



Creating memorial garden

A MEMORIAL garden is being created in Darwen by veterans and members of the Prince's Trust programme.

Veterans In Communities has worked with the young volunteers on a number of projects in the past in Darwen, Rossendale and Pendle.

This latest scheme is at The Lighthouse at Lower Chapel, which was built 300 years ago and is now being lovingly converted into a community centre by Simon Huggill.

VIC Operations Manager Bob Elliott said: "Because of our links, we were approached by the Darwen

1 Prince's Trust team who were looking for a community project to get involved with.

"We were also asked by Simon if anyone could help because he always wanted a memorial garden at the chapel and he also needed an accessible ramp.

"VIC outreach worker Pat O'Reilly and our football team manager Alan Taylor are working with the young people.

"They have cleared a plot that was full of shrubs, bushes and roots, levelled it and created the ramp."

It is VIC's intention to open an outreach service inside the centre, along with community activities in the

near future.

Programme Support Worker for Darwen Team Raymond Beesley said: "I would once again just like to say a big thank you for letting us work with you.

"The team members have all said they have got so much out of it, and I think you will agree that the Team Challenge has been a huge success from all perspectives."

When the church closed 11 years ago the building's future was uncertain. Simon remortgaged his own home and bought Lower Chapel because of its significance in the non-conformist religious

past of Darwen.

He said: "It was great to see the two groups working together and the veterans are a lovely bunch of guys.

"We should stop and think about those who came back and were and still are affected by their experiences and that is whom the garden is to remember."

A lot of work on allotment

OUR allotment is really taking shape.

We had a busy day thanks to the hardwork of Derek Cullen, Andy Greaves and Iain Barrow, we shifted a van load of wood to the tip, filled another two white builders' bags ready to go and burnt a lot more.

All that and we also



managed to get the kids area started and two of the raised beds made.

We have also received another generous donation towards our allotment project this time



from Marshalls.

If you want to help out please contact the office on 01706 833180.

Crafty Chatters

OUR new craft group has got off to a flying start with more people joining each week and donations flooding in.

The Crafty Chatters group is now on every Monday at the VIC Centre from 10.30-12 noon.

Already we have had yarn, a sewing machine, wool, jewellery, crochet and many other items donated.

We have had help to learn how to make our own jewellery and also an offer of card making items and crochet lessons.

The cost is £2 per person, which includes a brew; why not just call in?

Easter opening



EASTER is often a difficult time for veterans, especially those who live alone or who maybe don't get to see their children



during holidays.

From the Armed Forces Covenant, we received a grant of nearly £20,000 to enable us to open over the holidays.

We were open on Good Friday, Easter Saturday and Easter Monday and outreach worker Claire Wright organised the events.

Wii competitions were held, board games were played and films watched.

Arts and crafts co-ordinator Darren Horsnell also held one of his popular art classes.



First aid at work

A BUSY three-day First Aid at Work training session was held for VIC members at Alternate Forces in Littleborough.

The centre, on the bank of Hollingworth Lake, is run by VIC member Ali Shingler who offered the training to our group.

Operations Manager Bob Elliott explained: "It included first aid outdoors, which was very useful because a lot of our community project work and activities are outside."

"The course was extremely useful and all the nine VIC

members passed.

The experience also came in handy when VIC was asked to help a young would be police cadet.

Three VIC members feigned illnesses so that Year 10 Fearn's pupil Ryan Jones could show his skills. He had to assess the situation, take appropriate action and document the scene and contact the appropriate services.

VIC member Bob Brindley, who is also a member of Rossendale and Pendle Mountain Rescue, asked us to stage the incidents.



Sponsor record dive

PLEASE support the fundraising effort of Mark Colman who is planning to break the world record by staying underwater for five days.



The veteran's marathon challenge will be supporting the work of four charities including VIC and he hopes to raise £1million.

If you want to sponsor Mark visit: <https://worldrecorddive2012.wordpress.com/my-sponsor-page/>

Sponsored walk

WE ARE appealing for VIC supporters to sign up for a sponsored walk along the banks of the Leeds and Liverpool Canal.

Church and Oswaldtwistle Rotary Club have offered VIC the chance to raise money on the Walk 4 Your Charity event on May 15 at 9am.

Participants can complete 10k or 5k and sponsor forms are available from admin assistant Tracy Keir at the office on 01706 833180. All walkers will receive a free T-shirt.



Walks for all

VETERANS and civilians are invited to enjoy a walk around Pendle Sculpture Trail on Saturday May 21 at 10.30am.

We will also be holding a

Tolkein Trail Walk around Hurst Green on Thursday May 26 at 9.30am.

Quiz nights

QUIZZES are now held on the second Tuesday of each month at 7pm at VIC.



Singers cut CD



Help for veteran



VETERAN Graham Riley is now enjoying much better night's sleep thanks to VIC members Alan and Peter building him a bed.

Graham was helped by VIC to get a new flat in Haslingden and members also helped him to be more comfortable by building a bed and built-in wardrobe so he now has more storage.

Art class

THE seventh painting in the style of Bob Ross is being held this month and it is already almost full.

Due to the increasing popularity of these classes, VIC is now holding two classes a month.

