



# COMMUNITY BULLETIN

**NOVEMBER 2020**

Welcome to your November Community Bulletin. We are continuing 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 available from Rossendale Connected on 01706 227016 or at [help@rossendaleconnected.org](mailto:help@rossendaleconnected.org)

## **COVID SUPPORT FROM NEIGHBOURHOOD WATCH**

As Neighbourhood Watch we believe it is very important that we all take care and protect ourselves as a priority and where possible we safely carry on the great work of supporting and staying connected with our communities.

In England, between **5th November - 2nd December**, national restrictions mean that:

- You should only leave home for food, medical reasons, exercise, education, or work
- You must work from home if you can
- You should avoid travel unless essential
- Schools and essential shops will remain open

There are a variety of ways however in which we can support our loved ones and communities through these restrictions.

### **Keeping your loved ones safe**

The most valuable thing we can all do is keep ourselves and our loved safe - physically and emotionally.

- Our website signposts where you can get [accurate advice and support with your emotional wellbeing](#).
- Sign up for the FREE [Festival Of Discovery](#) running online on 20th and 21st November for lively discussions on hot topics, entertainment, things to make and do, a chance to recharge your wellbeing, and real-life community stories from across the UK.

### **Supporting your community**

There are a variety of ways in which you can support your community depending on your individual situation. A few ideas are:

- set up a [Calling Tree](#) to support those who are not connected via social media
- join forces with a [Covid-19 Mutual Aid group](#)
- connect with your neighbours with this [Calling Card](#)
- connect with your neighbours with this [Kindness Card](#)
- If you are, or you know someone who is, facing loneliness have a look at our [Loneliness Toolkit](#)
- sign up as a [NHS Volunteer Responder](#) - recruitment now open across England

The NHS Volunteer Responders programme, set up by NHS England, is here to help people in England to stay safe during coronavirus. NHS Volunteer Responders have now completed more than a million tasks! Following an initial recruitment campaign for new volunteers in 70 local authority areas, they have now opened up recruitment across England. This is in response to the lockdown that began on 5 November and because demand for the volunteers' support is continuing to rise. It will also help to meet NHS requests for additional direct support during this winter. At the same time, they are encouraging anyone who signed up as an NHS Volunteer Responder in March but had to step down due to other commitments, to re-join the programme and give as much time as they can.

As the programme evolves it will focus on direct support to the NHS with tasks such as the delivery of equipment to monitor vulnerable COVID-19 patients in their homes, and with stewarding people at vaccination clinics. They will also continue to support vulnerable people by delivering food and medication, and through Check In and Chat phone calls. They are not intending to replace any local volunteering activity. They aim to work collaboratively with volunteering leads in local areas.

If you are interested in joining as a volunteer you can attend an online meetings by clicking the link below at the specified time:

Thursday 19th November, 11.30-12.30 [Join Microsoft Teams Meeting](#)

Thursday 3rd December, 11.30-12.30 [Join Microsoft Teams Meeting](#)

Thursday 17th December, 11.30-12.30 [Join Microsoft Teams Meeting](#)

### **Follow us..**

**Website:** [ourwatch.org.uk](http://ourwatch.org.uk)

**Facebook:** [facebook.com/ourwatch](https://facebook.com/ourwatch)

**Twitter:** [twitter.com/N\\_watch](https://twitter.com/N_watch)

**Instagram:** [neighbourhood.watch insta](https://neighbourhood.watch insta)

**LinkedIn:** [linkedin.com/company/neighbourhood-watch/](https://linkedin.com/company/neighbourhood-watch/)

## **FUNDING NEWS**

### **Funding Opportunity for Sports Clubs in Pennine Lancashire**

Sport England has announced the launch of its 'Return to Play' programme and has committed £16.5 million to support community sports clubs, organisations and other local providers where their focus is on physical activity.

The 'Return to Play' funding opportunities may help support revenue or capital costs through grants to respond to the impact of Coronavirus and the changes or adaptations which are now required to offer sport or physical activities.

Sport England seek to support groups and organisations working with people who are currently finding it more difficult to be active, these include; people on lower incomes, those disproportionately affected financially as a result of the crisis, disabled people and people with long-term health conditions, Black, Asian and minority ethnic communities and those who are experiencing a greater burden of care responsibilities since the pandemic began. This means there is a significant opportunity for sports clubs, organisations and providers in Pennine Lancashire to seek support from the programme.

Pennine Lancashire is already one of twelve areas in the country to be selected by Sport England to 'test and learn' new ways of improving physical activity levels - the pilot in Pennine Lancashire is called 'Together an Active Future. Consequently, Sport England supports a wide range of physical activity and sports projects in the area.

