



# VIC Newsletter



## Film to be shown at international festival

**A FILM about VIC has been selected from 7,000 entries to be screened at an international short film festival.**

'Return. Belong. Prosper.' is the result of a two-year collaboration with researchers from Anglia Ruskin University and filmmakers.

They worked with local veterans to capture their stories to highlight how creativity has helped them to transition from military to civilian life.

It is part of a much larger Arts and Humanities Research Council funded project entitled Stories in Transition and also involved University of the Arts London and Manchester Metropolitan and Exeter Universities.

Three films were co-created with the

others featuring veterans' charities Waterloo Uncovered and Turn to Starboard.

Representatives from all the charities attended workshops at Bristol's Watershed, a multi-arts venue and arthouse cinema.

VIC's Chief Executive Amanda Walton, Operations Manager Bob Elliott, veterans Darren Horsnell, Steve Butterworth and Dave Joddrell whose stories are told in the film and VIC Project Worker Ray Sharkey, a history graduate who has got involved with Waterloo Uncovered, attended.

'Return. Belong. Prosper.' will be shown at the Oberhausen International Short Film Festival in Germany, from April 26 to May 1.

In the cinema,

each of the films was shown in front of all the participants and, following each screening, a round table discussion was held.

Bob said: "While our film was being shown, I heard someone say, 'Wow'. Then when we went back into the room to discuss it someone else also said, 'Wow'. It must have had quite an impact on them.

"As well as being filmed, our veterans also got involved in the creation of the films, making story boards, learning about dubbing and editing."

VIC is different to the other charities because of the varied range of activities and outreach experiences it provides and that the support is available five days a week for as long as veterans need it.

All three 30-minute films will be premiered on June 29 at the National Army Museum in London, when invited guests will be from the MOD, Government, funders and others who are able to make decisions and change the way veterans can be supported during their transitioning process.

Deputy Director of the Veterans and Families Institute at Anglia Ruskin University Dr Nick Caddick said: "The Stories in Transition project has explored the use of co-created film with veteran organisations.

"Volunteers from Veterans in Communities have co-directed an impactful new film 'Return. Belong. Prosper.' to highlight the role that art and

community can play in bringing people together and enriching people's lives.

"The film playfully explores 'transition' from military to civilian life and invites viewers to question their assumptions about what this process entails."

As a result of the programme, VIC has been offered the chance to join Turn to Starboard on a voyage, which is being planned for next year.

Bob added: "There is some outstanding work from all three charities and we all agreed on what we want the films to do and the changes that are needed.

"Overall, the trip to Bristol was a great learning, emotional and networking experience."





## Where's the choir?

**VOLUNTEERS** are needed to help collect money while the VIC Choir is singing at Asda in Rawtenstall on Saturday April 15 from 1pm.

## Centre work

**WORK** is still in progress to improve the VIC Centre and already new flooring in the kitchen area has made a huge difference.

The cellar has had a half-wall removed to open up the area, which is being tanked to make it more waterproof.

Veteran Simon Pearce is also adding work surfaces so it can be used for manufacturing. We have a new starter on work experience from the North Lancs Training Group who is also assisting.

The stairs, landing, entrance hall and reception carpets are also being replaced and more lino will be installed in the art room.

The work is being covered by a Ministry Of Defence grant.



Hyndburn

# Outreach all areas

**OUR** Accrington veterans' drop-in welcomed Steve and John from Healthwatch Lancashire.

They were allowed to use the VIC shop front to host their outreach to provide information and advice on health issues to passers-by.

Our resident quizmaster Ron Flowers has now returned to rightful position at the Greggs RV in Haslingden and we welcomed Lancashire Police

Officers at the Greggs RV and quiz to talk about the Herbert Protocol – a simple risk reduction tool used in the event of an adult with poor memory or suffering with dementia that goes missing.

At The Sandbag Café in Heywood, RAF veteran Ron was given a special 90th birthday party with cake, cheese and biscuits and at The Redoubt in Clitheroe there were very busy and well attended sessions.



Haslingden



Heywood



Clitheroe



## College signs forces covenant

**VIC** is looking forward to working closely in the future with the Nelson and Colne College Group and Lancashire Adult Learning.

The college has just signed the Armed Forces Covenant and VIC Chief Executive Amanda Walton

and Operations Manager Bob Elliott were invited to attend the signing by Major SJ Tickle of the Duke of Lancaster Regiment and the Principal and Chief Executive of Nelson and Colne College Group Lisa O'Loughlin.

## Bob Ross class

**THERE** was a full house for the latest Bob Ross style painting class led by Arts and Crafts Co-ordinator Darren Horsnell.

A wide range of participants attended with the youngest aged just nine while the oldest was David Christian, who was a bit older.





# Abseilers take the plunge

## Open day

**TO MARK** the Coronation of King Charles III, VIC will be inviting members of the public to have a look around the VIC Centre in Bury Road, Haslingden, on Monday May 8 from 1pm to 6pm.

Chief Executive Amanda Walton said: "The King is our new Commander in Chief and we will be celebrating his Coronation by opening our doors so veterans and members of the community can come and have a look at what we do.

"We look forward to welcoming everyone into the centre."

## Body Shop

VIC administrator Amy Thompson is offering to donate 20 per cent of sales of her Body Shop products and a table has been set up at the VIC Centre with products to sample

To buy them follow the link <https://consultant.thebodyshop.com/.../amyth.../event/167986>

## Benefactors

VIC is very grateful to a number of benefactors who are donating each month to the charity.

