



CV-19 COMMUNITY BULLETIN

26th MAY 2020

No 10

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 3000 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-](https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ)

[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

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.

URGENT DENTAL CARE

Patients with an urgent dental care need are able to contact the Lancashire call handling service. It is in operation 365 days of the year. The operating hours are generally 9.00am to 5.00pm (Bank Holidays are 10 am to 5pm) and the number for patients to call is 0300 1234 010. Dental practices websites and phone answering messages signpost patients to the service and the Directory of Service is updated with this information.

MESSAGE FROM NATHAN BIBBY, ROSSENDALE SCHOOLS GAMES PARTNERSHIP

Next week should have been one of our biggest events of the year, which normally attracts over 500 pupils: the Primary School Cross Country Championships.

We are therefore launching the 'Rossendale Virtual Mile' from 18th May-29th May and would love for you and your family to get involved! This is a Rossendale-wide, mass-participation event that anyone of any age or ability can take part in (yes that's right, we encourage teachers and parents to get involved too!).

Throughout the two weeks, we will be encouraging everyone to get out and run/walk (wheelchair users encouraged) a mile, whilst maintaining social distancing, and send in your best time. Everyone that enters will receive a certificate. The schools with the most entries (primary and secondary) will be crowned the overall winners. As well as this, there will be prizes for the top 3 in the following categories:

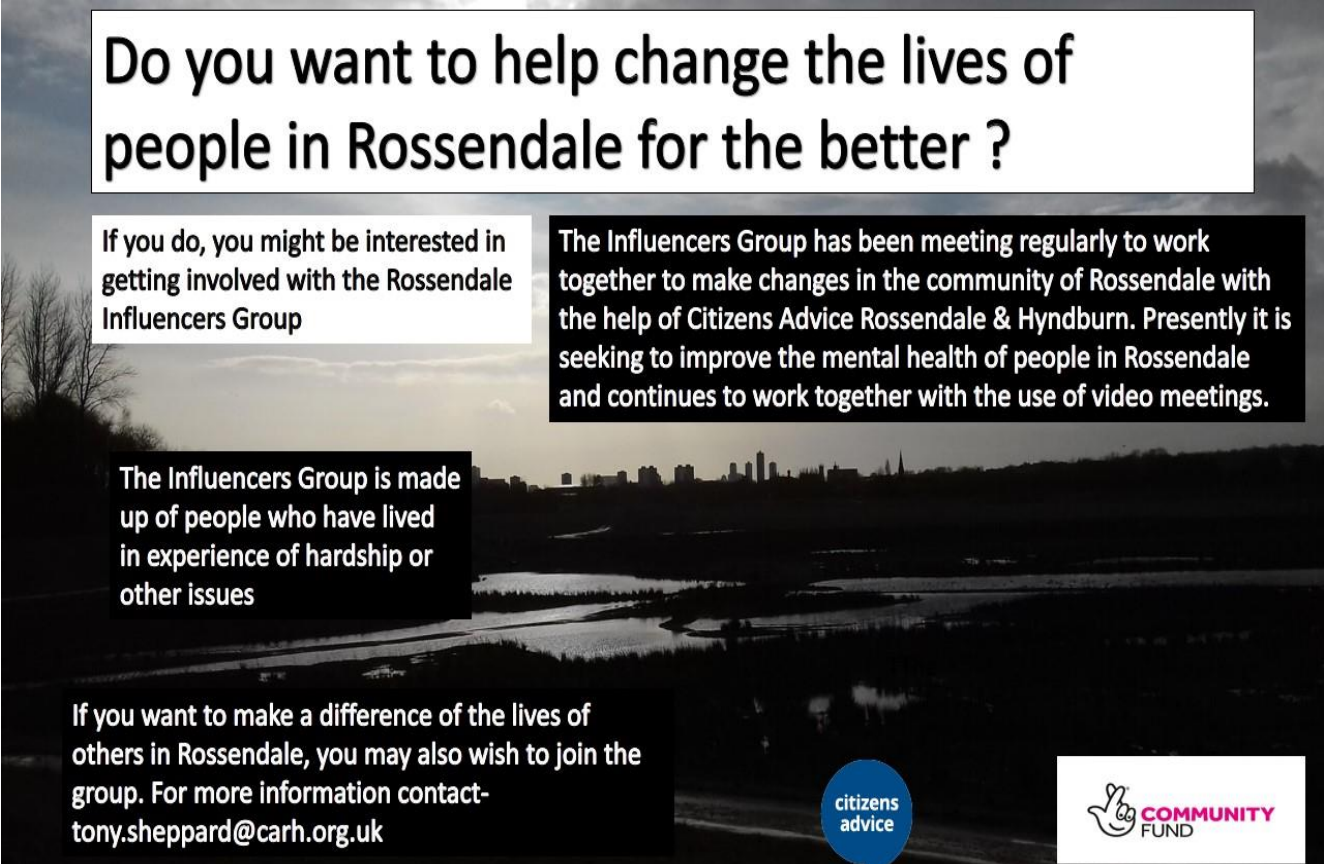
Girls	Boys
Year 1-2	Year 1-2
Year 3-4	Year 3-4
Year 5-6	Year 5-6
Year 7	Year 7
Year 8-9	Year 8-9
Year 10-11	Year 10-11
Under 20's	Under 20's
Under 40's	Under 40's
40-49	40-49
50-59	50-59
60+	60+

