



Pictures: Liz Henson Photography



Veterans help hospice

VETERANS marshalled a sponsored walk as a thank you to Rossendale Hospice.

And an assault course, first trialled at Bacup and Stacksteads Carnival, proved to be a huge success with walkers at the fancy dress event.

Manager Bob Elliott said: "We were approached by Sam Morris from Rossendale Hospice who asked if we could provide marshals for the event and we agreed to do it as part of

our work in the community.

"It was a good way for us to give something back and to support the hospice who helped us to carry out our social inclusion work by letting us use their minibus before we were able to get our own crew van."

TV personality and BBC Radio Lancashire presenter Ted Robbins started the walk and also came along and met the veterans.

Bob said: "He also invited us to appear on his radio programme in

the future."

The assault course was also set up for the three days of the Royal Lancashire Show in Salesbury near Ribchester.

Several members of VIC were involved in manning the stall and raising awareness of the charity's work to the thousands who visited the show.

Bob added: "We made a lot of contacts at the show with different armed forces and other groups and the assault course went down well."



COARSE fishing equipment has been donated to members of VIC by RAF veteran Mr Dunning. VIC is very grateful for the donation which will be put to good use on the next fishing trip.



Healthy crop from garden

DELICIOUS fruit and veg has been enjoyed by veterans thanks to a successful harvest.

A grant of nearly £10,000 kickstarted the Dig for VIC project. Planters were built and filled with compost and plants and the result has been broccoli, cauliflower, beetroot, rhubarb, peas and potatoes.

Manager Bob Elliott said: "We have had a good harvest and the veterans have been dining out of

food they have grown themselves.

"We are also finding recipes that use parts of the plants that people don't normally eat like the leaves of broccoli and cauliflower."

VIC was awarded £9,979, from the Social Prescribing Grant administered by Burnley Pendle and Rossendale Council for Voluntary Service for East Lancashire Clinical Commissioning Group.



Crew Van's Capers

WHERE has Crew Van been this month... well actually it has been on a bit of a summer break.

- It was used to take members of VIC to the Royal Lancashire Show;
 - It went to a walking trip with the Prince's Trust in Pendle and two other walks in August;
 - Crew Van helped to take the assault course and crew to the Rossendale Hospice fancy dress walk.
- Give us a wave if you see Crew Van in your area.**

Art class

A BOB Ross workshop will be held on Saturday September 5 at VIC's Positive Art Shop, Bury Road, Rawtenstall.

There will also be a demonstration on September 26 at the VIC Centre, in Haslingden.

The workshop costs £25 for the day and will include all materials.

Places are limited to a maximum of 10 so book early by contacting Darren on 01706 833180.

The latest art craze – adult colouring books – are also on sale at the Positive Art Shop.

For more information on the shop see the advert on the back page of this newsletter.



Family fun day for veterans

THANKS to the hard work of VIC member Tracey Vick a family fun day was enjoyed by many at St Mary's Football Club in Haslingden.

Stalls, children's activities and donkey rides proved popular as did Shrek, alias VIC outreach worker Tony Stubbs, and Bonzoo the clown John Milson.

Manager Bob Elliott said: "We are very grateful to Tracey for all her hard work in organising the day.

"We were pleased to welcome local residents as well as VIC members and their families from all over Rossendale and as far away as Bolton and Rochdale."

Witch walk

WALKERS headed out for a family walk around Barley in Pendle when they also got to view the witches at Witches Galore and see the 'eye of God' on a nearby church.





Ceremony for War Graves project

A SPECIAL ceremony will take place at Bacup Cemetery next month to mark the completion of Operation War Graves 100.

VIC received backing for the project from the Heritage Lottery Fund and over the last 15 months veterans have been working at the cemetery to ensure those who fought and died in the First World War were properly honoured. They have also had help from young



members of the Prince's Trust Manager Bob Elliott said: "On September 11 we will be holding a special service at Bacup Cemetery at 11am when we will be inviting everyone who has been involved in the project, the families of those who have been remembered, dignitaries and councillors.

"The service will be led by the Rev Gerald Higham, who is a padre with The Royal British Legion.

"The Last Post will be played by Harry Johnson and we will have Standards on parade and the VIC Singing Group will be singing.