For further information and to apply visit <https://www.sportengland.org/how-we-can-help/our-funds>

## Emergency Assistance Fund

Rossendale Emergency Assistance Fund for Food and Essential Supplies is a one-off limited contribution for local authorities in England to use to support people who are struggling to afford food and other essentials due to COVID-19.

Applicants must:

- Be at least 18 years of age
- Be resident in Rossendale
- Be able to demonstrate that they are struggling to afford food and / or other essentials due to Covid-19.
- not have any savings, access to other monies or affordable source of funding, or other means of accessing support

Referrals into the scheme will be through a combination of self and agency/organisation referral.

What can be provided?

Food: Any applicant deemed eligible for an award of food will be offered up to the maximum of an equivalent of c£100 worth of food.

Essential items (including heating bills): Any applicant deemed eligible for an award for essential items, will receive an award up to a maximum of £200.

Items could include: Essential household items; Supermarket vouchers; Vouchers for school uniforms; Vouchers for essential furniture; Essential items for children.

What can't be provided?

This fund is designed to provide the most essential items to those most in need. The programme will not provide:

- Cash
- Leisure activity e.g. Holidays
- Specific items from specific shops
- Specific foods from specific shops/supermarkets (special dietary requirements will be catered for)
- Any item/service which has already been paid for
- Anything that promotes a religious or political agenda
- Any particular item which has already been funded from a different source
- Help with rent/mortgage payments or paying off debts e.g. Council Tax, credit cards etc.

For more information or should you have any questions, please contact BPRCVS on Email: [emergencyassistancerossendale@bprcvs.co.uk](mailto:emergencyassistancerossendale@bprcvs.co.uk) or telephone: 01282 433740

## COMMUNITY INFORMATION

Is someone  
else speaking  
through  
someone  
you know?



If you're worried that  
someone you know  
is being radicalised,  
visit [actearly.uk](http://actearly.uk)

**ACT** | ACTION  
COURTNEY  
TEAMWORK

## LOCKDOWN FOOD PACKS



# BASIC FOOD PACKS & FROZEN MEALS

## DELIVERED TO YOUR DOOR

FOOD PACK A FOOD ESSENTIALS	FOOD PACK B VEG PACK	FOOD PACK C FRUIT PACK
1 Large Sliced Loaf (White or Wholemeal)	1KG Maris Piper Potatoes	3 Bananas
1 2LT Semi-Skimmed Milk	1KG Carrots	2 Apples
6 Eggs	1KG Onions	2 Oranges
Butter	6 Fresh Tomatoes	2 Pears
<b>£4.00</b>	<b>£3.00</b>	<b>£3.00</b>

### HOMEMADE 1 PORTION FROZEN MEALS

Meat & Potato Pie

Cottage Pie

Chicken Hot Pot

Cheese & Bacon Potato Bake

Beef Stew & Dumplings

Veggie Lasagne

Moroccan Spiced Sweet Potato Stew

Cheese & Onion Pie

**3 FOR £6.00 OR 7 FOR £12.00**


Pre-order before 2PM on Monday for delivery on Wednesday

Pre-order before 2PM on Wednesday for delivery on Friday

Pre-order before 2PM on Friday for delivery on Monday

### DELIVERY WITHIN THE ROSSENDALE AREA

To place your order call:

 **01706 230116 and choose option 2**

Please call during our current office opening hours: 9AM - 4PM

To help prevent handling money, payment will be by card only when placing your order

HASLINGDEN COMMUNITY LINK  
BURY ROAD, HASLINGDEN, ROSSENDALE, LANCs BB4 5PG  
COMMUNITY TEL: 01706 230116 CHILD CARE TEL: 01706 224848 FAX: 01706 238354  
EMAIL: INFO@HCL.ORG.UK WWW.HASLINGDENCOMMUNITYLINK.ORG.UK  
HASLINGDEN COMMUNITY LINK—COMPANY LIMITED BY GUARANTEE  
NO. 3612468—REGISTERED CHARITY NO. 1075926



The High Sheriff  
of Lancashire's

# Young Citizen Award 2 0 2 1



## Do you know a young person

aged 21 or under, who has helped either their local neighbourhood, an individual, family member or a local organisation in the last 12 months?

The High Sheriff of Lancashire would like to hear from you! To nominate your candidate fill in the online form at [www.lanpac.co.uk](http://www.lanpac.co.uk)

**The winner will receive £500**  
with two runner-up prizes of £100 each.



Lancashire  
Constabulary



[www.lanpac.co.uk](http://www.lanpac.co.uk)



University of  
Central Lancashire  
UCLan

Closing date for nominations 31st January 2021 ~ for more information Contact Al Yusuf on 01772 412796

COSY HOMES IN LANCASHIRE: Contact 03306 061 488

# NO GAS CENTRAL HEATING?

WANT A **WARMER**  
**HEALTHIER HOME**  
THAT'S **CHEAPER**  
TO HEAT ?

