

Allotment project takes shape

AN ALLOTMENT plot is being developed by VIC to help people struggling to cope with transition from the forces.

Outreach Worker Tony Stubbs is leading the project on the Status 4 All's Leisure Garden and Allotments on Latrigg Crescent, Middleton.

Tony has faced his own personal and medical difficulties since leaving the forces so understands the situation some veterans find themselves in.

He said: "One of our clients told us about this allotment programme and I am very interested in it as a project for the veterans."

"I made some inquiries and was told when this plot became available. We are building a mesh chicken coop where we will be able to keep chickens for all the groups that have allotments and we also have use of a communal growing tunnel."



"I know the difference getting involved with a project can make. It helps improve mental health problems and it gets veterans interested in doing something that takes them out of their house spending time in the outdoors."

Tony works with VIC and for the Military Veterans Service.

VIC Chief Executive Liz



Hamilton was delighted to see how the allotment was progressing.

She said: "Rochdale

Councillor Sue Smith is providing us with a polytunnel for the plot and Keith Edgar and Tony are doing a great job making the chicken coop.

"We have also had partnership working with a volunteer from Status 4 Life helping to rotavate the soil ready for planting."

"I think the allotment will be a major asset to the work that VIC has been

carrying out in the Middleton area and will help so many clients to have an outlet to improve their health."

The allotment project is backed by Social Investment Funding from the Heywood Middleton

and Rochdale Clinical Commissioning Group.



ENERGETIC members of VIC put their best feet forward to take on the Yorkshire Three Peaks Challenge and raise money for the charity.

We also provided a support vehicle, the Crew Van, manned by Operations Manager Bob Elliott and VIC member Terry Pearson.

Terry said: "We manned three checkpoints and provided refreshments and support for the team from VIC."

It was a very demanding day with Andy Greaves, Derek Cullen and Ali Shingler completing the trek in just over 10 hours.

Four others: Mark Culshaw, Harry, Jimmy and

Three peak challenge for hardy veterans



Keith successfully completed parts of the challenge, but retired early to give the others a better chance of finishing in under 12 hours.

Andy said: "We left at 5.30am and it was beautiful weather for the first two peaks and really warm."

"Then when we got to the last peak, Pen-y-ghent, the

clouds came in and there was low visibility. We managed to complete all three in 10 hours and 35 minutes.

"It was the hardest thing I have done in a while, but it was very rewarding."

One of the VIC walkers had completed five miles to get to the centre before the peaks trip even began.

Art class success

MEMBERS of a community art group will be exhibiting with veterans at Tate Liverpool.

VIC Arts and Crafts Coordinator Darren Horsnell obtained funding from the Armed Forces Covenant for the Creative Community Hub.

This not only helped him to take art into the community it also secured the art group, which is held at the VIC Centre.

At Places for People's Jubilee Court, in Haslingden, Darren has been working with residents of the sheltered housing and retirement home and also members of the community.

Their work has now developed to such a standard it will form part of a major VIC exhibition soon to be staged locally and then it will be at the Tate Liverpool next year.

Darren said: "We have four regulars at the club held every Wednesday from 2pm to 4pm and we have another four people who attend on an occasional basis.

"Anyone from the wider community is welcome to come and join us and they will get free art materials and free advice."

Janet Leigh, 87, is living with



dementia and has been at Jubilee Court for two years. She loves the painting sessions and enjoys painting birds because they remind her of her childhood.

She said: "I don't remember doing any art before, but I like being able to do things and I like what I have done."

Darren said when Janet first joined the group all her pictures were simply line drawings without any colour and it could take a day to draw them. Now they have evolved and her latest drawing is of a puffin with a colourful beak.

Sheltered Housing Officer Debbie Colligan said: "Janet loves coming to the art classes and she really looks forward to them. Her family really appreciate her being able to draw.

"We realise the big difference this makes not just for our



residents but also people in the community who can come in here and enjoy the free art classes."

Barbara Holden, 77, had never picked up a paint brush before she joined Darren's class and now she has a portfolio of pictures and attends a second class at Oswaldtwistle Mills.

