



What a year



A HECTIC year of activities and outreach was outlined to nearly 30 people who attended the annual general meeting of VIC.

Since the charity was founded in September 2012, it has seen a massive growth.

In 2014 VIC was gifted premises in Bury Road, Haslingden, and now works throughout East Lancashire and the Heywood, Middleton and Rochdale areas.

Chairman Ronnie Barker told the meeting: "Year on year VIC is certainly growing with more outreach in Rossendale, Burnley, Pendle, Rochdale, Middleton and Blackburn.

"We have introduced football, now have allotments in Helmshore and Middleton and art has played a major part, it has continued to grow and

Darren Horsnell has done an excellent job."

Regular walks are held and team building challenges have been undertaken on Hollingworth Lake, Littleborough, with Alternate Forces.

The organisation has been working in partnership with a number of different groups including running art classes at a sheltered housing scheme, working with the Prince's Trust and Military Preparation Course students and with students at Alder Grange School in Rawtenstall.

Partnership working also led to sponsorship of a football kit from Bacup firm Lifestylish.com.

Volunteers from VIC cut the grass at the nearby Haslingden Baptist Church, collect litter around the War Memorial at Greenfield Gardens and have helped Haslingden All People's Pools Initiative, working to reopen Haslingden Baths.

Veterans have also been represented at a number of events across the area they serve to raise awareness and funds.

Chief Executive Liz Hamilton said: "In a partnership project Overcoming Barriers in Greater Manchester we

were working with the Military Veterans' Service, Walking With the Wounded and Inspiration North West to deliver the peer support aspect of the project.

"This led to Operations Manager Bob Elliott writing a tool kit for the report which went to NHS England for other organisations to use. It explains about things that went right and those that went wrong to share the best practice."

The charity was well supported by grants from East Lancashire Clinical Commissioning Group, Heywood Middleton and Rochdale CCG and the Armed Forces Covenant.

VIC also raised a large amount through donations, the VIC Singing Group raised £3,309 through performances and the sale of artwork netted £5,715.

Ronnie added: "Without the help and support from the East Lancashire CCG over the last four years, VIC as you know it would not exist. They have made sure that we have the necessary funds to be able to operate."

All the staff, veterans, volunteers, funders and supporters were thanked for their part in helping to make VIC the success it has become.





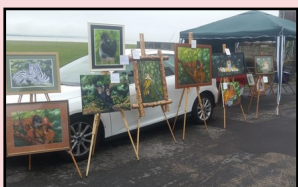
Illuminating art trip



Crew van

WATCH out for VIC's Crew Van coming to an East Lancashire town near you.

We are just waiting for local councils to agree permits and then, together with The Royal British Legion, we will be setting up our stall from the Crew Van and taking outreach into your community.



Art display

AN ART Exhibition and VIC promotion was held at Grange over Sands.

There was lots of interest and we handed out information cards. It was nice to chat with the local residents.

Courses

A LEVEL 4 management and leadership course is being undertaken by Operations Manager Bob Elliott and Outreach Worker Claire Wright.

Outreach Worker Steve Butterworth and Admin Officer Tracy Keir are studying a Level 4 in business administration. The courses are being delivered by Free 2 Learn.

ARTISTS will be making a trip to one of Blackpool's top attractions on September 30 and then creating works to go on show in the prestigious Winter Gardens.

The Creative Community Hub is organising the trip to IlluminAsia for members of the art groups.

Lindsay McKinnon, from Bacup, is a member of the art group and promotes IlluminAsia through social media marketing.

She said: "IlluminAsia has already reached the number 6 position on Trip Adviser's things to do in Blackpool.

"We have a series of different illuminated rooms in the Winter Gardens where visitors get to see the work of Chinese artisans from Beijing.

"We have a 12ft high Chinese sculpture of an emperor in a jade room and the colours are amazing.

"We have life-size Terracotta

Veterans undeterred by vandals

AN ALLOTMENT project in Middleton is back on track despite a vandalism attack.

The polytunnel was targeted, but veterans were quick to repair the damage and now the scheme to help veterans and the nearby community grow their own is moving ahead at a pace.

Footballers on target

VIC FC is seeking a new player manager after hastily fielding a team for the latest league matches and doing rather well.

In Division 3 of the Social Inclusion Football League at Blackburn Indoor Arena, VIC FC won three games, drew one and lost two.

Operations Manager Bob Elliott said: "Well done to all and on behalf of VIC I want to thank the team for turning out at short



Army soldiers and in The Deep the visitors will walk through a huge clown and can stand in the jaws of giant shark, while another shows a giant garden with ants and spiders.

"There is an interactive pond with fish and a 3D film, which has been created by team behind the Horrible Histories live show.

"I love coming to the art group, it has made a huge difference to me because I was going through a lot of stress. I now sleep better and any time I am frustrated or feel I am struggling, I just get sketching."

Contact Darren 01706 833810 to book places.

Land has been cleared and dug over so it is ready for planting, a greenhouse has been donated, a chicken coop has been made and is ready for use and the polytunnel is repaired.

To help contact Outreach Worker Tony Stubbs on 07534 381723.

notice. It was an outstanding performance with Dec Almond top goal scorer with four goals.

"We would like to also thank Joel Hughes who stood in as captain for the day. We had a few scraped knees but no injuries."

The team is looking to increase the number of players so everyone can get a game and it will be possible to have substitutes.

For more information call VIC on 01706 833180.

Darren in comp final

A MASSIVE thank you to everyone who took the time to vote for our Arts and Crafts Co-ordinator Darren Horsnell who was in the national final of Britain Has Spirit.

He won the North West heat, but was up against stiff competition in the national final.

