

VC

GALLERY

Charity registration number: 1172407
WWW.THEVCGALLERY.COM



IMPACT STATEMENT 2021 - 2022

About Us

OUR VISION

Combating Loneliness & Social Isolation for Veterans and Community.

OUR MISSION

To 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.

Meet The Team



Barry John
MBE
CEO



Steph Cross
Project
Manager



Dan
Backhouse
Counselor



Joshua
Simmons
Peer Mentor



Chris Paling
Peer Mentor



Kevin Stanley
Peer Mentor



Ann Mills
Artist in
Residence



Dawn Steward
Artist in
Residence



Victoria Jones
Volunteer Carer
Lead/IT Support

And Many Other
Volunteers

TRUSTEES

Mr Mark Jolly

Chairman

Dr S L Hancock

Deputy Chairman

Mrs Lorraine John

Treasurer

Mr Joshua Beynon

Secretary

Mr John Warlow

Board Member

Mrs Michelle Bateman

Board Member

Mr Mark Shuttleworth

Board Member



Foreword

The charity was originally set up to help members of the armed forces and veterans cope with the issues arising from time spent in war zones. This was achieved through the medium of art as a therapeutic outlet for the anxieties that had developed due to their experiences. It soon became apparent that what was being achieved could also be extended to the wider community.

From its humble beginnings, the charity now operates from two community hubs, a retail gallery and a community garden.

These hubs enable the charity to be accessible to the North and South of Pembrokeshire and serve more of our community. Running workshops on site as well as exhibiting work produced by the beneficiaries, gathering donations to help fund art materials and running costs.

The charity actively encourages members of the local community and veterans to engage with the arts. They are supported to develop their creativity through weekly workshops run by artists. Working with groups such as the elderly, disabled and people from minority backgrounds, The VC Gallery provides a safe and caring environment for individuals to be creative and express themselves.

Achievement and Performance

The charity aims to promote social inclusion amongst people at risk of social exclusion by reason of their age, disability, ill health or financial hardship, including veterans and serving members of the armed forces by the provision of opportunities for activities and interaction with persons in the local and wider community, by the provision of workshops, recreational facilities and general support as needed.

For the purpose of the above, 'socially excluded' means being excluded from society, or part of society, as a result of being a member of a socially and economically deprived community.

The charity operates in Pembrokeshire, Carmarthenshire and Ceredigion. The charity has a high profile within the community and is often featured in the local press.

In the current year, over half of the charity's income was from awards, donations and grants, most from local organisations. The charity would like to thank the following for providing help in this way: Armed Forces Covenant Fund Trust

- Ascona
- Bluestone Foundation
- Hywel Dda UHB
- Pembrokeshire County Council
- South Hook LNG
- The National Lottery Fund
- West Wales Care Partnership

Thanks are also given to the numerous other individuals and organisations who have provided gifts of money or their time. Unfortunately, there are too many to mention everyone but the charity is grateful for all amounts, no matter how small. The combined efforts of a lot of people do make a difference.

The work of The VC Gallery continued this year with more outdoor activities in response to the Covid-19 restrictions and saw the fruition of our long term strategy to purchase a community base in Pembroke Dock.

We employed a core staff of 4 and offered 6 freelance artists contracts throughout the year. On a daily basis 40/50 people access each hub.

In November 2021, The VC Gallery was delighted to be awarded their bronze level of the Investors in Carers award from Hywel Dda UHB, it has opened our eyes and changed practice to ensure carers are at the forefront of our thinking.



A hand holding a black pen points towards a word cloud shaped like a lightbulb. The word cloud contains various business-related terms such as PROJECT, ACTION, FINANCE, IDEAS, FUTURE, PLAN, and MOTIVATION. Below the word cloud is a red logo consisting of three horizontal bars and a semi-circle.