Nora Yeomans, 79, painted at school and completed two pastel pictures while on holiday, but thanks to the art class she is now using watercolours and her work was reproduced on a Christmas card produced by VIC.

She said: "I have got a lot more confident through the painting; my husband plays his dominoes while I paint.

"Folk like what I have done and when people compliment me on my paintings it means I have achieved something.

"I need Darren to tell me what to do and I really look forward to the art sessions."

To join just call in on a Wednesday at 2pm.

Qualified

OUTREACH Worker Tony Stubbs has successfully gained his Level 2 Award in Substance Misuse Awareness.

Congratulations from everyone at VIC.

On song

AN AMAZING £331 was raised by members of the VIC Singing Group when they performed at Tesco in Bury.

Donation

VIC was delighted to be asked to collect a £100 cheque from members of the Haslingden Traders Group at the IDL Club in Haslingden.

Car boot

A FANTASTIC £93 was raised for VIC, after costs, by holding a car boot sale at Winfields in Haslingden.

Thank you to all who helped.

Potatoes



A DELICIOUS crop of potatoes was enjoyed by members of VIC thanks to the hard work of veterans who have been growing crops in the back yard.

Terrific Trawden

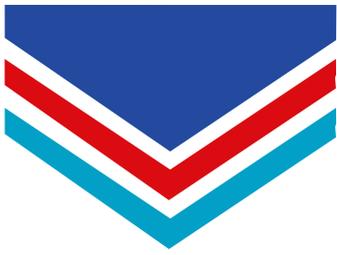
OUR stand at Trawden Show proved to be a huge hit with more than 80 people having a go at our assault course.

The youngest participant was just 18 months old and several parents took part.

Crew Van provided a stall and we displayed arts and crafts and promoted awareness. The living museum was also popular and Jimmy's dog Benji even won a special prize in the dog show.

We will be back again next year.





CROWDS greeted the Fourth Battalion the Duke of Lancaster's regiment as they exercised their right to march through Haslingden.

Members of VIC supported the parade by distributing leaflets to neighbouring houses and forming a welcoming party outside VIC of veterans complete with medals.

Also watching was our very own Normandy veteran Lewis Banham.

Lewis, 93, watched the soldiers and the Band of the King's Division as they passed the VIC Centre and then veteran Bill Ogden pushed Lewis in his wheelchair to Greenfield Gardens so he could watch the parade line up, salute and be inspected near the War Memorial.

He said the whole day was a wonderful experience.

Lewis served in the Royal Signals and was called up in

Freedom parade



1942 when he was 19 and had only been married for three weeks. He left his Bacup home and was posted to the 15th Scottish Infantry Division and then the 44th Infantry where he was a despatch rider. He served for four years and eight months.

The Mayor of Rossendale Councillor Granville Morris sent



a cheque for £200 to VIC to thank us for our support.

National vote begins

VOTING in the national final for Britain Has Spirit will begin on Monday September 5 and VIC's



Darren Horsnell will be competing with the

country's best.

Darren won his regional individual heat and his prize will see him enjoying a

driving experience and a hot air balloon trip.

Lewis wows students

HIGH school students learnt first hand all about the Second World War when Normandy veteran Lewis Banham called in.

Lewis delivered six lessons to the Year 9 students at Park High School in Colne explaining all about his experiences.

After each talk he held a question and answer session and in one he was asked what was the



worst thing he had seen and he replied exploding cows.

Outreach Worker Claire Wright said: "The

students loved hearing

Lewis's stories. Some of the girls wanted to have their photograph taken with him.

"They could not do enough for him to help him around school, opening doors and collecting his lunch."

He received chocolates and a bottle of Bucks Fizz and letters and cards from the students that he had spoken to.



Veteran rehomed

A BIG thank you to everyone who donated items to help a homeless veteran to be able to furnish his new flat in Rochdale.

He didn't have a lot, apart from personal belongings, but thanks to generous donations from VIC members he was able to move in and have furniture for the flat.

Painting classes

OUR latest painting in the style of Bob Ross class held at the VIC Centre in Haslingden was an amazing success.

There was some incredible work produced in this the 10th class, the next event is on Saturday September 24. For information on future classes contact Darren on 01706 833180.

