



VIC Newsletter

Remembrance walk

TO MARK Remembrance, veteran Phil Speddy will be completing nearly 60 miles of walking between memorial sites all over Rossendale.

On the sixth day, the Army Cadet Sergeant Instructor will then take part in three



Remembrance Sunday services, in Accrington, Haslingden and Rawtenstall.

The Royal Pioneer Corps veteran, 51, from Rawtenstall, said: "This will be a local community act of Remembrance and I am doing it to raise the profile of VIC as we are very lucky to have this facility in our area.

"Operations Manager Bob Elliott will be supporting me with back up in the minibus to make sure I have water and provisions and help if needed and I am asking veterans in the area to come along and join in for part of the walk.

"I will be camping

out during the week and some veterans have also said they may join me.

"I set off on November 5 and start from what is reputed to be England's highest war memorial at Deerplay Moor above Weir and that first day will be the longest and hardest of all as I go down to Bacup then on to Whitworth and back to Stacksteads.

"I will visit 61 memorials, graveyards with Commonwealth Graves and churches with Rolls of Honour."

At each location the Last Post will be observed and a memorial cross with poppy will be placed. These have been

made by members of 38th Rossendale Open Scout Group.

Day 2 takes him from Stacksteads to Edgeside and then on to Dunnockshaw and then Day 3 will be from Dunnockshaw to Cloughfold and then to Rawtenstall.

Leaving Rawtenstall on Day 4, he will visit Holden, and then on Day 5 he will visit Haslingden before making his way to Oak Hill Park in Accrington.

VIC will be present at the M60 Ring of Red Remembrance



Sunday ride, when the charity will benefit from funds raised.

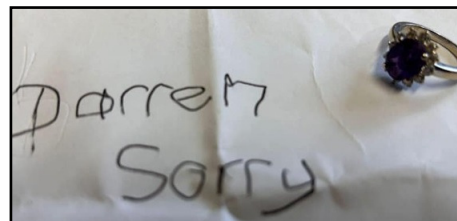
Members of VIC will also be present at many other services and parades around Rossendale, Greater Manchester and East Lancashire in areas where we provide services.

Engagement ring returned

A TREASURED engagement ring, stolen from a veteran in a house burglary, has been returned.

Falklands veteran Darren Horsnell was devastated when he discovered the burglary last month and shocked and angered to find his beloved Tracey Vick's engagement ring, that had been placed on top the wicker casket containing her ashes, was also missing.

VIC Volunteer Arts and Crafts Co-ordinator Darren's appeal for the ring's return was shared on the charity's Facebook page, on the front page of



the Rossendale Free Press and in VIC's newsletter.

On October 8, the ring was finally returned in the letter box at VIC with a simple 'Darren Sorry' message.

Darren said: "Never did I think there was people out there that was so low and disgusting, proper scum of the earth. My faith in human kindness was shattered until thousands of you shared a plea.

"I still cannot believe I

have the greatest of pleasure in letting you all know the ring was returned.

"On Tuesday October 8, a member of VIC found the ring posted in the letter

box of Veterans in Communities.

"There are no words that I can think of to say how honoured and overwhelmed I was that so many helped in securing the return of Tracey Vick's engagement ring. Thank you is not enough.

"Without the help of friends and family, the staff, and members of VIC, I would have never seen the ring again."

Art workshop

THE first of several different art workshops will be held at VIC.

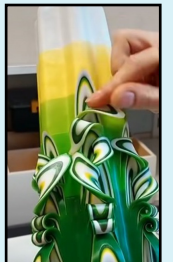
Arts and Crafts Co-ordinator

Darren Horsnell will lead a candle making workshop which is being heavily subsidised.

It would normally cost £65, but, thanks to a rhino painting Darren raffled off, the cost will be just £20.

Everyone taking part will leave with their own specially-made candle.

For more information contact 01706 833180.





Mini aces marathon

Sharks offer

VETERANS can see the Sale Sharks taking on Caldy Rugby Union Football Club for just £10.

On November 8, our friends at Sale Sharks are offering to reduce the normal £42 ticket price to just £10 for Veterans for their Premier League game.

Operations Manager Bob Elliott said: "They have a link specifically for veterans to buy a ticket and is a nice gesture by the club as part of its ongoing support to the Armed Forces Community in the run up to Remembrance.

"Veterans are invited to wear blazers and berets on the night and they will be given the opportunity to line the side of the pitch before the game."

For more information contact Michael O'Hara, Veterans lead at the club, by email Michael.OHara@salesharks.com

Shop for VIC

MEMBERS of the Co-op can help build up funds for VIC every time they shop.

When you become a Co-op member, you have an option to choose a good cause to benefit from your shopping, and VIC is listed.

If you don't select a cause any funds are split between all the local causes supported by the Co-op.