VISION
SUCCESS
TARGET
JOBS
INDUSTRY
QUALITY
ADVERTISING
BUSINESS
MANAGEMENT
DEVELOPMENT
INNOVATION
DATA
IDEA
ACTION
FINANCE
PROJECT
VISION
STRATEGY

TIME
TARGET
QUALITY
DATA
INDUSTRY
CUSTOMER
TARGET
VISION
FUTURE
MOTIVATION
PLAN
CAREERS
KNOWLEDGE
PROMOTION
BRAND
SUCCESS
BUSINESS
EDUCATION
STRATEGY
IDEA
TARGET
CAREERS
MANAGEMENT
PLAN



Pembrokeshire County Council

Pembrokeshire County Council We received money from Welsh Government and through the Welsh Local Government Association (WLGA) to support an increased number of people facing food poverty. This objective is to be achieved by strengthening community food initiatives, under this **Food Poverty Grant** The VC Gallery received funds to distribute food amongst its members.



Hywel Dda UHB



GIG
CYMRU
NHS
WALES

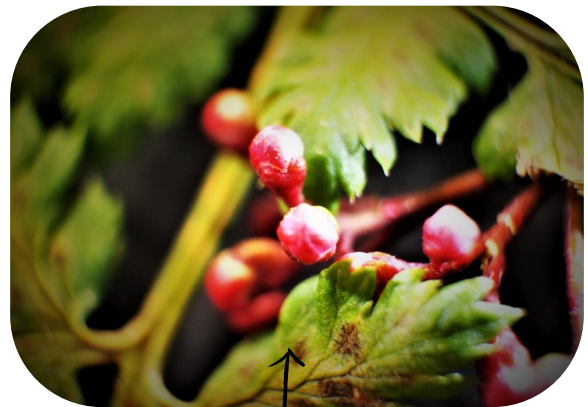
Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Hywel Dda UHB; funded salaries of a mental health Befriender and a Financial worker at the start of 2021-22, through Tier 01 Funding building support systems within the community to prevent mental distress. This enabled the charity to offer bespoke, individual packages of support to our members either face to face, online or on the telephone. Thanks to this funding we were able to accept more referrals to our service from Secondary care, Community Connectors, GP's and our Local Authority. Along with our arts provision we offered walking groups, photography, tea club, chess club and many more activities. We used our strong networking links to signpost to other organisations for the benefit of the member and we are very proud of our strong bond with the Health Board.



VC Walking
Group

VC Art
Workshop



Photography
Group Picture

Artwork
produced



West Wales Care Partnership; Carers



wwcp

Partneriaeth Gofal Gorllewin Cymru
West Wales Care Partnership

Support Innovation Grant

Thanks to the West Wales Care Partnership; Carers Support Innovation Grant the charity ran weekly Carers sessions at our Haverfordwest and Pembroke Dock Galleries bringing together unpaid Carers of people with mental health problems. 23 participants met weekly for art, conversations and educational talks spanning carers rights, grants and how to self care. This project brought a deeper understanding for staff to identify and support Carers and continued our journey towards the Investors in Carers scheme run by Hywel Dda UHB. The VC Gallery has also obtained its Bronze award in the investors in carers scheme and is working towards its silver award.



It has been an honour to complete the work for the investors in carers scheme. It has improved our understanding of unpaid carers and how we can offer help and support

Volunteer Carer Lead

I have been offered so much support since The VC Gallery identified me as a carer. I was also able to obtain a grant that enabled me to get a new washing machine and food vouchers which has made my life so much easier Thank you
Unpaid carer

The Armed Forces Covenant Fund Trust

Projects funded by The Armed Forces Covenant Fund Trust 21-22

'Special thanks must be given to The Armed Forces Covenant Fund Trust who responded quickly to the Covid-19 pandemic with increased funding opportunities. As a board we acknowledge how important this was for the charity to continue our valuable work supporting the Armed Forces Community' - Mark Jolly (Chair of The VC Gallery).

Positive Pathways Programme: Part of the Veterans' Mental Health and Wellbeing Fund, the Positive Pathways programme awarded fixed grants of £35,000 or £70,000 for projects developed by and for the veterans that focused on improving health and wellbeing by getting veterans out and being active.