Annual meeting

THE Annual General Meeting of Veterans In Communities will be held at the VIC Centre, Bury Road, Haslingden on Thursday September 8 at 7pm.

Please contact 01706 833180 if you wish to attend.

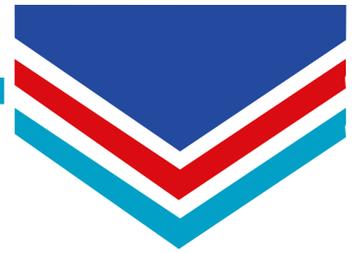
Courses for all

MEMBERS of the public are invited to join veterans on a series of courses in crafts, computers and creative writing held at the VIC Centre in Haslingden.

For eight weeks from Wednesday September 7, there will be community arts and crafts sessions from 10am-noon.

There are two courses starting on Wednesday September 14. A computing functional skills course will be held from 9.30am to 12.30pm and then a creative writing course, which will last six weeks, will be on from 1pm-3pm.

All courses are free, provided by Lancashire Adult Learning and to book call 01706 833180.



ROSSENDALE

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

Outreach Services

MONDAY-FRIDAY

11am-1pm

WEDNESDAY by appointment only call 01706 833180 to book

10-12 noon

Central Methodist Church, Burnley Road, Bacup, OL13 9AH.

Crafty Chatters

MONDAY

10.30am-12 noon

Quiz

TUESDAY - second week only

7.30pm

WEDNESDAY

Community Arts and Crafts from Sept 7

10am-noon

Computing Functional Skills from Sept 14

9.30am-12.30pm

Creative Writing from Sept 14

1pm-3pm

Art Classes

2pm-4pm

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

Rossendale Citizens' Advice (weekly) Shelter (second Thursday only)

THURSDAY

Morning

Singing Group (weekly)

6.30-8.30pm

Art Group and drop-in

TUESDAY AND FRIDAY

11am-3pm

Lancashire Wellbeing Service

FRIDAY

Morning

Walking Group

Walks will be held on alternate **THURSDAYS**, weather permitting. Follow VIC Facebook pages to see where the next walks is.

Outdoor Activities

Log on to our website and follow the link on *Projects and Activities* to see what we have planned and how to book a place. A full leaflet is available.

Positive Art

Our art shop is now based at VIC Centre, Bury Road, Haslingden, BB4 5PL, contact 01706 833180 for details.

PENDLE

Outreach Service

MONDAY

10am-noon

First week only Pendle Rise Shopping Centre, Nelson, BB9 9SL.

Second week only Booths Supermarket Barrowford, BB9 6HJ.

Third week only Morrisons, Nelson, BB9 7UZ.

Fourth week only Co-op, Barnoldswick, BB18 6AB.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

TUESDAY - alternate weeks

11am-3pm

Allotment, Latrigger Crescent, Langley.

THURSDAY

10am-12pm

1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

Lighthouse Project, Cromer Mill Estate, Off Hilton Fold Lane, Middleton M24 1AZ.

Walking Group

Walks will be held on alternate

THURSDAYS and are combined with the Rossendale walking group.

Contacts

VIC – 01706 833180

Chief Executive Liz Hamilton

lizhamilton@veteransincommunities.org.uk

07731 730 442

Operations Manager Bob Elliott

bobelliott@veteransincommunities.org.uk

07961 554 006

Admin Assistant Tracy Keir

tracykeir@veteransincommunities.org.uk

Outreach Worker Steve Butterworth

stevebutterworth@veteransincommunities.org.uk

Outreach Worker Claire Wright

clairewright@veteransincommunities.org.uk

Volunteer Outreach Worker Tony Stubbs

tonystubbs@veteransincommunities.org.uk

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@veteransincommunities.org.uk

Volunteer Outreach Worker and Music Project

Co-ordinator Peter Webster

peterwebster@veteransincommunities.org.uk

Outdoor Activities Co-ordinator Ivy Limbrick

ivylimbrick@veteransincommunities.org.uk

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 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

01772 426930

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of

Access via GP or self-referral

01282 657116

VIC supported by:



East Lancashire Clinical Commissioning Group



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

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



www.facebook.com/VICVeteransInCommunities