



# VIC Newsletter

## Here when you need us



**IN THESE unusual times rest assured Veterans In Communities will always be here for you and this newsletter will continue.**

As a result of the Coronavirus crisis, we have made significant changes to our operational programme as all our classes, groups and outreach have been suspended.

That includes the choir, arts and crafts, IT, woodworking, both the Sandbag and The Mess Tin and Veterans In Production.

Our shop at the Arndale Centre in Accrington has now been closed, but it will not be forever.

Outreach Worker Steve Butterworth and Arts and Crafts Co-ordinator Darren

Horsnell are looking to set up an online art group where members will still be able to interact, learn and share their experiences. More details to follow.

Chief Executive Amanda Walton said: "We are all in unprecedented and uncertain times, but as an organisation we remain determined to do what we do best – supporting our members in their time of need.

"We will also be looking forward to and planning for a return to our normal service provision when it is safe to do so."

The VIC Centre in Haslingden will no longer be allowed to accept visitors, but a skeleton staff will always be available to answer your calls.

Anyone in the centre will have their temperature

checked as soon as they enter and they will adhere to strict hygiene rules.

Operations Manager Bob Elliott said: "It hasn't been an easy decision but we have to keep our staff, volunteers and members safe and reduce any chance of contracting the Coronavirus.

"The centre will remain open as long as possible to answer the phone and support our members.

"If any of our elderly, vulnerable members or those who are self-isolating are struggling to get essential provisions or would like to talk with somebody then please contact us."

Our Facebook page and group will be updated regularly with news and information, if you are not a member please like or join.

**WASH YOUR HANDS**

The Covid-19 virus can be contracted through contact with non-sanitised surfaces -  
Eg. door surfaces and these pens.

Please help us to help you, after signing in, **PLEASE WASH YOUR HANDS**

**Main contact 01706 833180 or email [amandawaltonwalton@vic.org.uk](mailto:amandawaltonwalton@vic.org.uk)  
[bobelliott@vic.org.uk](mailto:bobelliott@vic.org.uk) [amythompson@vic.org.uk](mailto:amythompson@vic.org.uk) or [raysharkey@vic.org.uk](mailto:raysharkey@vic.org.uk)**

**Outreach workers are working from home but still available:**  
call Steve Butterworth 07741902188 email [stevebutterworth@vic.org.uk](mailto:stevebutterworth@vic.org.uk)  
call Bev Fowler 07741902343 email [beverleyfowler@vic.org.uk](mailto:beverleyfowler@vic.org.uk)  
call Gill Hughes 07741902411 email [gillhughes@vic.org.uk](mailto:gillhughes@vic.org.uk)

## Bronze honour for charity

VIC has been recognised for attaining the Bronze Award in the Armed Forces Covenant Employer Recognition Scheme.

The Bronze Award is given to Employers who pledge to support the armed forces, including existing or prospective employees who are members of the community.

The accreditation acknowledges those who have signed the Armed Forces Covenant, who promote being armed forces-friendly and are open to employing reservists, armed forces veterans (including the wounded, injured and sick), cadet instructors and military spouses/partners. The charity is now working towards the Silver Award.



## Mental health

**KEEP positive. For those who are socially isolating it is essential to make sure your mental health does not suffer.**

Help each other by sharing your best ideas to keep your mental health in good shape, be that completing jigsaws, carrying out art projects, digging the garden or cooking.

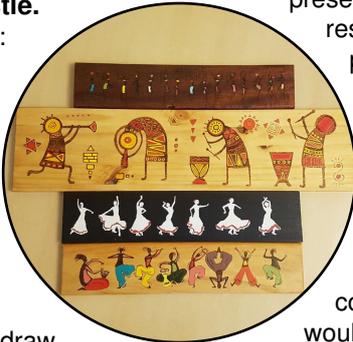
Please post your ideas on our Facebook page and group, help others to be able to help themselves and we will include your tips, ideas and suggestions in future newsletters.



## Brian's art to order

**VETERAN Brian McEvoy has painted a beautiful child-friendly animal map for a nursery in Oswaldtwistle.**

Brian said: "I didn't want the animals to be exact copies and so made them easier shapes so that the children can draw their own versions and feel good about what they have drawn."



