



VIC Newsletter

Military operation to marshal hubs



SINCE early January more than 20 volunteers representing Veterans In Communities have completed more than 1,300 'man' hours at the Vaccination Hubs in Rawtenstall and Accrington.

In all weathers, snow, sub-zero temperatures, gale force winds, rain and the odd bit of sunshine, the crews have efficiently and with good humour manned the posts ensuring cars kept moving into the car park and aiding and directing people into the centre.

In Rossendale more than 11,000 people have received their first vaccination; the rollout will be continuing for many more months to come.

Operations Manager Bob Elliott said: "The process has been described as a 'military manoeuvre' and we are delighted to have played a role in the success wearing our VIC hi-vis, procured from Mo Howe at UK Forces Direct in Workshop."

Thanks to Asda's Laura Saxton, the Co-op and many VIC members for donations of food and 'Wolfgang' for his hot drinks and food.



Here's some of the feedback we have received

I was greeted by a very jovial gentleman wearing a Father Christmas hat, who escorted me to the reception area. The whole process was extremely slick, well organised and full of smiles and laughter, it took approximately 10 minutes. (The time frame would have been shorter only I did cause some confusion during the temperature taking process as 4 of the scanners failed to work on me and this was approached with humour)

I would be grateful if you would pass on a very big thank you to all the volunteers and staff at the Rossendale site, for the warm smiley welcome and for doing such a fantastic job (especially those volunteers on outside duties, It was so bitterly cold)

Well done to all concerned.

Just want to say that they were all amazing, made you feel important and cared for, but a special shout out to the marshal on the main door who went out of his way to help me with a wheelchair, you will be rewarded xxxx

Hazel Allen



Fantastic bunch of volunteers!

I have nothing but praise for them all.

As do all the folk I know that have visited the hub in the past weeks.

May God repay them for their awesome kindness!

Donna Marie

More comments overleaf

Thank you so much to you all. Without the selfless and dedicated help from voluntary groups, the Rossendale Covid19 Vaccination Centre would not be operating as well as it is.

**Dr Abdul Mannan
Clinical Director of
the Primary Care
Network and
Haslingden GP**





Never felt so proud to be a Rossendalian! I took my elderly father today for his first dose of the COVID vaccine at Ilex Mill Medical Centre. From start to finish, it was a very pleasant experience. We were greeted on the main road by volunteers from VIC. They did a super job of directing us where to park, then other members of VIC informed us where to go next. Choosing VIC to do this task is a very wise decision – these guys have direct experience of combat scenario, so this was second nature to them.

I managed to speak to a very elderly lady and whispered to her "Spirit of the Blitz" – she told me this indeed is how it was; everyone from the community chipped in and did their bit.

Shumel Haydar

I'm sure you have heard this already, but to echo the comments I've heard so many times from those vaccinated, please thank all the volunteers, the work of the marshalls makes the experience so much easier their being outside, in all the weather that's been thrown at Rossendale these last weeks, is truly appreciated.

**Community First Responder
Andrew Walmsley**



Well done VIC Volunteers!
**Councillor
Judith Addison
Hyndburn BC**

My parents came through the Hub today and said it was excellently well organised. Thanks guys.
Helen Thompson

Thank you so much, my visit was made so much easier, amazing service to the community.
Liz Haugan

Had mine today. Everyone down there was amazing
Joanna Louise

I just want to add that your volunteers were amazing last Friday when I was there. They were friendly and helpful and very organised. You're a credit to Rossendale

Lisa Spencer



Online quiz to boost VIC funds

OUR first online quiz night will be held in March.

As it can't be hosted at our usual venue of a restaurant, we have aptly named it 'Bring your own curry' and Quiz night.

On March 26 at 7pm, teams will be

asked to join the VIC Zoom room to tackle a series of rounds of questions, puzzles and conundrums.

The cost will be £5 per team and each team will be given a free raffle ticket.

