

Falklands revisited

VETERAN Steve Butterworth served in The Falklands 32 years ago with the Royal Navy but now, courtesy of a charity, he has made a return trip.

During The Falklands Conflict he never got to set foot on the islands having been on board HMS Intrepid.

His official job was a catering accountant but, during the day, he was a medic 'patching up' the wounded.

"When I returned home in 1982, Post Traumatic Stress Disorder never affected me to any degree although I saw some horrible things that happened to people from both sides, and I can never forget the smells," said Steve, 54, from Holcombe Brook.

But this time was different.

"There were more positives than negatives," he

said. "The national flower of The Falklands is the Pale Maiden and on Mount Harriet there were thousands and I picked a bunch.

"I was told that they had a strong scent but it was so windy I couldn't smell them so I put them in my room and closed the door. When I returned later, my room was full of this beautiful aroma and that is now how I remember The Falkland Islands."

Steve is a keen amateur artist and sketched a number of scenes while there and, since his return, has painted a large watercolour of capital Port Stanley, **pictured below**, which he is giving to an islander he met.

He has plans to paint a number of other pictures and to write a poem about the flower to include in a presentation about the islands as they are now.

Steve also hopes to return – in 2017 – accom-



On Goat Ridge in The Falklands, VIC outreach officer Steve on a discarded ammo box.

panied by his son Adam, 28, who also served in the Royal Navy, and is retraining to be a teacher.

The six veterans on the trip, organised by the South Atlantic Medal Association (SAMA 82), had access to counsellors should issues arise.

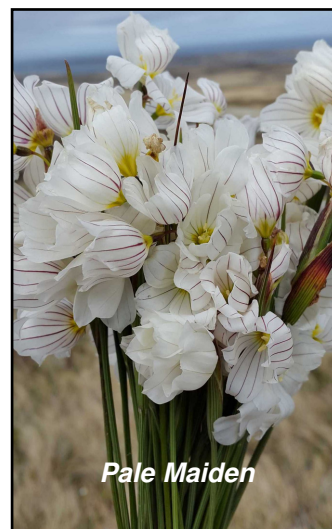
"When we went to San Carlos it was a hard day because I could remember being on HMS Intrepid looking in," said Steve.

"My best friend, who went on to be my best man, was on HMS Antelope when it was bombed in San Carlos Water. It later sank in the bay and I looked at where it sunk.

"We were in San Carlos Water when the injured from HMS Antelope were brought on board but my friend was not amongst them. I later found out he had been badly wounded but was treated elsewhere.

"Going back to the hills of San Carlos gave me time for reflection and

A very Merry Christmas and a Happy New Year from VIC



Pale Maiden

contemplation."

Steve joined the Navy at 16 and left just over seven years later. Since then he has had several different jobs from working in a factory to being a cabinet maker and was made redundant three times.

After suffering work-related depression, he found solace in art and became a member of Veterans In Communities.

He is now an outreach worker for VIC in Heywood Middleton and Rochdale and his post is funded by the Royal British Legion Industries' The Poppy Factory.



Workshop takes shape

SINCE receiving a grant towards our Dig for VICTory project we have been working hard to create a dual purpose shed/workshop at the rear of the centre.

Despite difficult weather, things are really starting to take shape.

The work is funded by a

Social Prescribing Grant of nearly £10,000 administered by the Burnley Pendle and Rossendale Council for Voluntary Service for the East Lancashire Clinical Commissioning Group.

The area around the yard will also be developed and planted with fruit and vegetables.



OUR singing group was in fine voice when they brought Christmas cheer to the residents of Anchor Housing in Haslingden.

Navigation course builds team and skills

A TWO-day navigation course not only helped veterans get their bearings it also assisted them to get to know each other better.

The course first involved classroom learning before two days of practically implementing the skills they had learnt.

It was run by Alternate Forces and those who completed the activities were awarded a nationally recognised qualification with the National Navigation Award Scheme.

The first day saw the mem-



bers navigating near The Halo on the hills above the Haslingden centre and the second day saw them going to

Waugh's Well above Edenfield.

VIC manager Bob Elliott said: "We are very grateful to Alistair Shingler of Alternate Forces for running the sessions with us.

"We had six members of VIC on the course and they learnt how to map read, how to interpret the map to real points on the ground, use of a compass and map orientation.

