

Somme remembered

MEMBERS of the public are invited to join VIC for a special 12-hour Battle of the Somme vigil on Thursday June 30.

The centenary celebration of one of the bloodiest days of the First World War will begin at the VIC Centre, Bury Road, Haslingden, at 7.30pm on Thursday.

It will continue through the night until 7.30am Friday when whistles will be blown to signal the time that the troops in the trenches were ordered to go over the top.

After an eight-day bombardment of German lines, at 7.28am on July 1, 1916, the whistles blew ordering men to climb out of their trenches and cross 'no-man's land'.

The UK government is inviting the British public to join a national overnight vigil to remember and commemorate this defining battle of the First World War.

Chief Executive Liz Hamilton said: "We have



been given permission by the Imperial War Museum to show an official DVD about The Somme and that will be viewed twice.

"We will be holding a host of different activities through the night.

"This is a very important battle for the veterans to commemorate and it affected so many families around this area who had loved ones who went to fight, but sadly never came

back from the Battle of the Somme."

Veteran Dave Almond will be demonstrating how he whittles wood to create carved walking sticks and Arts and Crafts Co-ordinator Darren Horsnell will be running an art session.

A tutor from Lancashire Adult Learning will be attending the centre at 8pm and First World War poems will be recited. Those attending will also be encouraged to write their own feelings and thoughts about conflicts they have experienced.

A documentary featuring the last Somme veteran Harry Patch also will be shown.

When the troops were ordered over the top as the British soldiers advanced, they were mown down by machine gun and rifle fire. In total, 19,240 British soldiers lost their lives.

Anyone wanting to get involved with the commemorative event can call VIC on 01706 833180.

Fundraiser for Mark's dive

WE SUPPORTED veteran Mark Colman at a fun day in Tenbury Wells to raise money for his marathon world record dive next year.

Mark is planning to stay underwater for five whole days to smash the record he unofficially beat in 2012.

Operations Manager Bob Elliott, Chief Executive Liz Hamilton and her husband Dags, a veteran, attended.

He is raising money for four charities including VIC

and at the event at Pembroke House Pub there was live music, raffles, a bouncy castle, football and – as Mark and Bob demonstrate *right* – facepainting.

Bob said: "I did my bit and I collected money when I walked round with a collecting tin. I think my appearance increased their generosity; out of sympathy.

"Two Henry teds were also sold and their new owners immediately joined



our Henry's Pals Facebook page to post their ted's exploits."

The event raised £1,200 towards the £1 million target.

Auction boost

VIC is selling six donated lots on Ebay as part of Small Charity Week through the Foundation for Social Improvement.

These include:

- A signed Status Quo CD;
- An autographed **Ricky Hatton programme and card;**
- A year-long pass and guide book for York Minster;
- A tour of **Moorhouses brewery and a year's supply of Holland's pies;**
- A signed 'Up Close and Personal' programme by Russell Watson, bag and T-shirt;
- A painting of **ex-world champion snooker player Paul Hunter signed by 18 other players.**

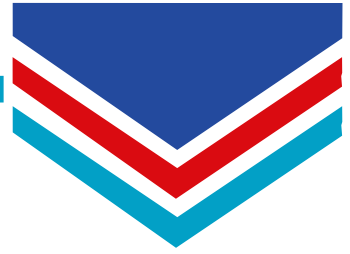
The auction ends on Thursday at 8pm. <http://charity.ebay.co.uk/Veterans In Communities>

Online survey

WE NEED to know what you think about the services and activities VIC provides and where we need to be in the future.

There is a short survey available and the results of this will help shape future funding bids and plans.

Please complete the online survey by following the links on our Facebook page and group.



Crafty workshop

A NEEDLE felting workshop will be held at the VIC Centre on Saturday July 30 at 10am.

The cost will be £25 per person which includes a starter kit, a small pack of wool and instructions to make an animal.

Refreshments will be provided.

Places need to be booked and a deposit of £5 paid. Call 01706 833180 for more information.

Freedom parade

THE Duke of Lancaster's Regiment Second Battalion will be exercising its right to march through Haslingden on Thursday July 21 from noon to 1pm.

As part of the Freedom Parade, VIC will be opening its doors from 10am to 2pm.

Art in demand

BOTH of July's 'painting in the style of Bob Ross' courses have already been filled, but further classes will be held in August.

To inquire about future sessions call 01706 833180 or email darrenhorsnell@veteransincommunities.org.uk



Final football games of season



VIC FC played the final matches of its first season in the Blackburn with Darwen Social Inclusion League.

The team played well, but didn't win through to the finals. However, we will be back in training for the next season, which will begin in a month's time.



Regimental reunion concert

THE VIC Singing Group were asked to perform at the annual Queens' Lancashire Regiment Shires Reunion at Blackpool.

It was a great day and one of the members served 24 years with the regiment.

The Singing Group's performance was well received and they have been asked to go back next year.



Blooming

THERE will be a beautiful blooming back yard at the VIC Centre thanks to the hard work of veterans.