To enter your time, please click on the link: [Rossendale Virtual Mile Results Form](#) . Please also post photos of you taking part to our Facebook page: <https://www.facebook.com/Rossendalessp/>

If using a GPS watch or phone to track your distance, please send proof of time on the form. You can mark out your own mile route using Google Maps or <https://www.mapmyrun.com/> . Alternatively, why not try one of the routes on the pages below? Please be very careful when running on roads and younger children must be accompanied by an adult.

Good luck!

ROSSENDALE INFLUENCERS GROUP




Do you want to help change the lives of people in Rossendale for the better ?


If you do, you might be interested in getting involved with the Rossendale Influencers Group

The Influencers Group has been meeting regularly to work together to make changes in the community of Rossendale with the help of Citizens Advice Rossendale & Hyndburn. Presently it is seeking to improve the mental health of people in Rossendale and continues to work together with the use of video meetings.

The Influencers Group is made up of people who have lived in experience of hardship or other issues

If you want to make a difference of the lives of others in Rossendale, you may also wish to join the group. For more information contact- tony.sheppard@carh.org.uk

 citizens advice

 COMMUNITY FUND



Rossendale's Food Box Scheme providing support directly to local communities

The Waterfoot Food Box offering a wide selection of products

A unique food donation and distribution scheme has started in Rossendale that is based around the simple idea of providing boxes for local residents to donate food and other essentials to support those in the community who need support. True community supporting their community

The scheme, which is called 'Food Box', was an idea developed by **Carla Jade Clayton** who realised that she had excess food in her cupboard and wondered what she could do with it. She made it available to those in her community who were in

need. This led to the creation of the Food Box scheme, with donated food and other items from local residents going directly to those in need in their communities

There are now four other towns in the valley that are running the scheme based on the same principle as in Waterfoot. They are Rawtenstall Food Box, Whitworth Food Box, Whitewell Bottom Food Box and the newly established Haslingden Food Box and the Crawshawbooth Food Box sited at Crawshawbooth Village Centre. The latest news is that Bacup Food Box is to be launched, details to follow. They all have their own Facebook page, so please check them out and find out where you can make a donate or pick up food, toiletries and other items

The group are now looking to extend the Food Box scheme Valley-wide, and are working with the Rossendale Community Support Network to Brand, expand and develop more Food Box sites.

LANCASHIRE ARCHIVES COVID 19 PANDEMIC COLLECTION – CAN YOU CONTRIBUTE?

Some of you may already have seen that Lancashire Archives have launched a project to collect and preserve the experiences of Lancashire residents during the Covid 19 pandemic. We'd like to share this project with as wide an audience as possible through library user groups, museum Friends, arts groups and frankly anyone you can think of.

Archives are not just about the past, but are a reflection of the present and a resource for the future. We would like as many people as possible to be a part of this unique collection through their words, their images, even sound recordings. Anything and everything is welcome, diary entries, poems, photographs, posters, recordings, the choice is yours.

We will be publishing at least some of the submissions through social media in the coming weeks.

There is more information on our website at [Lancashire Archives and the Covid 19 pandemic archive collection](#)

Contributors can send digital contributions to archives@lancashire.gov.uk or hard copy to Lancashire Archives, Bow Lane, Preston, PR1 2RE

Please include your name, age and where you live (not a full address, an area will be fine).

