



## Merry Christmas and a Happy New Year

### Warm space in time of need

**THANKS** to a grant from the Asda Foundation, the VIC Centre is open as a warm space with food to the end of February.

The Foundation gave VIC £998 and this means the centre, in Bury Road, Haslingden, is now open for people in the community to call in and spend time weekdays from 10am to 3pm.

Chief Executive Amanda Walton said: "As the weather has taken a very cold turn, and people are struggling with the cost-of-living crisis, this could not come at a better time.

"It means we can offer a warm space so people do not have to worry about how much it is costing to heat their home and we also have funding so we can provide them with soup, teas and coffees.

"There are lots of different activities and games that they can get involved with. We are not a food bank, but this money has also enabled us to put together emergency food parcels for veterans in need and replenish our stocks.



"We are really grateful to Asda for partnering with VIC; it will make such a difference for so many people especially as the weather continues to get colder."

The centre will be open weekdays, apart from Boxing Day. Any children must be accompanied.

### Opening times

**THE VIC Centre will be open every day between Christmas and New Year – from December 27 to 30 from 11am to 3pm.**

The centre will also be open on Bank Holiday Monday January 2 from 11am to 3pm.

Normal operational hours will then resume.

Sunday opening will be suspended on Christmas Day and New Year's Day.

### Veterans enjoy Yuletide festivities

**CHRISTMAS celebrations were held at the Holden Arms in Haslingden and at The Sandbag Café in Heywood.**

More than 40 members of VIC

enjoyed a three-course meal at the Holden Arms.

Administrator Amy Thompson organised the meal and a superb hamper was put together by Chris Smethurst, wife of trustee Bob.

Lucky Carole Barker was the holder of the winning ticket and the raffle raised £189 for VIC.

Santa himself made a guest appearance at the Christmas party held at The Sandbag

Café and presented all of the regular members with a gift.

Sandon House was packed and the committee and volunteers donned Christmas jumpers to serve and entertain the guests.





# RIP Lewis Banham



**Veteran Brian McEvoy and Adrian O'Dale, from Kemple View in Langho, arranged a stall selling crafts and sublimation items at the Kemple View Christmas Fair which raised £90.**



## Appeal for help with research

**VETERANS** who have seen combat and are willing to share how they reintegrated back into civilian life are being invited to take part in a research project.

Trainee Clinical Psychologist Sam Richmond is looking to help veterans through his research.

Anyone wanting to assist Sam should visit <https://qfreeaccountssjc1.az1.qultrics.com/.../SV...>

**IT IS** with much sadness that, just a month after celebrating his 100th birthday, D-Day Despatch Rider Lewis Banham died peacefully at Royal Blackburn Hospital with his son Greg at his side.

Lewis was a true hero and gentleman who set a fine example of stamina and bravery. He will be greatly missed by all those who knew him.

He leaves Greg and his wife Shirley, three grandchildren Lisa, Julie and Paul, seven great-grandchildren, Lucy, Blake, Alexia, Hannah, Oliver, Lauren and Olivia and two grandson-in-laws, Richie and Jack.

Lewis and his late siblings, Dougie, Wilfred and Donald, were children of the late Vincent and Florence Banham and grew up in Bacup.

Lewis left school at 13 to begin his working career, working in the textile industry before early retirement in 1986. He met Bessie when he was 17 and they married in 1942. They were happily married for 72 years and enjoyed a good life together consisting of ballroom dancing and many holidays abroad. Bessie passed away in 2015.

More recently, Lewis enjoyed spending time with Veterans In Communities and attending armed forces breakfast clubs in Manchester and Haslingden.

He also began to retrace his



steps from the war, visiting Normandy and other parts of France, Belgium, Holland and Germany with his son Greg.

With the help of Veterans Living History Museum, he recently received his last despatch note at the Brandenburg Gate in Berlin at the conclusion of the 'Operation Banham' project.

His funeral is on Wednesday January 4 at 1.45pm at Burnley Crematorium. Family flowers only and donations, in memory of Lewis, are welcome to Pendleside Hospice, Veterans In Communities and the Veterans Living History Museum.



## Garden plans

**FOLLOWING** the success of our Falkland Islands flowerbed at Sparrow Park in Rawtenstall, part of Civic Pride's entry for Britain in Bloom, plans are being drawn up for 2023.

Next summer, we are hoping to create a bed to commemorate the 70th anniversary of the July 1953 Korean Armistice in Korea.

## Battlefields

**VETERANS** will be invited to sign up to join VIC on a special Battlefields Tour in September 2023.

More information in next year's newsletters.

## Guided walks

**TWO** guided walks were arranged in December by Sam, our allotment volunteer.

The walkers went on the Calf Hey Loop and scaled Musbury Heights.

## Curry & quiz

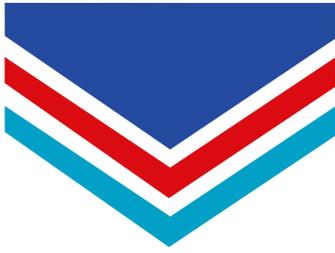
**VIC** is hoping to hold its popular curry and quiz.

The event was last held in person before Covid and a virtual quiz has hosted over Zoom.

## Hampers

**VOLUNTEERS** helped to personally deliver hampers to veterans all over our outreach areas in time for Christmas.

Many people, including Asda made donations of food and treats and around 50 hampers were created.



*The diorama for our model railway installation is taking shape. There are just the figures to place in position, then its nearly done. It is based in the cellar of our shop and drop in at Accrington's Arndale.*



*Greggs RV was packed in The Hide and guest quiz master was Operations Manager 'Wobbly' Bob Elliott. Sessions are held every Thursday.*



# Horse therapy aids veterans' wellbeing

**VETERANS** enjoyed another therapeutic session at Adventure Neighground Farm at Green Howarth.

The centre runs one-to-one sessions for Accrington veterans and, through sponsorship from Brain Health Breakthrough, offers equine therapy and group sessions to raise awareness.

In the latest session, the veterans tried a 'runaway'. A runaway is something people are more familiar with in relation to dogs when you have its toy and run away then the dog gets let off its lead, and comes after you to find its toy.

On the farm, the dog becomes a horse and the toy a bucket full of carrots.

Kathryn Williams, who provides the sessions at Adventure Neighground, also bought four



pallet Christmas trees, which were created by Operations Manager Bob Elliott.



# Festive songs raise funds

**SHOPPERS** enjoyed the entertainment provided by the **VIC Choir at Tesco and Asda and gave generously.**

At Tesco, veteran Graham Limb and VIC Chief Executive Amanda Walton helped with collecting and nearly £350 was donated.

The VIC Choir also entertained shoppers in Asda when they raised £276.12. A special concert was

also performed in Haslingden Library as part of the town's Christmas lights switch on. VIC received a £100 donation from the organiser Rossendale Borough Council as part of the National Lottery Heritage Fund Big Lamp Project.

The choir is appealing for VIC members to volunteer to spare time to help collect money while the



## 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

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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Volunteer Support Worker Mel Fitzgerald

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Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@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](http://www.veteransincommunities.org)

Veterans In Communities Charity Number 1151194

VIC supported

by:  East Lancashire Clinical Commissioning Group



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 COMMUNITY FUND

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 Ribble Valley Borough Council [www.ribblevalley.gov.uk](http://www.ribblevalley.gov.uk)

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VIC Veterans In Communities