Did you know that if you are receiving certain benefits, you're entitled to receive a number of services that will ensure you and your family's home will be warmer?

We're working right now in conjunction with your local council to make your home warmer, healthier and cheaper to heat.



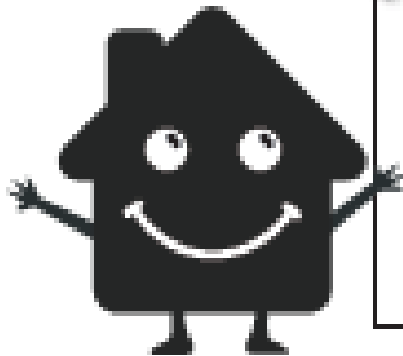
## HURRY! ACT NOW!

**MAKE SURE YOU CLAIM YOURS TODAY**

\*Central heating FREE for homeowners (small contribution for landlords)



## DO YOU QUALIFY?



You qualify if you, or a member of your household, receive one of the following benefits -

- Pension Credit 'Guarantee Credit' Element
- Income-related Employment & Support Allowance (ESA)
- Income-based Jobseekers Allowance (JSA)
- Income Support
- In receipt of Working Tax Credit
- In receipt of Child Tax Credit
- In receipt of Universal Credit
- Disability Living Allowance
- PIP
- Carers Allowance
- Severe Disability Allowance
- Carer's Allowance & Bonus
- Industrial Injury Benefits

## I AM ON A LOW INCOME BUT I DONT GET BENEFITS, WHAT NOW?

Contact us to check your eligibility as some other benefits are eligible such as, housing benefits. You may also qualify under Local Authority Flexible Eligibility too.

## HOW DO I CONTACT YOU?

Call us on 08 0008 061 488 or email [enquiries@rheaprojects.co.uk](mailto:enquiries@rheaprojects.co.uk)



**HURRY! ACT NOW!**

**MAKE SURE YOU CLAIM YOURS TODAY**

## ROSSENDALE CONNECTED DAILY WALKS

During lockdown Rossendale Connected want to help everyone stay active and enjoy our local countryside. Many people in Rossendale started to enjoy walking throughout our first Lockdown in April / May and have started to explore their surroundings. The aim is to help everyone to have the confidence to explore more and discover new routes from their doorsteps. By publishing a short, easy accessed Daily Walk on Rossendale Connected Facebook page, we hope that more people will be able to stay motivated and enjoy a daily walk through Lockdown#2.

Ideas and contributions would be welcome for these walks from various members of the community throughout Rossendale. If you have a favourite walk that you would like to share, please email [abigailstrails@gmail.com](mailto:abigailstrails@gmail.com) with a short description, map and photos. Check out Rossendale Connected Facebook page and look out for their daily walks. When you have tried them out, don't forget to share your experience and tag them at [#walkrossendale](https://www.facebook.com/walkrossendale)

## NEWS FROM THE WHITAKER, RAWTENSTALL

The link to the latest newsletter from The Whittaker is available at:

<https://www.thewhitaker.org/new-blog>

Our project is steaming along with work outside and inside coming along day by day. This month our short film represents us taking a breath, remembering the beauty around us and connecting with the wonderful world on our doorstep. So, give yourself 1 minute and 41 seconds to slow down and tune out of the madness that is our current world. Then take yourself off for a walk in the park and see how many of the birds on the film you can see and hear.

<https://www.youtube.com/watch?v=IJrPVP34iik&feature=youtu.be>

Did you work in Rossendale's slipper and shoe industry? Or do you know anyone who did?

We are working on a new and exciting project to create a short film based around the slipper and shoe industry. To help with the creative process we are looking for local folk who would like to share their stories to help us to preserve the history of what was a very important industry in the valley.

The oral history recordings will form part of a new sound archive for using with the film but also shared across our digital platforms and at the museum.

If you would like to be involved please email Jane our Heritage Activity Coordinator at [jane@thewhitaker.org](mailto:jane@thewhitaker.org)



Show  
**LANCASHIRE  
WOMEN** *your winning face at  
our big night in!*

**This Lancashire Day,**  
*27th* November, we're hosting an online quiz via **Zoom**  
at *7:30pm* (for an 8pm start)



with BBC Radio  
Lancashire  
presenter  
*Hayley Kay.*

Come and have fun with your  
colleagues, friends & family whilst  
supporting your favourite local  
charity!