We will find out the results shortly and will feature a full story in next month's VIC Newsletter.

Joe's right at home

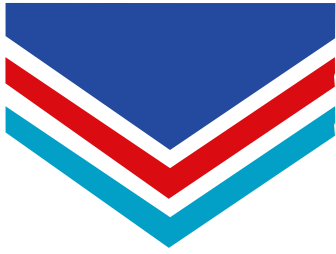
VETERAN Joe Davies is getting used to his new Bacup home after an army of veterans helped him relocate.

Joe had been living in unsuitable hostel accommodation in Whitworth and is now delighted to be in his own two-bedroom terraced house.

Operations Manager Bob Elliott said: "Joe was given a donation of furniture from one of VIC's trustees and he is now settling in to his new home. We wish him well."

Test your brain cells

EVERY second week, as part of our social inclusion work and open all hours project, we hold a fun quiz at the VIC Centre in Haslingden at 7.30pm – all welcome.



VIC takes to the water



A SOCIAL inclusion kayaking and canoeing day was held at Ali Shingler's Alternate Forces at Hollingworth Lake, Rochdale.

Peter Webster, Derek Cullen, Bob Brindley, Catherine Smyth and her 13-year-old son Leon attended.

A fantastic wet time was had by all, not least because it was raining and blowing a gale.

One of the highlights was kayak football and another was when they canoed out into the lake and battled the current to get back.

Charity song

A SONG composed by VIC member Alan Willetts is set to be recorded to raise money for four veterans' charities including VIC and Help for Heroes Band of Brothers.

'Shadow Soldier' has been set to music by Alan and veteran sweetheart Sarah Dennis and it will be recorded and available to download from iTunes in the near future.

Alan said: "It is about how we never say goodbye when we are soldiers because we don't want our families to think that we will not return."

To support Alan log on to www.justgiving.com/fundraising/Sarah-Dennis-Help-For-Heroes

Early support

MEMBERS of VIC support a number of veterans' breakfast clubs around our area.

We are in attendance at clubs in Tameside, Rochdale, Salford, Trafford, a new club that has opened in Bury and one in Colne.

Liz's talk

THE board room at the VIC Centre in Haslingden was used for a Valley at Work business meeting.

The speaker was Liz Hall from Liz Henson Photography, who for the last few years has helped VIC with photography.

Popular visit to arboretum

FOURTEEN people travelled to The National Arboretum in Staffordshire as VIC laid on two minibuses.

One of our oldest members 93-year-old Lewis Banham, a D-day veteran, attended as did Jimmy Kudritzski.

Jimmy, 48, has been attending VIC for three years and said as well as helping him to relocate to live in Waterfoot, where he feels more at home, VIC had also helped him deal with mental health problems.

In his first full year of training with the 4/7 Royal Dragoon Guards, he was seriously injured and that ended his military career.

Jimmy said: "The arboretum is a special place and it was the second time I have been able to go.

"The weather was very good, so warm I had to carry my blazer. They had also built a mock First World War trench above ground so you could get an idea what it must have been like and how the soldiers lived.

"Being a member of VIC has helped me because everyone understands you when you come to the centre. It is good to have places like the VIC Centre especially with so many of The Royal British Legion clubs closing down."



Towneley and Pendle walks

A COUPLE of walks have been held since the last newsletter the first to Towneley in Burnley and the second up Pendle Hill.

A three-mile walk along the Towneley Park Trail was enjoyed by members who saw a replica kiln that would have been used for burning coke and a bird house made from slate and bricks. Afterwards they enjoyed refreshments at the Stables Café.

Walkers also enjoyed a trip up Pendle Hill where the views were great but hazy. Later, lunch and a brew were enjoyed at The Cabin, Barley.

If you have a walk to suggest for the coming year, please contact Outdoor Activities Co-ordinator Ivy Limbrick on 01706 833180.



Street fair

VIC Singing Group performed at Haslingden Street Fair despite inclement weather.

We also set up a display stand and sold various arts and crafts from a stall.

On Sunday October 2 the singing group will be entertaining shoppers at Sainsbury's in Burnley.



Courses available

AN IT course being held at VIC is already full, but there are still places on other free Lancashire Adult Learning courses.

On Wednesdays from 10am-noon a community arts and crafts course has spaces and from 1pm-3pm there are still some places available on a creative writing course.



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.

MONDAY

Crafty Chatters

10.30am-12 noon

TUESDAY - second week only

Quiz

7.30pm

WEDNESDAY

Community Arts and Crafts

10am-noon

Computer Functional Skills

9.30am-12.30pm

Creative Writing

1pm-3pm

Art Classes

2pm-4pm

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

THURSDAY

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

Morning

Singing Group (weekly)

6.30-8.30pm

Art Group and drop-in

TUESDAY AND FRIDAY

Lancashire Wellbeing Service

11am-3pm

FRIDAY

Morning

Walking Group

Walks will be held on alternate THURSDAYS, weather permitting. Follow VIC Facebook pages 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

TUESDAY - alternate weeks

11am-3pm

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

THURSDAY

9.30-10.30am Rochdale Breakfast Club, 1 Riverside, Rochdale OL16 1UB.

Outreach Service

10.30am-noon 1 Riverside, Rochdale OL16 1UB.

THURSDAY

11.30am-1.30pm

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

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@ssafo.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

PENDLE

Outreach Service

Please call Outreach Worker Steve Butterworth on 07745 048 890 to make an appointment.

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

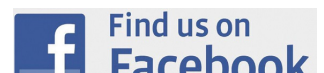
VIC supported by:



East Lancashire Clinical Commissioning Group



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



www.facebook.com/VICVeteransInCommunities