



VIC Newsletter

Happy Christmas and Best Wishes for the New Year from VIC

Don't be alone at Christmas

THE festive period can be a very difficult time for veterans and so our building will be open to relieve the stress.

Our Open All Hours project, funded by the MoD, has enabled us to plan a further five open days.

Operations Manager Bob Elliott said: "We know how much of a difficult time Christmas can be for veterans, especially as many places close for the entire festive period.

"However there will always be a warm welcome and a listening ear at the VIC Centre.

"Last year we opened the centre for our members and it was a great success and we will be organising a host of activities from a Wii competition, showing a range of videos and playing board



games.

"There will also be art sessions or visitors can just sit and enjoy a mince pie and a brew."

The centre will be open from 10am to 3pm on Boxing Day Monday December 26 and Tuesday December 27 and then from 10am to 4pm on Wednesday December 28, Thursday December 29 and Friday December 30.

For more information please ring the office on 01706 833180.



SHOPPERS were entertained as they pushed their trolleys around Tesco in Bury.

Our Singing Group provided seasonal songs and a selection of carols and people gave generously. A superb £374.54 was raised for VIC.

Well done to the Singing Group and thank you to the volunteer collectors.

Job opportunity with VIC

A FULL-time project worker is being sought for the Heywood, Middleton and Rochdale areas to support ex-services and emergency personnel.

Chief Executive Liz Hamilton said: "We are looking for someone who can focus on identifying and supporting ex-services personnel within those areas."

The position is funded until March 31 2018. For an application pack email Tracy Keir on tracykeir@vic.org.uk. The closing date for applications is 12 noon Friday December 23.

VIC in running for national award



VIC has been shortlisted for a prestigious national Soldiering On Award.

Chief Executive Liz Hamilton said: "We're absolutely delighted to be selected as finalists for these prestigious awards.

"As a small local charity we never thought we would get this far.

"Working together' is the category we are in and it is

what we do all the time with all sorts of different organisations.

"VIC believes that only by working together can we really support those who need us."

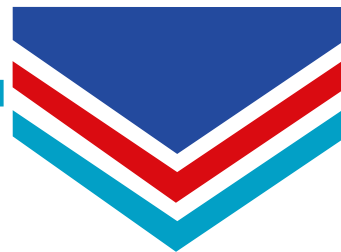
Two representatives of VIC have been invited to London to attend a finalists' reception at the House of Lords on February 9.

On the evening, VIC will meet fellow award finalists as

well as this year's independent judges, some of the 2016 awards winners, award sponsors, patrons and trustees.

The Soldiering On Awards' night – where overall winners will be announced – will be held on March 24 next year at the Park Plaza Westminster Bridge Hotel.

Here's hoping we walk away with the title.



OUTSTANDING views were enjoyed by walkers on a four-mile trek around Downham.



Tony is star struck

VOLUNTARY outreach worker Tony Stubbs has come far in the last few years.

Through his work with VIC and the Military Veterans Service he has met 27 celebrities in the last three-and-a-half years and was recently interviewed by actor and comedian Steve Coogan who was creating a promotional film about the Lighthouse Project in Middleton, where Tony runs our outreach.

Tony said: "My favourite celeb was Melinda Messenger because when I was in the army she was a Page 3 pin up. She was on a Top Gear day I went on with VIC. I had always wanted to meet her.

"Thanks to all the support I have had over the years from MVS and VIC, I am now running

Middleton outreach and the allotment project on my own and I get to meet a lot of veterans.

"Having that responsibility shows how far I have come. I often meet veterans and can see a lot of myself in them, but I can also see the progress I have made."

Last month Tony was delighted to receive a gold medal for volunteering from the Mayor of Rochdale.

He was presented with a certificate of recognition by Councillor Ray Dutton for all the work he does helping veterans and community in Middleton.

Tony was also interviewed for a Radio 4's All In The Mind, which was broadcast on December 13 when he discussed his life.

Listen to Lewis's tale

THE fascinating life story of 94-year-old veteran Lewis Banham from Whitworth was recounted in a series of five short excerpts on BBC Radio Lancashire.

Mid-morning presenter Sally Naden interviewed Lewis at his Weir home on his 94th birthday, the day before VIC held his party during the Friday art drop in.

The recording is available for listeners for 28 days after it was first broadcast. Visit the BBC Radio Lancashire website and then go to Listen Again for the Sally Naden and Brett Davison show for December 5, 6, 7, 8 and 9.



New Year walks

WALK off any extra pounds you have gained this Christmas on two walks arranged by VIC for January.

On January 5 from 9.30am to 1pm, we will enjoy a gentle 2.5 mile walk around Healey Dell, Rochdale.

On Thursday January 19 there will be a further easy walk from Haworth Art Gallery in Accrington at 9.30am. The gallery will also be open to view from noon.

Walkers must wear sensible footwear and please note there is no cafe available at either walk.

Places can be booked through Facebook or by contacting VIC.

Our outdoor activities and walks for 2017 will be listed on our website in the near future.

Thanks for the bed

AN APPEAL for a bed for a veteran was resolved in less than 24 hours.

It recently came to our attention that one of our older veterans had been sleeping on a settee downstairs at his home as he had no bed.

