



Poignant acts of Remembrance

REMEMBRANCE projects at Bacup Cemetery and Whitworth Memorial Gardens have been completed in time for the Armistice commemoration next month.

VIC has worked with a number of local groups including Community Pay-back, the Prince's Trust and local Beavers and Cubs to rebuild a wall, plant a willow tank and soldier and sew poppies in Whitworth and properly recognise the graves of First World War Soldiers in Bacup Cemetery.

Now our members are preparing to attend services across the region to pay their respects for those who fell in two world wars and numerous conflicts. One veteran is

even going to The Falklands for the Remembrance service at Port Stanley.

Another member Peter Webster, who masterminded the Bacup Cemetery War Graves 100 Project, has been asked by VIC trustee David Peat to play the Last Post at St Peter's Church, in Simonstone, on November 8th. Peter was a military musician.

Manager Bob Elliott said: "There is a particular poignancy to this year's remembrance services because it is the centenary of start of the First World War.

"It is documented that there are 677 service men buried in the many cemeteries in Rossendale with many more being laid to rest on



foreign soil where they fell. "We know there are many, many more because when we began the Bacup project we were told of 109 graves, and we completed installing the plinths there were 119. We will remember them."

On Sunday November

2nd, at The Riverside in Whitworth, VIC Singing Group and Fitton Factor Community Choir from Oldham will be performing together in Rossendale's Festival of Remembrance Service. Tickets are £5.

Charity auction benefits veterans

CRICKET fan and VIC member Steve Walmsley not only succeeded in winning an autographed 'Freddie' Flintoff shirt at an auction, his winning bid was donated to VIC.

Steve, a member of Ellesmere Port Cricket Club, attended the end of season presentation night when



the donated shirt was auctioned.

Steve's bid of £115 secured the shirt and he was then asked which charity he wanted to receive the money and he was delighted to nominate VIC.

Rossendale Borough Council, Whitworth Town Council & CLAW

FESTIVAL OF REMEMBRANCE CONCERT

Commemorating the outbreak of the Great War

SUNDAY, 2nd NOVEMBER, 2014

THE RIVERSIDE, WHITWORTH

Doors open at 6.30 p.m.
Concert begins at 7.00 p.m.

Featuring:

THE WHITWORTH VALE & HEALEY SENIOR BAND
THE VETERANS IN COMMUNITIES CHOIR and OTHERS

With **M.C. PETER RUANE**

Tickets £5.00

Proceeds to the **Royal British Legion and Veterans in Communities**

TICKETS ON SALE NOW
The Riverside, Market Street, Whitworth



Spot the shark



SHARKS are among our newest members at VIC and they live in our aquarium which adds to the peaceful ambience of The Hide at the VIC Centre.

The tank, and around 25 fish, has added to the tranquility of the room and become

quite a talking point.

So much so, information books and magazines have also been added to the room so people can identify the aquatic creatures and learn more about them.

Outreach Worker Steve Butterworth said: "It all started

because a couple of the guys at the Heywood outreach have fish and three of us at the centre decided to club together to buy a tank, some fish and plants etc.

"We have had a lot of very positive comments about the fish tank."



Stunning aerial acrobatics

MEMBERS were flying high when they got to visit Southport Air Show and witness spectacular aerial displays.

They saw the Red Arrows and Lancaster Bombers and they particularly enjoyed the

Catalina flying boat. Outreach Worker Steve Butterworth was so inspired he is now going to paint the Catalina.

Manager Bob Elliott said: "It was a good social occasion and organised as part of one of our social inclusion projects.

"We had members from Bury, Bolton and all over Lancashire travel for a full day in Southport.

"We are very grateful to Rossendale Hospice for use of their minibus to transport us for the day out."

Brush with success

TIPS from the top helped a novice watercolourist create this stunning piece of work.

VIC held a special workshop when nationally acclaimed artists Judith Farnworth and Julie Foley came along to share tips with members of our arts

and crafts group.

VIC Outreach Worker Steve Butterworth said: "We had 12 members attend including two of the members from Jubilee Court who attend the sessions Darren runs there.

"Our domestic at the centre Carol Duckworth also



attended and although she had never painted before in her life she created a brilliant loose style watercolour."