"This, along with our one-day outward bound course, have helped VIC members learn new skills and helped them to bond with each other."

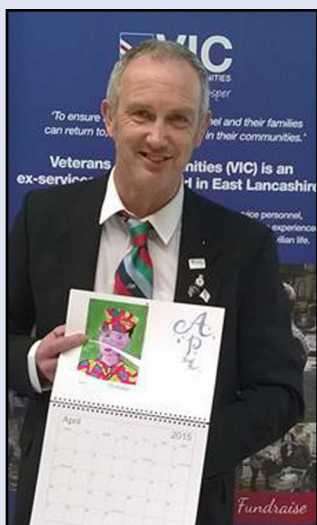
Calendars mark First World War

CALENDARS for 2015 commemorating the First World War are now on sale.

The calendars have been produced by the Creative Community Hub at VIC in conjunction with pupils from Alder Grange Community Technology School in Rawtenstall who painted the portraits for each month.

At a ceremony at the school for Remembrance, members of VIC got to choose the winning portraits for the calendar.

They are now being sold through VIC and at Alder Grange at a cost of £7.50. Any orders to VIC on 01706 833180 will be sent out within the week.



Concert money

A CHEQUE for £690 was received by VIC from money raised at the Festival of Remembrance Concert in Whitworth, when VIC Singing Group performed.

A similar cheque was also presented to The Royal British Legion from the proceeds of the event held last month.

Healthy outreach

BUSY bee Suzanne Preston is holding a series of outreach sessions in health centres and hospitals across East Lancashire and the Rochdale area.

Suzanne, VIC's outreach and community development worker was at Fairmore Practice in Nelson and Accrington Victoria Hospital with an information stand providing details of local and national services available to members of the armed services community.

Sign up to save

EX-SERVICE personnel can access offers to use in a wide-range of businesses by signing up to www.rewardsforforces.co.uk

The site offers a Rewards for Forces card that unlocks savings for the user.

Rewards for Forces has just raised nearly £11,000 for its chosen charity Combat Stress.



2014 highlights



We thought 2013 was a busy period but 2014 has been another outstanding year for VIC, our growth has exceeded our expectations.

After a six-week intensive refurbishment programme by VIC members over the Christmas period, the main offices and rooms in the VIC Centre were ready for the move from the Bacup Office to our new home in January,

Since then we have...

Extended outreach to include Darwen and Pendle.

Organised Social Inclusion activities including: fishing, bowling, badminton sessions, feeding the homeless in Rochdale, Southport Airshow, and Canal Trips.

VIC members produced videos of their 'patient journeys' to the East Lancashire CCG.

Barry Payton, a trustee received an MBE for his work for the community

East Lancashire and Heywood, Middleton and Rochdale Clinical Commissioning Groups funded us for a second year.

The Creative Community Hub, formerly the VIC art group, received an Armed Forces Community Covenant Grant to take arts and crafts group into the community.

National Heritage Lottery funded a project to properly mark 130 First World War graves in Bacup Cemetery, by researching, locating and cataloguing fallen soldiers as part of the commemoration of the start of the Great War.

Two Prince's Trust teams worked with VIC to carry out community projects.

The Creative Community Hub established its first community activity in a residential home in Rossendale

The VIC Centre was offi-

cially opened during the Armed Forces Week, by Brigadier Chris Coles of 42 Infantry Brigade with over 100 invited guests from the local authorities, health, and many third sector organisations and community groups

Additional funding from the Social Prescribing funding from East Lancashire CCG paid for a new project; Dig for VIC to develop the back garden with a shed/ workshop and areas for planting food and flowers

The Creative Community Hub had two successful Art Exhibitions in Mill Gate Shopping Centre in Bury and an Art for Recovery Exhibition in Barnstable.

The VIC Singing Group was established and has already had a number of public performances including: the Festival of Remembrance Concert in Whitworth, entertaining at a care home in Haslingden and singing in two supermarkets in Rossendale.

VIC members successfully gained qualifications in a variety of subjects and continue to gain new skills.

Community projects were completed by VIC members working in schools, community

gardens, rebuilding a dry stone wall in the Whitworth Memorial Gardens, marshalling events, garden maintenance, street fairs and tidying up an angling club grounds.

A VIC member sculpted a First World War tank in willow on the Whitworth and Rochdale border.

