



# COMMUNITY BULLETIN

**JULY 2020**

The community bulletin is changing! We have had some wonderful feedback about the usefulness of the community bulletin during the Covid-19 lockdown. As the lockdown eases we will now continue to produce a monthly bulletin with our health and community partners to keep you updated about community activity across Rossendale. This will include information on community group activities, events, health information and community training opportunities. We hope you will find the bulletin useful

Feel free to share the bulletin with friends, community groups and on community group social media. If you have some information that you would like to share in the next bulletin, or you would like to be added to the e-mail distribution list, please contact us at [communitiesteam@rossendalebc.gov.uk](mailto:communitiesteam@rossendalebc.gov.uk)

Advice and support for people impacted by Covid-19 is still available from Rossendale Connected on 01706 227016 or at [help@rossendaleconnected.org](mailto:help@rossendaleconnected.org)

## COMMUNITY GROUP INFORMATION

### Community Partnership Grants

Community Partnerships are positive meetings looking at how local people, councils, the voluntary sector, housing and the Police can work together to address the priorities of local people. The meetings are about what we CAN do together, not what we can't.

There are four Community Partnerships in Rossendale:

- Whitworth
- Bacup
- Rawtenstall
- Haslingden, Helmshore and Edenfield.

Each partnership meets three times a year in a local community venue and meetings are open to all local residents. Unfortunately, the last round of partnership meetings has had to be cancelled, but the next round will take place in September and October.

Each partnership offers grants to local community organisations. The last round of grants included grants to the following groups:

- Edenfield Community Neighbourhood Forum
- Vision Youth Group
- South Pennine Archaeology Group
- Citizens Advice
- St John's and St Michaels School PTA
- Dansworks
- Bacup Cinema Group
- Rosemount Working Men's Club
- Newchurch Residents Group

Information about the grants and the grant application form can be found at:

[https://www.rossendale.gov.uk/info/210201/your\\_neighbourhood/10738/community\\_partnerships/2](https://www.rossendale.gov.uk/info/210201/your_neighbourhood/10738/community_partnerships/2)

### **The Whitaker: Do you have any spare time and fancy joining us at the Whitaker?**

Our dedicated, friendly volunteer team are an integral part of the Whitaker. When we are open they undertake all kinds of roles from Front of House to Collections Management. During our refurbishment the team have been working so hard to make sure we are ready for reopening next Easter. Much of the work is ensuring our treasured collections are properly cared for, catalogued and stored. They have also been doing daily work-outs moving furniture, emptying rooms and de-cluttering spaces. If you are interesting in joining us please contact our Volunteer Co-ordinator Lara by [clicking here](#).

### **Made in Haslingden**

Made in Haslingden has been successful in gaining funds to work with Storybox to offer free creative telephone calls (three 20 minute sessions) over 6 weeks starting in a couple of weeks.

They are also running free creative zoom groups (Thursdays 11.30am-12.30pm) dementia and family friendly. *The Storybox Project - Creative Cafe* is a fun, creative group offering a range of fun activities which are inspired by a different theme each time. It uses imagination, stories and poetry as a starting point to inspire a range of creative activities that are accessible to all - including music, creative writing, art, poetry etc. [www.storyboxathome.co.uk](http://www.storyboxathome.co.uk). Made in Haslingden are continuing with the weekly zoom carers cafe (Friday 3-4pm) and support carers of people living with dementia. Each session is themed, coping, resilience, happiness, self-compassion, music, anger etc.

Contact: [rachel@madeinhaslingden.org](mailto:rachel@madeinhaslingden.org) 07704859056 to register

## HEALTH

### Coronavirus Government Guidance changes

#### Shielding advice

The government has updated its guidance for people who are shielding taking into account that coronavirus COVID-19 infection rates have decreased significantly over the last few weeks. This guidance remains advisory.

People who are shielding remain vulnerable and should continue to take precautions but may now choose to leave their home, as long as they are able to maintain strict social distancing. If you choose to spend time outdoors, you may do so with members of your own household. If you live alone, you can spend time outdoors with one person from another household. Ideally, this should be the same person each time.

If you do go out, you should take extra care to minimise contact with others by keeping 2 metres apart. This guidance will be kept under regular review.

