

COMMUNITY BULLETIN

DECEMBER 2020

Welcome to your December 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

Advice and support for people impacted by Covid-19 is available from Rossendale Connected on 01706 252520 or at help@rossendaleconnected.org

COVID CHRISTMAS ARRANGEMENTS

From 23 December to 27 December, you may choose to form a Christmas bubble.

The rules on forming and using a Christmas bubble will be the law. You must follow them to minimise the spread of infection.

Everyone is allowed to form a Christmas bubble. There are three main rules:

- you can only be in one Christmas bubble
- you cannot change your Christmas bubble
- your Christmas bubble should not include people from more than three households

It is important that you keep your Christmas bubble as small as possible.

A Christmas bubble will be able to spend time together in private homes, including second homes and caravans, to attend places of worship, or meet in a public outdoor place.

If you do form a Christmas bubble, you should not meet socially with friends and family you do not live with in your home or garden unless they are part of your Christmas bubble.

COMMUNITY INFORMATION

Melanie Sykes Backs Water Village Band's 'Crowdfunder'

An appeal from Tim Nuttall your support:

Tim Nuttall has been a playing member of Water Village Band for five years. It's a wonderful community brass band which brings fun, music, and cheer not only to the members, but also to local community events between Easter and Christmas. But not this year.

Like all music, arts and voluntary groups across the UK, we've been unable to perform since March, and that means unable to earn any money.

Last December we launched a project to upgrade our fifty-year old bandroom which would allow us to open up to community groups as well as use it ourselves, and we were hoping to complete the job with this year's earnings. We do have the promise of a grant, but still need to make up the balance of funds.

We've joined Brass Bands England's 'Save Our Brass Bands' appeal, which is backed by broadcaster and musician Melanie Sykes and run by Crowdfunder. This is an appeal to ask you to look at our Crowdfunder page and to buy one of our Rewards, or to simply donate to our appeal.

Here's the link to our page:

<https://www.crowdfunder.co.uk/supportingwatervillagebandeb48ad6fd15cd500e0fcdbdaeca0136b>

And here's the link to the #SaveOurBrassBands page:

<https://www.crowdfunder.co.uk/save-our-brass-bands>

The Whitaker Shoe Project

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

Our latest update movie is now on our YouTube Channel

<https://youtu.be/TPCJTllhdy8>



Connecting Our Community

The coronavirus pandemic has galvanised the local community groups, local authorities, faith organisations, volunteer sector and health care services into collaborative working unlike anything we have seen before. This has created a will to continue with a collaborative approach that is benefitting our communities and making us all more effective at what we do.

To support this, we are excited to announce that the REAL Directory has been updated and rebranded as the 'Rossendale Community Directory'.

By the Community for the Community

As with the REAL directory, the website remains independent and will be run by the Community for the Community. As with all great websites, content that people want is what makes them great. We now need your content to make this the place to go for the people of Rossendale.

This is Your Space for Your Community

We are here to promote your group and activities so that the people of Rossendale know about you and can benefit from the great work you do.

If you are a Rossendale based community group, local charity, faith organisation, volunteer group, local health service or any other group providing events, services and activities that benefit and improve the lives and wellbeing of the people of Rossendale then we need to hear from you.

Haslingden Community Link will be managing the directory on behalf of the community and now invite you be part of our community and list your organisation on the directory, please call: 01706 230116 or email: info@rossendalecommunitydirectory.co.uk to request a directory listing form.

The directory is planned to go fully live in early Jan 2021.

We look forward to working with you.

FESTIVE FOOD

NEED A BIT OF EXTRA HELP THIS CHRISTMAS?

