

CV-19 COMMUNITY BULLETIN

12th MAY 2020

No 8

We hope you are finding these bulletins useful. They are compiled by the Council's Communities Team, along with its' health 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 over 2400 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/>

VACCINATIONS – DO STILL ATTEND

NHS England is urging people to attend all regular vaccination appointments to prevent outbreaks of serious diseases and reduce pressure on the health service.

The NHS is continuing to help people to manage illness linked to coronavirus, but is still urging parents to bring children forward for lifesaving jabs to stop killer diseases like measles and mumps.

With many people expressing concern and even fear about seeking help during the virus emergency, the NHS is running a [nationwide campaign](#) to encourage people to come forward for help when they need it.

Essential, routine vaccinations like the MMR jab can save a child's life and are available through family doctors, including in some parts of the country through new children's immunisation drive-through clinics. As long as those attending appointments, including parents of babies or children, do not have symptoms or are not self-isolating because someone in the household is displaying symptoms, all scheduled vaccinations should go ahead as normal.

The national immunisation programme is highly successful in reducing the number of serious and life-threatening diseases such as whooping cough, diphtheria and measles.

High vaccine uptake can prevent a resurgence of infections, which can cause harm and put unnecessary added pressure on the NHS. "Children should continue to go to their routine vaccination appointments when they are invited by their GP. If you need to visit your GP, parents should be reassured that going to a medical appointment is classed as essential travel as long as no one in the household is displaying COVID-19 symptoms."

When attending appointments, people should follow government guidance and ensure they are two metres apart from anyone outside their household and minimise time spent outside.

A full list of vaccinations and when they are available, for children and adults, is accessible through the [NHS website](#).

FIVE WAYS TO WELLBEING

#ALittlebitmoreathome

The Active Lancashire team are focusing on supporting Lancashire's residents to engage in the Five Ways to Wellbeing to improve physical and mental health during this challenging time.

Many people are now confined to their home, only going out for essentials and for one form of exercise a day. We have pulled together some tips, advice, guidance and activities you can do to stay healthy and happy during this time of physical distancing, as well as guidance for those working within the sector. Please visit:

www.activelancashire.org.uk/COVID-19-Support for more information.

Why the Five Ways to Wellbeing?

A review of the most up-to-date evidence suggests that building the following five actions into our everyday lives is important for wellbeing. Referencing this is even more important during Covid19 as Social Isolation, financial struggles and employment worries will have a huge impact on our lives and indeed our wellbeing.

1. Connect with others – Those in your home or others digitally

Relationships help build a sense of belonging, they also allow for you to receive emotional support whilst providing others with support too

2. Be physically active – One form of exercise per day outside, or workout at home

Being physically active can help improve confidence and self-esteem, it also has been proven to cause chemical changes in your brain which can help to positively change your mood

3. Learn new skills – Using online courses and digital platforms

Learning new skills is proven to drastically improve mental health through creating a sense of purpose and feeling a sense of achievement

4. Give to others – Volunteering in local community or helping neighbours

Acts of giving and kindness can help improve your wellbeing by creating positive feelings and a sense of reward, "you feel good if you do good"

5. Mindfulness – Try a new walking route from home

Taking notice and some time to enjoy the present moment can positively change the way you feel about life and situations

#ALittlebitmoreathome

activelancashire.org.uk



Stay Home! Stay Safe!

A competition to celebrate Gypsy, Roma and Traveller history month

Create something to show us what *staying home* and *staying safe* looks like in your home.

You could paint a picture, make a video, draw a comic, take some photos or write a story.

You could enter on your own or as a family.

Anyone can enter.

Just have fun!

PRIZES: Books with a Gypsy, Roma and Traveller theme.

1st Prize, 2nd Prize and a prize for the winning school

TO ENTER: send it, or a photo of it, to your teacher or to ema.support@lancashire.gov.uk

Don't forget your name, age and how to contact you!

or post it to EMGRTAS, Room CH2:24, County Hall, Preston, Lancashire, PR1 0LD

The competition closes on 30th of June 2020 at 5pm.

Good luck!



Ethnic Minority Gypsy Roma Traveller Achievement



LANCASHIRE LIBRARIES OFFER

With a Lancashire library membership you can now access RBdigital giving free access to magazines, comics and also -

- Thousands of national, provincial, and global newspapers with 90 days of back issues.
- Newspapers from over 100 countries in 60 languages.
- You will need your library card number and your email address

The link for the digital library is here - <https://www.lancashire.gov.uk/libraries-and-archives/libraries/digital-library/> and contains all the information and guidance of how to join and access these digital resources.

The current library offer due to all library closures is all digital and online, there are reading groups and various other activities such as Lego clubs running via social media, all the information regarding the current offers are available and updated regularly here - <https://www.lancashire.gov.uk/libraries-and-archives> and via Twitter - <https://twitter.com/lancspublib> and Facebook - <https://en-gb.facebook.com/lancslibraries>. All information regarding libraries can be found at those sites including all information regarding all library offers including culture, young people and families and health and wellbeing.

MENTAL HEALTH FAMILY HOUR

Episode 4 of the 'Mental Health Family Hour' is now available. On this episode we talk about stress, coping strategies and our comfort zone. Thank you again for all your support thus far, each week we have new listeners tuning in and the feedback has been great.

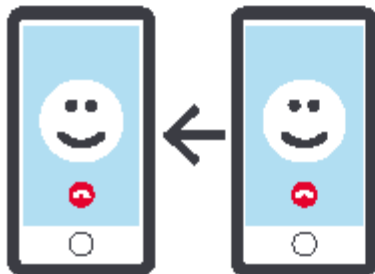
Here is the link for episode 4 - <https://youtu.be/y9Z5tuqLE4Q>

Keeping People Connected

A new service for people with learning difficulties and/or autism during Covid-19.



At People First we are doing our best to support people in need during this difficult time.



We want to help people stay safe, healthy and not feel alone. We have set up a new specialist telephone service for people who have learning difficulties and/or autism who need some support.



We will have regular calls with people who need support. We want people to know that we are here to talk to and to offer practical support.



If you know someone who could benefit from this service please contact us with the name and contact details of the individual in need of support.

Keep connected:

keepconnected@wearepeoplefirst.co.uk

0300 303 0175



FREE Online Tutorials
Science, Maths and English
Key stage 2, 3 and 4

<https://stem.astml.co.uk>

FREE
Online
Tutorials

90

Minute Sessions
Per Subject
Per Week

2,3,4

Key Stage
Curriculum

30th

March 2020 Start

Published by
STEM Division
ASTML UK
www.astml.co.uk

In the current unprecedented situation the learning process for your children can continue. You can continue supporting your child's learning through our online classes within the safety of your home.

ASTML is offering you FREE online tutorials in Science, Maths and English.

With special focus on meta-cognition, higher order thinking and learning skills, transferable to all areas of the curriculum.

Our sessions will be delivered by qualified and experienced teachers in delivering Science, Maths and English lessons to Primary and Secondary schools in the UK.

Contact us for more details.



stem@astml.co.uk