On 22 June the government set out a series of steps for further relaxing shielding guidance which will come into effect on 6 July and 1 August.

From 6 July, the government will be advising:

you may, if you wish, meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing

you no longer need to observe social distancing with other members of your household

in line with the wider guidance for single adult households (either an adult living alone or with dependent children under 18) in the general population, you may from this date, if you wish, also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance

From 1 August the government will be advising that shielding will be paused. From this date, the government is advising you to adopt strict social distancing rather than full shielding measures. Strict social distancing means you may wish to go out to more places and see more people but you should take particular care to minimise contact with others outside your household or support bubble. In practice this means that from 1 August:

you can go to work, if you cannot work from home, as long as the business is COVID-safe

children who are clinically extremely vulnerable can return to their education settings if they are eligible and in line with their peers. Where possible children should practise frequent hand washing and social distancing

you can go outside to buy food, to places of worship and for exercise but you should maintain strict social distancing

you should remain cautious as you are still at risk of severe illness if you catch coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing

It is expected that unless there is a significant rise in cases the shielding programme to be paused on 31 July.

Those in receipt of centrally provided food boxes and medicine deliveries will continue to receive this support until the end of July if they want it.

### **General restriction changes:**

From Saturday 4th July, the Prime Minister has announced that:

- pubs, restaurants and hairdressers (with appropriate precautions, including the use of visors) will be able to reopen, providing they adhere to COVID Secure guidelines.
- Two households of any size should be able to meet in any setting inside or out with social distancing measures. Outside, the guidance remains that people from several households can meet in groups of up to six.
- Some leisure facilities and tourist attractions may also reopen, if they can do so safely – this includes outdoor gyms and playgrounds, cinemas, museums, galleries, theme parks and arcades, as well as libraries, social clubs and community centres.
- Places of worship will be able to reopen for prayer and services including weddings with a maximum of 30 people, all subject to social distancing.
- People can now enjoy staycations in England with the reopening of accommodation sites. people will be free to stay overnight in self-contained accommodation, including hotels and bed & breakfasts, as well as campsites as long as shared facilities are kept clean.

Where it is not possible to stay two metres apart, guidance will allow people to keep a social distance of 'one metre plus'

"Close proximity" venues such as nightclubs, soft-play areas, indoor gyms, swimming pools, water parks, bowling alleys and spas will need to remain closed for now.

## The Lancashire Carers Service is still here to provide support

Whilst the way in which the carers services deliver services has changed in order to keep our local community of Carers safe and well during the Covid-19 pandemic, a full service is still operating and new referrals are welcome.

Top priority is ensuring that adult Carers of all ages in Lancashire are supported at this uncertain time so that they can continue caring whilst maintaining their own health and wellbeing.

Carers Assessments are still being offered at this time and, in addition, are offering a range of other support services to Carers including:

-  Support with contingency planning if Carers cannot continue to provide care
-  Access to a range of online support through our Carers Community Network
-  Opportunity to speak to other Carers at virtual Coffee and Chat sessions and Carers virtual cafes
-  Access to the Carers Help and Talk line (CHAT)
-  Opportunity to speak to knowledgeable and skilled Service Access Advisors.
-  Welfare calls to Carers who do not access digital solutions
-  On line activities for Carers
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Service awareness

If you or someone you know could benefit from the Lancashire Carers Service, please contact our **Service Access Team** on **0345 688 7113** or via email [enquiries@lancscarers.co.uk](mailto:enquiries@lancscarers.co.uk). The Service Access Team is open Monday to Friday from 8am to 6pm.

You can also visit the websites at [www.n-compass.org.uk](http://www.n-compass.org.uk) and [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)



## **Memory Matters**

Free advice and support to help people throughout East Lancashire living with memory loss stay safe and independent in their home

**Are you a carer of a family member or friend that is living with memory loss?**

**This Project is available to anyone with any form of memory loss and prior to diagnosis of dementia.**

**Caseworkers understand that carers need a personal touch as each case is individual to each persons needs. Knowing what to do and where to go for the correct and ongoing support is a permanent challenge. Our aim is for you never to feel alone and we will work with you to ensure;**