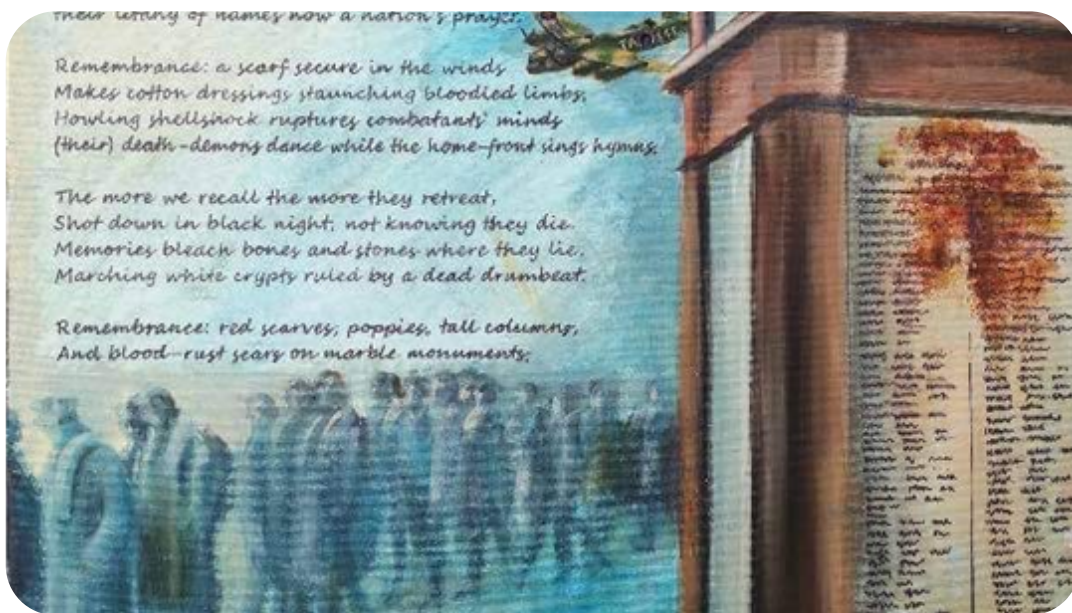


 **THE ARMED FORCES
COVENANT FUND TRUST**



Art Of Memories

Round 2, saw The VC awarded funding for the 'Art of Memories' a two year project to collect and record stories from Serving personnel, veterans and their families. These stories from their military lives will be used to inspire participants to create artwork and poetry. Culminating in a tour of artwork and poems to locations across Pembrokeshire, identifying new veterans, making connections and supporting where needed through our peer mentor network to provide welfare. Over 200 poems and 100's of artworks have been produced and the project so far has connected with over 150 veterans, either face to face or virtually.



DIG FOR VICTORY

VC GALLERY



Round 4, The VC Gallery were granted funding for a one year project Dig for Victory, bringing our long held wish to offer more outdoor green therapy to fruition. The site on the edge of the Pembrokeshire National Coast Path was once a WW2 coastal battery, kindly leased to us by the present landowner for the benefit of the local community and our veterans. The project commenced in January 2021 and has seen over 80 Armed Forces community members accessing the gardens.



This project has great benefits from both mentally and working with others. There is always work going on and progress made on every visit. I feel privileged to work and attend this project.

Gallery Member



This site has come along way. The views and company are fantastic, always something to do come rain or shine.

Gallery Member



Into The Deep Blue

Round 5, Into the Deep Blue.

A water based project which delivered multiple, adventurous activities based around the beautiful waterways and coast of Pembrokeshire, for the benefit of veterans' mental health and wellbeing. With the help of a veteran mentor, they learnt new skills and built confidence together.



Was a great day.
Enjoyed my son
being with me.
And seeing him
enjoying
something new
was fantastic.
Lovely family
day out

Gallery Member

Thoroughly
enjoyed the
activity, met
new people and
found a new
hobby that I will
now pursue.

Gallery Member



I was in a complete
mess
mentally and
wasn't going to go,
after I came out I
felt refreshed and
mentally felt
better.

Gallery Member



Sustaining Support for Armed Forces Communities. This programme aims to support Armed Forces communities by providing short term funding of up to one year to enable charities to keep delivering projects and services. The VC Gallery we're proud to have been given funding for **Core Funding** costs for two management positions over a twelve month period.

Force For Change Programme: Through this programme they funded projects that offered support to Armed Forces communities to help with needs that may not have been addressed in the past. The organisation used their grant over a twelve month period to employ a **Volunteer Coordinator**, to extend their provision for veterans wanting to volunteer with The VC Gallery and offer activities in the evenings to reduce the isolation of those who cannot make their usual day time activities.



