



Team building challenge

A HECTIC day of problem solving and getting soaked was enjoyed by members of VIC when they undertook a team building challenge in Littleborough.

It was the second time we had been on such a day at Ali Shingler's Alternate Forces at Hollingworth Lake and it didn't disappoint.

Neither did the two teams, who remained fiercely competitive, yet also took time to encourage each other as they faced tasks. They had to build a raft from barrels, rope and wood sturdy enough to float around a course on the lake and then on dry land they navigated a route as a team while blindfolded

Operations manager Bob Elliott said: "Well done to those who made it Patrick O'Reilly, Mark Culshaw, Tracy Keir, Andy Greaves, Reece Jackson, Jake, Bob Brindley, Joe Davies, Alan Taylor, Hannah Malone Taylor, Derek Cullen and Catherine Smyth.

"This is the second time we have had a team building challenge at Ali's venue and it is good for morale and bonding. It was also the third activity held there in recent weeks.

"We now have a team ready for two weeks time, when we do it for real in a competition against Forward Assist veterans and the veterans from Salford."

Alan Taylor, who served with the Duke of Wellington Regiment and runs VIC FC, said: "I have enjoyed today because it is good to do something different with the lads; other than just organise football practice.

"There has been a lot of sabotage, but it has all been in good spirits."



Sentries on duty

TWO new members have arrived at the VIC Centre and are now on sentry duty in the back yard.

Haslingden Tyres, on Regent Street, Haslingden, donated old tyres to our artists and they have been transformed into a number of colourful characters.

Here are Minions Stuart and Dave who reside in the back yard, thanks to Steve Butterworth's artistic skills.

More have appeared in our children's corner at the allotment - more about that next month.





Positive Art shop to relocate to Haslingden

A RELOCATION sale is being held at our Positive Art Shop in Rawtenstall after the decision was made to switch the business to the VIC Centre in Haslingden.

VIC, and arts and crafts co-ordinator Darren Horsnell, has had to make some difficult decisions over the last month as the anniversary of the opening of the Bury Road shop was approaching.

Darren said: "It was always the plan to review the operation after 12 months, to determine whether to continue with the lease on the shop in Rawtenstall.

"The Positive Art Shop has been a great success and we have achieved what we set out to do.

"This was our first venture into establishing a social enterprise and although the initiative will continue, unfortunately the shop will close at the end of this month."

The relocation will allow the business to operate on a more flexible basis, but art materials will still be available to buy at discounted prices.

Positive Art will also build on the existing arts and crafts courses that are currently running at the centre.

Monthly market stalls

will be held to sell stock at arts and crafts fairs and items made by the centre's Crafty Chatters group, which meet every Monday, will also be sold.

Darren approached the VIC trustees early last year to set up the shop as one of his visions was to take his experiences and share them with others.

He set up a successful art group, has organised a number of art exhibitions and runs sell-out classes teaching people how to paint in the style of Bob Ross.

The shop was aimed at giving people in Rossendale and the surrounding areas a

place they could buy art materials at discounted prices and get free advice on materials and techniques. That will continue, just from a new location.

Operations manager Bob Elliott said: "Darren, and his team of volunteers, worked extremely hard to get the shop open for last June and to keep it open for four days each week.

"Over the last 12 months they have helped hundreds of members of the public with advice and have sold a range of art materials at discounted prices so Rossendale artists could buy items locally.

"There are already a number of well-established art groups in Rossendale and the art materials can be delivered locally if any of these groups wish to continue to purchase their supplies from us.

"This opportunity was only possible with the backing of the board of Positive Start and we would like to thank them for supporting Darren, VIC and our first social enterprise."

Over the next few months, the VIC website and our Facebook pages will be updated with a range of art materials, prices and courses. For more details call the office on 01706 833180.



Singers' busy diary

VIC Singing Group entertained residents at Highfield Hall Nursing Home, Haslingden.

The group also called in at Westbourne Home in Helmshore where they checked out flower boxes built last year by VIC and now fully planted up and blooming.

June will be a busy month with six engagements starting at Tesco in Bury on June 4 and finishing with singing on the back of a wagon in Bacup and Stacksteads Carnival procession on June 26.

