



Amy flies the flag

OUR Administrator Amy Thompson was honoured to carry the Royal British Legion National Standard at Islandbridge in Dublin.

The Irish National War Memorial Gardens are dedicated to the memory of the 49,400 Irish soldiers who died in the First World War. The name of every single soldier in contained in the Harry Clark manuscripts housed in the granite book rooms.

Amy said: "Being trusted to carry the RBL national standard in such a beautiful and thought-

provoking place was such an honour.

"It was an honour I never thought I would have. I have never carried the National standard before but four years ago I attended carrying the Haslingden Branch Standard."

Amy has dedicated hours to honing her skills and trained in Staffordshire as well as locally and it paid off when last year she was seventh in the national Standard Bearer's Competition and this year she achieved third place.

When either the National Standard Bearer or Deputy is not available, Amy is called on to step up

and take on the role.

She said: "I was standing next to Alan Pickett who had the tricolour Irish Flag, and Ellie Parke who was carrying the Union Flag.

"It was an absolutely boiling hot day and just an honour to get the first one under my belt. The standard was heavier that I am used to because it is hand-sewn and it has a lot of embroidery on it and that adds extra weight."

On Sunday July 12, she attended the National Day of Commemoration held at Kilmainham Hospital, which was formerly used as a



home for retired soldiers.

The Irish President Catherine Connolly laid a wreath in honour of all the Irish

men and women who died in past wars or on service with the UN and other organisations in the service of peace.

Fancy a walk?

WEEKLY Thursday 'bimble' walks are being held to help members of VIC get fitter.

The first saw the group enjoying a steady walk around Jumbles Country Park and a second saw the group walking around Hollingworth Lake, however as driver Darren Horsnell left his keys in the café, some ended up walking a little further.



They also walked around Calf Hey Reservoir and stopped off at Clough Head Cafe and Information Centre.



For more information on the bimble walks follow the VIC Facebook page or contact 01706 833180.

VIC joins AFCS 10th birthday

KEY VIC staff members and volunteers were invited to enjoy a night out to celebrate 10 years of the Armed Forces Community Support based in Warrington.

Chief Executive Amanda Walton, Trustee and former Operations Manager Bob



Elliott, Operations Manager Phil Speddy, former Outreach Worker now volunteer Steve Butterworth, Administrator Amy Thompson and Volunteer Arts and Crafts Co-ordinator Darren Horsnell attended the celebration.

Phil said: "We were invited because of the collaboration between our organisations which is very strong. We are working together to deliver VALOUR and they have shared how to do etching and we shared how to do sublimation."

Next steps for VALOUR

EXCITING times are ahead for Veterans In Communities as we are now a VALOUR-recognised centre.

Chief Executive Amanda Walton said: "We are about to provide more details about the delivery model for Lancashire and Cumbria – watch this space.

"We are looking forward to seeing how it works.

"We will be holding a webinar so organisations can engage with VIC and our delivery of VALOUR.

"We are also looking forward to having networking meetings with Gregg Stevenson, the new Lancashire County Council Armed Forces Covenant Project Manager."

Cracking day out at Salford Quays

THE VIC trip began with a visit to the Imperial War Museum North.

The building itself is unmistakable, designed to look like a shattered globe to represent the impact of war.

Inside, they experienced a mix of audio and digital information along with various artefacts which represented the realities of war.

They then split into smaller groups to go in search of lunch and have a wander around the Quays.

Some visitors ventured into The Lowry to take a quick look at the iconic 'Matchstick Men' paintings up close, before joining everyone back at the IWM for a quick coffee.

There was a full mini bus – VIC would like to thank driver David Whitehurst.

The day was a brilliant blend of history, laughs and good company.



Plans are now being finalised for a trip for our Ribble Valley veterans who will be going to Eden Camp in Malton, North Yorkshire.

The former Prisoner of War huts have been converted to tell the history of wars and conflicts over the years as well as the story of the camp itself.

Revved up

VIC riders group enjoyed a great ride out to Squires 'Bikers' Cafe in Newthorpe near Leeds.

They used the M62 on the way out and returned via the more picturesque A59 route where they stopped at Dick Turpin's.

It was a great day out and thanks to John Docker for taking the lead. Graham, Malin, Kev, Darren and Bob had a great day.



Cancer study

A NEW study into cancer incidence among serving personnel and veterans has been launched as the MoD steps up efforts to improve the long-term health of those who serve and have served.

The UK-wide epidemiological study will examine cancer incidence among those who have served since 1990. No serving person or veteran needs to take action, as the study will draw on existing NHS records.