- **The home of your loved one is fully assessed and then adapted to help with independent and safe living**
- **You have emergency care plans in place**
- **You are aware of sitting in services and befriending services**
- **You have been assessed for formal respite**
- **That you and the person you care for are in receipt of the correct benefits and Blue Badge**
- **Give information and advice and refer onto support groups**
- **Advise on who to contact for Lasting Power Of Attorney**

**The above list is not exhaustive as each case is assessed individually.**

**Following our home assessment you will receive regular call backs to ensure that you have sufficient support in place and when needed we will discuss further help as required.**



**Registered Address:**

**Homewise, 2/4 Whalley Road, Accrington BB5 1AA**

**THERE ARE NO COSTS FOR THIS SERVICE**

**Tel: 01254 232249 email: [info@homewisesociety.org.uk](mailto:info@homewisesociety.org.uk)**



## **Homewise Disability Aids Recycling Centre**

Homewise Disability Aids Recycling Centre recycles unwanted disability aids and sells them on for up to 70% cheaper than they would be to buy new.

The Recycling Centre provides daily living aids to help people remain living safely and independently in their own homes. Aids available for purchase include walking aids, bathing aids, toileting aids and bedroom aids.

Unused/unwanted items are kindly donated to the recycling centre as clients are advised to take them to the tip. We are the only service throughout East Lancashire to offer this service.

All products are checked for safety and sanitised before being sold for a fraction of the RRP. A free assessment is carried out by a Trusted Assessor who will ensure that you only purchase equipment suitable for your individual needs.

Unit 3 Allied House Burnley Road, Altham, Lancashire BB5 5TW

Contact Number: 01254 23 22 49

## **Coronavirus: Care Homes Survey**

Healthwatch exist to hear and share your experiences of health and social care services. At this challenging and unprecedented time, they want to hear how the pandemic, which has impacted us all, has affected care homes.

Working with Lancashire County Council, they have created three surveys designed to hear the experiences of three groups:

- Care Home Residents
- Families of Residents
- Care Home Staff

Through your responses they hoping to hear more examples of how Covid-19 has impacted the care home experience: the ways you have adapted and the challenges you've faced.

Each survey is quick and easy to fill in. Your responses will greatly help Lancashire County Council and its partners to understand the effects of Covid-19 on Lancashire's care homes, residents and staff.

All the information you give to us will remain secure, and confidential. Answers and comments will only be used for the purposes of information and intelligence gathering and will not be used for marketing purposes.

The surveys are available at:

<https://healthwatchlancashire.co.uk/coronavirus/coronavirus-care-homes-survey/>

**Council Tax Scam Email:** Please be on the lookout for this e-mail – it is a scam.

***PLEASE DO NOT RESPOND TO IT***

**GOV.UK**

You have a new message from [GOV.UK](#) about your Council Tax

Hi

### **Working out your Council Tax**

You`ll need to know 3 things:

- the valuation band for your home in England and Wales or in Scotland
- how much your local council charges for that band
- whether you can get a discount or exemption from the full bill

You are getting a Council Tax Reduction (this used to be called Council Tax Benefit) considering you`re on a low income or get benefits.

- Total amount of benefits: **GBP 385.50**
- The refund amount will be transferred directly on your Debit/Credit Card.

**Apply now to claim the reductions made over your past 2 years of Council tax payments.**

[Claim your Council Tax Reduction Now →](#)

The information in this electronic e.Mail message is private and confidential, and only intended for the addressee.

**Thanks**

The Government Digital Service Team

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### **Working from home, furlough and redundancy**

Lancashire Mind has produced a really useful booklet with information about looking after your wellbeing with a focus on working from home, furlough and redundancy.

This guide explores the effects that changing of work patterns, uncertainty and job loss can have on your mental health and wellbeing.

Many people are experiencing some unexpected uncertainties in relation to their jobs. The booklet explores some of the circumstances people may find themselves in, how it can affect their mental health and wellbeing and things which can be done to keep well through uncertain times.

