



# COMMUNITY BULLETIN

FEBRUARY 2021

Welcome to your February 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 252520 or at [help@rossendaleconnected.org](mailto:help@rossendaleconnected.org)

## COVID INFORMATION

Current advice for cleaning and disposal of waste from affected households if you have symptoms of coronavirus (COVID-19) or tested positive is as below

Make sure you double-bag your green bin rubbish – especially personal waste such as used tissues and disposable cleaning cloths.

Rubbish bags should be placed into a second bag, tied securely and kept separate from other waste in the room in which you are self- isolating.

Keep aside for at least 72 hours before putting into your usual external household green waste bin.



Government  
Counter Fraud  
Function

GOV.UK/coronavirus

**NHS**

Counter Fraud Authority

# COVID-19: VACCINE FRAUD

Criminals are using the COVID-19 vaccine as a way to target the public by tricking them to hand over cash or financial details. They are sending convincing-looking text messages letting people know they are eligible for the vaccine or phoning people directly pretending to be from the NHS, or local pharmacy.



## PEOPLE ARE WARNED TO BE ALERT TO THESE SCAMS:

The **NHS** will:

- ⊗ NEVER ask for payment - the vaccine is free
- ⊗ NEVER ask for your bank details
- ⊗ NEVER arrive unannounced at your home to administer the vaccine
- ⊗ NEVER ask you to prove your identity by sending copies of personal documents such as your passport

## TOP 4 VACCINE SCAMS



### TEXT MESSAGES

People are asked to press a number on their keypad or to send a text message to confirm they wish to receive the vaccine, doing so is likely to result in a charge being applied to their phone bill and fraudsters collecting personal information to use again.



### PHONE CALLS

Victims receive a phone call from a fake caller offering the vaccine for a fee or asking for bank details



### WEBSITES

Fake URL links to convincing-looking NHS vaccine booking forms, these look like official NHS forms and may contain some personal information already, at the end of the form it asks for their bank details.



### IN PERSON

Fraudsters are calling unannounced at the homes of victims by pretending to be from the NHS to administer the vaccine there and then, in exchange for a cash payment.

## Coronavirus information in different languages

The BBC has this week done a number of translations on coronavirus including doctors answering questions by their elderly relatives around coronavirus variants and the vaccine. See below links.

BBC News Website:

Main Page with all 5: <https://www.bbc.co.uk/news/uk-55652149>

Punjabi: <https://www.bbc.co.uk/news/av/uk-55750108>

Sylheti: <https://www.bbc.co.uk/news/av/uk-55750376>

Urdu: <https://www.bbc.co.uk/news/av/uk-55750112>

Tamil: <https://www.bbc.co.uk/news/av/uk-55750106>

Gujarati: <https://www.bbc.co.uk/news/av/uk-55750110>

Twitter:

Urdu: <https://twitter.com/bbcasiannetwork/status/1351215310901293057?s=20>

Gujarati: <https://twitter.com/bbcasiannetwork/status/1351507116322926593?s=20>

Tamil: <https://twitter.com/bbcasiannetwork/status/1351839386527260672?s=20>

Sylheti: <https://twitter.com/bbcasiannetwork/status/1352201774799544322?s=20>

Punjabi: <https://twitter.com/bbcasiannetwork/status/1352164027187793922?s=20>

Facebook:

Urdu: <https://fb.watch/39mRGSueqE/>

Gujarati: <https://fb.watch/39mR1ARfCv/>

Tamil: <https://fb.watch/39mQ4dWpbD/>

Sylheti: <https://fb.watch/39mOa-rHkJ/>

Punjabi: <https://fb.watch/39mP52HvOF/>

Instagram:

<https://www.instagram.com/p/CKUKhrIDyVw/>



## The Joint Committee on Vaccination and Immunisation (JCVI) advice on priority groups for COVID-19 vaccination

The age-based prioritisation for the COVID-19 vaccine will include **around 99% of people at risk of dying** from the disease



### Covid Vaccine for Unpaid Carers

Carers Link Lancashire are working in partnership with the Lancashire County Council to ensure that all unpaid carers across Lancashire are offered the vaccine as

outlined in the SOP for Front Line Social Care Workers where unpaid carers are identified as being in priority group 6.

