman-Poole
(Fred's daughter)

Rev up and join ride of respect

MOTORCYCLISTS, scooter riders and trikers are being encouraged to help create a red poppy around the 36.1 mile route of the M60 and all the proceeds will benefit VIC.

Ride of Respect – Ring of Red has bases in Rochdale and London where they circle the M25.

This year VIC has been chosen to benefit from all the funds raised from the M60 ride on Remembrance Sunday November 12.

One of the organisers Jeanette Kiely said: "Everyone taking part will have a red T-shirt and we have contacted TV news stations to see if they will be able to cover it. We want someone to be able to take an aerial photograph to show the red ring around the city."

"We picked VIC to benefit because of the outreach work that it carries out in Rochdale, Heywood and the surrounding areas."

Specially printed red T-shirts are available to buy in advance of the ride from Facebook group Ring of Red M60. Riders will assemble at Birch Services, westbound, from 9.30am and the ride leaves at 1pm.



Honour for Lewis

MORE than 70 years after veteran Lewis Banham set foot on French soil as a despatch rider, he has received the Legion d'Honneur.

The highest French military medal was bestowed on the Second World War veteran by the Mayor of Rossendale Councillor Colin Crawforth, Rossendale Council's Armed Forces Champion.

Lewis, 94, recently received the Dutch liberation medal, a thank you from the Netherlands for his part in freeing the country. He despatched crucial information to troops on the front line across France, Belgium, Netherlands and Germany and was delighted to receive the medal to add to his collection.

Next May, along with his son Greg and Bill Ogden from VIC, he will be a guest in the Netherlands.

Every little helps

CARING customers at Haslingden's Tesco donated food that has been distributed to groups across Rossendale.

VIC Operations Manager Bob Elliott said: "I would like to say thank you to Tesco and its customers.

"As a result of the donations VIC has been able to make eight emergency food parcels that will be given to any veterans and their families who are in need."





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
Art Class
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
10.30am-3.30pm

SECOND SATURDAY Veterans' Breakfast Club

10am-12-30pm
Bumbles' Cafe, Haslingden Community Link, Bury Road, Haslingden BB4 5PG

Walking Group

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

The Sandbag Cafe and drop in TUESDAY

10am-noon – drop in 11am-noon
Sandon House, Taylor Street, Heywood OL10 4EF.

TUESDAY AND SOME FRIDAYS 11am-3pm

Allotment, Latrigg 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

MONDAYS OR TUESDAYS (check with VIC)
1-3pm
Second floor Accrington Market Hall.

VIC – 01706 833180 Contacts

Chief Executive Liz Hamilton
lizhamilton@vic.org.uk

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07961 554 006

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lizdavies@vic.org.uk

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Volunteer Outreach Worker Tony Stubbs
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Volunteer Outreach Worker Carole Mills
carolemills@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

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:



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