Classes start from 10.30am until 3.30pm, bring packed lunch and tea and coffee is supplied. Cost is £35 per person. For more information contact at darrenhorsnell@veteransincommunities.org

VIC SINGING Group formed in 2014 has just held a special performance to cut its first CD and create a DVD.

The group combines veteran voices alongside members of the community and at the first rehearsal just seven people attended.

An audience of invited guests attended the special recording at Alder Grange School sixth form AG6.

They were treated to 16 different songs and choral pieces including the singing group's 'anthem' Home Ground, by permission of composer Owen Shead and music arranger and conductor Richard Cottle.

Musical director is Peter Webster, who is a singing teacher and was a military musician.

He said: "We had four standards present, from The Royal British

Legion, The Royal Signals and the Queen's Lancashire Regiment from Rossendale.

"When we were founded VIC outreach worker Steve Butterworth recorded those initial seven singing and he was there to see our concert at AG6."

Steve said the singing group today bore no comparison to the group he first saw perform and he was very impressed.

A raffle was also held, which raised more than £100, and the group was delighted that several copies of the CD and DVD were pre-ordered.

"I thought they did really, really well," said VIC Administrative Assistant Tracy Keir.

"At one stage Peter was also conducting the audience to sing along with one of the songs.

"I thought the music



was very good and the order of songs flowed really well."

Peter praised the students from Alder Grange who greeted guests and organised the production and graphics for the CD and DVD.

The idea of recording a live concert was the brainwave of David Heywood, Acting Assistant Headteacher.

He has been supporting Peter to bring his dream of creating a VIC Singing Group CD into reality.

It is hoped the CD and DVD will be avail-

able through the VIC website www.veteransincommunities.org in late summer.

The Singing Group meets at the centre on Thursdays from 6.30pm to 8.30pm.

The event was supported by PRS who gave us a free licence to perform.

PRS for Music licences the use of copyright music across the UK, giving businesses and organisations the legal permission they need to play the music they want.

I visited VIC for the first time on Tuesday with my Dad. I cannot tell enough people just how special that day was.

My Dad was smiling all afternoon, especially when telling Mum about his visit and the lovely VIC members that were there.

The twinkle in his eyes was back and I got to spend time with my Dad enjoying himself and passing on his past experiences including gardening, model building and painting, whilst in the company of fellow ex-servicemen and women. In these days of austerity with so many services closing down, my Mum, sisters and brothers are amazed at the facilities at VIC.

We really can't thank you enough for making us so welcome. **J**

Lesley Fay McDowell

To the ball

WE WERE guests of the Dunkenhagh Hotel in Clayton-le-Moors when the Prince's Trust held a Butterfly Ball.

Outreach worker Claire Wright and Operations Manager Bob Elliott had an enjoyable evening listening to Old Men Grooving, a boy band called Overtones and Alicia Dixon.

Bob said: "The purpose of attending was because we are considering holding our own VIC ball next year.

"The event was set to have raised more than £70,000 from the auction alone. Thank you Chris



Squires for acting as chauffeur."



ROSSENDALE

All activities at VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.

Outreach Services

MONDAY-FRIDAY

11am-1pm

WEDNESDAY

10-12 noon

Central Methodist Church, Burnley Road,

Bacup, OL13 9AH.

MONDAY

Chatty Chatters

10.30am - 12

TUESDAY

Tai Chi

2pm

TUESDAY - second week only

Quiz

7pm

THURSDAY

Singing Group

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

11am-3pm

Walking Group

Walks will be held on the 2nd and 4th

Thursdays. Weather permitting.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

THURSDAYS

10am-12pm

1 Riverside, Rochdale OL16 1UB.

THURSDAY - every week

11.30am-1.30

Lighthouse Project, Warwick Mill, Middleton M24 1AZ.

Walking Group

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

PENDLE

Outreach Service

MONDAY

10am-noon

Pendle Rise Shopping Centre, Nelson, BB9 9SL.

VIC – 01706 833180

Chief Executive Liz Hamilton

lizhamilton@veteransincommunities.org

07731 730 442

Operations Manager Bob Elliott

bobelliott@veteransincommunities.org

07961 554 006

Admin Assistant Tracy Keir

tracykeir@veteransincommunities.org

Outreach Worker Steve Butterworth

stevebutterworth@veteransincommunities.org

Outreach Worker Claire Wright

clairewright@veteransincommunities.org

Volunteer Outreach Worker Tony Stubbs

tonystubbs@veteransincommunities.org

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@veteransincommunities.org

Volunteer Outreach Worker and Music 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)

SSAFA

email Lancashire@ssafa.org.uk

01772 260 462

Rossendale Citizens' Advice

03444 889 622

The Samaritans

01706 830999

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

Positive ART

One Stop Art Shop



VIC has its own arts and crafts shop based at 4 Bury Road, Rawtenstall, BB4 6AA near the junction with Bacup Road.

Opening times

Thursday	10am-5pm
Friday	10am-5pm
Saturday	10am-5pm
Sunday	11am-3pm

Tel: 07437874696

positiveart@veteransincommunities.org

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

BT MyDonate page

www.veteransincommunities.org

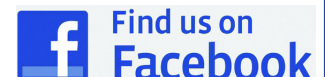
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Supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund



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