The booklet can be found online at:

<https://www.lancashiremind.org.uk/posts/151-support-with-working-from-home-furlough-and-redundancy>

## Shout



**In crisis?  
Need support?**

Text **shout** to

**85258**

To find out more about Shout visit [giveusashout.org](https://giveusashout.org)

 @GiveUsAShoutInsta  @GiveUsAShout

**CRISIS TEXT LINE**



## Useful numbers

# Get advice and support



**Age 0-19** (up to 25 for young people with learning difficulties or disabilities)

Someone to talk to  
Problems at home/school  
Jobs and training  
Apprenticeships  
Staying safe online  
Sex and health  
Relationships

Mental Health  
Self Harm  
Bullying  
Drugs and alcohol  
Things to do  
Housing, rights and money  
What age can I?

**Text 07786 51111**

**Talk online** [lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)

**Call 0800 51111**

[facebook.com/LancashireYPS](https://www.facebook.com/LancashireYPS)

[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year

**2pm to 10pm**

# Children and Family Wellbeing Service



## What's on guide

## Welcome

A warm welcome to you from everyone at the Children and Family Wellbeing Service in Lancashire County Council.

Our service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

We provide targeted services for children and young people across the age range 0-19yrs+. Working together with key partners, we aim to ensure that we have maximum impact on achieving positive outcomes for your family.

Our staff are skilled and committed to understanding your needs and identifying with you the right support to help you achieve your goals. Key workers can work with you on an individual basis offering a more tailored and targeted response and through our community based centres and outreach programmes, outreach workers offer a range of groups and drop in services to meet a range of needs. We work in partnership with other agencies in our community based centres, to ensure we can bring together the right support for you in your local area.

Our 'What's on guide' aims to keep you as up to date as possible about what we can offer you and includes information on what specific groups and services are available at your nearest centre, in your local community.

If you need further information or support, you can contact using the information listed in the '**Key Contacts**' section of this guide.

You can also contact our '**Talkzone**' service which is available every day of the year from 2pm – 10pm.

**Call: 0800 511111**

**Text: 07786 511111**

**Talk online: [www.lancashire.gov.uk/youthzone](http://www.lancashire.gov.uk/youthzone)**

For those families with younger children, you can also access a lot of advice and guidance on a full range of childcare services, resources and issues from the Family Information Service. Tel: **0300 123 6712** or email [lancsfis@lancashire.gov.uk](mailto:lancsfis@lancashire.gov.uk)

We are always pleased to hear your feedback and ideas about our service, so if you feel able to share with us, please don't hesitate to contact us. We look forward to hearing from you and thank you for using our services.

## Centre details

### **Bacup Children and Family Wellbeing Services**

The Maden Centre  
Rochdale Road  
Bacup OL13 9NZ  
Tel: 01706 237780

### **Haslingden Children and Family Wellbeing Service**

Bury Road  
Haslingden  
BB4 5PG  
Tel: 01706 237782

### **Whitworth Children and Family Wellbeing Services**

Whitworth Library  
Lloyd Street  
Whitworth  
OL12 8AA  
Tel: 01706 237780

### **Rawtenstall Children and Family Wellbeing Services**

The Old Fire Station  
Burnley Road  
Rawtenstall BB4 8EW  
Tel: 01706 237788

**Due to the Coronavirus our centres are temporarily closed.**

**However we are running lots of groups and courses remotely via ZOOM.**

**Details can be found in this Virtual What's On Guide**

**If you would like to speak to us for more information, advice or support please still call us on the numbers above**

## About our groups and services... Under 5's Programme

Days	Group	Time	Duration	Starting Date
<b>Monday</b>	Baby Massage	10am to 11am	6 weekly sessions	July 6 <sup>th</sup> to Aug 10 <sup>th</sup> Aug 17 <sup>th</sup> to Sept 28 <sup>th</sup>
	Parents 2 Be	4pm to 5pm	2 sessions per month	June 22 <sup>nd</sup> & 29 <sup>th</sup> July 20 <sup>th</sup> & 27 <sup>th</sup> August 17 <sup>th</sup> & 24 <sup>th</sup>
<b>Wednesday</b>	Chat, Play and Read	10am to 11am	Weekly sessions	On going