In terms of timescales for when it is likely unpaid carers will receive the vaccine, data suggests that the vaccination programme should have reached priority group 4 by mid to the end February.

[https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2021/01/C1037-COVID-vacc-deployment-SOP\\_community-based-care-workers-14-January-2021.pdf](https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2021/01/C1037-COVID-vacc-deployment-SOP_community-based-care-workers-14-January-2021.pdf)

## **Rossendale Covid-19 Testing Sites**

The following Covid 19 mobile testing units have been deployed within Rossendale , these are normally open seven days a week between the hours 10.00hrs – 15.00hrs.

### Whitworth Civic Centre Car Park

- Thursday 4<sup>th</sup> Feb – Saturday 6<sup>th</sup> Feb
- Wednesday 10<sup>th</sup> Feb – Friday 12<sup>th</sup> Feb
- Tuesday 16<sup>th</sup> Feb – Thursday 18<sup>th</sup> Feb
- Saturday 28<sup>th</sup> Feb

### Haslingden Sports Centre

- Monday 1<sup>st</sup> Feb – Wednesday 3<sup>rd</sup> Feb
- Sunday 7<sup>th</sup> Feb – Tuesday 9<sup>th</sup> Feb
- Saturday 13<sup>th</sup> Feb – Monday 15<sup>th</sup> Feb
- Friday 19<sup>th</sup> Feb – Sunday 21<sup>st</sup> Feb
- Thursday 25<sup>th</sup> Feb – Saturday 27<sup>th</sup> Feb

These sites are complemented by the local testing site on the Valley Centre in Rawtenstall which will be in this location until 25<sup>th</sup> February 2021 , normally open seven days a week between the hours of 08.00hrs- 20.00hrs

## COMMUNITY INFORMATION

# Are you worried about energy bills this winter? We're here to help



By taking small steps you could make big savings:  
**Check** if you're eligible for discounts, grants or support  
**Switch** your energy tariff or supplier and get the best deal  
**Save** money this winter while keeping your home warm  
Bring your energy bills down with **Check, Switch, Save.**



For support with your bills go to  
[www.bigenergysavingwinter.org.uk](http://www.bigenergysavingwinter.org.uk)  
or call the Citizens Advice consumer helpline  
on Freephone 0808 223 1133  
Textphone: 18001 followed by 0808 223 1133



Scan this QR code with your  
phone camera to find out all  
the ways you can save.



### Citizens Advice Phone Number

Citizens Advice Rossendale & Hyndburn now has a free local Adviceline number. The new number is 0808 278 7975 and replaces the existing local number - 0300 456 2552. The existing numbers will continue to work and will give people the option to continue with their call or to ring back on the new freephone numbers.

- Citizens Advice Rossendale & Hyndburn Adviceline number: 0808 278 7975
- Adviceline national number: 0800 144 8848

Clients or agencies can still contact Citizens Advice via the webform at <https://carh.org.uk/index.php/contacts>

## Fire and Rescue Service message

As the temperature drops, service users are likely to be using heaters/fires more regularly and for longer periods. place their heater in a safe position not too close to furnishing and bedding.

- keep a safe distance from their heater/fire
- switch off after use.
- If the heater looks unsafe encourage purchasing a replacement and use of a fire guard with open fires.

We would also like to take this opportunity to remind you of the fire risk associated with emollient/paraffin-based creams, National Chief Fire Council warns:

'The risk occurs when emollients absorb into fabrics and are then exposed to naked flames or heat sources resulting in a fire that burns quickly and intensely and can cause serious injury or death. Testing confirmed that the flammability increases each time the fabric is contaminated with emollient and the risk is greater when applied over large parts of the body. Repeated washing of clothing, bandages and bedding at any temperature does not remove the fire risk'

### Advise the person you are caring for



About the potential fire risks of smoking or being near naked flames when using oxygen, dynamic airflow mattresses and paraffin-based creams.