Pictured above Chris Paling - Volunteer co-coordinator receiving the award on behalf of volunteer Andy Bunston at the PAVS awards 2022

Tackling Loneliness

Tackling Loneliness. The Tackling Loneliness programme will address social isolation by targeting specific groups within the Armed Forces community who are traditionally harder to reach. The VC Gallery received funding for a two year project operating informal get-togethers with free refreshments, every weekday morning in Pembroke Dock for general chat and company with other veterans, refreshments and help to access digital platforms, with a focus on older veterans in the local area



Fantastic day out seeing the tanks with fellow veterans seeing the tanks firing and being able to go inside

Gallery Member

So interesting to see the mobile museum seeing what my husband was using in the war. Fantastic idea to make it mobile

Gallery Member



Veterans' Breakfast Club

Veterans' breakfast clubs. Jan '22 saw the start of monthly breakfast clubs for reservists, veterans and their families in Haverfordwest and Pembroke Dock.



Was lovely to enjoy breakfasts with my fellow veterans. Food was lovely, and met new and old veterans. It got me out the house and socialising,

Gallery Member

These are something I really looked forward to, It was like being back in the NAAFI, lots of fun and good food.

Gallery Member

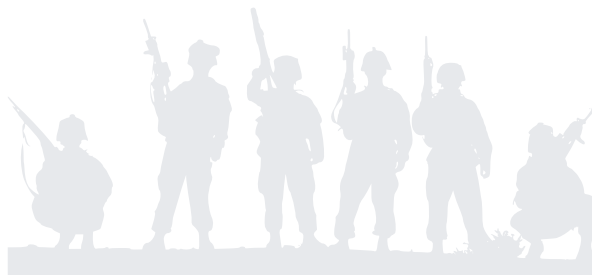
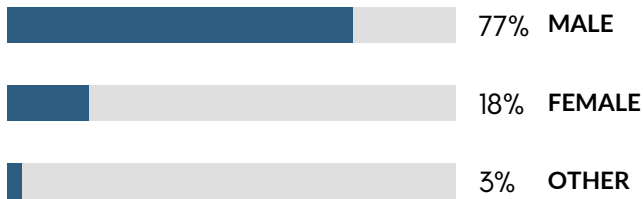


lovely atmosphere and food. looked forward to it and it got me out the house on the weekends thank you Gallery Mem