*Buy your tickets here!*

→ [www.lancashirewomen.org/  
bignightin.html](http://www.lancashirewomen.org/bignightin.html)

*£10 per  
household*

**Also includes:**

- Cocktail masterclass
- Local Business Showcase

Registered charity: 1100976



*You are invited to an online VIP evening with*



***Enjoy an online festive 'thank you'***  
*for all your hard work and support with*  
***Lancashire Volunteer Partnership and Our Lancashire.***

*Starring backing singers Gina, Sarah and Ami, for famous cruise performer Jane McDonald, from the comfort of your own home.*

***Join us on***  
***Wednesday 16th December 2020***  
***7 - 8pm***

*Register your place here: <https://www.eventbrite.co.uk/e/vip-evening-with-the-bluebirds-tickets-127139193751>*

*Featuring classics from the 40s, 50s & 60s to number one modern twists.*



***LIMITED PLACES AVAILABLE!***  
***RSVP by 12th December 2020***

*We look forward to seeing you virtually!*



## Dementia Monthly Support Group via Zoom

Too many people face dementia alone Join the monthly support group on zoom to share experiences, learn from expert guest speakers, get advice to help care for your loved ones, find a space to come together and support one another. First Tuesday of the month 2pm – 3pm.

Please call 01254 387444 or email [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk) for the zoom details. Open to all Lancashire residents, professionals, charities and volunteers.

We can also give you advice about using zoom if you have never tried it. It's much easier than you think!

## HEALTH INFORMATION



**LCM BEREAVEMENT & COUNSELLING SERVICE**

NEED TO TALK?



**HELPLINE: 07739 516239**

This helpline is open from 10am to 5pm Monday to Friday.

LCM recognises the difficulties and challenges that losing a loved and dear one can bring and therefore have set up a Bereavement & Counselling helpline to offer support and advice to friends, families and carers of the deceased.

We at LCM would sincerely like to offer our unreserved sympathies and sincere condolences at this sad and difficult time.

This helpline will offer guidance and advice on dealing with grief and loss and is staffed by trained volunteers in working with bereaved families. This support is available to you should you need it during this difficult time or at a later period in time, when it's required.

We understand losing a loved one is not easy, but you are not alone as this helpline has been setup solely to listen, support and help you.

So please do not hesitate to call the helpline for assistance.

Our thoughts & duas are with you and your family.



## DENTAL HEALTH CARE

Help is available if you need urgent dental care. All dental practices in the Rossendale area are now open and the majority are offering face-to-face care. If you need certain types of treatment, or don't have a dentist, you may be given an appointment at an Urgent Dental Centre. Contact your practice or local dental helpline 03001234010

If you don't have a dentist go to [nhs.uk/service-search/find-a-dentist](https://www.nhs.uk/service-search/find-a-dentist) or contact your local dental helpline 03001234010



**Dental practices are open, but may be prioritising the vulnerable or those with the most urgent need.**

Get in touch with your practice if you need advice.

## What to expect from your dental practice



If you are told to visit your dentist, you may notice some changes have been made to keep you and your dental team safe.

- Your practice will look different as it observes social distancing and hygiene rules.
- The dental team may also be wearing different protective equipment to what you are used to seeing.



Please do not visit your practice unless you've been advised to. This will ensure the practice can continue to provide essential care safely.

## Specialist mental health services for former armed forces personnel (veterans)

### Services in the North of England\*



<b>Veterans' High Intensity Service (HIS)</b>	The HIS supports local mental health services when a veteran is in crisis.
<b>Veterans' Complex Treatment Service (CTS)</b>	The CTS is an enhanced local and community-based service for veterans who have military-related complex mental health problems that have not improved with earlier care and treatment.
<b>Veterans' Mental Health Transition, Intervention and Liaison Service (TILS)</b>	The TILS is a community-based service for veterans and those transitioning out of the armed forces with a discharge date. It provides a range of treatment, from recognising the early signs of mental health problems and providing access to early support, to therapeutic treatment for complex mental health difficulties and psychological trauma.

If you are an armed forces veteran (minimum service of one day) and need mental health support you can speak to your GP or contact the NHS Veterans' Transition Intervention and Liaison Service (TILS) in the first instance on 0303 123 1145 or email [vwals@nhs.net](mailto:vwals@nhs.net)

\*These are service commissioned by NHS England. They work alongside other local specialist mental health services for veterans.