On July 5 the singing group will join 10 groups on stage at King George's Hall, in Blackburn, for Alder Grange singing group FairPlay's 'Seeing Stars' Launch Concert.



Photos: Liz Henson Photography

Chilly trip to Crosby

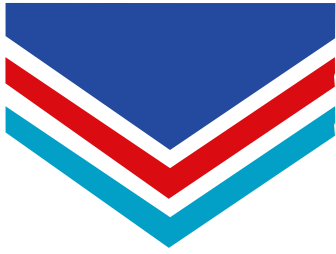
A PACKED minibus and full car travelled to Crosby to view the Antony Gormley's Another Place statues at Crosby Beach.

It has to be said that it was one of the coldest days when the social inclusion party arrived at the seafront.

They left Haslingden in April in the snow and then faced torrential ice cold rain and sand storms on the beach. The veterans will return, hopefully on a warmer day.

Several VIC members also went on a tour of Blackburn Yarn Dyers where they learned about the process of yarn dying.





Goal-den time



Church gets helping hand

WHEN Haslingden Baptist Church needed help to cut the grass, VIC members Steve Hindle and Peter Webster were happy to help out.

Pals concert in Accrington

AN ARMED Forces fun day will be held at Oakhill Park, Accrington on Saturday June 25 and in the evening there will be a 'Pals' concert.

Club opens

ROCHDALE veterans breakfast club starts on June 2 and will be held every Thursday from 9-10am at Rochdale Town Hall. All welcome.

Art classes

OUR eighth class to paint in the style of Bob Ross is on Saturday May 28, cost £35 including all materials and refreshments.

The courses, led by Arts and Crafts Co-ordinator Darren Horsnell are so popular further sessions will be on June 18 and 25. Book places on 01706 833180.

Music night

AN EVENING of music at Loveclough Social Club 'The Top Club', will be held on Saturday July 9 with proceeds benefiting VIC. Tickets cost £5 and can be bought from the VIC Centre call 01706 833180.

OUR football team has turned a corner thanks to a new strip that was provided by Bacup business Lifestylish.com.

VIC FC play in the Blackburn with Darwen Social Inclusion Football League at Blackburn Rovers Indoor Arena.

Outreach worker Claire Wright secured the team a new strip thanks to the generosity of Lee Bradshaw owner of Lifestylish.com, who has backed a number of groups in the Rossendale area.

In the latest round of matches it was an outstanding day for our five a-side football team, managed by veteran



Alan Taylor, as they notched up incredible scores including 10-0, 6-3 and 6-2.

The next matches will be in four weeks and these will be the final games of the season.

Veterans going in right direction

A THREE-day navigation course ensured veterans mastered the art of map reading.

Members Patrick O'Reilly, Mark Culshaw, Andy Watkins, Andy Greaves, Derek Cullen and Joe Davies all passed the course which was delivered by member Ali Shingler who runs Alternate Forces at Hollingworth Lake, Littleborough.

Operations manager Bob Elliott said: "The final exercise was a day navigating up to Blackstone Edge and returning to the centre on Hollingworth Lake.

"Well done to all those who completed the three-day course."



Four of the members on the course had previously completed first aid training with Alternate Forces.

Qualification helps Claire to plan ahead

ROYAL Navy veteran and VIC outreach worker Claire Wright has successfully passed her Prince2 project management qualification, which was funded by The Royal British Legion Industries, The Poppy Factory.

Claire has worked for the VIC since last December and

her initial three month contract has now been extended for two years.

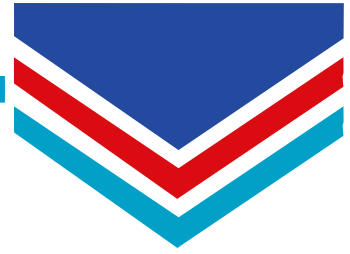
She is now project managing a major event for 2017, hopefully at Media City in Manchester.

Claire said: "I wanted to do this course because I was being tasked in VIC to carry out projects and I wanted to

make sure that I was doing things correctly. I am very grateful to The Poppy Factory for supporting me to achieve the qualification.

"It was very intensive, with exams at the end of the foundation and practitioner sections."

