



VIC Newsletter

Spectacular 10th anniversary celebration



More photos in October's edition



Thrill seekers go to extreme heights for VIC

DAREDEVILS went down a zip wire at speeds of up to 100mph to raise around £1,500 for VIC.

A fantastic day was had by all of the charity's supporters at Zip World in Penrhyn Quarry in Wales.

Trustee Jo Shakeel wanted to organise a key fundraiser to celebrate the organisation's 10th year.

She said: "When I became a trustee of VIC, I wanted to be able to make a difference and came up with the idea of raising money by going down the zip wire and helping to build the team.

"It is also VIC's 10th year and what better way to celebrate."

The daredevils were: Chief Executive Amanda Walton, Operations Manager Bob Elliott, Administrator Amy Thompson and her

daughter Millie, 17, Trustee Jo, Publicity Officer Catherine Smyth, Burnley veteran Mark King and Jason Horsnell, brother of Arts and Crafts Co-ordinator Darren Horsnell.

Darren really wanted to do it, but was not able to do so on medical grounds, so his brother, who doesn't like heights but likes a challenge, agreed to go in his place. Veteran Mark is also not keen on heights.

Amanda said: "It was a really great day, good weather and really nice to go out with VIC colleagues but for us not to be working, just to be out together as friends doing something crazy for the good of VIC.

"Going down Velocity 2 was a once in a lifetime opportunity and it was nice to be not in work mode with colleagues."

They all got to go on a



smaller half-a-mile long zip wire at speeds of 30mph before then taking on the larger zip, the longest and fastest in Europe.

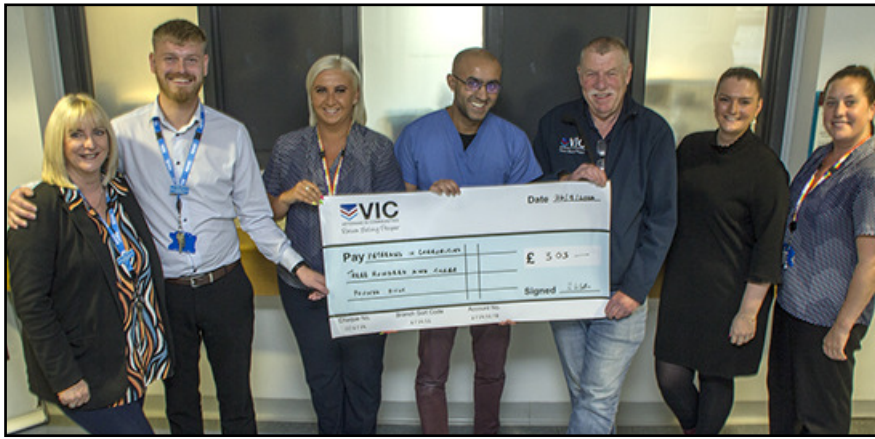
An army four-tonne transport vehicle took the participants to 1,555ft high and then they were strapped in and launched from the top of the quarry



down a mile-long zip wire over the beautiful blue quarry pool, with stunning views across the quarry and beyond.



Thank you so much to the staff, patients and visitors of the Irwell Medical Practice in Bacup where a bake and cake sale raised £303 for VIC. Pictured, from left, are Strategic Manager Pauline Aspnall, Operations Co-ordinator Jack Morris, Administrative Clerk Natasha Millar, Dr Afraz Zafar, Practice Manager Jess Thompson and Administrative Lead Natalie White.



OUR stall at Preston Military Show was kept very busy as the event always attracts a huge crowd. We sold more than £220 worth of items,

special thanks to Outreach Worker Steve Butterworth, Volunteer Ron Flowers, Arts and Crafts Co-ordinator Darren Horsnell and Social Inclusion

Activities Volunteer Pat McEvoy. We took pity on the Royal Navy Association and allowed them to share our gazebo.

Stand at Preston Military Show

Veterans enjoy trips out and about



TWO trips to Leeds Armouries Museum and one to Whitehough outward bound centre were enjoyed by members.