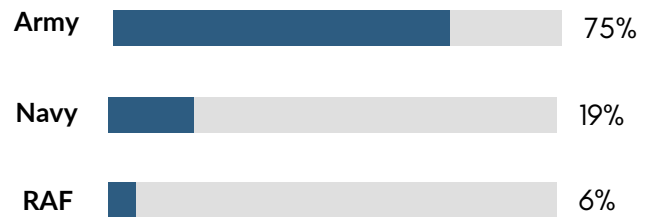


OUR YEAR IN NUMBERS

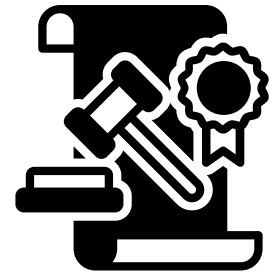
Demographics of Service users



MILITARY ASSOCIATION



LEGAL ASSISTANCE



16

SUPPORTED IN COURT

PROBATION SUPPORT

56

12

SUPPORTED PEOPLE IN CUSTODY

ASSISTED IN PRISON

6

EMOTIONAL SUPPORT



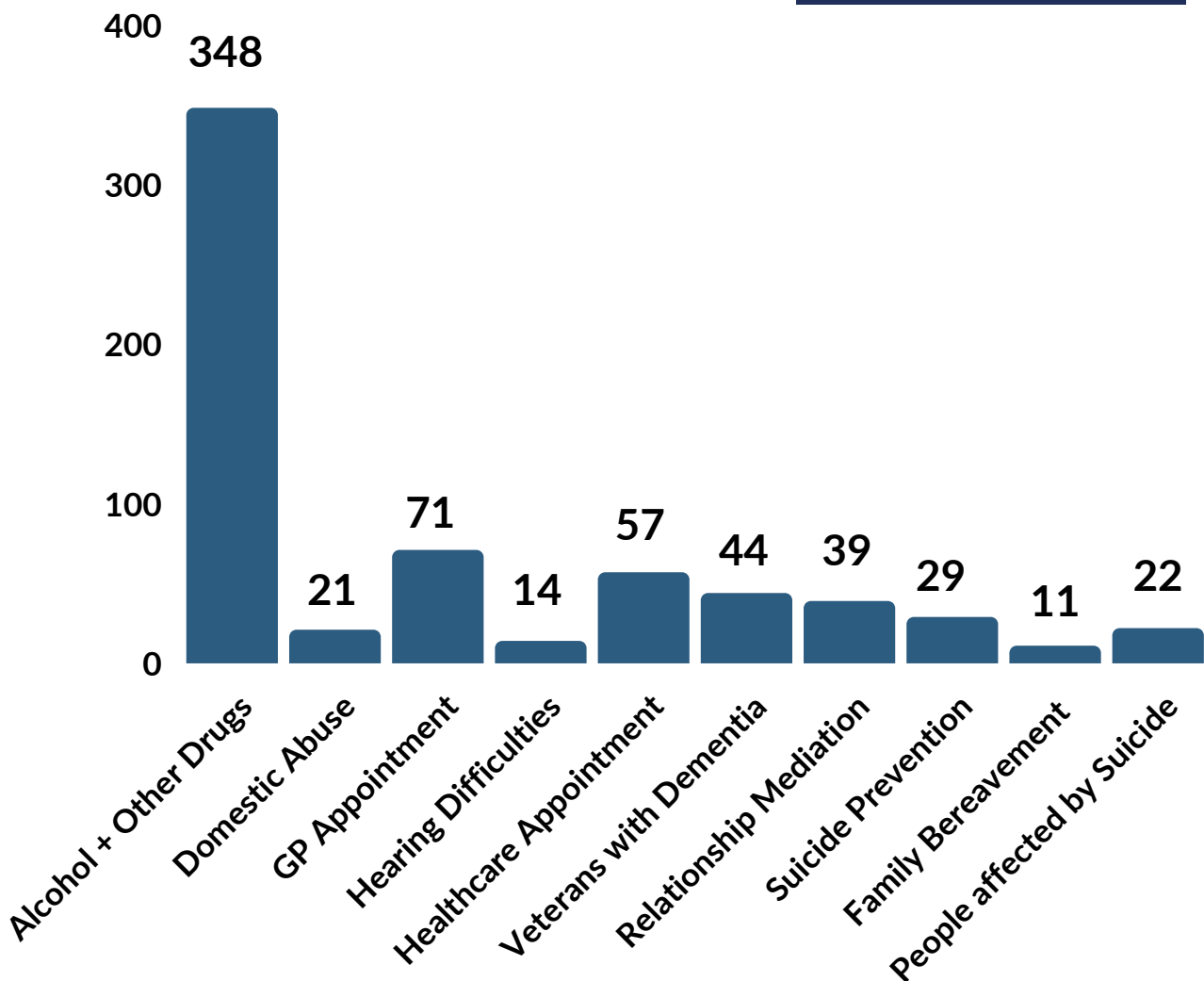
29

ADVOCACY SUPPORT

COUNSELLING SESSIONS GIVEN

690

OTHER SUPPORT GIVEN



EMPLOYMENT HELP



59

TRAINING COURSES

VOLUNTEERS RECRUITED

78

111

EMPLOYMENT SUPPORT
ALONGSIDE DWP

VETERAN LED WELSH
BUSINESS COMMISSIONED

31

59

TRAINING AND PERSONAL
DEVELOPMENT COURSES

30

SUPPORTED BACK INTO FULL AND
PART TIME EMPLOYMENT
VETERANS

8

SUPPORTED BACK INTO FULL AND
PART TIME EMPLOYMENT
ARMED FORCES FAMILY MEMBERS

ARTS



248

ART WORKSHOPS



19

OUTREACH WORKSHOPS



12

FORCES FAMILY WORKSHOPS

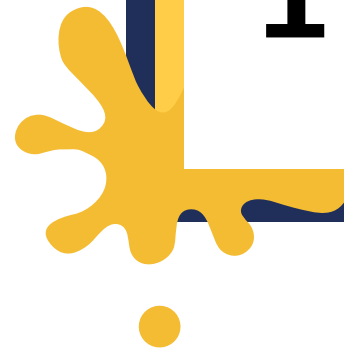


11

YOUTH PROJECTS

12

ART EXHIBITIONS



SOCIAL



499

NEWSLETTER REACH

529

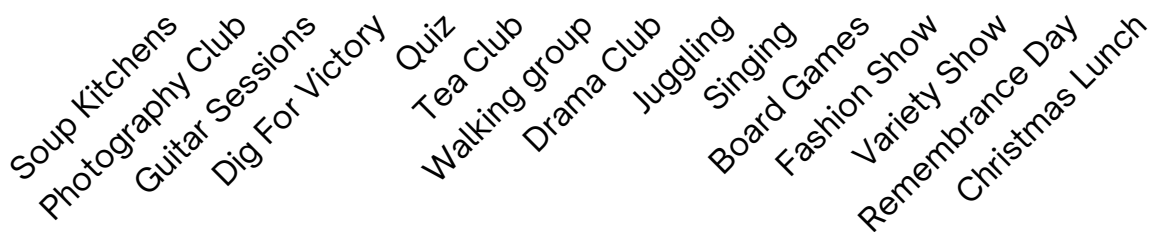
TOTAL NUMBER OF SOCIAL ENGAGEMENTS

75

50

25

0



WELFARE SUPPORT



Assisted with food parcels
and food bank referrals

352

Helped when homeless

35