Organisation	What's available	Who to contact
Haslingden Community Link/Trinity Baptist Church Bacup/Positive Start Rawtenstall	A free food hamper with everything needed for a family of 4-6 to make a Christmas dinner with all the trimmings. Available for families with Children on free school meals or impacted by Covid 19. Vegan and Halal options available	Pick up from Haslingden Community Link, Trinity Baptist Church Bacup, St James the Less Church and Positive Start in Rawtenstall from 12.00 noon on 23rd Christmas. Book a hamper at http://www.rossendalefood.online/ Ring HCL on 01706 230116 Book by 14 th December
Shine Project	A free Christmas dinner with all the trimmings and some treats too, made fresh and then frozen, to be delivered to your home or collected on the run up to Christmas. Vegan, Vegetarian and Halal options available.	Contact via the Shine Project Facebook page or email projectshine@yahoo.com to nominate yourself for a dinner or to nominate someone else as soon as possible. Available for people alone or struggling this Christmas
The Rossendale Food Box Scheme	Boxes of food and home essentials are located around the Valley through the Christmas holiday. All community boxes are available 7 days a week and some are available 24 hours a day. Emergency food deliveries if necessary.	For information about your nearest food box see the Rossendale Food Box Scheme Facebook page or call 07508 606903.
Christmas Hampers for Veterans	A free hamper for anyone who has served in the armed forces. Nominate yourself or someone you know	Email: BobElliott@vic.org.uk at Veterans in Communities By 18 th December

Produced by the Rossendale Community Support Network 

Other food support during the Christmas period

Food Boxes: These are hosted by local residents across Rossendale and anyone can take the food they need from a box for free, and can donate to a box when they are able to. For more information see the Rossendale Foodbox Scheme Facebook page or ring 07508 606903. Food boxes are located at:

- **Whitewell Bottom Box** - The bus shelter outside Whitewell Bottom Community Centre on Burnley Road East. Accessible 24 hrs.
- **Rawtenstall Box**, 86 Burnley Road, Rawtenstall, Open Daily 9.00am-8.00pm
- **Crawshawbooth Box**, outside The Village Centre, Adelaide Street Crawshawbooth – Daily from 9.00am-5.00pm
- **Haslingden Box**, located at the top of Ryefield Avenue West, Daily from 10am- 7pm
- **Lumb Box**, Burnley Road East, Lumb opposite Lumb Green, Open 24hrs.
- **Hall Carr Box, Cherry Crescent Food Box** (Townsend Fold), between Cherry Crescent and Chestnut Drive – Accessible 24hrs.
- **Bacup Food Box**, 33 Pennine Road, Daily 8am-10pm.
- **Waterfoot Box**, Old Library Cafe Bacup Road, Waterfoot 10am-3pm mon-Sat.
- **Edgeside Food Box**, car park behind St Anne's Church, Ashworth Road. Available daily 10-6pm.
- **Helmshore Box**, Bus shelter outside Village Nursery, Helmshore Rd, Helmshore. Accessible 24 hours
- **Rockcliffe Box**, top of Rockcliffe Road, Bacup. 9am-6pm.
- **Staghills Box**, bus stop near the old Football Club, Staghills Rd. 8am-8pm.
- **Stacksteads Box**, The New Hare and Hounds Food Box, car park, Stacksteads, open daily.

Drop in Food Share: Pick up a bag of food for free by contacting:

- **Positive Start**, Bury Road, Rawtenstall, BB4 6AA. Dec 23rd and Dec 30th 2-3pm
- **Trinity Baptist Church**, Bank House Lane, Bacup. 30th Dec 1pm-2pm
- **Crawshawbooth**, The Village Centre/Community Library 01706507167
- **The Whitworth Lighthouse Project** can also provide food parcels- appointments to arrange this: 07508 606903.
lighthousefoodshare@gmail.com Open Tues 22nd, Wed 23rd, Sat 26th, Tues 29th, Thurs 31st, Sat 2nd Jan, all 10am to 3pm

Produced by the Rossendale Community Support Network 

Other help with food this Christmas

Shiva Trust Charity provides food parcels to families in Rossendale during school holidays [.info@shivatrust.org](mailto:info@shivatrust.org)

Or ring 07792788627

FUNDING NEWS

Lancashire Community Food Grant Scheme

The Community Food Grant Scheme is a small grants programme for community groups within Lancashire. The scheme is aimed at local organisations within the voluntary, community and faith sector that deliver projects to tackle food insecurity.