A packed VIC minibus, driven by Phil Chamberlain, made the first trip to Leeds, which was organised by Social Inclusion Activities Volunteer Pat

McEvoy. Pat said: "It was a perfect day for the weather and scenery. Several people also enjoyed sitting outside beside the Leeds dock having refreshments. There were plenty of interesting demos throughout the day." One of the attendees Sue Grisdale described the Armouries as an

'absolutely stunning museum' while Laura Saxton said: "It really was a great day out. Thanks Pat, for organising it all, and Phil for chauffeuring." VIC members, along with our friends from Burnley Football Club in the Community, made a further trip to the museum this month as part of the club's Veterans' Programme.

Future trips:

October 6: Queen Street Textile Museum, Burnley.
October 27: National Arboretum, Staffordshire, joint social trip with Burnley FCitC and Accrington Stanley Community Trust veterans.
Contact 01706 833180 for more information and to book.

We were invited for another visit to BFCitC's outdoor activities centre at Whitehough in Barley. Inclement weather meant the planned barbecue was held indoors and a fun quiz was also organised. We have been invited back in December to make Christmas wreaths and mince pies.

VIC AGM

WE DELAYED our September Annual General Meeting as a mark of respect after the passing of the late Queen Elizabeth II.

It will now take place on Wednesday October 5 at the VIC Centre which will be open at 7pm for a 7.30pm start.

Marshals

VIC is supporting the Rossendale Hospice fundraising Sabre Challenge on October 9 and we are looking for volunteers to man two checkpoints.

If you can help, please contact 01706 833180.

Poppies

HUNDREDS OF poppies have been created by members of VIC, our friends at Weir Knit and Natter and Sylvia Dobson from Bacup.

The poppies have been knitted and crocheted for a special display in Stubbins.

The woollen poppies will lead the way to war graves in the private church gardens at the former Unitarian Church in Stubbins.

The display will be open to the public on two days, Sunday November 6 and Monday November 14 from 1pm onwards.

VIC videos

WE HAVE created videos to capture every year of VIC and these are on our Facebook page and group and also on our website.



Allotment

WE ARE pleased to announce that we have a new volunteer to take care of the allotment.

Due to time constraints and physical inability, we have found it to hard to continue our work on our allotment on Holcombe Road, Helmshore.

However, thanks to the new volunteer, work has already begun in preparation for spring.

We are in need of a few items to upgrade the site.

We require:

Scaffolding boards, to replace the raised beds,

Corrugated roof sheets to upgrade the water butt collection,

Half a dozen decent pallets,

Some tough plastic sheeting for the composter.

Anyone who can help should contact 01706 833180, we can arrange collection.

Best wishes

THE Sandbag Café committee in Heywood is wishing members all the best after several have been treated in hospital.

Chairman of the committee Ian Rosales said: "Several veteran members of The Sandbag have health conditions and we offer them all our best wishes blessings and hope to see their return to the cafe in the future."

Art workshop

MEMBERS of VIC are taking part in classes to create ideas for new stained glass window at Rochdale Town Hall.



Our soapbox Willys Jeep now has pride of place in Accrington Veteran Outreach, our shop in Accrington's Arndale. The shop also has a lot of our arts and crafts on display and for sale made by veterans or those with a connection to the armed forces; the shop is open on Fridays in Accrington between 10am - 3pm.

Garden makeover

VIC's very own 'Groundforce' team were in action to help make Arts and Crafts Co-ordinator Darren Horsnell's garden more useful.

Darren was very grateful for all the help and he will now be able to have a place to site a memorial bench to his beloved Tracey Vick, who along with Darren was one of the founding members of VIC.

They built up decking, added a raised corner for plants, strimmed grass and dug holes for posts in return for sausage butties.



Thank you Ma'am

VIC joined the country in mourning our Commander in Chief, the late Queen Elizabeth II.

We opened a book of condolence at the VIC Centre in Haslingden and many people came in from the community to share their thoughts.

Operations Manager Bob said: "It was very sad news to hear the passing of our Queen, the Commander In Chief for those of us who have served in the military.

"She devoted the last 70 years of her life as Head of the Country and it is hard to imagine what life will be like without her, not just as head of the Country, but also the Commonwealth.

"Our deepest condolences to the Royal Family at this very difficult time for them and wish the new King Charles III our continued support as the

new Head of the Country. RIP Ma'am – God Save the King."

As a mark of respect, the VIC Choir postponed its fundraising sing at Asda in Rawtenstall and, on the day of her funeral, the VIC Centre opened and 11 members observed her funeral.