"We are also hoping to have some people in First World War costumes."

A book written by local historian Wendy Lord 'Where Heroes Rest' provided invaluable information about the location of local war graves.

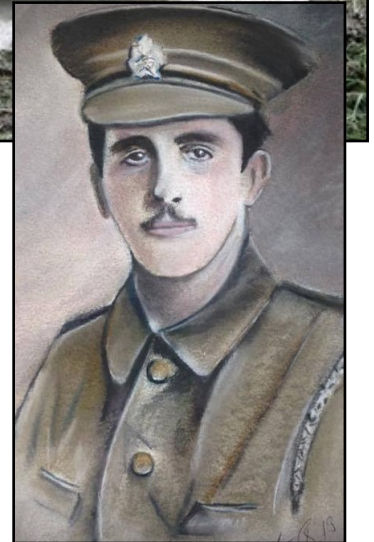
The last stone to be laid in the project has particular poignancy for VIC outreach



worker Steve Butterworth because it was for his great-uncle Enoch who died in Ypres in 1917.

Last year Steve painted a portrait of Enoch from a family photograph; the framed picture now hangs in The Hide at the VIC Centre.

Steve and his family were present while the memorial stone was laid.



Prince's Trust walk

VIC joined with young members of The Prince's Trust in Pendle to walk around Pendle Sculpture Trail.

Our two organisations have been working together on a number of projects.

The trip was also a useful recce for a walk that VIC will hold on August 22.



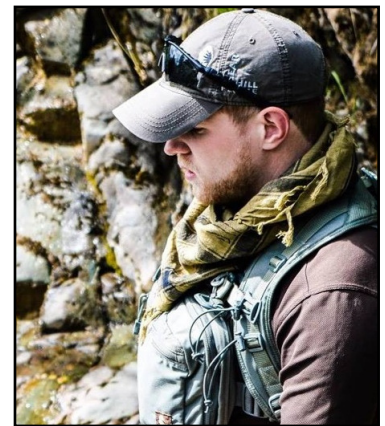
Andrew's Mountain challenge

VIC member Andrew Isherwood has set himself a challenge to climb the highest mountain in Wales wearing full body armour.

Andrew, from Leigh, is a ex-bomb disposal and a former Sapper in the Royal Engineers. He is now a member of Cheshire Search and Rescue team.

He will be using the challenge to raise money for both VIC and the mountain rescue service.

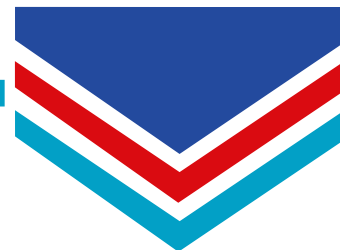
VIC manager Bob Elliott said: "We are very grateful to Andrew for setting himself the challenge. Full body armour and personal kit used in Afghanistan can weigh up to 50lb so it is no



mean feat but Andrew is an experienced mountain climber.

"What we need is a loan of body armour so that the challenge can go ahead."

If anyone can help they can contact VIC on 01706 833180.



ROSSENDALE

Outreach Services

MONDAY-FRIDAY

11am-1pm
VIC Centre, Bury Road, Haslingden,
BB4 5PL.

WEDNESDAY

10-12 noon
Central Methodist Church, Burnley Road,
Bacup, OL13 9AH. Tel: 07731730442.

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.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

**WEDNESDAY - second, third and fourth
weeks only**

10.30am-12.30pm
Fast Forward Cafe, Champness Hall,
Drake Street, Rochdale OL16 1PB.

WEDNESDAY - 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

TUESDAY

10am-noon
Railway Street Community Centre,
Railway Street, Nelson, BB9 9EH.

VIC – 01706 833180

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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)

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 Mon to Fri 7pm - 11pm Sat
& Sun 12 noon to 12 midnight

Royal Air Forces Association

01772 426930

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

01282 657116

Positive

One Stop Art Shop



VIC has its own arts and crafts
shop based at 12 Bury Road,
Rawtenstall, near the junction
with Bacup Road.

Opening times

Thursday 10am-5pm

Friday 10am-5pm

Saturday 10am-5pm

Sunday 11am-3pm

Tel: 07437874696

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.veteransin
communities.org](http://www.veteransincommunities.org)

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