How much is available

A total fund of £45,000 has been allocated. Groups can apply for up to £1,000 to support projects that provide emergency food and / or tackle food insecurity, focusing on supporting those most in need.

Funding can be used on:

- Equipment
- Venue hire
- Training
- Volunteer expenses

More information available at:

<https://www.lancashire.gov.uk/council/grants/community-project-support/lancashire-community-food-grant-scheme/>

Tackling Inequalities Fund

The Tackling Inequalities is a new project at Canal & Rivers Trust which has funding to support community groups through the early lockdown and recovery stages of the Covid-19 pandemic.

We're responding to the Covid-19 pandemic to support our communities across Pennine Lancs to keep active during the early lockdown and recovery stages of the Covid-19 pandemic. The situation is evolving daily and we're shaping our project in response. Applications for funding bids of £500-£10,000 are now open, we're assessing each application as they arrive and making decisions as soon as possible to respond to the pandemic and needs of the community.

Applications received by 12 pm on a Wednesday, will be assessed on a Friday. We will then share applications with Sport England who make the final decision.

More information and the application form can be found at

<https://www.bprcvs.co.uk/index.php/funding-and-grants/other-funding/3191-tackling-inequalities-fund>

For more information please contact Vicki Birch: 07484912995

Vicki.Birch@canalrivertrust.org.uk

OCT 2020

CROOK HILL COMMUNITY BENEFIT FUND

Fund update

2020 saw 13 local projects sharing a £40,000 windfall awarded through the Fund. The latest awards take the total amount distributed since the Fund launched in 2016 to over £180,000.

Scooping £6,300 to improve Whittles Park in Littleborough was Littleborough Boxing Club (LBC). Mark Oldham, Charity Director at LBC commented: "This Grant is massive not just for the club but for the surrounding area. It's going to convert a struggling ground into one which provides endless opportunity."



Junior Football Team at Whittles Park



RWAS Pre-Covid Opening Day with the Mayor and Armed Forces Veterans

Also celebrating their £2,750 grant award was Rochdale Walton Angling Society (RWAS). Barry Watkins, Treasurer, RWAS commented: "This award providing three new fishing pegs will be a great asset to our Society and help to promote our aim of social and family angling in our area as well as assisting our less able members. We will be using 100% recycled materials otherwise destined for landfill for the actual pegs which will also be anti-slip, safe and maintenance free."

A full list of all groups supported can be found on GrantScape's website.

Important Covid-19 Update

In response to the global Covid-19 emergency, the criteria for the Fund has been temporarily changed:

- Priority will not be given to groups able to provide match funding.
- Re-application restrictions have been lifted. Groups that were awarded a grant in 2020 may re-apply.

The changes relate to applications received to the 2021 closing date only.

About the Fund

The Fund has **£35,000** available each year. Monies are provided by Crook Hill Wind Farm which is managed by independent investment firm, Vantage Infrastructure, with support of Partnerships for Renewables.

The Fund is being managed by national grant-making charity, GrantScape.

Grants between **£250** and **£10,000** are available for capital and revenue projects in a single application round each year.

The closing date for the 2021 funding round is **8 February 2021** (decisions: end April 2021).

Applications are welcomed for community projects which will benefit residents of the local area.

To see the full eligibility criteria, funding area map and details of how to apply, please visit:

www.grantscape.org.uk/fund/crook-hill-community-benefit-fund/

If you have a project idea that you would like to discuss before you apply, please contact a member of the GrantScape team on:

Telephone: 01908 247630 / Email: info@grantscape.org.uk



NOV 2020

REAPS MOSS COMMUNITY BENEFIT FUND

Fund Update

2020 has seen six local groups selected to receive grants through the Fund taking the total amount awarded past the £50,000 milestone.

Scooping the largest individual grant this year was Stacksteads Band who will use a grant of £3,300 to kick-start a multi-phased development plan to improve their Band Room. Chris Faulkner, of Stacksteads Band commented: "We were thrilled to receive the grant. We are just setting out on a programme of improvements at the Band Room and this grant has given our fundraising the start it needed."

Receiving this year's smallest, though no less deserving grant, were the Friends of Centre Vale Park (FCVP).



