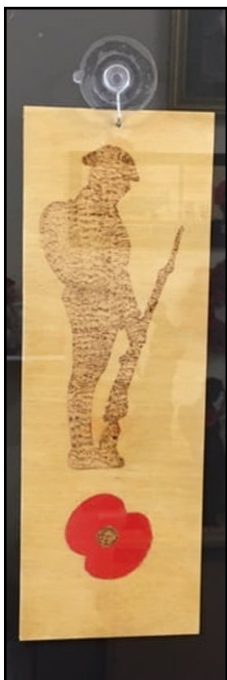


# Remembrance



**REMEMBRANCE** will be a very different time for veterans this year, as the usual parades and services have had to be cancelled.

At VIC we will be observing the two minutes' silence at 11am on November 11 and will be remembering not only those who did not return but those who are still suffering the effects of conflicts.

We have also created new items for our shop in Accrington to replace our Lest We Forget collection. Two stunning Remembrance soldiers will help people mark the occasion

Brian McEvoy has created a pyrography wooden window



hanging, which depicts a First World War soldier.

Brian is being supported at VIC through the Building Better Opportunities, Changing Futures Project, funded by the Community Fund and the European Social Fund.

A second indoor silhouette shows First World War soldier standing on a plinth. It was initially created by Operations

Manager Bob Elliott, and is now being made by Veterans In Production.

Bob said: "Through the sale of both of these items, we will be making a donation to The Royal British Legion in Haslingden.

"At the shop, we will also be selling The Royal British Legion poppies and knitted poppies."

# In memorium

## Tracey Vick

**Tracey was a founding member of VIC and sadly lost her battle with cancer last month, aged 56.**

Along with fiancé Darren Horsnell, Tracey joined VIC in 2011 when it was called Veterans In Action after they both attended a drop-in session at Haslingden Community Link.

From then on, Darren



and Tracey have been an intrinsic part of VIC, Darren as Arts and Crafts Co-ordinator and Tracey as his soul mate, companion, supporter and attendee at many VIC activities.

She helped to organise fundraising events including the first Fun Day at St Mary's Football Club in Haslingden and was always by Darren's side at VIC events over the years.

Darren said: "We used to play about with each other on the same street in East London and I met her when I was 11 and she was nine.

"Our favourite place was Wanstead Flats - a park with a big lake and loads of cherry blossom and we would play kiss-chase. I will never forget those memories."

They were really good mates until one day Darren

**IT IS with much sadness that we have to report the death of two members of VIC – Tracey Vick and Derek Cullen.**

wrote Tracey a letter and in it he asked if she would go out with him and gave her a yes and no box to tick – she ticked yes.

At 13, Tracey moved to Rossendale with her family and Darren joined the army at 15, but they kept in touch by letter even when he was stationed in Belize.

They both married and Tracey had five children while Darren had three, then, thanks to a message from Friends Reunited, they met in 2000. A year later they were a couple again and Darren moved to live with Tracey in Rossendale.

Darren said: "We got back together when I was at my worst; I was in bits and I had already done so much to myself. She saved me; Tracey and VIC saved me.

"It was Tracey who got me to contact Combat

Stress and while there I got into painting, then I joined VIC. Without her support, I wouldn't have done anything; I had to have her with me at all times.

"We went back to London and had a couple of picnics where we used to play. Tracey was such a genuine, honest, caring person who always put everyone else first."

She was ill last Christmas and in March a blood test indicated there was cancer, but COVID-19 meant it was several months before she received chemotherapy.

When she returned home from a hospital stay, she found a bench that had belonged to her late father had been lovingly restored by VIC and was in pride of place outside their home.

*continued overleaf*



## Derek Cullen

**FORMER Irish Ranger Derek Cullen, who was an active member of VIC from 2015-2017, died this month.**



Derek lived in Rochdale and enjoyed outdoor pursuits with VIC – particularly walks and activities at Hollingworth Lake, Littleborough, before he returned to work.

He was real gent and was liked and well respected by all those he came into contact with.

His funeral was on October 20 at Rochdale Crematorium.