Current evidence, including from comparable work in Canada, shows that cancer rates amongst Armed Forces personnel are similar to, or lower than, those in the general population.

The study is not based on any specific concerns, nor is indication that any particular group is disproportionately at risk.

It will initially examine cancer incidence across the Armed Forces population, before focusing on specific occupational groups and cohorts to improve understanding and data collection.



Team building in Edenfield

ON FRIDAY August 21, the VIC Centre in Haslingden will be closed and paid staff and core volunteers have been invited to join a team building day at Dearden Wood Campsite, Edenfield.

The site offers spectacular views across Rossendale and will be the perfect setting for staff and volunteers to spend some informal time together, have some fun, and celebrate the fantastic work everyone carries out.

For those who enjoy a walk, there will be an opportunity to take a morning stroll up to Waugh's Well before returning to the campsite for lunch.

Activities throughout the day will include: team Olympics, axe throwing, soft archery and there will be plenty of time to relax and enjoy the surroundings.

VIC will also make use of the site's fire pit, enjoy a freshly made pizza and spend some time around the fire with colleagues and friends.

Overnight accommodation, either camping or sleeping in a hammock within a private area, will be available for the VIC group.



Thanks from Steve

I would like to say how very much I appreciated the small gathering to send me on my way into retirement.

My thanks go to Amanda and Amy, no doubt the instigators behind it, taking the time to organise and put on a small buffet for guests whilst dealing with what is probably the most important time for VIC in its existence.

I would also like to sincerely thank Bob Elliott, Darren Horsnell, Graham Limb and Catherine Smyth, all of whom have contributed to the success of the organisation, ably supported by the Chairman Ronnie Barker and the board of trustees, taking an idea Bob had going on 15 years ago, and running with it, from the humble beginnings in the old electric showroom in Bacup town centre.

I will not forget the day Bob visited me at home after what had been one of the worst periods of my life and welcomed me into the VIC family.

Since then, I have gone on to meet and make so many new friends, far too many to mention here, with some surprising me on my last Tuesday at the centre.

It would be impossible for me to mention everyone, but you all know who you are.

Finally, I'd like to say that I am sure that VIC is in very safe hands and I have no doubt whatsoever the future is looking bright!

My thanks once again to you all.

Steve Butterworth

Lest we forget

A NEW group has been formed to organise the Remembrance Parade in Haslingden.

Friends of Haslingden Cemetery's Jackie Ramsbottom is no longer organising the Remembrance Parade, so Haslingden Community Remembrance Group has been set up.

Although the parade is not being organised by VIC as an organisation, VIC Administrator Amy Thompson and other VIC members are volunteers within the new group.

Summer fair

THANK you to Adrian for running a VIC fundraising stall at the summer fair at Kemple View in Langho. It raised £67.



Burnley invite

A LOVELY afternoon tea was enjoyed by VIC Chief Executive Amanda Walton and Operations Manager Phil Speddy at Burnley Football Club in the Community.

Amanda said: "There were lots of organisations present and the Lord Lieutenant of Lancashire Amanda Parker JP was also in attendance.

"There was a presentation about the work that Burnley FC in the Community have been doing as part of their Veterans' programme and Veterans' in Sport Standard programme – VISS.

"It was great to hear about their work and to meet and talk to other organisations."

What's On and Where



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

THURSDAY

Bimble Walks

Call 01706 833180 for more details

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 01706 833180 **Social Inclusion trips** see Facebook or VIC website

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.

BURNLEY AND PENDLE

Outreach Service

MONDAY

10am-noon

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,

VIC – 01706 833180

Chief Executive Amanda Walton

amandawalton@vic.org.uk

Operations Manager Phil Speddy

philspeddy@vic.org.uk

Administrator Amy Thompson

amythompson@vic.org.uk

Project Worker Ray Sharkey

raysharkey@vic.org.uk 07741 902 188

Community Capacity Builder

John Pluckwell

johnpluckwell@vic.org.uk

Arts and Crafts Co-ordinator

Darren Horsnell

darrenhorsnell@vic.org.uk

VIC Choir Bookings Barry Hyde

b.hyde@ntlworld.com

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

Veterans In Communities
Charity Number 1151194

HYNDBURN

Outreach / Drop-In/ Model Railway Club/ Art Group

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

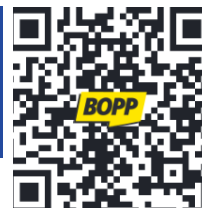
TUESDAY 10am-noon

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

Contact Chris McGrail 07787 585109

Want to help?

To support VIC
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