Sarah Pennie, Secretary FCVP commented: "We were so pleased to be successful with our application for funding to buy the plants to create a garden area around Lizzie Freestone's memorial bench. So many volunteers wanted to help that we had to divide up into small groups to stay within the Covid guidelines."

A full list of all groups supported can be found on GrantScape's website www.grantscape.org.uk



FCVP hard at work

Important Covid-19 Update

In response to the global Covid-19 emergency, the criteria for the Fund has been temporarily changed:

- Priority will not be given to groups able to provide match funding.

The change relates to applications received to the 2021 closing date only.

About the Fund

The Fund has **£10,000** available each year. Monies are provided by Reaps Moss Wind Farm which is managed by independent investment firm, Vantage Infrastructure, with support of Partnerships for Renewables.

The Fund is being managed by national grant-making charity, GrantScape.

Grants from **£250 - £3,500** are available for capital and revenue projects in a single application round each year.

The closing date for the 2021 funding round is **15 February 2021** (decisions: end April 2021).

Applications are welcomed for community projects which will benefit residents of the local area.

To see the full eligibility criteria, funding area map and details of how to apply, visit:

www.grantscape.org.uk/fund/reaps-moss-community-benefit-fund/

If you have a project idea that you would like to discuss before you apply, please contact a member of the GrantScape team on:

Telephone: 01908 247630 / Email: info@grantscape.org.uk



COVID 19 SUPPORT LINE FOR BAME COMMUNITIES



ACCESS ALPHA BRIDGING COMMUNITIES
TO BRING PEOPLE TOGETHER

Step Forward:

- An East Lancashire Wide helpline to support those who have been affected by Covid 19.
- This service is supported by specialist Advice and Guidance professionals from Lancashire Equalities Organisation.

What is Available?

- Advice, guidance and signpost relating to COVID-19 matters
- Cross-culture emotional support related to pre- and post Covid-19 issues around debt and finances
- Bespoke welfare advice therapy for victims of violence and abuse during COVID-19

YOU CAN ALSO TEXT THE WORD
'EMOTIONAL DEBT RELIEF SUPPORT'
& SOMEONE WILL GET BACK TO YOU!



OUR HELPLINE IS OPEN
THE FOLLOWING DAYS AND TIMES

07960118670/07398113446 Between 10am - 3pm Monday - Thursday
07375751994 Between 3pm - 6pm Monday - Thursday | 10am - 1pm Friday

**FOR URGENT QUERIES OUTSIDE THESE HOURS
PLEASE TEXT AND SOMEBODY WILL GET BACK TO YOU.**

ALTERNATIVELY EMAIL US AT communitysupport@accessalpha.co.uk



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND

Togetherall

In the run up and during the festive period, please access mental health online support if you need it

This December is going to feel different as we navigate through COVID19.

We know that 1 in 4 people will experience a mental health problem of some kind each year in England and this year with the current pandemic, it is more important than ever to look after our mental health.

Togetherall is an anonymous online community providing a safe space where people struggling with their mental health can talk, share and support each other. As it is online it is accessible 24 hours a day, 365 days a year.

Trained professionals are available 24/7 to keep the community safe. In addition to peer support, there is a range of self-assessments, accessible recommended resources and a wide range of self-guided courses to do at your own pace.

The service has been commissioned to support local people. To find out more, visit www.togetherall.com

**A confidential, online mental
health support community,
available 24/7**




togetherall
Get support. Take control. Feel better.



Struggling at Christmas: Dealing with Loss

Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas we are expected to spend time with the ones we love the most, but what about the times when our experiences don't match up with what we see of other's celebrations? We may also wonder just how much will Covid-19 impact the holiday period?

There are many reasons why you might not be feeling the Christmas spirit this year: it could be worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. This is why it's so important to know you're not alone in any hard times you're experiencing.

If you ever feel you don't know who to talk to over the festive season, Kooth is open on Christmas Eve, Christmas Day and Boxing Day with our team of counsellors available for you to talk to. Sometimes it can help just to know you're not alone in what you're feeling!