VIC was present at a number of Remembrance services across Rossendale, Greater Manchester, Lancashire and one of members even returned to the Falkland Islands.

Health courses were delivered at HMP Buckley Hall.

The Creative Community Hub involved schools in Rossendale schools with First World War commemoration projects.

The VIC website has been re-designed and is now updated regularly.

Other social media has seen a large increase in followers. At the start of the year we had 9,000 hits and now we have increased this to 28,000.

VIC is helping support the Pendle Armed Forces Group become established in Pendle.

An Outreach Development Officer was recruited to build this provision across our operational areas.

Family Support Group services have increased to include areas outside of Rossendale.

A third Armed Forces Community Covenant Grant has just been agreed to fund a vehicle to allow us to continue our community projects outside of Rossendale and to assist our Social Inclusion projects

VIC was a finalist in the Rossendale Business Awards in the community business category and was highly commended for the work and growth over the last 12 months.

Three new members joined the board of Trustees: Major Bob Smethurst, Keith Pilkington and David Peat OBE.

Members have taken part in a number of activities; sailing, walking, mountain biking, navigation, archery, bushcraft, team building activities and badminton.

VIC was formed in September 2012 and we had our second birthday in September 2014

A Business Development Manager was recruited to help VIC with growth plans for 2014/2015 and 2015/2016

In addition to the 100 members of the Armed Forces Community we supported in 2013, and many of them are still members of VIC, we have given further advice and support to another 130 members of the Armed Forces Community by enabling them to make positive changes to their behaviours and lifestyles

This growth wouldn't have been possible without the support we have received from our members, our partners and a range of organisations in areas where we operate.

We are looking forward to the challenges that 2015 will bring.





ROSSENDALE

Outreach Services

MONDAY-FRIDAY

11am-1pm

VIC Centre, Bury Road, Haslingden
BB4 5PL.

MONDAY

10am-noon

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

Family Support

MONDAY - first week only

10am-noon

Maden Centre, Rochdale Road, Bacup
OL13 9NZ.

FRIDAY

10am-noon

Haslingden Community Link, Bury Road,
Haslingden BB4 5PG.

Singing Group

THURSDAY

6.30pm-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

WEDNESDAYS

10am-noon

Angel Project, Langley, Middleton.

WEDNESDAY - second, third and fourth weeks only

10am-noon

Fast Forward Cafe, Champness Hall,
Drake Street, Rochdale OL16 1PB.

THURSDAY - first week only

10am-noon

One Riverside, Rochdale, OL16 1XU.

Family Support

MONDAY - second week only

10.30am-noon

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

Art Group and drop-in

From Jan 21 every other Wednesday

3pm-5pm

Bowlee Sports and Community Centre,
Windermere Road, Middleton M24 4LA.

Walking Group

Walks will be held on the 2nd and 4th

Thursdays combined with the

Rossendale walking group.

PENDLE

Outreach Service

TUESDAY

10am-noon

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

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

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 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

VIC update...

SO THIS is Christmas... and what have you done? Well if you see page 3 you will see we have done quite a lot in the last year.

On the Christmas front we have also been selling cards with pictures created by our fantastic art group to boost funds. We also held a Christmas meal attended by 30 VIC members.

Artwork from VIC members also went on show at an exhibition in Colne at the Pendle Hippodrome Theatre.

Just this month our members completed courses to gain more qualifications and they undertook two outdoor activities that focused on personal and team achievements. Well done to all who faced their fears; we produced a special newsletter to celebrate.

Next month a mental health first aid course will be held at the VIC Centre to further add to the skill set of our members.

Our outreach in Heywood, Middleton and Rochdale will be further extended next month by Steve and Tony.

We wish you all the very best for 2015.

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:
powered by



THE POPPY FACTORY
getting you back to work



Clinical Commissioning Group



LOTTERY FUNDED



East Lancashire

Rossendale *aliye*
BOROUGH COUNCIL



HYNBURN
The place to be
an excellent council



Putting people first

Charity Service
Registered Charity No. 1011293



Borough of Pendle

ROCHDALE
METROPOLITAN BOROUGH
COUNCIL



ROYAL AIR FORCES
Association
Friendship | Help | Support



DARWEN
Town Council

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



Find us on
Facebook

www.facebook.com
VIC Veterans In Communities