



Walkers scale dizzy heights

INCREDIBLE views were enjoyed by veterans when they completed a walk to the Pots and Pans War Memorial above Saddleworth.

Walking is one of the core activities that VIC started with and now, thanks to the members of Rossendale and Pendle Mountain Rescue Team, our regular walks have become more purposeful.

VIC member Ivy Limbrick, who is also secretary of the Mountain Rescue Team, said: "The walk started with a very strenuous climb but everyone took it at their own pace and when we got to the top of the hill Alderman it was all worth it because the views were spectacular.

"We then walked on to the Pots and Pans Memorial where we paid our respects

and reflected."

The latest walk was 4.5 miles and attracted two new walkers.

VIC manager Bob Elliott said: "In response to feedback from members, we are going to look at walks to suit all abilities.

"Walking is the first VIC project we developed in Rossendale and it is important for the activities we offer to evolve and now, thanks to the link with the Mountain Rescue Team, we are also learning about first aid and search and rescue techniques."

Community members are welcome to join the walks. Contact the centre on 01706 833180.



Singers are in fine voice

WHEN the VIC Singing Group was asked to perform at Lacey Court in Haslingden for elderly residents 23 singers turned up.

The singing group is going from strength to strength and now has a

number of bookings in the next few months.

Music Project Co-ordinator Peter Webster is delighted with how popular the group is becoming.



Members of the community, as well as veterans, are welcome to attend the Thursday evening sessions.

A basic music course was also successfully completed by 11 members of VIC.



Project digs in

PLANTERS will soon be full of fruit and veg after three tonnes of soil was delivered by Valley Stone and Soil, Haslingden, at a very generous discount.

Compost has also been provided free by Rossendale Council for our Dig for VICTory project.

Veterans' charity Dig In North West and Incredible Edible are providing plants and expertise.

Prince's Trust

LINKS with the Prince's Trust team have seen veterans joining the young people on a trip to Liverpool Museum and a further excursion to Skipton Castle.

VIC has been working with the charity to help complete works in Barrowford, on a project in Darwen and helping to complete the War Graves 100 Project in Bacup Cemetery.

Gallipoli events

OUTREACH Worker Steve Butterworth is painting a special picture for the Centenary celebrations in Bury of the Gallipoli landings.

Events – from April 24-26 – include a dinner, band concert by the Royal Marines and a parade through the town.

Poppy blooms at VIC Centre

A GIANT handcrafted poppy stopped off at our headquarters.

Members of VIC's The Yarny Army Group crocheted a poppy between them and added it to the artwork.

Member Ann Tunncliffe said: "The Great People's Poppy was commissioned as part of commemoration for 100 years since the start of the First World War.

"It has been touring Lancashire and has been based at many libraries but we thought it seemed only fitting when it came to Haslingden for it to come to VIC because our work involves helping veterans make a successful return to their



communities."

The group will be reforming in September and Ann is appealing for any spare wool people have to be left at the centre in Bury Road for the crafters.

The Yarny Army Group is open to civilians as well as veterans and all crafts created by the group are sold to help raise funds for VIC.



Trip inspires artists

VIC members drew art inspiration from a visit to the Martin Mere Wetland Centre near Burscough.

The VIC Crew Van took members on the trip and they spent their time observing the fantastic range of wildlife from ducks to otters that make the centre their home.

VIC's Creative Community Hub organised the second of its trips as part of funding received from the Armed Forces Community Covenant.

Arts and Crafts Co-ordinator Darren Horsnell said: "It was a fantastic place to visit and everyone who attended had an amazing time. We are grateful to Liz Henson for professionally photographing the event and we look forward to creating stunning artwork."



Crew Van's Capers

WHERE has Crew Van has been this month...?

- It was seen in Colne at David Fishwick's Minibus Sales where we are finishing off work to paint railings;

- Veterans were collected by Crew Van so they could attend a First Aid course at the VIC Centre;

- It transported members to Rochdale Rugby Club where we were invited guests;

- Crew Van took members to a walk near Saddleworth;

- We used the van to take the Creative Community Hub members to Martin Mere Wetland Centre;

- It took members of veterans' charity Dig In North West to the National Arboretum in Staffordshire where they installed a bench.

- Crew Van took VIC Singing Group to Lacey Court to give a performance;

- It transported artwork to two exhibitions in Pendle and Ribbles Valley.

We are now adding some extras to Crew Van to make it even more useful. We are having a roof rack fitted and a side awning so the Crew Van will be able to be used as a mobile stand when we visit shows and fundraise.

Give us a wave if you see Crew Van in your area.



Centre refit plea

VIC
VETERANS IN COMMUNITIES
Return. Belong. Prosper.