Everyone's family is different, and sometimes the biggest struggle with family isn't to do with the problems you face with the family around you, but with the loss of a family member you love.

Dealing with Loss

For many, family can either make or break Christmas. Sometimes there is one member in particular, whether it's a parent, sibling or grandparent, that can make the festive season extra special.

If that special person is no longer with us, this can make the thought of Christmas much harder to handle. These feelings don't only apply to family. It could be a close friend, a partner or anyone who has mattered to you in some way over your life.

Check out Kooth today at www.kooth.com



Prepare yourself for this winter and help support your friends and loved ones

Health and care organisations are asking people across Pennine Lancashire (Blackburn with Darwen and East Lancashire) to make a real difference in our community and support health and care services this winter by helping to look out for your friends, neighbours, loved ones and those who are most vulnerable and at risk from flu and Covid-19. Let's do it for Pennine Lancashire

Dr Mark Dziobon, GP and Medical Director for the Pennine Lancashire CCGs, said: "It is really important that we work together across our communities to support those who are most vulnerable this winter. We can all play an important role in this by looking out for our loved ones and neighbours. Let's do it for our community."

There are some simple actions you can take to stay well this winter:

A - Ask for help - If you're struggling with your mental or physical health, ask for help from your GP or mental health services.

B - Blood pressure - Keep your blood pressure low to protect you from heart attacks and strokes.

C – Covid - Wash your hands regularly, wear your face mask and keep two metres space. Follow the rules and if you've got symptoms, get a test and self-isolate.

D - Diet - Eat a healthy diet – low sugar, low carbs, low salt, low alcohol. Eat lots of vegetables, more protein and vitamin B.

E – Exercise - Try and get out for a 20-minute walk every day, or do some high intensity training at home or even some chair-based exercises.

F - Have a flu jab - If you're entitled to a flu jab on the NHS, get it done to help you stay healthy and well this winter.

Health and care organisations are working together with community organisations and groups to support those who are most vulnerable in our communities such as people with diabetes, respiratory conditions or those who are overweight.

If you, or your family members, have any of these conditions, there are services in place locally to help with staying well and to reduce the risk of becoming ill this winter.

Find out more at <https://healthierlsc.co.uk/KeepWellThisWinter>

Arthritis?

Joint pain?

Fibromyalgia?

MS?

ME?

Chat -

Relax -

Learn - from other with lived experiences.

Wed 16th Dec 2:00pm

See link Below to book your place. (limited numbers)

<https://www.eventbrite.co.uk/e/an-afternoon-for-pain-sufferers-in-central-lancashire-to-get-together-tickets-131624557595>

NHS

Lancashire &
South Cumbria
NHS Foundation Trust

CONSUMER ALERTS

Scam caller appearing to be from a medical practice

Rossendale residents are being asked to be on the alert after a patient at a local medical centre received a phone call alleging to be from their practice GP saying they needed to start taking vitamin supplements. This turned out to be a call from a private business selling vitamins. If you have a problem with cold callers contact your telephone provider. Many provide extra protections that can reduce the amount of scam calls you receive. Alternatively, or if calls persist, you might consider installing a call blocker.

Phishing scam alleging to be Royal Mail

Beware of a convincing scam e-mail that is currently circulating. The e-mail asks the recipient to pay a fee of £1.99 for an undelivered item of mail. While the amount might seem to be small, what they actually want are your bank details.

Online Christmas shopping advice

Online shoppers are being asked not to fall foul of fake products and online scams when looking for a Christmas bargain. Think about if the product is something you want, and if it is the bargain the seller says it is. Never disclose security details such as your PIN or full password.

Do not assume an emailer or seller is genuine, people aren't always who they say they are. Don't be rushed, and listen to your instincts – if something feels wrong then it is appropriate to pause and question it.

Make sure you check the feedback from a supplier before buying. Check the site is secure and provides name and address details. Remember that if you buy from a company abroad it will be almost impossible to resolve any issues that arise with the goods.

This information has been provided by the Trading Standards Service. They can be contacted via the Citizen's Consumer Help Line. 0800 223 1133