

CV-19 COMMUNITY BULLETIN

14th APRIL 2020

No 4

Throughout the coming weeks and months, the Council's Communities Team, along with its' medical and community partners will be compiling information about the Coronavirus and how to deal with its consequences in Rossendale. We want to try and ensure clear health messages and connect those who can supply help with those who need it.

As you know Rossendale is a great place to live and work and our community is strong. We have seen lots of fantastic examples of local people coming together to help each other and their local area. We will all pull together during this crisis and be even stronger when life gets back to normal hopefully later this year.

If you have any information or ideas you think would be useful to include in the bulletin or would like to be added to the mailing list please e mail us at communitiesteam@rossendalebc.gov.uk

All bulletins will be posted on the Rossendale Borough Council webpage, Facebook etc.

ROSSENDALE CONNECTED - Supporting those in need across the Rossendale community

Rossendale Connected, launched on 27 March, is here to help communities, families and individuals who find themselves without any support network and are facing challenges presented by the coronavirus outbreak. So far we have directly helped with over 500 individuals. We can help in connecting people to community organisations and volunteers that can provide food, essential supplies, medicine or if you need to talk with people during isolation.

www.rossendaleconnected.org 01706 227016 help@rossendaleconnected.org

Lines are open every day 9am - 5pm

Rossendale Connected Hub is a partnership between Rossendale Council, Rossendale Leisure Trust, Rossendale Primary Care Network, Burnley Pendle Rossendale CVS, Lancashire Police and a wide range of community partner organisations and volunteers.

A crowdfunding JustGiving page has been set up for the Hub:

https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ, please support even with the smallest donation.

We are looking for support from local volunteers and services. If you are able to help in any way please fill in the volunteer form on the Rossendale Connected website or Facebook page

EASTER UPDATE



The Hub was delighted to take delivery of a donation of Easter eggs. Some of these were distributed by Police officers and PCSOs to houses displaying rainbows drawn by local children. Others went to LCC Children and Families service, RAFT, other local foodbanks and community groups.

The hub continued to take calls across the Easter weekend and volunteers delivered urgent prescriptions, food and, in one case, telephoned 999 after speaking to one caller who thought she might have broken her wrist. She had, but is now home and well.

HEALTH MESSAGES – the Healthy Rossendale Facebook page is the place to go for the latest health messages from the NHS, local G.P.s and other medical practitioners. This is currently updated daily.

<https://www.facebook.com/groups/389362468511320/>

HELP FOR WHITWORTH RESIDENTS

WHITWORTH TOWN COUNCIL - Our telephone line is open Monday to Friday 9am – 2.30pm on 01706 852018. We have some eager volunteers ready and willing to

help Whitworth residents by keeping in touch over the telephone, delivering shopping and collecting prescriptions.



Whitworth community ...
**If you are self-isolating,
we can help!**

If you need assistance because you are self-isolating due to the Coronavirus, or if you would like to **volunteer** to help, please
call 01706 852018 (Mon - Fri 9am - 2.30pm)
or email **info@whitworth.gov.uk**

Ways we can help:
Picking up shopping and prescriptions
Posting letters
A friendly phone call

If you would like to volunteer, please get in touch. Volunteers will avoid physical contact (2m distance), items to be left on the doorstep.

If you have medical concerns, please call the NHS on 111
Coronavirus is contagious. Wash your hands regularly.

 **Whitworth**

READING FOR WELLBEING

There is strong evidence that reading for pleasure can improve wellbeing. The Lancashire County Council has a digital library service

- <https://www.lancashire.gov.uk/libraries-and-archives/libraries/your-library-at-home/>

WELLBEING AT HOME

It can be a struggle to keep happy, keep well and not get anxious in these very challenging times but here are a few things we can do to keep going strong.

You may have heard of the 5 Ways to Wellbeing so here are some ways we can work with them at home.