Chris Smethurst said: "A big thank you to Chief Executive Amanda Walton and Arts and Crafts Co-ordinator Darren Horsnell for being on duty at the VIC centre so that we could watch the funeral."

Volunteer Ron Flowers said: "A big thanks to Chris Smethurst for the lovely cake and sandwiches, to Carol Duckworth for the nibbles and to volunteer Bob Smethurst for boiling the eggs at 7am. It was lovely watching it with all those present."



VC wall unveiled

MEMBERS of VIC were present for the unveiling of a painted wall tribute to World War One soldier Private George Stanley Peachment who was awarded a Victoria Cross.

Outreach Worker Steve Butterworth said: "I've grown up in Greenmount, went to Hollymount and what was Tottington Secondary Modern, as well as attending St Anne's Church, Sunday School and never once heard the name, George Stanley Peachment.

"It may have taken 107 years, but his bravery has at long last been recognised in his home town."



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

TUESDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

WEDNESDAY

Allotment

Help on the allotment in Holcombe Road, Helmshore. Contact 01706 833180

THURSDAY

Greggs RV

1pm-3pm

THURSDAY

VIC Choir (weekly)

6.30-8.30pm

FRIDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

SUNDAY

Drop-in

(PILOT PROJECT)

10.15am-12.30pm

SECOND SATURDAY IN THE MONTH

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

Haslingden Community Link Cafe, Bury Road, Haslingden BB4 5PG (book in advance)

EVERY MONTH

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

Walking Group/ Social Inclusion trips

see Facebook or website for details

10am-noon

Trinity Methodist Church, Wesleyan Row, Parson Lane Clitheroe, BB7 2JY.

BURNLEY AND PENDLE

Outreach Service

MONDAY

Breakfast Club at Burnley Miners Social Club, 27a Plumbe Street, Burnley, BB11 3AA. 10am-noon

Contact 01706 833180 for dates of outreach at: Burnley Football in the Community; Pendle Armed Forces Support Group, Holmefield House, Gisburn Road, Barrowford; 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 1EF.

VIC Outreach

TUESDAY

The Mess Tin - cafe and drop in

1pm-2.30pm

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

THURSDAY

Rochdale Veterans' Breakfast Club and VIC Outreach

9am-10.30am Touchstones Cafe, The Esplanade OL16 1AQ.

RIBBLE VALLEY

Coffee Morning and Outreach

TUESDAYS

VIC – 01706 833180

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Transformational Coach Gill Hughes

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Volunteer Support Worker Mel Fitzgerald

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Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@vic.org.uk

Veterans Mental Health Caseworker Cath Mitton

cathmitton@vic.org.uk

VIC Choir Bookings Barry Hyde

barryhyde@vic.org.uk

Contacts

Combat Stress Helpline

0800 138 1619

NHS Military Veterans Psychological Therapies Service (NW)

0300 323 0707

The Royal British Legion

0808 802 8080 7 days a week 8am-8pm

SSAFA

email Lancashire@ssafo.org.uk

01772 260 462

Citizens' Advice Rossendale and Hyndburn

0808 278 7975 freephone Mon-Fri 9am-5pm

The Samaritans

01282 694929

Mon to Fri 9am-9pm

Freephone 116 123

Op Courage

0800 652 2867 seek a referral through a GP or health professional

Veterans UK Free Helpline

0808 1914 218

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

01282 657116

Armed Forces Support Group

01282 613132

HYNDBURN

Outreach / Drop In/ Model Railway Club

FRIDAY

10am-3pm

VIC Hyndburn, Accrington Arndale Centre, BB5 1EX.

Accrington Stanley Breakfast Club/ Drop In

LAST WEDNESDAY EVERY MONTH

9.30am-11am

Lancashire Carers Link, 54-56 Blackburn Road, Accrington, BB5 1LE.

BLACKBURN WITH DARWEN

Outreach Service

TUESDAY

Rovers Breakfast Hub, Legends Lounge, Darwen End, Blackburn Rovers FC, Ewood Park, Blackburn, BB2 4JF. 10.30am-noon

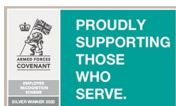
Want to help?

To donate to support the work of VIC please visit our website

www.veteransincommunities.org

VIC supported

by: **NHS** East Lancashire Clinical Commissioning Group



Rossendalealive BOROUGH COUNCIL



ROCHDALE METROPOLITAN BOROUGH COUNCIL



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