Healthy debate

VETERANS' experiences of accessing health care have been recounted to the East Lancashire Clinical Commissioning Group.

Last month VIC was asked if our members would take part in a focus group on access to primary care services from the perspective of a veteran.

VIC chairman Ronnie Barker presented those views and opinions to the Clinical Commissioning Group.

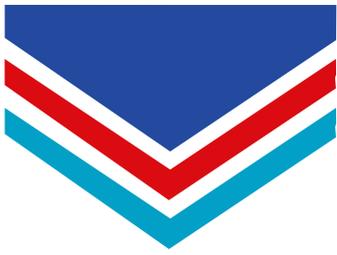
Thank you to everyone who took part.



Qualified

VIC member Tony Stubbs presented John Milson with his Level 2 Health Chat certificate.

The training was delivered by Outreach Worker Steve Butterworth.



Carving out a cure



VETERAN Dave Almond had devised his own therapy to cope with the after effects of a brain haemorrhage – he creates stunning bespoke walking sticks.

The snake sticks, called My-Stic, are all individually hand-crafted by recycling walking sticks he picks up at car boot sales and charity shops; no two are the same.

Dave, 49, has recently joined VIC where he is making use of our arts and crafts room and once the workshop is built in the rear yard he will be teaching others how to carve the sticks.

He said: "I joined the RAF Regiment in 1982 and suffered a brain haemorrhage in 1985 when I was in Germany. I had been training too hard.

"This left me in rehabilitation for a year or so at Headley Court."

He was a Senior Aircraftsman and although he

fought himself back to fitness, because of the brain injury he was not allowed to return to action and spent the last 18 months of service taking reconnaissance photographs.

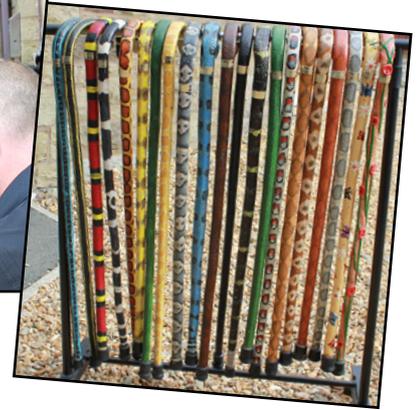
His experiences left him with weakness in his right side and Post-Traumatic Stress Disorder.

Dave said: "I managed everything and was working in security until in 1998 I thought I had slipped a disc and I found I had damaged my back.

"I was having physiotherapy and they gave me a walking stick to use.

My pride took over and I thought there was no way I was going to use a 'grandad' stick so I took it to my shed and carved it into a snake."

Dave, from Accrington, kept on being stopped by people while he walked around the town and they



wanted to know where he had got the walking stick from.

Four years ago he suffered a relapse, which further eradicated his motor skills, making the need for therapy even more vital.

So he began making the sticks, because it helped him maintain movement in his hand. He was recommended to join VIC to help with his recovery.

"Coming to VIC has really helped me," he said. "As a veteran, when you talk to some civilian therapists they do not understand what you are talking about. They do not understand our language.

"At VIC everyone understands each other because they are ex-forces. We speak the same language and we all help each other out."

Dave is a reiki master and so every My-Stic has crystals inserted into the eyes and mouth of the snake.

For more information contact VIC on 01706 833180.

Dig deep for VIC

MEMBERS are enjoying digging for victory in Haslingden and the fruits of their labours will be available for all to enjoy.

VIC received a Social Prescribing grant from the East Lancashire CCG to develop the area at the rear of our Haslingden premises.

The 'Dig for VIC' project has now begun in earnest and the ground has been prepared ready for the first stage of the project – construction of a shed and workshop.

The workshop will be used initially to manufacture furniture for the back garden as well as becoming a social enterprise project.

VIC members will construct the whole project including creating raised beds, planters and putting in a greenhouse to grow plants and vegetables for veterans.

The workshop will be fitted with a range of tools and equipment to manufacture different products that will be sold to the public and will provide a base for future community activities VIC will be involved in.

New family support services

FAMILY support services are now being offered throughout Rossendale and Rochdale.

VIC Outreach and Community Development Worker Suzanne Preston said: "VIC offers support to the families of serving and ex-service personnel, which includes partners and their parents.