Veterans in Communities is part of the CooP-UK Local Community Fund, to find out more about our project and to choose us as your cause, click <https://membership.coop.co.uk/causes/91087>

CONGRATULATIONS to VIC member Michael Leather AKA Mini who ran the Manchester Half Marathon.

He completed the challenge to raise money for VIC and, to date, his efforts have raised a fantastic £395.

He said: "I have been supported by my local Armed Forces Charity VIC since I left the Army.

"I struggled with my mental health due to my service in The 2nd Battalion The Duke of Lancaster's Regiment and, as part of my recovery, this charity has always been there for me.

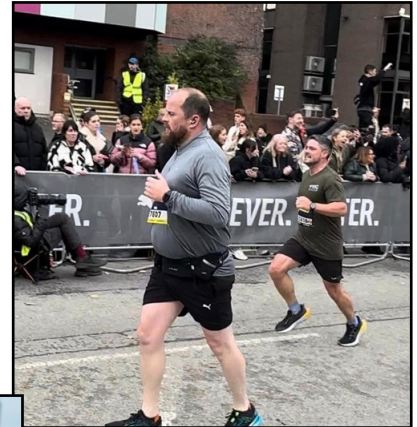
"They offer a range of different therapeutic activities for veterans, their families and those who have retired from the Blue Light Services.

"It is with their support, and other veteran services, that I

am in a much better place in my life and can see a brighter future."

Operations Manager Bob Elliott said: "We are very grateful to Mini for all his efforts to raise money for VIC."

To sponsor Mini visit <https://www.gofundme.com/f/raising-money-for-veterans-in-communities>



Christmas celebrations

IN ADDITION to our Christmas Meal at the Royal Bistro and Bar, VIC will be joining forces with La Latte Lounge in Rawtenstall for a joint trip to Skipton.

Once in the North Yorks town, we will board a canal barge and enjoy a Christmas lunch.

There will also be a couple of hours to tour the Christmas Markets before hopping on the VIC minibus to head back to Rossendale.

The trip on Thursday December 5 is full but there are places on Tuesday December 10. VIC is subsidising the trip and £20 will cover the both the cost of food and transport.

To book a place contact 01706 833180.

This year's VIC Christmas meal will be at the Grand Royal Bistro and Bar, Waterfoot on Wednesday December 18 at noon.

The menu is on our Facebook page and the cost will be £19 for two courses or £23 for three courses.

A £10 non-refundable deposit needs to be paid to VIC by November 22 with payment in full by December 2.

To book contact Administrator Amy Thompson on 01706 833180.



Festive cards and baubles

A LIMITED number of VIC Christmas Card packs are available to buy.

Each pack, costs £3.50, and includes five different cards, paintings and photos, and all have been created by members of VIC.

The sublimation team is also making Christmas

baubles at a cost of £5 each and anyone ordering can have a photo of their choice put onto the bauble.

For more information contact Arts and Crafts Co-ordinator Darren Horsnell on 01706 831880 or call in at the VIC Centre in Bury Road, Haslingden.



All revved up



EVERYONE had a great night with our good friends at the Throttle Twisters Motor Cycle Club in Chadderton.

The Charity Rock Night raised a magnificent £1,000 for VIC.

It was well attended and there was a lot of interest in the 'pull a string' bottle stall and plenty of tickets sold for the raffle

Arts and Crafts Co-ordinator Darren

Horsnell, drove the minibus, and along with volunteer Graham Limb, manned a stall selling a variety of items made by VIC.

Smudge was a great act and entertained with some brilliant songs.

VIC is very grateful to Nige, Ange, and all the club members at the Throttle Twisters for another great night.

In attendance from VIC was: Darren, Amy, Graham, John, Sped and Kev and his dog.



Mayor puts Clitheroe outreach on map

A VIP guest came along to the Tuesday VIC Ribble Valley Redoubt Coffee Morning in Clitheroe.

Ribble Valley Mayor Councillor Louise Edge called into the hub at Trinity Methodist Church for a coffee and a chat with the veterans.

She said: "Armed forces personnel often face disadvantages in civilian life, as a result of long periods of time spent away from home, injury or specif-



ic health issues.

"I was delighted to meet former local servicemen and women at the veterans' hub at Trinity Methodist

Church, where they can be assured of a warm welcome, a cuppa and a quiz, every Tuesday."

In 2011, Ribble

Valley awarded the Freedom of the Borough to the Duke of Lancaster's Regiment and in 2013 signed the Armed Forces Community Covenant, which it renewed in 2022, marking its pledge to support servicemen and women living in the borough, enhance public understanding and awareness of issues affecting them and promote activities aimed at integrating them into the community.

Housing

VETERANS who are in need of accommodation should contact VIC as Myson Housing will have some shared housing available soon in the Burnley and Accrington areas and in the near future some in Preston.

They want to give the accommodation to veterans. Contact VIC on 01706 833180 and we will pass on your details.

