

CV-19 COMMUNITY BULLETIN

28th APRIL 2020

No 6

We hope you are finding these bulletins useful. They are compiled by the Council's Communities Team, along with its' medical and community partners. 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 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 made contact with with over 1800 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

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/>

Don't delay going to see your GP with cancer symptoms



NHS staff are working around the clock to respond to the coronavirus pandemic, while at the same time ensuring that essential and urgent cancer diagnosis, treatment and care can continue.

In the last few weeks, there has been a sharp drop in the number of patients referred for investigations and appointments for suspected cancer. There is a growing concern that some people are aware of new symptoms but are apprehensive about telling their GP. If this continues more people will be diagnosed later, resulting in a lower chance of survival. Finding and treating cancer at an early stage can save lives.

Dr Neil Smith, GP lead for Cancer Research UK and the Lancashire and South Cumbria Cancer Alliance said:

“We understand that some people may be concerned about visiting their GP with symptoms or attending hospital for a cancer referral appointment, either because they are worried about coming into contact with coronavirus or because they don't want to trouble doctors at this time.

Our message is that it is vitally important that people continue to seek help early for symptoms that could be a sign of cancer. Essential and urgent cancer services are continuing, so if you have a cancer symptom, you should still

contact your GP as normal. They will speak to you over the phone and if needed, you will be referred for further checks.”

Lancashire and South Cumbria Cancer Alliance are coordinating cancer care and services across the area. All hospitals have set up new systems offering telephone or video consultations. Innovative solutions, such as reviewing photographs of skin lesions and rapid communication channels between GPs and consultants are being used to help make a diagnosis. Tests for cancer are still available for patients. Private hospitals and other cancer treatment hubs are being set up, using dedicated beds and facilities to treat cancer patients.

Coronavirus (COVID-19) is putting a huge strain on health care resources and not all patients will be seen and treated as quickly as normal. Although some patients may be waiting a little longer, no-one will get lost in the system and plans are already in place for catching up when the current situation improves.

Dr Smith added:

“Together we are fighting this crisis on many fronts. Early diagnosis of cancer saves lives. It is essential that people continue to talk about their concerns about cancer. If you have a new or persistent problem, please communicate with your family and tell your doctor. Let’s talk cancer.”

DO YOU STRUGGLE WITH ANXIETY OR
LOW SELF ESTEEM?



ekah
FOUNDATION



Free Funded Yoga, Meditation & Nutrition Course

*For people who wish to improve their physical,
mental and emotional fitness*

Online Yoga, Meditation and Nutrition course



Please contact admin@ekahfoundation.org
to register for a place online



BLUE BADGE APPLICATIONS

Help is available over the telephone to renew or make a new application for a Blue Badge, from Age UK Lancashire. They will put you in touch with an experienced volunteer. Tel 0300 303 1234

DEMENTIA CONNECT SERVICE

Just to let you know that although we are all working from home at the moment, we are still offering a telephone service to people living with dementia and their carers. We are taking referrals as usual through the Dementia Connect Service, so please keep referring in through the website:

<https://www.alzheimers.org.uk/referralform>

As well as the referral scheme, we are making “Welfare” calls to service users , and offering “Companion” calls to those service users who would like a more regular contact.

If you have any questions/problems in making a referral, please e mail us at EastLancashire@alzheimers.org.uk and we will respond as soon as possible.

We're here, so how can we help?

Living with dementia at any time brings challenges. Coronavirus is making daily life much harder. But you're not alone. If you need support and advice, we're here for you.

Coronavirus support from Dementia Connect

- Call our [Dementia Connect support line](#) on **0333 150 3456**.
- Connect with other people affected by dementia via our online community [Talking Point](#).
- Order our [full range of free publications](#)

[Find relevant dementia information and support](#) with our online tool

ONLINE TEACHING RESOURCES FROM THE BBC

The BBC has created a new online daily teaching resource focusing in English and Maths for all school ages groups to help children continue their education at home.

<https://www.bbc.co.uk/teach>



There is also a list of online teaching resources at the gov.uk website

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

LANCASHIRE WOMEN *go online*

We provide: mental health and wellbeing support, advice on managing money, benefits and debt, help improving skills, knowledge and gaining employment opportunities within happier communities by phone & online.



 Lancashire Women
 @LancashireWomen

ROSSENDALE CONNECTED - #ReachOut Campaign

We are hoping to put together a music video as a fun way to promote to local people the importance of Reaching Out to others and supporting where they can. It is based on the hit single from Four Tops(1967)

To be involved, either by yourself, with your household or virtual community group – pick your part (more than one is fine too, or even the whole song), listen to it a few times, and then sing it on video (just recorded on your phone is good) and send to Ken Masser via email ken.masser@rltrust.co.uk no later than Sunday 3rd May.

You can listen to the song here: <https://www.youtube.com/watch?v=2EafIX0MWRo>

Don't worry about the background singing in brackets – but if you want to have fun with it please do!

Part 1

Now if you feel that you can't go on (can't go on)
Because all of your hope is gone (all your hope is gone)

Part 2

And your life is filled with much confusion (much confusion)
Until happiness is just an illusion (happiness is just an illusion)
And your world around is crumbling down, darlin'

Part 3

(Reach out) Come on girl reach on out for me
(Reach out) Reach out for me

Part 4

Hah, I'll be there with a love that will shelter you
I'll be there with a love that will see you through

Part 5

When you feel lost and about to give up (to give up)
'Cause your best just ain't good enough (just ain't good enough)

Part 6

And you feel the world has grown cold (has grown cold)
And you're drifting out all on your own (drifting out on your own)
And you need a hand to hold, darlin'

Part 7

(Reach out) Come on girl, reach out for me
(Reach out) Reach out for me

Part 8

Hah, I'll be there to love and comfort you
And I'll be there to cherish and care for you

Part 9

I'll be there with a love that will see you through
Hah, I'll be there to love and comfort you



**Rossendale
& Hyndburn**

COVID-19 Support

**Have you been affected by the Covid-19 pandemic?
Has it affected your job, income, benefits or housing
situation?**

**Citizens Advice Rossendale & Hyndburn
is here to help**

By phone:

Adviceline **0300 456 2552**

Universal Credit Help to Claim **0800 144 8 444**

By email through 'Contact Us' on our website:

www.carh.org.uk

By letter:

- Citizens Advice Rossendale & Hyndburn, Stubblelee Hall,
Stubblelee Lane, Bacup OL13 0DE
- New Era Centre, Paradise Street,
Accrington, BB5 1PB

The Citizens Advice website also has helpful information about issues relating to Covid 19 on their website www.citizensadvice.org.uk

