



# VIC Newsletter

## Access all areas

**WE HAVE** widened our outreach services to reach even more veterans across East Lancashire, Rochdale, Middleton and Heywood areas.

At our annual general meeting it was reported that from April 2018-19 more than 200 outreach sessions had been held, but that figure is set to increase.

Building on the success of the newly opened drop in shop in Accrington, we have now launched a further drop in café in Billington to serve Ribble Valley.

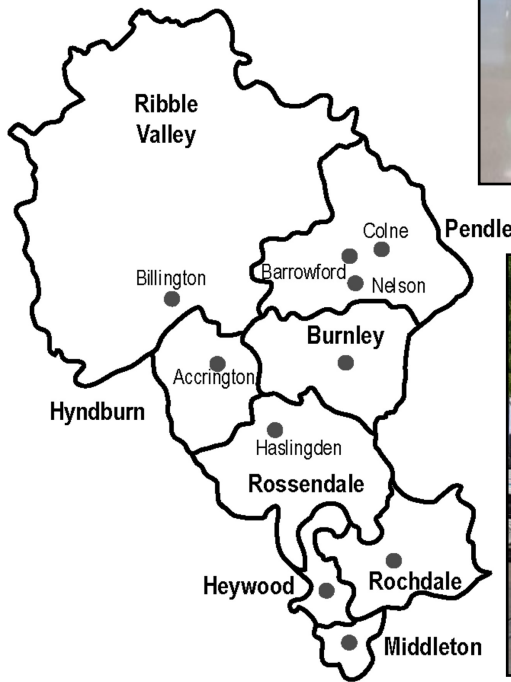
An extra outreach at Middleton Gardens is complemented by a Coffee Club at 'The Lighthouse Project' in the shopping centre and in Pendle, outreach will be available at Colne's Asda and Nelson's Morrisons.

Chief Executive Amanda Walton said: "The new venues will enable VIC to expand our services into some of the more remote areas of our catchment.

"None of this would be possible without our many volunteers who work alongside our Outreach Workers and Project Workers and we offer them all huge thanks."

When the new veterans' drop in was opened at Ebenezer's Coffee Shop in Billington, the Mayor of Ribble Valley Councillor Stella Brunskill performed the ceremony.

### VIC Outreach Services



Colne



Middleton



Ribble Valley

**VIC**  
VETERANS IN COMMUNITIES  
Return Belong Prosper  
Registered Charity No: 1151194  
Company Limited by Guarantee No: 8220197

**Ebenezer's**  
COFFEE SHOP AT THE HUB

**Have you served in the Armed Forces?**  
**Veterans in Communities**  
**RV Veterans' Hub**

Come and join us to relax, chat and enjoy a good breakfast

Every TUESDAY between  
9:30 am—11:30 am at:

**Ebenezer's Coffee Shop, The Old Chapel,  
Ebenezer Terrace, Billington BB7 9NN**

For more information  
please contact us :  
01706-83180

*Visit VIC  
on the  
Valley  
Art Trail*

**AS PART** of this year's Rossendale Art Trail, VIC is opening the doors of our art studio at the VIC Centre from 10am to 4pm on Saturday and Sunday October 5 and 6.

The art trail involves nearly 50 artists exhibiting in 20 different venues from Haslingden and Helmshore across to Whitworth and includes The Whitaker and Edenfield Parish Church. A brochure has been

produced showing all the venues and copies are available at VIC. We will be holding open arts and crafts workshops from 10am-4pm and anyone is free to call in for a coffee or just for a chat.

# A farewell to Liz



## Furniture donation for VIC shop

**FURNITURE donated by Haslingden home furnishings company Clark & Clark has brightened up the back room of our Hyndburn shop.**

The shop, which opens on Tuesdays and Fridays as a drop-in in Accrington Arndale Centre, is still proving extremely popular and the relocated art group has been buzzing.

Operations Manager Bob Elliott said: "We are getting new people coming in every week and they are very supportive. We have helped a number of veterans to complete paperwork so they can get the veterans' badge and also helped them apply for the defence discount card.