## CONSUMER ALERTS

The following alerts have been issues by Trading Standards this month

### **Beware Doorstep Callers**

In Rosendale an elderly gentleman was cold called and paid £120 for some guttering repair work. The trader has not returned to carry out the work. Similar issues have happened across Lancashire with cold callers offering to sell goods that don't arrive, or carry out work and never returning to complete the works.

Trading Standards advice is to always say no to cold callers. The Safetrader scheme can help you find a trader in your area, contact 0303 333 1111 or go to [www.safetrader.org.uk](http://www.safetrader.org.uk)

### **Online Quote Providing sites**

Please be careful when using online sites that offer to provide trader quotes, in particular the sites where a householder states what work they want doing, and traders are then invited to contact them. One complaint relates to an elderly man in the Hyndburn area who lost over £5000 to a scam building contractor. These sites are commercial entities, they may charge traders for leads, and they often may not make as many checks on the traders as you might assume. It can be difficult to obtain trader details from them when things go wrong, or to get your money back when work is not done.

Always use local known traders. Get recommendations from friends and family. Obtain 3 quotes and make sure to get a written contract and full contact details including an address.

### **Green Homes Grant**

Following the launch of the Government backed Green Homes Grant, residents are urged to be on their guard for possible scams. Details of the new scheme indicates only approved and checked traders can carry out the work requested to meet the criteria. Types of improvement that qualify for the grant are also split into primary and secondary measures – the voucher must be used to install at least one primary measure which can be insulation and/or low carbon heating. After at least one primary measure has been installed, the voucher can be used to help cover the cost of a list of secondary measures which contains things like double or triple glazing, draught-proofing and energy efficient doors.

Trading Standards concerns are the door may be left open for illegitimate traders to exploit the trust of consumers who just want to access a voucher to get home improvements made cost-effectively

Householders can check to see if they are eligible for the Green Homes Grant voucher scheme, and can find a trader registered to carry out the work, via the government website, GOV.UK.



### **Scam Email – using a vehicle on a road where a charging scheme applies**

Scam emails have been received from residents in the Lancaster and Ribble Valley areas. The email, in distinctive green and white, looks very official and purports to be from the Home Office or from HM Courts and Tribunals Service, stating the recipient has been issued with a Penalty Charge Notice for 'the use of a vehicle on a road in the charging area which a charging scheme applies without payment of the appropriate charge at the date and time stated below'.

Whilst a date and time is given, no mention is made of a town or street. Payment is to be made within 28 days and there is a click to pay option. This is a scam – do not respond.

### **Scam Covid Relief Fund email**

Please do not respond if you receive an email from a Kiev email address stating 'Google Artificial Intelligence has selected your email as one of our lucky recipients to receive the Google.org COVID-19 Relief Fund'. You are then asked to download a pdf file. Again this is a scam.

### **Scam alleging fraudulent activity on your credit card.**

Some residents have received a very convincing automated message saying they had been a victim of a false credit card payment the day before and to 'Press 1'. On pressing 1 they were put through to someone pretending to be from the Barclaycard Fraud Team which again sounded professional and plausible. Unfortunately, money was taken but the fraudulent transaction was later identified by the victim's own bank.

Please be on your guard if you receive such a phone call. Be aware sometimes the scammers may prompt you to make independent checks, but they continue to stay on the line.

### **Sky Broadband telephone scam**

Beware of receiving a telephone call from Sky claiming that you are due compensation due to their internet speeds being too slow. The scammers then request bank card details.

Scams can be reported to Action Fraud, contact 0300 123 2040 or go to [www.actionfraud.police.uk](http://www.actionfraud.police.uk).

For all consumer issues

Contact the Trading Standards Service via the Citizens Advice Consumer Helpline on 0808 223 1133

## TRAINING OPPORTUNITIES

# GROW ME HAPPY!

Learn how to grow tasty microgreens, herbs and vegetables at your own home.

**WEDNESDAYS 1.00 - 2.30PM**  
11th November to 2nd December 2020



### DURING THE COURSE YOU WILL:

- Learn how to grow microgreens from seed
- Take herb cuttings
- Plan a mini vegetable garden
- Plant up an indoor herb trough
- The purpose of the course is to discuss a different Wellbeing Topic every week in a relaxed atmosphere.
- Providing a fun activity for women to increase confidence, make new friends, talk and improve outlook on life.

For more information about any of our services please contact us:

 **01254 392974**

 [referrals@lancashirebmenetwork.org.uk](mailto:referrals@lancashirebmenetwork.org.uk)

**LANCASHIRE  
BME NETWORK**   
Leading change through empowerment

[www.lancashirebmenetwork.org.uk](http://www.lancashirebmenetwork.org.uk)

Suite 412, Daisyfield Business Centre,  
Appleby Street, Blackburn, BB1 3BL.