1, Take Notice. One thing I have noticed about our current situation is the return of all the wildlife. At present we have the gift of time so why not spend some of it sitting in the garden or at an open window listening to the birds, counting the different species we can see and being mindful with all our senses how we are in that moment. As we relax we can hear the movement of the air, the leaves of the trees, the song of the birds and at this time, the far more occasional passing vehicles. We can feel the warmth of the sun and be aware of our breathing. We can see the vivid blue sky that, for a little time at least, is without the vapour trails of planes. We can watch the clouds move like we did when we were children.

2, Learn. We all have a book on the shelf that we bought with every intention of learning a new skill but never got round to it, now's your chance! Read the book, learn a new skill, gain knowledge and exercise your grey matter. We live in an information age with the internet at our fingertips so find a new hobby, explore the world and make the most of this quiet time – it won't last for ever so treat yourself now.

3, Connect. I remember writing to a pen friend when I was at school and really enjoying getting a letter back. The only letters I receive now all appear to be bills or adverts, it's genuinely years since I got a letter or email just to say hello. There will be lots of people within your email contact list or friends on social media who you haven't spoken to for a while. Send someone an email just to say hello, catch up on what's happened since you last spoke and rebuild those connections.

4, Exercise. You don't have to join in with Joe Wicks on Youtube every morning to keep moving if that's not your thing. 20 minutes of any exercise boosts our mental, emotional and physical wellbeing. For some people that may look like cleaning the house, having a good vac or doing some gardening. For others that could be doing some laps of the stairs or gentle exercise in the chair.

5. Give back. We can all give back in one way or another, it may be checking on an elderly relative or neighbour and seeing if they're ok or if they need anything. It could be doing the knitting that you promised to do but didn't have the time for. It could be volunteering for one of the many charitable organisations supporting people at this challenging time. It could be as simple as calling someone on the phone and having a chat, it's sometimes those really simple things that can make the biggest positive impact. While we have the gift of time on our side why not use some of it to declutter? Get some bags of stuff together to go to the charity shop in a few weeks' time. Have an afternoon going through the wardrobe and asking yourself questions like, "Am I really going to wear that again?" if the answer is no, make room for change.

Finally and really importantly, don't panic. It takes more energy to panic than it does to plan so we might as well make plans. When the doors open again, where are you going to go, who are you going to see and what are you going to do? Where haven't

you been for a while and what are the places that are important to you? Make those plans and before you know it you'll be putting them into action.

BURNLEY FC IN THE COMMUNITY ACTIVITY PACKS

Burnley Football Club's community arm have produced activity packs for young people, adults and seniors, you're all welcome to use these resources as you see fit. They can be downloaded from the following link:

<https://www.burnleyfccommunity.org/download-our-activity-packs/>

GENERAL SUPPORT AND INFORMATION

OUR LANCASHIRE / LANCASHIRE VOLUNTEER PARTNERSHIP - Our Lancashire is the Lancashire wide initiative to bring groups and communities together to make Lancashire a greater place to live work and play. Currently they are asking groups or organisations that can help support vulnerable people to join Our Lancashire as a group or let their team know what support you can provide.

<https://ourlancashire.org.uk/registration/>

They can also support people who are isolated, vulnerable and in need of volunteer support during the current health crisis - complete referral form via

<https://lancsvp.org.uk/referrals-3/community-support-referral-form/> or contact 07779 972114 / 07779 972652 (lines open Mon – Fri 8-4)

HELP AND ADVICE FROM CITIZENS ADVICE

ROSSENDALE AND HYNDBURN CITIZENS ADVICE - www.carh.org.uk Tel **0300 456 2552**

CA are doing everything possible to continue to deliver an advice service to people living and working in Rossendale. Adviceline and other helplines are very busy at the moment and CA continue to promote the use of their online enquiry form so that they can either email or ring people to give them the advice they need.

Citizens Advice are also working constantly to keep their [advice pages](#) about the coronavirus impact up to date and informative.