## Tracey Vick

Darren said: "I thought we would never get the bench fixed, I had spent hours sanding it down, but then Tracey got ill. When she came home and saw it, she was absolutely made up. It was so nice of them to do it."

Her funeral was on October 5 and veterans and friends provided a socially distanced guard of honour for the cortege as it made its way from Tracey and Darren's home in Haslingden and on to Burnley Crematorium. Afterwards everyone met at the Green Squirrel.



**MEMBERS** enjoyed a lovely seven-mile walk from Clough Head in Haslingden taking in Tor Hill and High Moss.



## Making the grade for employer recognition

**LAST** month we reported that VIC had achieved the Silver Award in the MOD Employers' Recognition Scheme.

We have now received our certificate, which Chief

Executive Amanda Walton is proudly displaying.

We are also pleased to report that Pendle Armed Forces Community Group received the Bronze Award and Pendle Council along with Pendle Leisure Trust have

both been awarded the Silver Award.

Councillor Neil Butterworth, the Council's Armed Forces Champion, is pictured with Audrey Drinkwater, Vice-Chair of the Pendle Armed Forces Covenant Group.



## Art donation

**ART** materials, books and paint belonging to Anne Malone, a former member of art group, IT and woodworking courses, have been donated to VIC.

Anne sadly died earlier this year and her sister Alison Phelan, pictured below with Operations Manager Bob Elliott, has kindly given the items to the centre for members to use.



## Vets railcard

**THE** Veterans Railcard can now be applied for by logging on to [www.veterans-railcard.co.uk](http://www.veterans-railcard.co.uk) and it will be available to use from November 5.

## Survey

**MEMBERS** are being asked to complete an online survey on the VIC Facebook Group to assist with future funding applications. Thank you to everyone who has completed it so far.



## Quiz players

**VIC quiz lovers are being invited to join a team as we take on the FirstLight Trust in Lancaster in a veterans' quiz.**

It will be held virtually and posing the questions will be Lancashire Armed Forces Covenant Hub Project Manager Ian Barber.

The team will be captained by Chief Executive Amanda Walton and five other members are needed.

Any VIC member interested can contact 01706 833180.

## Jewellery for VIC

**JEWELLERY bought from Serendipity during October will raise money for VIC.**

Gill Currie, a matron with East Lancs Health Trust, set up her own business during lockdown to make jewellery and each month she selects a charity to benefit from a donation from each sale.

For October, she has chosen VIC and has designed a special Remembrance piece: Peace, Love & Happiness.

For more information join the Facebook group Serendipity.



## Vets to rescue

**IT IS nearly three years since we first helped out a young veteran who was bringing up his three young children alone having lost his wife to cancer.**

Now VIC, along with other armed forces organisations and food groups, have stepped in again as the veteran has contracted COVID.

Operations Manager Bob Elliott said: "We saw an appeal by VIC member Andy Holder on Burnley International Veterans' Social Club asking for food parcels for the young veteran and his family as he had to isolate after contracting COVID.

"We got food donations from Positive Start in Rawtenstall and also



from Asda Rawtenstall where community champion Laura Saxton put in Hallowe'en items for his children as the first time I met him his children were

decorating the house for Hallowe'en."

He also received donations from the food bank at Burnley FC in the Community.

## Closing date for art comp entries

**OUR first global art competition will close to entries on Armistice Day November 11.**

The competition is being organised by Outreach Worker Steve Butterworth and categories are: photographs, paintings, creative writing/poetry, music, other art including sculpture or pyrography and one lockdown entry for any category.

As a treat VIC has been offered a special Zoom session with veteran Australian artist Graeme Stevenson.

Steve said: "For the past couple of weeks, we have been in contact with the host and production team of an Australian art based TV programme.

"The half-hourly 'Colour In Your Life' programmes are screened globally and involve artists from around the world, showcasing their work, through demonstrations and tutorials. The programmes can also be viewed on YouTube.

"Graeme Stevenson, the host of the show is a well regarded artist in his own

right and has work in private collections and galleries around the world. He has very kindly agreed to highlight the benefits of art for the wellbeing and mental health of veterans.