Claire has also previously served as a police officer.



Taking Ted for a tour

VIC action

WE HAD a couple call into the VIC Centre. They lived in Poland and were returning home after visiting his elderly dad who had been admitted into hospital.

His father was being discharged from the hospital but, due to his health, he could no longer sleep upstairs so the couple had to buy a bed that he could use to sleep downstairs. They wanted to give a new bed settee to a veteran.

We made a few calls and found one of our members from Bolton had been having a tough time; he needed a bed settee because he was having to move in with his sister.

We collected and delivered the furniture to Bolton and one very happy Fusilier can now sleep in a bed rather than on a couch.

We received this message:

I would just like to say thank you again to Bob and the guys in the VIC team for your hard work and generous time today, please pass on my thanks.

A happy Fusilier.

This is another example where we have been able to react to a situation at short notice, it was a win, win situation for all concerned.

Good effort and well done Peter, Joe, Steve and Derek.



VIC is selling bears from the Great British Teddy Bear Company; a blazer-clad veteran and another in fatigues.

The bears have even got their own Facebook page *Henry's Pals*, where people can post where their bear has travelled. One of the bears has 'piloted' a Baltic Cruise and visited Manchester Airport.

One veteran bear is also going on tour with VIC members. Ted Bear has already been to Scotland, Wales and England. If you want to buy your own bear, they cost £20 and are available from 01706 833180.



Walkers take in beautiful East Lancashire sights

A CIRCULAR circuit around Turton Tower in Bolton was completed by veterans and, unlike the Crosby trip, the weather was beautiful and the

views stunning.

A further walk was held to Pendle Sculpture Trail.

We have three forthcoming events next month:

On Thursday June 9 we will complete a 5.2

mile Weaving Ways Walk around Wycoller and Trawden;

On Saturday June 18 there will be a family walk along the Boot Trail to the Halo Panopticon, Haslingden. And finally on

Thursday June 23

there will be a four-mile walk around Darwen Tower.

Check out our website to see further outdoor activities and to book a place contact 01706 833180.

SAS veteran thanks VIC for making his day



AN SAS veteran was able to attend a special parade in Manchester to commemorate the end of the Second World War thanks to VIC.

Outreach worker Claire Wright and her partner Chris Squires, also a VIC member, met Tommy Norfolk, 92, when he was singing on stage at an event in Longford Park, Stretford.

Claire said: "He likes to sing songs from the

war years and he is fluent in both French and German.

"He was in the SAS and he had seen an advert for the VE Day event in St Peter's Square, Manchester, and he wanted to attend."

Tommy was 18 when he left his job in 1940 to enlist initially in the Dorset Regiment. When he completed his training at Bournemouth, he then joined the Manchester Regiment and was posted to

North Africa where in 1942 he joined the Special Air Service. He carried out many parachute jumps.

He said: "It was kill or be killed. I was in Italy, Sicily, Austria and I am a lifetime member of the SAS Association.

"When I went to Hereford this year there were only 32 of us left from the Second World War."

He was very grateful to Claire and Chris for enabling him to attend the event.



Vote for Darren



Help at hand

SEVERAL organisations now regularly use the **VIC Centre**.

Every Thursday morning, Rossendale Citizens' Advice provides free, independent, confidential and impartial advice on people's rights and responsibilities.

On the second Thursday morning only, homeless charity Shelter hold sessions to help our members with their housing and benefit forms.

Every Friday morning, Lancashire Wellbeing Service, a service that helps people to deal with the underlying causes that are affecting their ability to manage their health and wellbeing, is at the centre.

Combat Stress and Military Veterans Service meet clients at VIC on an ad hoc basis.

For more information, or to see one of the workers, contact 01706 833180.

Video link

ON OUR website is a link to a video of a project that outreach officer Steve Butterworth was involved with.

Together with Military Veterans, he worked on The Hut Project to explore the lives of the soldiers who stayed at Dunham Massey during the First World War and reflect their experiences through art.

The National Trust's Dunham Massey Hall delivered The Hut Project in partnership with Pennine Care NHS Foundation Trust's North West Military Veterans' Service.

A replica hut has been built in the grounds.