A COMPANY working with veterans and young people is appealing for help to renovate a former Sea Cadets centre into an outdoor pursuits location.

Alternate Forces is run by Al Shingler, a Royal Marine Commando with the Royal Marine Reserves who is passionate about helping people achieve beyond their perceived potential.

His not for profit Community Interest Company has received backing from Rochdale's Armed Forces Community Covenant and The Big Lottery. Rochdale Council has agreed to lease the former Sea Cadets building at Hollingworth Lake, Littleborough, to his company.

Al, 40, said: "The centre needs work to renovate it. It

needs a kitchen, a new boiler, for security we also need to fit some roller shutters to the outside and the rest is just cosmetic.

"I had the original idea for the company about three years ago, to use ex-military to work with young offenders but Alternate Forces in its present format has been running for about 12 months.

"We use ex-military personnel to work with their peers as part of the Armed Forces family and also to motivate young people by getting them to take part in outdoor activities and teambuilding.

"I have worked with Veterans In Communities and organised a series of team building activities with veterans including bushcraft, orienteering, navigation and outdoor pursuits.

"What I am appealing for is people who have got skills and

the materials to offer and who are able to help get this centre renovated.

"I am planning to arrange a work day when we can complete work on the building and then all enjoy a barbecue at the end as a celebration."

VIC is applying for grants to continue working with Al and his business.

VIC Business Development Manager Roger Chaney said: "It is an ideal opportunity for us to work in partnership and be able to offer our veterans a wide range of opportunities from kayaking to mountain bike riding."

Al added: "Getting people outside doing activities builds their confidence. I have worked with young people that have behavioural problems for a number of years and I have found that the military training gives you that edge where you are able to motivate people



who are disengaged.

If you are interested in helping Al to get his project moving please contact him on 07801 954788. To find out more about Alternate Forces visit their Facebook page or website www.alternateforces.com.



VIC members Steve Butterworth, Carol Duckworth and Adrian Saddingham received their Bronze Award for navigation from Al Shingler of Alternate Forces.



VETERANS were guests of honour at the Rugby League home of Rochdale Hornets.

Rochdale Armed Forces Community Covenant group organised the day and as well as VIC, the Lancashire Veterans' Association, Royal Regiment of Fusiliers, and a number of veterans were guests.

Art classes

CLASSES to learn how to paint in the 'style of Bob Ross' are being held on the first Saturday each month.

From 10.30am-2.30pm, Arts and Crafts Co-ordinator Darren Horsnell will be running the classes at a cost of £30 per session.

All materials will be supplied. You don't have to have any experience in painting just a keenness to learn.

For more information call 01706 833180.

Special VIC fundraising night on Sunday April 19.

THE ROSSENDALE PLAYERS
At The New Millennium Theatre
69 Burnley Road East Waterfoot
Rossendale Lancashire BB4 9AR
REGISTERED CHARITY NUMBER: 203158

EARLY ONE MORNING

BY LES SMITH
DIRECTED BY STANLEY WHITTAKER

Private James Smith
King's Liverpool Regiment
5th September 1917
Aged 26

Saturday 18th April to Saturday 25th April 2015
(includes Sunday but NOT Monday)

All tickets £8 available from 01706 228720
or in person from Watts News (next door to the theatre)
All performances start at 7.30pm

What's On and Where



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.

Singing Group

THURSDAY

6.30-8.30pm

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

Art Group and drop-in

TUESDAY

10.30am-3.30pm VIC Centre, Bury Road, Haslingden, BB4 5PL.

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, Oldham Road, 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

Office and Business Development Manager

Roger Chaney

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07961 554 006

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Volunteer Outreach Worker Tony Stubbs

tonystubbs@veteransincommunities.org

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

VIC update...

As you can see we have had a very busy month and it has been full of trips – with more still to come.

Veterans will be paying a poignant visit to the National Arboretum in Staffordshire on April 19. As soon as we get back that evening we will also be manning a stall at the First World War drama being staged in Waterfoot because Rossendale Players are kindly allowing us to raise money at that night's production

As part of our work with Rossendale and Pendle Mountain Rescue Team, we will also be visiting the Hazardous Area Response Team's HQ at Trafford Park. We will get the opportunity to see the equipment they use in case of an emergency.

The work we are undertaking with AI Shingler is exciting and will enable us to offer our members a menu of activities so they are in the driving seat to pick just what they want to do.

The choice will be vast from taster courses to more in depth focused sessions on a diverse range of outdoor activities from mountain biking to canoeing, climbing to abseiling. This partnership offers us the opportunity to honour our commitment to meet the needs of our members.

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



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



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