



C

LLERY

ccgallery.com

lery

lery

**Combating Loneliness & Social
Isolation for Veterans &
Community**

**30 High St, Haverfordwest,
SA61 2DA Tel - 01437 765873**



THE VC GALLERY
VETERANS & COMMUNITY



Combating Loneliness & Social Isolation for Veterans & Community

We help service veterans and those in the wider community by getting them engaged in a variety of art projects.

We passionately believe that art and culture can improve health, wellbeing, and overall quality of life.

Rydyn ni'n helpu cyn-filwyr a phobl yn y gymuned ehangach drwy gael nhw i gymryd rhan mewn amrywiarth o brosiectau celf.

Rydyn ni'n teimlo'n gryf fod celf a diwylliant yn gallu gwella iechyd, lles ac ansawdd bywyd yn gyffredinol.

CONTACT US

Cysylltwch a ni

The VC Gallery was set up seven years ago by an ex-soldier Barry John

The first center was opened in Haverfordwest and was primarily focused around art and crafts.

A second center is now operating in Pembroke Dock.

The two centers now offer a range of activities which look after the mental and physical well being of all who attend.



WALK-TALK- SHOOT



Every Wednesday 1pm-2pm
All abilities welcome, leaving from
Haverfordwest

Friday 19th November
Friday 3rd December
Friday 17th December

For more information
josh@thevcgallery.com
Tel: 01437 76



GROUP GUITAR LESSONS WITH JOHN ROACH LOCAL MUSICIAN

At Haverfordwest VC Gallery



Veterans Breakfast



Tuesday 29th June
10:00am
At St Ishmaels Dig For Victory Site



Contact
admin@thevcgallery.com
or
Tel :- 01437 765873

THE ARMED FORCES
COVENANT FUND TRUST



SHORT WALK FOR ALL ABILITIES



Every Friday at 2pm
From Pembroke Dock VC Gallery



For more information Contact
steph@thevcgallery.com



NEEDLE CRAFTS

Every Friday from 11am
At the VC Gallery
Pembroke Dock



For more information contact 01646 685688
Or email steph@thevcgallery.com



3D FOR THE 3RD AGE SCULPTING PROJECT



Carers Support Group

Art and Chatter



11:00am to 13:00pm Thursdays at Haverfordwest

10:00am to 12:00pm Fridays at Pembroke Dock

Please Contact steph@thevcgallery.com



Communities Innovation Grant

OPEN WATER SWIMMING

September with Swim Pembrokeshire.
confident to swim in open water
of time unaided.



Please contact Mhoirbheinn Doyle
For Further information
Tel - 01437 765873
Email - mhoirbheinn@thevcgallery.com





Non-judgemental, positive regard and empathy.
Carl Rogers (1951)

Active listening.
Carl Rogers (1951)

Resident practising counsellor.
BACP Accredited and NHS funded.

We know life is challenging for many young people right now. Whatever you are facing, whatever you are worried about - we are here to help.

We want to make sure you get the support to overcome your difficulties.
Talking to someone can help.

Youth Counselling

WHAT WE CAN OFFER?

-  1-to-1 Counseling Sessions
-  Bullying Support
Peer Support
Bereavement Support



While we know these feelings can come with a stigma that may have stopped you from seeking the care you need, your life can and should get better.

CONTACT US TODAY FOR MORE INFORMATION!

 help.MEG@outlook.com www.megansstarr.com

Megans Starr Foundation
14 Jun • 

Veterans and older citizens are not the only people who need support.

The center works in association with the Megan Starr Foundation.

There are some parent and child attendees as well as those who bring their pets.



KINDNESS MAKES YOU
THE RICHEST PERSON
IN THE WORLD

References

Codey, S. J., Jones, C. R., Kautz, A. & Robertson, N. (2020). *Into the wild*. A meta-synthesis of talking therapy in natural outdoor spaces. *Clinical Psychology Review*. 101841.