This is for staff and customers alike. Colleagues, send us your impressions of working through these events, tell us about the changes you are dealing with, share photographs of your working from home arrangements, give us recordings or videos. Again, anything you would like to share with the future

We are **LANCASHIRE WOMEN**



**We can support you online & by phone
with the following:**

Mental Health & Wellbeing (One to one & group)

We can help you if you are experiencing:

- * low in mood * unhappiness * relationship difficulties * poor sleep
- * low self-esteem & self confidence * uncontrollable feelings of worry & panic
- * changes in your thoughts and behaviour

Employment & Skills Support (one to one & group)

We can help you with:

- * apply for jobs * job search * offer interview techniques * update your CV with you
- * up skill on a computer * find the right training course and qualifications
- * look for volunteer placements opportunities * enhance your portfolio
- * develop work skills * find the right childcare provision * develop life skills

Money, Debt & Benefit Advice (One to one & group)

We can help you with:

- * Benefit advice including rent arrears * Benefit applications
- * Mandatory reconsideration and appeals * Debt issues and options
- * Back to work calculations * Budgeting advice *Energy Advice

Talk to us...

Get in touch on
0300 330 1354
lancashirewomen.org





Baby and You

Delivered by



What will my baby learn?

Your baby will learn through play and you will learn how they develop across all their



What will we be doing in the sessions?

We'll be looking at safer sleep, healthy lifestyles, feeding and weaning, brain development and cover various other topics.

For ages from birth up to 1 year of age.

It's all about you and your baby and how to promote their development.

Join in our zoom sessions and enjoy playing and bonding with your baby.



For more information please contact

David Curness 01772 532679

Bacup Neighbourhood Centre 01706 237780

David.Curness@lancashire.gov.uk





Chat, Play & Read

Delivered via



What is Chat, Play & Read

Chat, Play & Read is an interactive group for parents and carers of children aged 1 - 4 years old.

This group is all about joining in and exploring play, child development, routines and of course having creative and messy FUN whilst in the comfort of your own home.

Your child will learn?



There will be lots of activities to keep you and your child busy! All areas of your child's development will be promoted, from physical, emotional to social as well as creative and messy play. We'll be singing some of your favourite songs together.

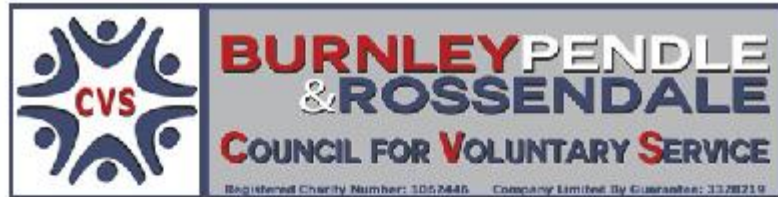
For more information please contact

Victoria Taylor 01706 237715

Bacup Neighbourhood Centre 01706 237780

Victoria.Taylor2@lancashire.gov.uk





Contact a **Social Prescribing Team Member** at
BPRCVS

01282 433740 or email
connectors@bprcvs.co.uk

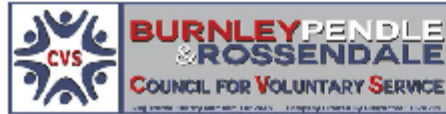
For more information about the
Social Prescribing Team visit **www.bprcvs.co.uk**

Referral forms & more information is available on



Support
from
Your
Community
in
your
community





improve Your health & Wellbeing by connecting With your community

Do you feel that you would benefit from some support to connect with your community?



We can help you to compliment your care by supporting you to connect with your local community.

This could include anything from physical activity, sit and chat social groups, education, counselling, complimentary therapies to

How will you be supported?



Accompany you to activities until you're confident to go it

Offer information about local activities and interest groups



Match you with a volunteer who will go along to activities

Give you information on local services including debt advice, benefits advice & financial



Help you to find transport for appointments &

What are the Social Prescribing Team?



SP Team Members are volunteers from your community

SP Team Members are caring & compassionate



SP Team Members will have a positive impact on your health &

The SP Team is managed by your local CVS



Frequently asked questions

How can I access the service?

Refer yourself, family & friends can refer you, any organisation: GPs, community groups, etc can refer you into the service

How long can I expect to wait?

On average it takes 10 working days

How long can I receive support for?

No set time limits. Length of support is discussed with you &

Is there a charge for the service?

No, it is 100% free of

Do the SP Team provide a counselling service?

No, although they can give you details on professional

Are SP Team Members

No, they are purely there to connect you with community

Start Connecting!