Courses

VETERANS are finding ways to express their feelings with words on a creative writing course.

Members have written children's stories and poetry and have now been challenged to write a 3,500 word children's story. Work will then be published in a book.

Veterans are also becoming more computer literate thanks to a basic computing course.

Both sessions are run by Lancashire Adult Learning and continue for a further four weeks.

Breakfast

THERE was a good turnout for the launch of the first Rochdale Veterans' Breakfast Club at Rochdale Town Hall.

The breakfast club meets every Thursday morning 9am-10.30am at the Clock Tower Cafe and food costs £2.50.

VIC's outreach service continues at the Riverside at 10.30am.



Allotment grafters



YOUNG members of the Prince's Trust ACCROSS Team 9 helped plant and prepare our allotment for a fruitful future.

Thanks to the hard work of the young volunteers, raised beds have fruit and veg growing, there are brightly coloured planters, a compost bin and a totem pole that shows the distances from Haslingden to areas around the world where the UK armed forces have served.

VIC Outreach Worker

Steve Butterworth said: "We would not have been half as far ahead with the allotment if it had not been for the Prince's Trust helping. They have all worked very hard."

The Prince's Trust operates a 12-week programme for 16 to 25 years olds who are not in employment, education or training.

The scheme is run by Lancashire Fire and Rescue Service and team leader Beth Hargreaves said: "I am very proud of you all, you have achieved a great result."



Deputy Mayor of Rossendale Councillor Colin Crawforth was invited to cut a ribbon to officially declare their project finished.

Thomas Stratton, 24, from Bacup, said: "I have learned over the

past two weeks that I can push myself into doing things I thought I couldn't do. I did a horticultural course at Accrington and Rossendale College and this has reconnected my love of gardening."



Team challenge 2

MEMBERS of VIC took on veteran challengers from Forward Assist and Salford Armed Forces Veterans' Network in a team building competition at Hollingworth Lake.

VIC's team was: Patrick O'Reilly, Mark Culshaw, Derek Cullen, Carole Mills, Alan Taylor, Hannah Malone Taylor, Andy Greaves and Catherine Smyth with Joe Davies and John Megan Edwards providing support and encouragement at

Alternate Forces.

Although VIC came in... cough... cough... third place and our raft was the only one to... well sink – we did come first in two of the four challenges that we took part in.

Operations Manager Bob Elliott said: "It was excellent for the team to be competing against other veterans and it was a very enjoyable opportunity to put in place all the skills we had learnt on the previous team building days. The team showed great support for each other."

Fire safety course

A FIRE marshalling course was held at VIC led by Total Fire Management Ltd.

Members learnt about different extinguishers, water, foam and CO2, and which to use for what kind of fire and got the chance to put out different fires in the back yard. The videos can be seen on VIC's Facebook page.

Members were also invited by Councillor



David Stansfield to visit Burnley Fire Station where they saw demonstrations by the watch on duty and were shown the equipment used to fight fires.

VIC to the rescue

A DISABLED veteran who needed his garden made secure received help from VIC.

He had been quoted £1,000 for installing fence panels and a gate to make his garden secure, but VIC stepped in to help the ex-REME soldier from Helmshore.

Now the garden is secure he has been allowed to have a specially-trained dog to assist him in his every day life.



SCENIC walks were held – the first was a 5 1/2 mile ramble on Tolkein's Trail, Ribbles Valley and the second was 4 miles around Wycoller.





ROSSENDALE

Outreach Services

MONDAY-FRIDAY

11am-1pm

VIC Centre, Bury Road, Haslingden, BB4 5PL.

WEDNESDAY by appointment only

10-12 noon

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

MONDAY

Crafty Chatters

VIC Centre, Bury Road, Haslingden, BB4 5PL.

10.30am - 12 noon

TUESDAY - second week only

Quiz

VIC Centre, Bury Road, Haslingden, BB4 5PL.

7pm

THURSDAY

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

VIC Centre, Bury Road, Haslingden, BB4 5PL.

Morning

Singing Group (weekly)

VIC Centre, Bury Road, Haslingden, BB4 5PL.

6.30-8.30pm

TUESDAY AND FRIDAY

Art Group and drop-in

VIC Centre, Bury Road, Haslingden, BB4 5PL.

11am-3pm

FRIDAY

Lancashire Wellbeing Service

VIC Centre, Bury Road, Haslingden, BB4 5PL.

Morning

Walking Group

Walks will be held on the second and 4th **Thursdays**. Weather permitting.

Family Walk

Held on third **Saturday** at 10.30am.

Outdoor Activities

Log on to our website and follow the links to see what activities are planned and how to book a place.

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

THURSDAYS

10am-12pm

1 Riverside, Rochdale OL16 1UB.

THURSDAY - every week

11.30am-1.30

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

Walking Group

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

Contacts

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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

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:



The Confederation of Service Charities



East Lancashire Clinical Commissioning Group



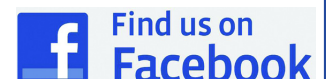
Supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund

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



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