Helped into housing

102

Helped back into fitness

89

Helped gardening and
clearing gardens

15

Virtual meetings

52

Homeless veterans housed

10

Christmas packs delivered

49

Veteran assisted house
moves

23

Help with PIP claims and
tribunals

32

REFERRALS

REFERRALS INTO THE VC GALLERY

139

29

SECONDARY CARE REFERRALS

18

36

GP REFERRALS

SELF REFERRALS

10

8

LOCAL AUTHORITY REFERRALS

CARERS REFERRALS

33

THIRD SECTOR ORGANISATIONS
REFERRALS

1

AFLO REFERRALS

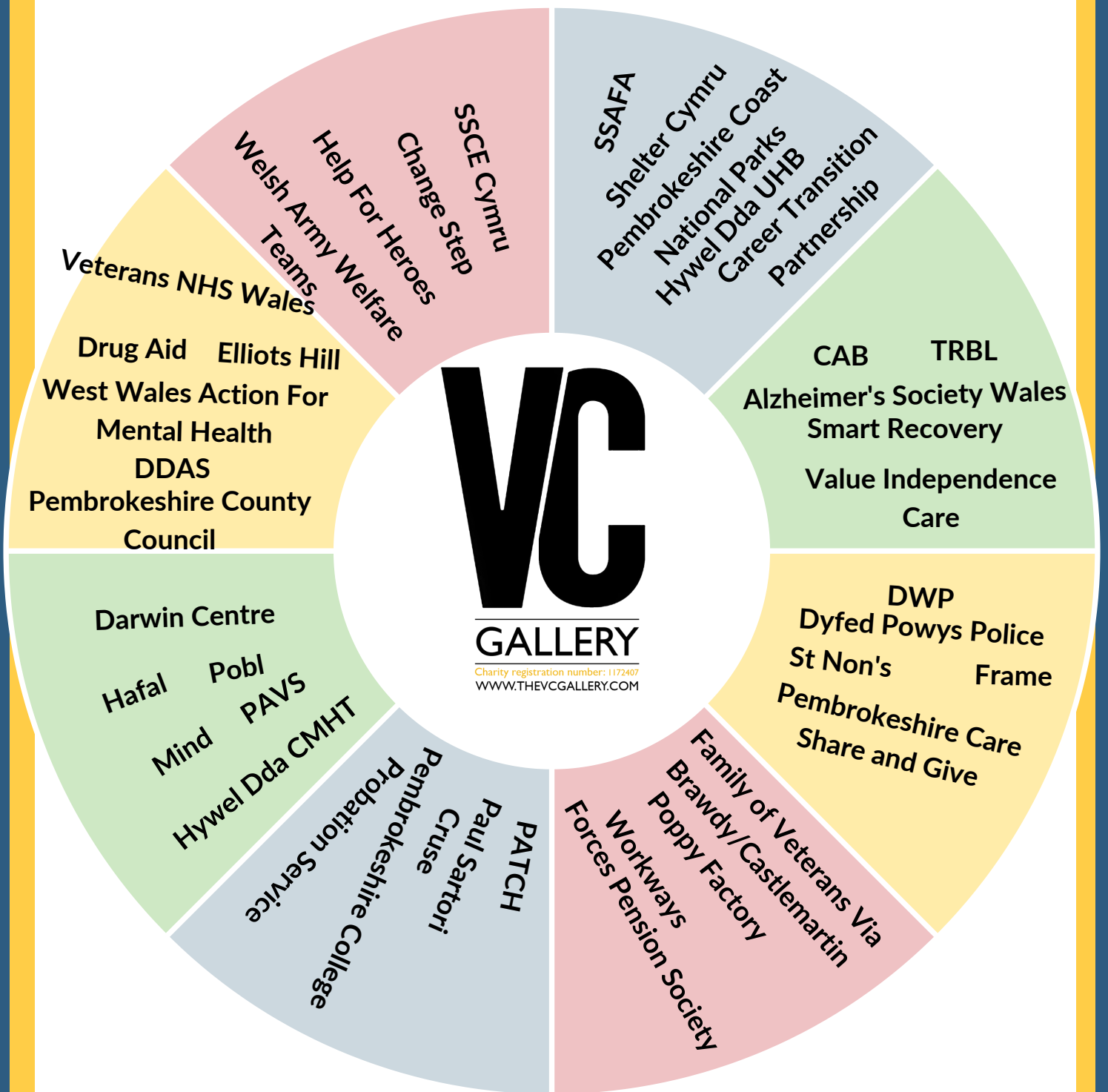
PEMBROKESHIRE COLLEGE REFERRALS

4



16,000 Miles covered thanks
to Ron Skinner

ORGANISATIONS THE VC GALLERY WORK WITH ON A REGULAR BASIS



PARNERSHIPS WORKING WITH THE VC GALLERY


**Endeavour wing, Parc Prison
Warrior Program
PATH
Ty Hafan
Horizon Wales
RNLI
Communities First**



**Officers Association
Pembrokeshire Association of Voluntary Services
Army Widow Association
Veterans UK
Surf Tonic
Green Links Wales**



**ABF
Blesma
South Pembrokeshire Hospital
Pembrokeshire Youth Service
WRVS
British Red Cross
Advocacy West Wales**



**Pembrokeshire Care Society
Carers Wales
Seafair Haven
Armed Forces Covenant Fund Trust
Tall Ships Wakes
Change Steps