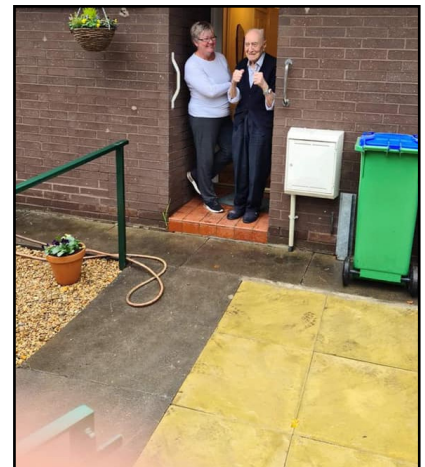
"Graeme created the programme to specifically bring art to the masses and away from the perceived view that art was something available only to the privileged few."

A date for the Zoom meeting has yet to be set, but Steve is collating a list of attendees; email him on [stevebutterworth@vic.org.uk](mailto:stevebutterworth@vic.org.uk)

## Army help Harold get the garden he needs

**A HUGE well done to Terry Morley and the team of volunteers from Rochdale for transforming an overgrown garden into useful space for a 102-year-old veteran.**

Terry, who used to be VIC's transformational coach, issued a call to arms to get the job done and the 'big build' led to volunteers clearing the garden and replacing it with stone chippings and paving slab so Harold has somewhere to dry clothes and to safely sit and enjoy the view.





## ROSSENDALE

**NOTE COVID CHANGES TO ACTIVITIES**

**BY APPOINTMENT ONLY**

**Outreach Service**

**MONDAY-FRIDAY**

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**

**STILL SUSPENDED**

**VIC Choir**

6.30-8.30pm

**FRIDAY**

**ON ZOOM**

**Art Group**

12.30pm

**EVERY MONTH**

**ON ZOOM**

**Painting in the Style of Bob Ross art classes**

Contact Darren 01706 833180

**ON LOCATION**

**Walking Group**

Restricted numbers see Facebook or website for details.

**BY INVITATION ONLY**

**Rossendale Armed Forces and Veterans' Breakfast Club**

Haslingden Community Link

9.30am-11.30pm

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

**SUSPENDED**

## BURNLEY AND PENDLE

**Outreach Service**

**TUESDAY - alternate weeks**

Breakfast Club at Burnley FC in the Community Cafe, Charter Walk.

9am-11am

Contact 01706 833180 for dates of outreach at Burnley FC in the Community, Armed Forces Support Group, Holmefield House, Gisburn Road, Barrowford, at Morrisons in Nelson and Asda in Colne.

**SUSPENDED**

## HEYWOOD, MIDDLETON AND ROCHDALE

**BY INVITATION ONLY**

**The Sandbag Cafe and drop in**

**TUESDAY**

10am-noon

Sandon House, Taylor Street, Heywood OL10 1EF.

**VIC Outreach**

**TUESDAY**

12.30pm-2.30pm

Middleton Gardens, M24 1AB

**The Mess This Cafe and drop in**

1pm-2.30pm

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

**THURSDAY**

**BY INVITATION ONLY**

9am-10.30am Rochdale Breakfast Club

Rochdale Town Hall Bistro OL16 1AB.

10.30am-noon

**VIC Outreach**

1 Riverside, Rochdale OL16 1UB.

**SUSPENDED**

**SUSPENDED**

## HYNDBURN

**FRIDAY**

**Outreach Service**

10.30am-3pm

VIC Shop, Accrington Arndale Centre, BB5 1PL.

## RIBBLE VALLEY

**Outreach Service**

**TUESDAYS**

## VIC – 01706 833180

**Chief Executive Amanda Walton**

amandawalton@vic.org.uk

**Operations Manager Bob Elliott**

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07961 554 006

**Admin Officer Amy Thompson**

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**Outreach Worker Steve Butterworth**

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**Project Worker Bev Fowler**

beverleyfowler@vic.org.uk

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@ssafo.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

**Bolton Armed Forces Centre 4 Veterans**

www.bafc4v.org

01204 776628

## 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](http://www.veteransincommunities.org/donate.html)

VIC supported

by:



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VIC Veterans In Communities