"Others wanted to know how to obtain their service records, or the records of relatives. A lot come in just to look at the paintings and we now have a display of beautiful walking sticks made by VIC member Dave Almond."

Thanks to Carol Duckworth for arranging the donation.

**OUR well attended annual general meeting heard that more than 200 outreach sessions had been delivered by VIC in the last year.**

At the VIC Centre in Haslingden, Liz Hamilton outlined a host of achievements for the charity in her last AGM before resigning from the post.

Liz said: "From April 2018 to March 2019 we had 175 new members who completed membership forms.

"We have also carried out more than 50 outreach home visits to those who were unable to attend our centre or an outreach session."

The charity successfully provided students on the National Citizen Service programme with experience and also brought the armed forces to life for students on Military Preparation and Public Services Courses.

Liz described the peer support offered by VIC as the 'golden thread' as it is delivered to veterans by veterans who are able to learn from their own personal experiences to help others.

She said: "Partnerships are also really important. It is important that agencies understand what a veteran is and ask the right questions, and that they understand why they may not get the full story from a veteran at first because of their past and background."

Chairman Ronnie Barker stressed the vital role volunteers played in the success of VIC – and totalled up that, if they were paid a minimum wage, the annual cost would be nearly £33k.

The charity is well supported by donations, fundraising and money raised by the VIC Choir, which mostly sings in supermarkets, was more than £4,500.

A successful fundraising ceilidh was held and sponsored personal challenges were carried out by Julie Davis, the daughter of VIC member John



Edwards. Liz stressed the organisation had been so successful because, besides the seven staff members, it has a huge team of volunteers who worked together.

Lancashire County Council Armed Forces Champion County Councillor Alf Clempson attended and formally presented the Tom Davies Trophy, which was awarded to the charity in the summer.

He said: "The biggest challenge to a lot of service charities and groups is longevity. It is wonderful to see how this

group has achieved it through its great volunteers but it is also important to have a good Chief Executive Officer to steer it."

Liz was quick to point out VIC's success was down to the team including trustees, staff and volunteers.

She added: "I couldn't have done my job for the last four years without the rest of you. Thank you for a lovely four years."

Liz was presented with two Hannah Dunnitt Living Word prints and a Baptist book.



**AFTER four years piloting the plane, steering the ship and driving the tank, VIC Chief Executive Liz Hamilton has left to retrain as a Baptist Minister.**

Operations Manager Bob Elliott said: "I think I can speak on behalf of our volunteers, staff and members by saying thank you Liz and we wish her the very best in the future. Liz has taken VIC to another level."



# Bernard joins the team

## Lancaster visit

**A SOCIAL inclusion trip to Lancaster will be held on Thursday October 3.**

The crew van will be leaving VIC at 9.30am and once in Lancaster members can decide how to spend their day before the journey back at 2pm.

Places are limited to 10 and a donation of £10 towards transportation would be appreciated. A £5 non refundable deposit secures your seat.

**A SESSIONAL Worker for Veterans in Production has been appointed.**

VIC secured a grant of almost £10,000 from the National Lottery Awards for All to cover the cost of new tools specifically for the manufacturing project, volunteer expenses and a structured training project.

Bernard Tighe, who has been volunteering with VIP for about six months, has been chosen to lead the project.

He said: "Being a part of VIP has got me out of the house and stopped me

vegetating. I am a bit of a 'Bob the builder' and whatever needs making I can do it. In my new role I want to expand the range of items VIP makes as well as pass on my skills and teach others."

Bernard served in the Royal Air Force from 1976 to December 1987 and was based on Harriers and served on detachment all over the world.

He said: "After I left, I was building microlights and then I went on to build scale models of planes – including one with a 23ft wing span.

"I have been stuck in a rut for 20 years



and although I tinker a lot, really it is just me and my rescue animals."

He said he was looking for more veterans to get involved with VIP and is also offering opportunities to students to learn new skills. Grace Codd

volunteered with VIP after attending a placement at the charity while she was on a course at North Lincs Training. The skills she learnt enabled her to get a full-time joinery job.