"We also work with members of the other uniformed

emergency services as they can experience similar difficulties.

"Many armed services families suffer from marital and family breakdown and one of the services the family support group provides is information and advice on single parenting issues.

"Another is support for parents of veterans who find themselves having to return to the parental home or having

to rely on their family to support them during some difficult times."

"There are regular meetings throughout our outreach areas, regular events and activities and we have set up a separate closed Facebook group for those who use social media."

For details of venues and times check out the back page 'What's On and Where' section.



ROSSENDALE

Outreach Services

MONDAY-FRIDAY

11am-1pm

VIC Centre, Bury Road, Haslingden,
BB4 5PL.

MONDAY

10-12 noon

Bacup Library, St James Square, Bacup,
OL13 9AH.

Family Support

MONDAY - third week only

10am-noon

Maden Centre, Rochdale Road, Bacup,
OL13 9NZ.

WEDNESDAY

10am-1pm

VIC Centre, Bury Road, Haslingden,
BB4 5PL.

Singing Group

THURSDAY

6.30-8.30pm

VIC Centre, Bury Road, Haslingden,
BB4 5PL.

Art Group and drop-in

FRIDAY

11am-3pm

VIC Centre, Bury Road, Haslingden,
BB4 5PL.

Walking Group

Walks will be held on the 2nd and 4th
Thursdays. Weather permitting.

ROCHDALE AND HEYWOOD

Family Support

MONDAY - first week only

10.30am-noon

High Level, Drake Street, Rochdale,
OL16 1PB.

MONDAY - second week only

10.30am-noon

Crimble Croft Community Centre, Aspinnall
Street, Heywood, OL10 4HW.

Outreach Service

WEDNESDAY

11am-2.30pm

Heywood Sports Village, West Starkey
Street, Heywood, OL10 4TW.

Badminton

3pm-4pm

Heywood Sports Village, West Starkey
Street, Heywood, OL10 4TW.

Walking Group

Walks will be held on the 2nd and 4th
Thursdays combined with the
Rossendale walking group.

BLACKBURN WITH DARWEN

Outreach Service

TUESDAY

10am- 2pm

Darwen Town Hall, Croft Street, Darwen,
BB3 1BQ.

Knott Street Community Centre, Darwen,
BB3 2RN.

PENDLE

Outreach Service

TUESDAY

10am-noon

Railway Street Community Centre,
Railway Street, Nelson, BB9 9EH.

VIC update...

There has been so much going on here at VIC that the last month has flown by.

As you can see, above, we have extended our services offering several new family support sessions meaning the update has had to shrink, but the work certainly hasn't.

Our Darwen Project is soon to be creating a First World War memorial wall at Knott Street Community Centre. We will also be doing further work with the Prince's Trust volunteers where VIC's Steve Billingham now works.

Darwen's links with UCLAN have also been strengthened and a further collaborative project is planned for the future.

We are now getting ready for an incredibly busy November with many Remembrance services being attended by our members who are also taking active roles. We hope to see many of you in attendance too.

Our Christmas cards are being finalised but more about that next month. To keep up to date with VIC news join our Facebook page or visit our website.

VIC – 01706 833180

Manager Bob Elliott

bobelliott@veteransincommunities.org

07961 554 006

Business Development Manager Roger Chaney

rogerchaney@veteransincommunities.org

Outreach and Community Development

Worker Suzanne Preston

suzannepreston@veteransincommunities.org

Outreach Worker Steve Butterworth

stevebutterworth@veteransincommunities.org

Outreach Worker John Clark

johnc Clark@veteransincommunities.org

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@veteransincommunities.org

War Graves Project Co-ordinator Peter Webster

peterwebster@veteransincommunities.org

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)

Rossendale Citizens' Advice Bureau

0844 499 4121 (from a landline)

0300 456 2552 (from a mobile)

The Samaritans

01706 830999

Mental Health Helpline

0500 639000 Monday to Friday 7pm - 11pm

Saturday & Sunday 12 noon to 12 midnight

Royal Air Forces Association

01772 426930

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

01282 657116

Want to help?

If you want to donate to support the work of Veterans In Communities please visit our website and click on the secure PayPal link

www.veteransincommunities.org

VIC supported by:



Find us on Facebook

www.facebook.com
VIC Veterans In Communities