Anyone wanting to buy additional raffle tickets

or make further donations will be able to do so when they register their team.

For more information please check out our Facebook page or contact Administrator Amy Thompson on 01706 833180.

Zoom meetings help veterans stay in touch

REGULARS from The Sandbag Café in Heywood and veterans in the Burnley and Pendle area are now meeting up 'in person' via Zoom.

We have been loaning out tablets to veterans across the areas to enable them to access our online groups.

The tablets were purchased thanks to a grant from the Armed Forces Covenant Trust Fund Veterans Should Not Be Forgotten programme.

The equipment has enabled

veterans to once more meet up, chat and provide moral support thanks to instruction and training on tablet use provided by VIC.

The Burnley and Pendle group meets every Friday at 11am and is now asking members to set the agenda for future meet ups be that a quiz, virtual breakfast or just sharing stories of service.

The online meeting for residents of Rochdale, Heywood and Middleton is at 11am on Tuesdays. At its busiest it had 14 members joining in.



The Sandbag Cafe goes on Zoom



Centre refurb underway

Counselling sessions

FIVE free Zoom counselling sessions are being offered to VIC members in the Rossendale area by Unlock Your You.

Founder Will Burns has been in contact with VIC to offer the service which is being provided by volunteers who are fully trained and qualified as Mental Health First Aiders.

It is designed to break any stigma, judgement or taboo about counselling and is available to people who need it, completely free and confidential.

Funding has been acquired to offer support to those who may be experiencing low mood, feelings of loneliness, anxiety or someone who is suffering mental health in general.

To refer: the client, or someone connected with the client, has to complete an online self-referral form available on www.unlockyouryou.com/counselling-services; in the submission, quote 'VIC Referral' in the additional comments section.

Once the five free sessions have been completed, further sessions are available if wanted at £30 each.

Walking aid

THANK you to Balladen Food Box for coming to the aid of a veteran in Chorley who needed a wheeled walker to aid his mobility when he came out of hospital.

WORK has begun to replace all of the windows at the VIC Centre in Haslingden.

The work has been funded by a £29,000 grant from the Armed Forces Covenant Trust Fund – Veterans Community Centres Offer.

As well as paying for the windows to be replaced, the grant also covers the installation of new window blinds.

It will also pay for the cellars to be tanked and the rebuild of a retaining wall that has structural problems.

The Ministry of Defence grant – for the project entitled Repair, Remain, Return – was received in March last year, but the work had to be put on hold because of coronavirus restrictions.



Card designs sought

CALLING all artists and photographers, VIC is seeking images for a new set of Christmas cards and is appealing for designers to submit entries.

These can be in the form of a painting, photograph or any form of art that you choose.

We are looking for a minimum of six pieces that will be chosen by a few selected judges and the charity will not be using

any of the designs from previous years.

The deadline for work to be submitted is May 1.

Where possible, all work must be signed and dated.

Quality images of your work should be sent to darrenhorsnell@vic.org.uk and images must be of high quality and suitable for printing. All entries must have your full name and the name of the work you are submitting.

First 2021 Bob Ross

BEAUTIFUL pictures were created at the first 'painting in the style of Bob Ross' online art class in 2021.



Arts and Crafts Co-ordinator Darren Horsnell recorded the class, when the artists created 'Winter's Rest' and it is available to view on YouTube.



THE winner in the photography section of our art competition Carol Duckworth is pictured receiving a beautiful framed print of her award-winning photograph with Chief Executive Amanda Walton.

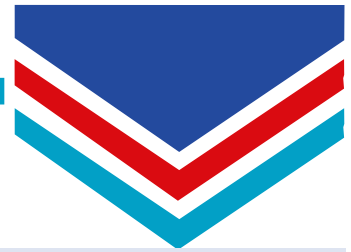
Africa table sells

AN UPCYCLED coffee table with a pyrography African scene, etched by VIC member Brian McEvoy, has been sold.