The money is used to provide events and activities that directly support our beneficiaries. We are very grateful for their continued support.

## Curry & quiz

A FUNDRAISING curry and quiz night will be held in early May, check out the VIC Facebook page and groups for details.

**NINE daredevils took the plunge and abseiled down Peel Tower to raise funds for VIC.**

The youngest was teenager Chris Masters, while member of VIC and singer with the VIC Choir Ann Wilkinson, 74, was the most senior.

VIC Chief Executive Amanda Walton said: "We were very generously offered places on the abseil by Challenge the Wild and I would personally like to thank them for their kind offer to help boost fundraising for several organisations that took part across the day.

"I was delighted that we had a lot of VIC members from across the board, staff,



volunteers, trustees, supporters and family members who abseiled and also thanks to those who

came along on the day to show their support for everyone taking part.

"Although the final total has still to be realised, because of money pledged through online platforms, we know that we have raised more than £1,000 and thank you to everyone who donated and took part."

It was very cold on top of Holcombe Hill, but from the top of the tower, the abseilers enjoyed panoramic views over Ramsbottom towards a misty Manchester and across to Darwen's Jubilee Tower.

Amanda added: "It was an amazing experience and great that everyone came together to share it and to fundraise for VIC."

## Walkers meet

**OUR two walking clubs have been out and busy.**

The hardy walkers enjoyed a walk around Owd Betts and the Hidden and Cheesden Valleys. It was muddy underfoot and they had to dodge the odd shower.

Meanwhile the bumble walking group enjoyed less strenuous walk around Norden Reservoir.

For details of walks, visit our website or Facebook page or groups.



## Get booking – trips are back

**WELCOME home to our Social Inclusion Activities Volunteer Pat McEvoy.**

We have three trips in the next few months with the first on **Friday April 14** leaving the VIC Centre at 9.30am and visiting the Carnforth Station

Heritage Centre.

The cost is £8.50 including entrance fee.

On **Friday May 19**, a party from VIC will be visiting Hesketh Hall in Chorley. The trip will depart at 10am and costs £12 which includes lunch.

On **Thursday June 22**, a trip will leave the VIC Centre

for the National Services Museum in Sheffield at 10am and places cost £16.50 which includes admission to the museum.

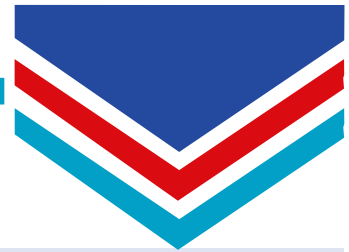
For more information on the trips, and to book places, contact 01706 833180 or email [patmcevoy@vic.org.uk](mailto:patmcevoy@vic.org.uk)

## VIC future is secure

**CORE funding to ensure the work of VIC continues has been secured from the Lancashire and South Cumbria Integrated Care Board.**

Chief Executive Amanda Walton said: "We have been supported by the East Lancashire Clinical Commissioning Group from the outset, but the CCG has been replaced by the Lancashire and South Cumbria ICB which covers a much larger area.

"I am really pleased to announce that the ICB has agreed to provide VIC with grant funding for 2023-24. This means we are able to continue with our operational work and support, it also covers outreach, core costs, running costs and staff."



## 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

### 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

10am-noon

Trinity Methodist Church, Wesleyan Row, Parson Lane Clitheroe, BB7 2JY.

## BURNLEY AND PENDLE

### Outreach Service

### MONDAY

Breakfast Club at Burnley Miners' Social Club, Plumbe Street, Burnley, BB11 3AA. 10am-noon.

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

### The Sandbag Cafe and drop in

### TUESDAY

10am-noon

Sandon House, Taylor Street, Heywood OL10 1EF.

### 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-10.30am Touchstones Cafe, The Esplanade OL16 1AQ.

## RIBBLE VALLEY

### Coffee Morning and Outreach

### TUESDAYS

# VIC – 01706 833180

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Volunteer Support Worker Mel Fitzgerald

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Arts and Crafts Co-ordinator Darren Horsnell

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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@ssafa.org.uk

01772 260 462

### Citizens' Advice Rossendale and Hyndburn

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

### The Samaritans

01282 694929

Mon to Fri 9am-9pm

Freephone 116 123

### Op Courage

0800 652 2867 seek a referral through a GP

or health professional

### 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 / Drop In/ Model Railway Club

### FRIDAY

10am-3pm

VIC Hyndburn, Accrington Arndale Centre, BB5 1EX.

### Accrington Stanley Breakfast Club/ Drop In

### LAST WEDNESDAY EVERY MONTH

9.30am-11am

Lancashire Carers Link, 54-56 Blackburn Road, Accrington, BB5 1LE.

## BLACKBURN WITH DARWEN

### Outreach Service

### TUESDAY

Rovers Breakfast Hub, Legends Lounge, Darwen End, Blackburn Rovers FC, Ewood Park, Blackburn, BB2 4JF. 10.30am-noon

## Want to help?

To donate to support the work of VIC please visit our website

[www.veteransincommunities.org](http://www.veteransincommunities.org)

VIC supported by:



Lancashire and South Cumbria Integrated Care Board



PROUDLY SUPPORTING THOSE WHO SERVE.



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VIC Veterans In Communities