Rogers, C. (1951). *Client-centered therapy: Its current practice, implications and theory*. London: Constable

Stuckey, H. L. & Nobel, J. (2010). Integrating *the arts into health care*. American Public Health Association. 100(2) p. 254-263

The VC Gallery.

I would like to introduce you to my placement which is with the VC Gallery primarily based in Haverfordwest in Pembrokeshire with a second centre in Pembroke Dock. As you can see the VC stands for veterans and community and no-one who walks in from the street is ever turned away. It has a website, a facebook page and a twitter account so is visible to anyone who wishes to learn more about the organisation.

As you can see on the next slide, the ethos is that art and culture can improve the health, wellbeing and overall quality of life as well as combat loneliness and social isolation. (Stuckey & Nobel, 2010). On retiring from the army seven years ago, after twenty four years service, Barry John, a talented artist set up a centre in Haverfordwest in a disused high street shop, one of many, these days. He focused mainly on art and crafts as these were his talents. After seeing the success of the first centre, a second centre was set up in Pembroke Dock in an old post office building. From the initial provision of art and crafts, many other activities were added as funding became available to employ full-time staff. This added the skills various volunteers were able to bring allowed the two centres to flourish. As well as art, there are sculpturing classes, a photography club which involves walking and talking, a well acknowledged form of therapy and part of the outdoor well-being centred approach Cody et al. (2020) which maintains that a healthy body promotes a healthy mind. There is needle craft for the less athletic or those interested in that art form. Guitar lessons are available from a local musician and this slide also highlights some of the various businesses and local Government offices which support the organisation. This next poster illustrates the allotment project which utilizes a plot of land given over by a local farmer and not only is fresh vegetables grown but it is the ideal spot for a picnic or barbeque (no need to bring the salad). There is a World War two bunker on site which with help from local builders and merchants has been turned into a kitchen, restroom with toilet facilities. The location is peaceful and scenic as the view of the Milford Sound is wonderful. There are short walks available for the less fit and elderly with longer treks for those with more vigour as you will see in a later slide.. There is even sea swimming, canoeing, paddle boarding which is provided through the Gallery by local outdoor centres who provide the equipment and instructors free of charge. We should never forget those who care for others as their well being is as important as those they care for.

The groups I am actively involved in are the short walk and talk, the fishing group and the longer walks. The slide shows a recent walk to the top of a mountain which was three and a half miles up and of course three and a half miles back down. This is the highest point in Pembrokeshire and by the time the walk was over, I was in need of counselling and therapy myself.

It has become apparent to me that many of the counselling core skills are being actively employed in every situation. The doctrine of Carl Rogers (1951) of being non-judgemental with positive regard and empathy is evident throughout and in every volunteer. This surprised me as non would admit to any counselling training which leads me to believe that people with those personal traits gravitate towards volunteering in this sector. A second notable attribute is active listening, not a difficult task as some of the stories some of the older members tell are vivid and awe inspiring. I have found myself being encouraged to engage with particularly the older veterans as I can relate to their stories and they acknowledge my interest and understanding.

Within the Haverfordwest centre is a staff member who is accredited by the BACP and is part funded by the NHS. He is available free of charge and will assist as he sees necessary. He receives cases directly from the NHS and will counsel anyone he feels would benefit. There is an acknowledgement that not only the more senior members of society are in need of help, and the centre works in association with the Megans Starr Foundation and will support younger members of society. Some of the members who use the Gallery are parent and child groups as well as those who bring their pets along with them. All are welcome but you bring your own doggy poo bags.

I believe the ethos and values that the VC Gallery provide are a fundamental need in todays society. With the lack of funding for many health services, enterprises such as the VC Gallery fill a gap in the well-being and emotional needs of the community. The VC Gallery is such an understated organisation which does little to self promote and I suspect that if it did it wouldn't cope as it is fairly much at capacity right now. One of my hopes is that at some time in the future I can be involved with opening a similar venture in Carmarthen as I have good connections in the town and I know there is a need for such an enterprise and it would be welcomed and be well used.