Choir sings

SHOPPERS at Burnley Tesco were entertained by the VIC Choir and helped to raise £136.72.

A big thank you to the staff, customers and Mukhtar Mirza, the Community Champion.

The VIC Choir will next be at Tesco Haslingden on December 8.

Club switch

OUR friends at Accrington Stanley Community Trust have switched their breakfast club to the last Saturday in the month at 10.30am at Accrington Stanley Sports Hub, Thorneyholme Road, BB5 6BD.

The trust is also looking to employ a Community Engagement Officer.

Bob Ross

OUR next painting in the style of Bob Ross will be on Sunday November 24 at the VIC Centre in Haslingden at 10.30am.

All materials are provided the class costs £45. Bring your own packed lunch, brews provided.

To book call 01706 833180.

Dedications for standards

OUR VIC Standard along with Standard Bearer Jacko Pearce attended the Royal British Legion, Radcliffe, to witness a Dedication Service for their new Standard.

While VIC Administrator Amy Thompson, who is also the Royal British Legion County Standard Bearer, attended the Rededication of the War Memorial at Great Harwood's Memorial Park.





ROSSENDALE

Activities 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

TUESDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

WEDNESDAY

Allotment

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

THURSDAY

Greggs RV

1pm-3pm

THURSDAY

VIC Choir (weekly)

6.30-8.30pm

FRIDAY

Art Group

10am-3.30pm

Cost £6 places limited book on

01706 833180

SUNDAY

Drop-in

10.15am-12.30pm

SECOND SATURDAY IN THE MONTH

Rossendale Armed Forces and Veterans' Breakfast Club

10am-12.30pm

Haslingden Community Link Cafe, Bury

Road, Haslingden BB4 5PG (book in advance)

EVERY MONTH

Painting in the Style of Bob Ross art classes

Contact Darren 01706 833180

Walking Groups/ Social Inclusion trips

see Facebook or website for details

BURNLEY AND PENDLE

Outreach Service

MONDAY

9.30am-11.30am

Breakfast Club at Burnley Miners' Social Club, Plumbe Street, Burnley, BB11 3AA.

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

HEYWOOD, MIDDLETON AND ROCHDALE

VIC Outreach

TUESDAY

The Mess Tin - cafe and drop-in

1pm-2.30pm

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

THURSDAY

Rochdale Veterans' Breakfast Club and VIC Outreach

9am Flying Horse Hotel, Packer Street, Rochdale, OL16 1NJ.

RIBBLE VALLEY & PRESTON

TUESDAYS

Redoubt Coffee Morning and Outreach

10am-noon

Trinity Methodist Church, Wesleyan Row,

Parson Lane, Clitheroe, BB7 2JY.

Sandbag Cafe

10am-12.30pm

St George's Church, off Lune Street, Preston PR1 2NP. This is a joint session with Lancashire Armed Forces Association.

VIC – 01706 833180

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amandawalton@vic.org.uk

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Outreach Worker Steve Butterworth

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Project Worker Ray Sharkey

raysharkey@vic.org.uk 07741 902 188

Arts and Crafts Co-ordinator Darren

Horsnell

darrenhorsnell@vic.org.uk

VIC Choir Bookings Barry Hyde

barryhyde@vic.org.uk

Veterans at risk of homelessness

or organisations working with them are encouraged to contact OP FORTITUDE

0800 952 0774 or visit riv.org.uk/opfortitude

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

01772 260 462

Citizens Advice East Lancashire

0808 278 7975 freephone Mon-Fri 9am-5pm

The Samaritans

01282 694929 Mon to Fri 9am-9pm

Freephone 116 123

Op Courage

0300 373 3332 email

opcourageNORTH@cntw.nhs.uk

Veterans UK Free Helpline

0808 1914 218

East Lancashire Single Point of Access via

GP or self-referral

0800 0130 707

Armed Forces Support Group

01282 613132

HYNDBURN

Outreach / Drop-In/ Model Railway Club

FRIDAY 10am-3pm

VIC Hyndburn, Accrington Arndale Centre, BB5 1EX.

Accrington Stanley Breakfast Club/ Drop-In

LAST SATURDAY EVERY MONTH

10.30am-noon

Stanley Sports Hub, Thorneyholme Road, Accrington, BB5 6BD.

BLACKBURN WITH DARWEN

Veterans' football

MONDAY 8-9pm

Blackburn Rovers Indoor Centre, Ewood Park, Blackburn BB2 4JF. A cost applies.

Outreach Service

TUESDAY 10am-noon

Rovers Breakfast Hub, Legends Lounge, Darwen End, Blackburn Rovers FC, Ewood Park, Blackburn, BB2 4JF.

Contact Dawn Clarke 01254 508256

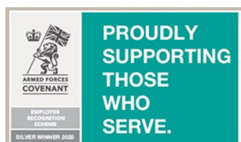
Veterans In Communities
Charity Number 1151194

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