THERE is still time to vote for our very own arts and crafts co-ordinator Darren Horsnell to win the individual North West Britain Has Spirit crown.

Darren started VIC's Creative Community Hub bringing people together of all ages and abilities, to socialise while also undertaking therapeutic activities.

He is a Falkland Islands veteran and after a career in the military, he struggled when transitioning back into civilian

life following a Post-Traumatic Stress Disorder diagnosis.

Darren sought professional help and found solace in art therapy. His health improved and this led him to become a volunteer at VIC in 2012.



The art group he set up has helped armed forces veterans of all ages reintegrate back into civilian life by encouraging them to socialise with members of their community.

The national winner will be awarded £25,000 for the charity of their choice – Darren first needs to win the North West final.

To vote, log on to www.britainhasspirit.com click North West, click Individual and vote for Darren. You can vote every 24 hours to June 17.

eBay auction

EXCITING lots will be auctioned off for **VIC** through **eBay**.

From June 13-18, as part of Small Charities Week we will be selling some incredible items including a signed Status Quo CD, a flight simulator experience, signed Russell Watson memorabilia and race day packages.

Writing course

VETERANS will be given the chance to get creative in a special course delivered by **Lancashire Adult Learning**.

The Creative Writing course begins on Wednesday June 8 from 1-3pm and will run for 7 weeks.

To book your place contact the VIC office on 01706 833180.

Getting crafty

CRAFTY Chatters classes are attracting a lot of members as different crafts are explored.

They are currently crafting needlefelt and will also be learning how to make the intricate pergamano, a form of paper craft.

The group is open to veterans and the community and meets every Monday from 10.30am to 12 noon.



SIX members of **VIC** took to the canal towpath to complete 10k to raise more than £300 for **VIC**.

We were invited by Church and Oswaldtwistle Rotary Club to join in their Walk 4 Your Charity that helped scores of charities to raise money for their individual organisations by completing a course of 10k or 5k.

It was ideal weather and everyone enjoyed themselves.



VIC's Crew Van and the REAL minibus were used to take members of Lighthouse Tai Chi to the World Tai Chi Day at Media City, Salford, where Lighthouse were running one of the sessions. It is hoped tai chi will be offered again at VIC.



ROSSENDALE

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

Outreach Services

MONDAY-FRIDAY

11am-1pm

WEDNESDAY

10-12 noon

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

MONDAY

Crafty Chatters

10.30am - 12

TUESDAY - second week only

Quiz

7pm

THURSDAY

Rossendale Citizens' Advice (weekly)

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

Walks will be held on the 2nd and 4th

Thursdays. Weather permitting.

Family Walk on 3rd **Saturday** at 10.30am.

HEYWOOD, MIDDLETON AND ROCHDALE

Outreach Service

TUESDAY - every week

11.30am-1.30

Lighthouse Project, Warwick Mill, Middleton M24 1AZ.

THURSDAYS

10am-12pm

1 Riverside, Rochdale OL16 1UB.

Walking Group

Walks will be held on the 2nd and 4th

Thursdays and are combined with the

Rossendale walking group.

PENDLE

Outreach Service

MONDAY

10am-noon

Pendle Rise Shopping Centre, Nelson, BB9 9SL.

VIC – 01706 833180

Chief Executive Liz Hamilton

lizhamilton@veteransincommunities.org

07731 730 442

Operations Manager Bob Elliott

bobelliott@veteransincommunities.org

07961 554 006

Admin Assistant Tracy Keir

tracykeir@veteransincommunities.org

Outreach Worker Steve Butterworth

stevebutterworth@veteransincommunities.org

Outreach Worker Claire Wright

clairewright@veteransincommunities.org

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)

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

Positive ART

One Stop Art Shop



At the end of May, the shop will be closing at Bacup Road, however arts and crafts materials will still be sold from the VIC Centre, Haslingden.

Opening times

Thursday 10am-5pm

Friday 10am-5pm

Saturday 10am-5pm

Sunday 11am-3pm

Tel: 07437874696

positiveart@veteransincommunities.org

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

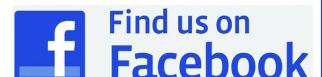
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East Lancashire Clinical Commissioning Group



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



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