Operations Manager Bob Elliott said: "Many thanks to FAB in Haslingden for their kind donation of a mattress and to our Admin Assistant Tracy Keir who was able to offer a base.

"I am delighted to say that this veteran will now be able to enjoy a peaceful night's sleep in a proper bed."



Football link for veterans

VETERANS will be working in conjunction with Burnley FC in the Community following a Veterans Taster Day held at Turf Moor.

VIC, along with other veterans and organisations, including The Royal British Legion, SSAFA and the Duke of Lancaster's Reservists were given a brief on what the club does in community.

Operations Manager Bob Elliott said: "The club already offers a range of activities around health and fitness and runs an employment scheme for the unemployed.

"They run regular walking football



Photo: Burnley FC in the Community – Veterans Programme.



groups and as we are trying to put together a team in Heywood that meets once a month, we can link this with our members in East Lancashire.

"In January we are working with them to organise a team game between VIC and some guys from their teams, thankfully it's not the Burnley FC first team, but a team already on one of their programmes. "We had good success with our 5-a-side team in Blackburn. I need to know who would want to play, you never know I might even dust off my trainers for a game... even if it is played with the wrong shaped balls!"



CRAFTS made by our Crafty Chatters went on sale at a Christmas Fair at Haslingden Sports Centre.

Nearly 50 enjoy VIC Christmas dinner



Helping hand for Food Group

VIC is working in partnership with the Positive Start Food Group by providing transport to collect food for the organisation each week.

The VIC crew van, or REAL minibus, will be helping the new group collect food that has been donated by FairShare/Recycling Lives Preston.

Every Friday from 10am to 11.30am the Food Group is open at the Positive Start building on Bury Road, Rawtenstall, where we used to have our Positive Art Shop.

Anyone using the Food Group is asked to bring along their own bags and make a voluntary £3.50 donation



in return for a bag of shopping. They can choose from a selection of short dated and donated items and food that would otherwise be heading for landfill, although it is still fit to eat.

The Food Group is supported by FairShare and Tesco. Contact Sultana on 07875 968528.

WE ARE keen to get a team of veterans together to be able to compete in a series of walking football competitions.

Walking football is ideal for older veterans who are no longer able to tackle the level of physical fitness a normal game of 5-a-side requires.

Matches are more leisurely, but still require skill and accuracy and involve the players in exercise.

Operations Manager Bob Elliott said: "We hold free sessions at Heywood Sports Village on the first Thursday of the month and want to play matches organised by Burnley FC in the Community.

"We already have the kit that was kindly donated by Lifestylish.com of Bacup and if you would like to join the team contact 01706 833180."



TO RAISE awareness of the work of VIC an information stand was held at Anchor Homes' Brackenhall Court in Heywood.



ROSSENDALE

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

Outreach Service
MONDAY-FRIDAY

10am-3pm

To book a home appointment call 01706 833180.

MONDAY

Crafty Chatters

10.30am-12.30pm

WEDNESDAY

Community Arts and Crafts

10am-noon

Computer Functional Skills

9.30am-12.30pm

Art Classes

2pm-4pm

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

THURSDAY

Rossendale Citizens' Advice (weekly)

by appointment only

Shelter (second Thursday only)

Morning

Singing Group (weekly)

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

11am-3pm

FRIDAY

Lancashire Wellbeing Service

morning

Walking Group

Morning

Walks will be held on alternate

THURSDAYS, weather permitting. Log on to VIC Facebook page to see where the next walks will be.

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.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

MONDAYS

1pm-3.30pm

Recovery Republic, 63 York Street, Heywood OL10 4NR

TUESDAY - alternate weeks

11am-3pm

Allotment, Latrigg Crescent, Langley, Middleton M24 4LU.

THURSDAY

9.30-10.30am Rochdale Breakfast Club, Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon **VIC Outreach**, 1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

Lighthouse Project, Cromer Mill Estate, Off Hilton Fold Lane, Middleton M24 2NB.

Walking Football

First Thursday only 1pm-3pm

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

Walking Group

Walks will be held on alternate

THURSDAYS and are combined with the Rossendale walking group.

Contacts

VIC – 01706 833180

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Volunteer Outreach Worker Tony Stubbs

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Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@vic.org.uk

Outdoor Activities Co-ordinator Ivy Limbrick

ivylimbrick@vic.org.uk

Volunteer Outreach Worker and Music Project

Co-ordinator Peter Webster

peterwebster@vic.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@ssaafa.org.uk

01772 260 462

Rossendale Citizens' Advice

0300 456 2552 Mon to Fri 10am-4pm

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

BURNLEY AND PENDLE

Outreach Service

10am-noon

MONDAY - first week only

Place de Creil, near Wilkos, Nelson.

MONDAY - second week only

Market Place Car park, Town Square Colne.

MONDAY - third week only

Town Square, Albert Road, Barnoldswick.

MONDAY - to be confirmed

Town Centre, Burnley.

Want to help?

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

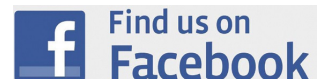
VIC supported by:



East Lancashire Clinical Commissioning Group



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



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