



# CV-19 COMMUNITY BULLETIN

19th MAY 2020

No 9

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](mailto: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 2700 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](http://www.rossendaleconnected.org) **01706 227016** [help@rossendaleconnected.org](mailto: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](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

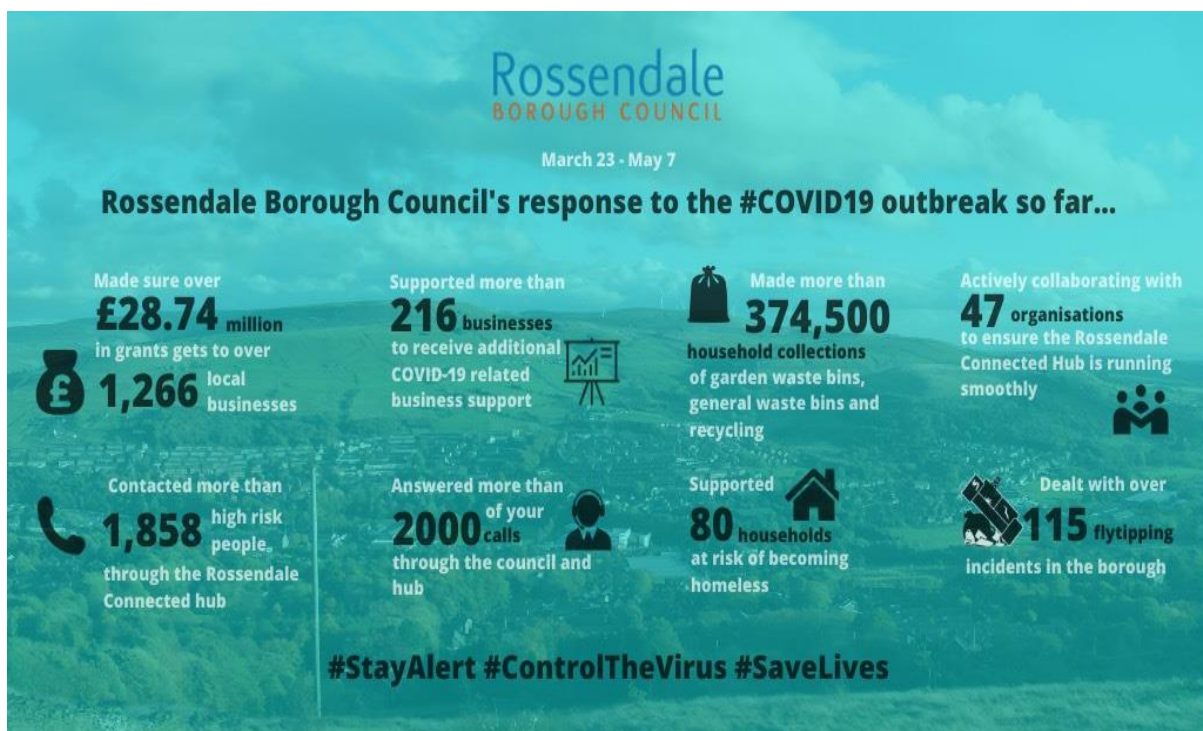
## COVID 19 TESTING

A military mobile COVID-19 testing unit (MTU) will be present at:  
Marl Pits Leisure Centre,  
Newchurch Road,  
Rawtenstall,  
Rossendale,  
Lancashire,  
BB4 7SN.

**From 16th – 18th May 2020 inclusive, in operation from 1030hrs – 1530hrs.**

The site will be able to take foot and vehicle traffic, and is open to symptomatic key workers, symptomatic over 65s and symptomatic people who have to go to work. All patients must be booked via the Gov.uk portal. Appointments will open on the Gov.uk website 2000hrs 15th May 2020

**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.



## YOUR LIBRARY FROM HOME

The Lancashire Library Service is offering some fabulous online services that can be accessed at <https://www.lancashire.gov.uk/libraries-and-archives/libraries/your-library-at-home/>

Services available include:

- eBooks and eAudio books (for all ages)
- RB Digital which is our new app for magazines and comics (for all ages)
- Online lego club (for children)
- Online book club (currently only for adults, but we are launching a family book club this week for all ages)
- Books on Prescription/Reading for Health eBooks and eAudio (for all ages)
- Good Web guide for trusted links and recommended websites on health information (for adults)

## **BEREAVEMENT SUPPORT**

CRUSE Bereavement Care Offers support, advice and information to children, young people and adults when someone dies. Free helpline is 0808 808 1677 | email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk) | [www.cruse.org.uk](http://www.cruse.org.uk)

The helpline is open Monday to Friday 9.30 – 5pm (excluding bank holidays) with extended hours until 8pm on Tuesday, Wednesday and Thursday. The helpline is staffed by trained bereavement volunteers who offer emotional support to anyone affected by bereavement.

During the coronavirus pandemic we are facing a tragic loss of life, often under very difficult circumstances. Those who become bereaved in this difficult time may be cut off from their usual support network. CRUSE have put together some resources which cover some of the different situations and emotions you may have to deal with and the information and added to and updated as the situation develops.

[www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief](http://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief)

Lancashire Council of Mosques Bereavement Support Service: Contact the team to be directed to a qualified, trained volunteer. 01254 692289 or 07739 516 239

## **PHARMACIES TO PROVIDE SAFE SPACES FOR VICTIMS OF DOMESTIC ABUSE**

Boots has partnered with the UK Says No More campaign to turn its consultation rooms into “safe spaces” for victims of domestic abuse, and other pharmacies can join the initiative.