*Pri  
mary School age children*

Days	Group	Time	Duration	Starting Date
<b>Monday</b>	<u>Inbetweeners</u>	1.30pm to 2.30pm	1 hour weekly sessions	13 <sup>th</sup> July 2020
<b>Thursday</b>	Junior Group	3.45pm to 4.45pm	1 hour weekly sessions	Week commencing 13 <sup>th</sup> July
<b>Friday</b>	Transitions	3.45pm to 4.45pm	1 hour weekly sessions	17 <sup>th</sup> July, 2020

### Freedom Programme Adult Support Group

Contact Sandra Findlay on  
01706 237782

The Freedom Programme



## Youth Programme

Days	Group	Time	Duration	Starting Date
<b>Tuesday</b>	<u>Bacup Youth</u>	7pm to 8pm	1 hour weekly sessions	Ongoing
<b>Wednesday</b>	Locality Offer	6.45pm to 7.45pm	1 hour weekly sessions	Ongoing
<b>Thursday</b>	Stars	7pm to 8pm	1 hour weekly sessions	Ongoing

Days	Group	Time	Duration	Starting Date
<b>Tuesday</b>	Teen Triple P	10am to 12 noon	2 hour weekly sessions	14 <sup>th</sup> July
<b>Wednesday</b>	Group Triple P	1.30pm to 3.30pm	2 hour weekly sessions	8 weeks starting on 8 <sup>th</sup> July



## Programme

### Under 5's programme

**Parents 2 Be** - Under the current circumstances the Children and Family Wellbeing Service are delivering a shortened version of **Bump, Birth and Beyond (BBB)** (an antenatal course run in partnership with Children and Family Wellbeing Service, Midwives & Health Visitors). The shortened version includes Safer Sleep, ICON Coping with Crying, Early Play, Home Safety Quiz, caring for a new baby.

Baby Massage - birth to crawling, to promote nurturing touch and communication.

**Chat Play & Read** – (ages 0 – 4) – this session will focus on the opportunity for families to play and learn together in a fun, relaxed environment. Sessions will include a range of activities which the whole family can be part of where and staff from the Centre will be on hand to give practical advice and support on a range of topics, whilst being able to signpost to support.

### Primary school age children

**Inbetweeners** – **Key Stage 1 (4 to 7)** - if your child is getting ready to go to school or is in the first few years at infant school then our Inbetweeners Group is the one for you. Where we will do Crafts, singing and Story time.

**Junior Club** – this session is aimed at key stage 2 (ages 7 – 11). It involves taking part in a variety of indoor and outdoor activities, helping to build confidence and self-esteem, set boundaries and build peer friendships.

**Transitions** – is for children who are due to leave primary school to go to high school and need extra support with this transition. We will provide support and advice to help manage any anxieties, worries or fears. Encouraging peer support and developing friendships in readiness for the move to High School.

### Youth Programme

**Issue Based Youth Work** – delivered via ZOOM, an opportunity to meet and integrate with other young people in a safe environment. Access a variety of fun, positive activities including virtual, sports and team activities. Opportunities to discuss current issues that may be affecting the lives of young people. Help increase confidence and support, individuals health and wellbeing (Aged 12 – 19, up to 25 with SEND)

### Youth Programme

**Stars** – providing a safe and welcoming environment for young people aged (12 – 25 years) with special educational needs and disabilities. The group aims to work on life skills, improving self-confidence & self-esteem in a group work setting. Parents/Carers are welcome to attend.

**Locality Offer** – Rossendale, Hyndburn and Ribble Valley young people, look at issues which have been identified within the Youth Council agenda. Members of the Youth Parliament (MYP) young people attend these session and support staff to deliver the Agenda and have the opportunity to present their findings to cabinet members.

There is also opportunity to discuss wellbeing issues that young people may be facing during the lock down.



### Practical Parenting

**Teen and Group Triple P** – A range of evidence based and effective parenting courses available as groups or 1-1 sessions. This is a programme that doesn't tell you how to parent. It's more like a toolbox of ideas. You choose the strategies you need, you choose the way you want to use them. It's all about making Triple P work for you.

We will deliver weekly live Zoom sessions specifically for families with children in certain age bands, so that the content is relevant to everyone in the zoom room.

**Freedom Programme** - A supportive course for women, to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships. Delivered via Zoom providing a safe space for women to come together to share experiences, learn about keeping safe and how relationships impact on children.

The Freedom Programme



Judy Fleming