Veteran Brian has been creating amazing pieces of furniture at the VIC Centre and now has an upcycled table (pictured above) and three chairs for sale on Facebook Marketplace, priced £130.

All proceeds from the sale of furniture items made by Brian benefit the work of VIC.



ROSSENDALE

NOTE COVID CHANGES TO ACTIVITIES

Outreach Service

MONDAY-FRIDAY

BY APPOINTMENT ONLY

9am-4.30pm

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

Call 01706 833180

TUESDAY

ON ZOOM

Art Group

12.30pm

WEDNESDAY

ON LOCATION

Allotment

Help on the allotment in Holcombe Road, Helmshore. Contact 01706 833180

THURSDAY

ON ZOOM

Art Group

12.30pm

STILL SUSPENDED

VIC Choir

6.30-8.30pm

EVERY MONTH

ON ZOOM

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

STILL SUSPENDED

Walking Group

Restricted numbers see Facebook or website for details.

STILL SUSPENDED

Rossendale Armed Forces and Veterans' Breakfast Club

Haslingden Community Link

BURNLEY AND PENDLE

Outreach Service

FRIDAY

ON ZOOM

11am

Meeting for veterans from Burnley and Pendle.

All other activities suspended.

HEYWOOD, MIDDLETON AND ROCHDALE

The Sandbag Cafe

TUESDAY

ON ZOOM

11am

VIC Outreach

TUESDAY

12.30pm-2.30pm

Middleton Gardens, M24 1AB

The Messin - cafe and drop in

1pm-2.30pm

The Lighthouse Project, Middleton Shopping Centre, M24 1AB.

THURSDAY

9am-10.30am Rochdale Breakfast Club

Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

VIC Outreach

1 Riverside, Rochdale OL16 1UB.

RIBBLE VALLEY

Outreach Service

TUESDAY

9.30am-11.30pm

Espresso's Coffee Shop, The Old Chapel, Ebenezer Terrace, Billington, BB7 9NN.

VIC – 01706 833180

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amandawalton@vic.org.uk

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son@vic.org.uk

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07741 902 343

Project Worker Ray Sharkey

raysharkey@vic.org.uk

Transformational Coach Gill Hughes

gillhughes@vic.org.uk

07741 902 411

Volunteer Support Worker Mel Fitzgerald

melfitzgerald@vic.org.uk

Arts and Crafts Co-ordinator Darren Horsnell

darrenhorsnell@vic.org.uk

Outdoor Activities Co-ordinator Ivy Limbrick

ivylimbrick@vic.org.uk

Sessional Worker Bernard Tighe

bernardtighe@vic.org.uk

VIC Choir Bookings Barry Hyde

barryhyde@vic.org.uk

Contacts

Combat Stress Helpline

0800 138 1619

NHS Military Veterans Psychological

Therapies Service (NW)

0300 323 0707

The Royal British Legion

0808 802 8080 7 days a week 8am-8pm

SSAFA

email Lancashire@ssaafa.org.uk

01772 260 462

Rossendale Citizens' Advice

0300 456 2552

The Samaritans

01282 694929 Mon to Fri 9am-9pm

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

0800 018 2361

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of Access

via GP or self-referral

01282 657116

Armed Forces Support Group

01282 613132

HYNDBURN

Outreach Service

FRIDAY

10.30am-3pm

VIC Shop, Accrington Arndale Centre, BB5

1EX.

Want to help?

To donate to support the work of VIC please

visit our website and click on the secure

Virgin Money Giving link

www.veteransincommunities.org/donate.html

VIC supported

by:



East Lancashire

Clinical Commissioning Group



Rossendalealife

BOROUGH COUNCIL Putting people first



ROCHDALE METROPOLITAN BOROUGH COUNCIL



Cobseo The Confederation of Service Charities



Changing Futures Building Better Opportunities



COMMUNITY FUND



European Union Social Fund



Find us on Facebook

www.facebook.com
VIC Veterans In Communities