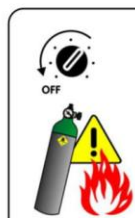
To change bedding and clothing daily if using paraffin-based creams. The creams soak into fabrics and can potentially be a fire hazard.






Not to place heated appliances such as electric blankets, hair dryers, heated rollers and hair straighteners on or near their airflow mattresses and cushions.



Not to use any naked flame or potential cause of ignition such as matches or candles when their clothing may be contaminated with paraffin-based cream or saturated with oxygen.



In the event of fire and if it is safe to do so, to turn off pressure relieving equipment using the control - not at the plug. This is because if the equipment has been punctured and is losing air, the pump will react by pumping air faster which could fuel a fire and make it spread more quickly.

 Lancashire Fire and Rescue Service  
 @LancashireFRS  
 LancashireFire

For more information check out  
[www.lancsfirerescue.org.uk](http://www.lancsfirerescue.org.uk)

making Lancashire safer

## Community Connector Volunteers needed

Do you....

- Have a caring and compassionate personality?
- Enjoy meeting new people and socialising?
- Want to be an important part of your community?
- Like to help the socially isolated and vulnerable?
- Want to be significant in helping GP surgeries deal with the appointment crisis?
- Can you spare a little of your time each week?

Then being a Community Connector volunteer could be for you. More information about the Community Connector project and how to apply:

<https://bprcvs.co.uk/index.php/38-bprcvs-services-what-we-can-do-for-you/207-community-care-navigator-2> Ring 01282 433740 or email [connectors@bprcvs.co.uk](mailto:connectors@bprcvs.co.uk)

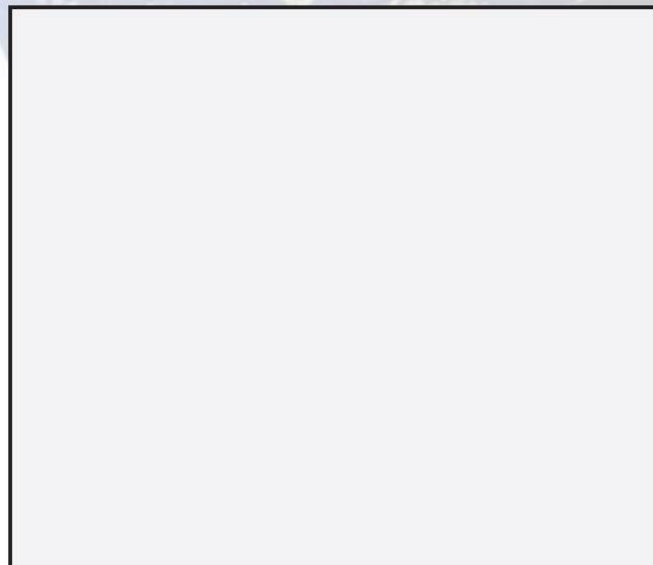


### ART COMPETITION

FOR CHILDREN AGED 5 - 16 YEARS DRAW A PICTURE (IN THE BOX PROVIDED) OF A COMMUNITY NATURE GARDEN WITH THE THEME OF 'KEEPING THE EARTH SAFE'

**£50 PRIZE FOR THE WINNER**

THE WINNER WILL BE CHOSEN BY A LOCAL GREEN PARTY COUNCILLOR ANDY FEWINGS. TEXT US YOUR PICTURE TO **07792788627** MAKE SURE YOU PUT YOUR NAME AND CONTACT DETAILS OR EMAIL IT TO [info@shivatrust.org](mailto:info@shivatrust.org)





## **Dementia Hero Awards**

Recognising inspirational achievements of those who care for people with dementia.