People who are experiencing domestic abuse during the COVID-19 pandemic can walk into any Boots branch in the UK from today (May 1) and ask the pharmacist if they can use the consultation room.

Once inside the room, “all the specialist domestic abuse support information will be available” and if the person needs to contact a domestic abuse support service, they can “make that call safely”

More information on the website at: <https://uksaysnomore.org/safespaces/>

## LEARNING FROM HOME



 Lancashire  
Adult Learning

# Learn From Home

Our update to you on Lancashire Adult Learning during the COVID-19 outbreak.

Due to the present situation LAL has moved online. We are delighted to be able to still provide opportunities for learning across the county – over the phone and online. We are currently running online activities for Employability, Volunteering, Health and Wellbeing, Family Learning, Arts and Media, Languages, and ICT.

Find out more overleaf about the range of online activities we are offering right now for existing and new learners.

**Stay Safe, Stay Home**

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 0333 003 1717  [www.lal.ac.uk](http://www.lal.ac.uk)   

Course information at : <https://www.lal.ac.uk/what-we-do/learn-from-home/>

## **FUN ACTIVITIES FOR BORED CHILDREN!**

### 1. Make den

It doesn't take much – an old sheet strung between chairs, or a cardboard box construction and young minds will do the rest!

### 2. Pebble painting

Just collect a few pebbles from the garden or when out on a walk, and paint them or use felt tip on lighter pebbles. If they are going to be kept outside the colours will last longer if painted over with varnish.

### 3. Crepe paper obstacle course

Criss cross crepe paper from one wall to another, leaving just small gaps for the kids to climb through. See if they can make it through the course without tearing the paper.

### 4. Make some Play-Dough

Just mix 2 cups of plain flour, 1 cup of salt, 1 tablespoon of oil, half to 1 cup of cold water, 2 drops of liquid food colouring. Mix the flour and salt then add the water, oil and food colouring. Knead the mixture well, adding a little more flour if the consistency is too wet.

### 5. Wallpaper people

If you've got an old roll of wallpaper, or any other paper for that matter, lie your little one down on it and draw around them. Amazing how long they will spend colouring themselves in afterwards. They might also want to make a wallpaper mum, dad or sibling too.

### 6. Potato printing

Most of us have got an old potato lying at the bottom of the cupboard. Hopefully it will still be in a fit enough state to carve a shape from to use as a paint stamp. Make some patterns and you could end up with a piece of art to treasure.

### 7. Egg decorating

You might be missing the annual Easter egg decorating competition at school but that doesn't mean you can't get doing your own designs at home.

### 8. Minions

These ones were made with the insides of Kinder Eggs, but you could easily make them by colouring in or painting some toilet roll tubes yellow. Stick-on googly eyes work a treat, or you could draw them on. Either way you'll end up with a pretty impressive Kevin or Bob.



### 9. Make a bird box

Who doesn't like watching the birds feed in the garden, especially when there's little else happening at the moment. Families have been busy making their own bird feeders too, using just a large four-pint milk bottle. Felt tips is all you need to colour the plastic, but people have been sticking paper, feathers and other things on to make them bright and colourful.



### 10. Treasure Hunt

Give each child a bag with a list on showing what they have to find - a leaf, a flower, a stick, a stone etc. You could use the collected items to make a nature picture afterwards, or a leaf print.

And if you want to stay indoors then why not hide some letters or words around the house. They can find them and then use them to make words and sentences. They won't even realise they're learning!

## SUPPORT FOR CARERS

Calling all professionals, charities, groups  
& businesses sign up for our FREE

# Carer Awareness Training

Wednesday 20th May - 10am - 11am

Participants will find out:

- Who is a carer?
- What is a Carers Assessment?
- What support is available locally?
- How can we support Young Carers?
- How important carers health and wellbeing is
- How you can help us identify hidden carers
- How you can become a Carers Champion

Everyone that takes part will receive a Certificate to recognise the importance of supporting unpaid carers in our community.

To book your online place:  
[info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)  
01254 387444



# Carers **What's Online** Guide



## Mondays

Quiz Time live on Facebook at 2pm

## Tuesdays

Carers Cafe on Zoom at 10am

Carers Craft live on Facebook at 2pm

## Wednesdays

Pamperology live on Facebook at 2pm

## Thursdays

Carers Cafe on Zoom at 2pm

## Fridays

Drum with Us! live on Facebook at 2pm

## How to Facebook Live

At 2.00pm click on our home page where a live video will appear in the feed:

facebook/  
carerslinklancs

## How to use Zoom

Simply enter <https://zoom.us/join> into your search engine on phone Laptop or tablet

Enter ID: 338 205 3546

Password: Carers



facebook 





**Connect with Your Community  
to improve your  
health & wellbeing**

**The Social Prescribing Team  
will help you to**

GET ACTIVE AND  
IMPROVE YOUR HEALTH

JOIN IN WITH FUN  
ACTIVITIES AND GROUPS

GET OUTDOORS FOR  
SOME FRESH AIR

IMPROVE YOUR  
MENTAL WELLBEING

FIND FRIENDS AND IMPROVE  
YOUR SOCIAL LIFE

HELP YOU TO GO TO THE  
DOCTORS' LESS OFTEN

Who wouldn't want a Social Prescribing Team Member to help improve health and wellbeing through social and local community activities?

Get support from a member of your local community

**01282 433740**

**connectors@bprcvs.co.uk**



**BURNLEY PENDLE  
& ROSSENDALE  
COUNCIL FOR VOLUNTARY SERVICE**

Registered Charity Number: 1440444 Company Limited By Guarantee 0938014



**East Lancashire  
Clinical Commissioning Group**



# COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)