For more information call 01706 833180.

## Choir sings at flower festival

**WELL done to the VIC Choir for making their singing debut in Ribbles Valley as guests of the Mayor Councillor Stella Brunskill.**

They were singing at St Mary's Church in Osbaldeston and received some lovely feedback.

The choir was honoured to be invited to sing at the Songs of Praise event that concluded a



Celebration of Communities Flower Festival.

The Mayor has chosen VIC to be one of the beneficiaries of money raised during her year of office.

**More stunning artwork was created at the latest**



**Bob Ross art classes run by Arts and Crafts Co-ordinator Darren Horsnell**



**A pop up information stand was held in Rochdale Exchange by Project Worker Bev Fowler**



**A lovely time was had by all on board a canal cruise from Stretford Marina to Boothstown on the Bridgewater Canal**





## 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

### WEDNESDAY

#### Allotment and Veterans In Production

Help on the allotment in Holcombe Road, Helmshore, or manufacture wooden items at the centre. Contact 01706 833180.

#### Art Class

2pm-4pm

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

### THURSDAY

#### Woodworking Course

10am-3pm

#### Computer and IT help drop-in

11am-3pm

#### VIC Choir (weekly)

6.30-8.30pm

### FRIDAY

#### Art Group and drop-in

10am-3.30pm

### SECOND SATURDAY

#### Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

The Link Cafe, Haslingden Community Link, Bury Road, Haslingden BB4 5PG

### EVERY MONTH

#### Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180.

#### Walking Group, Social Outings and Outdoor Activities

These are held every

**THURSDAY.** Visit the *Events* section on our VIC Facebook page or the VIC website and follow the link to *Projects and Activities*.

9.30am-11.30pm

Ebenezer's Coffee Shop, The Old Chapel, Ebenezer's Terrace, Billington, BB7 9NN.

## RIBBLE VALLEY

### Outreach Service

TUESDAYS

## BURNLEY AND PENDLE

### Outreach Service

**TUESDAY - alternate weeks**

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

9am-11am

Contact 01706 833180 for dates of outreach at Burnley FC in the Community, the Pendle Armed Forces Support Group, Holmefield Mill, Gisburn Road, Barrowford, at 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 4EF.

### VIC Outreach

**TUESDAY**

12.30pm-2.30pm

Middleton Gardens, M24 1AB

### VIC Middleton Coffee Club

1pm-2.30pm

The Lighthouse Project, Middleton Shopping Centre, M24 1AB.

**THURSDAY**

9am-10.30am Rochdale Breakfast Club Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

### VIC Outreach

1 Riverside, Rochdale OL16 1UB.

## HYNDBURN

### Outreach Service and Art Group

**TUESDAY**

10am-3pm

VIC Shop, Accrington Arndale Centre.

**FRIDAY**

### Outreach Service

10.30am-3pm

## Want to help?

To donate to support the work of VIC please

visit our website and click on the secure

Virgin Money Giving link

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

## VIC – 01706 833180

Chief Executive Amanda Walton

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Admin Officer Eileen Smith

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Outreach Worker Steve Butterworth

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Project Worker Bev Fowler

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Transformational Coach Gill Hughes

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07741 902 411

Volunteer Outreach Worker Carole Mills

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Volunteer Outreach Worker Liz Davies

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Volunteer Support Worker Mel Fitzgerald

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Arts and Crafts Co-ordinator Darren Horsnell

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Outdoor Activities Co-ordinator Ivy Limbrick

[ivylimbrick@vic.org.uk](mailto:ivylimbrick@vic.org.uk)

Sessional Worker Bernard Tighe

VIC Choir Bookings Barry Hyde

[barryhyde@vic.org.uk](mailto: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@ssafa.org.uk](mailto:Lancashire@ssafa.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

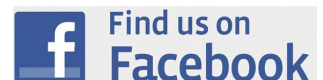
### Bolton Armed Forces Centre 4 Veterans

[www.bafc4v.org](http://www.bafc4v.org)

01204 776628

## VIC supported

by:



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