The map was made for veteran Gary Horrocks whose wife works in the nursery and it will be presented when restrictions permit.

Brian has also been busy making pyrography plaques. If you have a commission you would like Brian to undertake contact the VIC Centre in 01706 833180.



## Latest Bob Ross class masterpieces

**VIC ran its monthly 'painting in the style of Bob Ross' class.**

It was a long

hard day but those who attended produced some fantastic work.

Arts and Crafts

Co-ordinator Darren would like to thank Graham Limb for helping to set up for the class.

# MoD grant received for centre refurb

**WORK will be carried out to improve the VIC Centre thanks to a grant from the Ministry of Defence.**

The £29,000 grant is from the Armed Forces Covenant Fund – Veterans' Community Centres Offer will be used to

complete the replacement of windows and also carry out an internal refurbishment.

Included in the work will be the replacement of carpets, repainting of internal walls and new window blinds will be fitted and a retaining wall that has

structural problems is going to be rebuilt.

A contractor has been appointed to complete the project – called Repair, Remain, Return – but the work has yet to be scheduled because of the Coronavirus crisis. More to come in a later newsletter.



## VIC reaching out in Nelson

**VIC was invited to the Pendle Integrated Neighbourhood Team development event at Walshaw House in Nelson.**

We were one of many organisations who are involved in tackling social isolation.

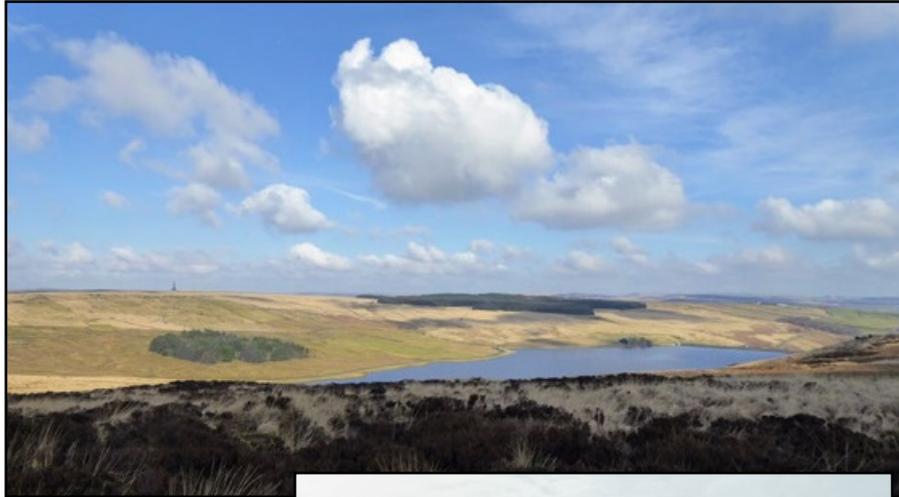
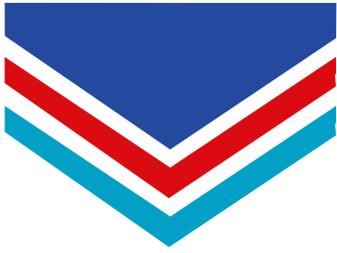
At the event, we had an information stand in the 'Market Place' and it was a very good and well organised event.

Pendle Outreach Worker Steve Butterworth made many new contacts

and also identified a potential future outreach venue at a local health centre.

● Outreach was also held at the Pendle Rise shopping Centre.





*Although walks have now been suspended, members were able to enjoy two stunning hikes. The first was from the White House in Littleborough and the second was over to Hoglow Pike from Clough Head.*



# Help to research your family tree

**VETERAN Ron Flowers is offering to help others to research their First World War family history.**

He has recently started volunteering in the Fusilier Museum Archives and admitted to becoming 'a bit obsessed with doing family history research'.

Ron said: "If any of you have always wanted to trace bits and pieces of your family history from that time, if you let me have as many details I will endeavour to research what I can.

"I am in lockdown at the moment and rather

than just sit around doing nothing, I thought I would offer this service – no charge, by the way!

"I say WWI because anything for WW2 and beyond you have to apply to Army Records in Glasgow. However even that isn't completely correct, I have recently found information about my uncle who was taken prisoner at Tobruck and I traced him to his POW Camp.