Hywel Dda UHB Charity**

OUR PROMISE

As a charity already passionate about wellbeing, we recognise that whilst it is not a mandatory obligation, as a charity we are constantly aware of the wellbeing of Future Generations Act (2015) Wales. This Act is unique to Wales attracting interest from countries across the world as it offers a huge opportunity to make long-lasting, positive changes to current and future organisations. It's essentially about the long-term impact of decisions to work better with people and to prevent ongoing problems.

At the VC Gallery, by working with people we create prosperity, resilience, equality, healthier lifestyles, cohesive communities, vibrancy through different cultures and responsibility in our communities and in the galleries.



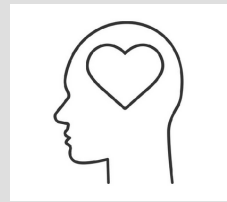
A Prosperous Wales



A Resilient Wales



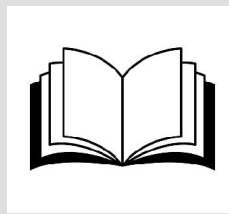
A More Equal Wales



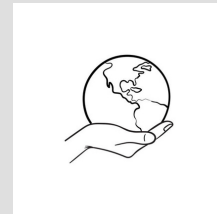
A Healthier Wales



A Wales Of Cohesive
Communities



A Wales Of Vibrant
Culture And Welsh
Language



A Globally Responsible
Wales

Contact:- Barry John MBE
Email:- barry@thevcgallery.com
Tel:- 01437 765873