"Number, rank, name and unit help and if they died during the war and they don't have to have been a Fusilier.

Hopefully this will stop me getting too bored."

# Model railway club is still on track

**WE ARE still planning to open a Model Railway Club, once restrictions on social gathering permit.**

We are accepting any donations of OO gauge locomotives, track, bridges, sheds and scenery etc and baseboards.

The group will be

open to anybody to join and the final model will be set up in the Hyndburn Veterans Drop-in for people to view.

If you want to know more about

the project, to join the group or have any unwanted OO gauge model railway kit please contact the VIC office on 01706 833180.

# Thank you

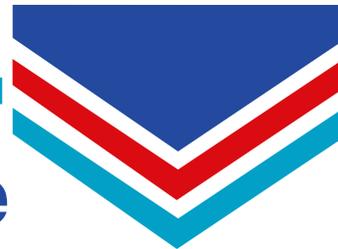
**A BIG thank you to the RAFT Foundation for the generous donation of bread and flowers.**

Many of our veteran members are on low incomes and are vulnerable, and these donations make a big difference to their lives.

Thank you also to TK Maxx in Rawtenstall for the generous donation of tea and coffee to the VIC Centre in Haslingden.



*Sessional worker Bernard Tighe did a fantastic job rebuilding the gates at the VIC Centre which were damaged by storms Ciara and Dennis.*



## ROSSENDALE

Activities are held at the VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.

### Outreach Service MONDAY-FRIDAY

9am-4.30pm

For a home appointment call 01706 833180

### MONDAY

#### Crafty Chatters

10am-12 noon

### WEDNESDAY

#### Allotment and Veterans In Production

Help on the allotment in Holcombe Road, Helmshore, or manufacture wooden items at the centre. Contact 01706 833180.

#### Art Class

2pm-4pm

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

### THURSDAY

#### Woodworking Course

10am-3pm

### THURSDAY

#### Computer and IT help drop-in

11am-3pm

#### VIC Choir (weekly)

6.30-8.30pm

### FRIDAY

#### Art Group and drop-in

10am-3.30pm

### SECOND SATURDAY

#### Rossendale Armed Forces and Veterans'

#### Breakfast Club

10am-12.30pm

The Link Gate, Haslingden Community Link, Bury Road, Haslingden BB4 5PG

### EVERY MONTH

#### Painting in the style of Bob Ross art classes

Contact Darren 01706 833180.

#### Walking Group, Social Juggles and

#### Outdoor Activities

These are held every

### THURSDAY

Visit the Events section on our

VIC Facebook page or the VIC website and

follow the link to Projects and Activities.

9.30am-11.30pm

Ebenezer's Coffee Shop, The Old Chapel,

Ebenezer's Terrace, Billington, BB7 9NN.

## 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, the Pendle

Armed Forces Support Group, Holmefield

Mill, Gisburn Road, Barrowford, at Morrisons

in Nelson and Asda in Colne.

## HEYWOOD, MIDDLETON AND ROCHDALE

### 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 Tin - 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.

## HYNDBURN

### Outreach Service and Art Group

### TUESDAY

10am-3pm

VIC Shop, Accrington Arndale Centre, BB5 1PL.

### FRIDAY

### Outreach Service

10.30am-3pm

## 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)

## RIBBLE VALLEY

### Outreach Service

TUESDAYS

9.30am-11.30pm

Ebenezer's Coffee Shop, The Old Chapel,

Ebenezer's Terrace, Billington, BB7 9NN.

## VIC – 01706 833180

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Project Worker Ray Sharkey

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Transformational Coach Gill Hughes

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Volunteer Support Worker Mel Fitzgerald

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Arts and Crafts Co-ordinator Darren Horsnell

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Outdoor Activities Co-ordinator Ivy Limbrick

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Sessional Worker Bernard Tighe

[bernardtighe@vic.org.uk](mailto:bernardtighe@vic.org.uk)

VIC Choir Bookings Barry Hyde

[barryhyde@vic.org.uk](mailto: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@ssafa.org.uk](mailto:Lancashire@ssafa.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](http://www.bafc4v.org)

01204 776628

## VIC supported

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