The awards will recognise the inspirational achievements of those who care for people with dementia, those finding innovative solutions in research, and the campaigners and media fighting for the rights of people with dementia.

There are eleven different categories for the Dementia Hero Awards 2021.

- Dementia Hero Award for Outstanding Achievement
- Dementia Hero Award for Care and Compassion
- Dementia Hero Award for Professional Excellence
- Dementia Hero Award for Campaigning
- Dementia Hero Award for Research
- Dementia Hero Award for Innovation
- Dementia Hero Award for Dementia Friendly Business
- Dementia Hero Award for Fundraising
- Dementia Hero Award for Print / Online Journalism
- Dementia Hero Award for Broadcast Journalism
- Dementia Hero Award for Dementia Voice

The deadline for nominations is Friday 5th March 2021.

For more details please see: <https://www.alzheimers.org.uk/dementia-professionals/conferences-and-events/dementia-hero-awards-categories>

## **Ask for ANI**

On Thursday 14th January, the Government launched the 'Ask for ANI' domestic abuse codeword scheme to help victims access emergency support in the community.

Victims are able to use the codeword ANI, which stands for Assistance Needed Immediately, in pharmacies who have signed up to the scheme, to let staff know that they require an emergency police response or help contacting a helpline or specialist support service.

Participating pharmacies in this voluntary scheme will display posters in their window and around the shop to let customers know that they can approach their staff to seek help

Rossendale pharmacies currently signed up to the scheme are:

- Boots, 9 Bank Street, Rawtenstall

- Boots, The Hub, Bacup Road, Rawtenstall
- Boots, 15 St James Square, Bacup

Look out for this sign below at participating pharmacies, as more are expected to sign up soon





## DO YOU NEED HELP?



### BENEFIT FORM FILLING

ICANN can offer support via telephone or email to help you fill out a form for Personal Independence Payment (PIP 2) or a PIP review form, Work Capability forms (UC50 or ESA 50) or a review form if your condition has changed.

### BENEFIT HEALTH ASSESSMENTS AND TRIBUNALS

Have you been offered a health Assessment for Personal independence Payments or Work Capability Assessments over the telephone or even to have your appeal heard by phone or online?



### WOULD YOU LIKE HELP FROM AN ADVOCATE?

An ICANN advocate can help you prepare for your assessment or Tribunal hearing, giving you the information you need and we will support you at that assessment or tribunal.

We can dial in and help you speak up and give the assessor or panel the information you need to get the award you are entitled too.

### TELEPHONE FRIENDSHIP SERVICE



Not having someone to talk to regularly can be lonely, especially during these unprecedented times.

ICANN can call you regularly for a chat, check on how you are and help identify any other help you need.

### HELP WITH FINANCES

Are you struggling more than usual due to Coronavirus? Do you need information about applying for benefits?



### FOR HELP WITH ANY OF THESE SERVICES PLEASE CALL: 01772 746061 or email: admin@i-cann.org.uk

State your name and phone number clearly and which service you require and we will call you back. Phone lines are checked regularly Monday to Friday.

Registered Charity Number : 1075443

 @icannlancs

 @ICANN\_Advocacy

 @ICANN\_lancs

 www.i-cann.org.uk



## The census is almost upon us

Households across Rossendale will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941.

Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21.

For more information, visit [census.gov.uk](https://www.census.gov.uk) or Rossendale's Census Engagement Manager, Claire Stock, on [claire.stock59@field.census.gov.uk](mailto:claire.stock59@field.census.gov.uk) or 07452 934872.

Census 2021 is recruiting for a range of fixed terms jobs, from managers and supervisors who co-ordinate activities, to officers who help the public complete questionnaires. A variety of full-time and part-time opportunities are available. All roles require the flexibility to work evenings and weekends. Details of all jobs can be found at: [www.censusjobs.co.uk](https://www.censusjobs.co.uk)

Follow @Census2021 on Twitter and Facebook

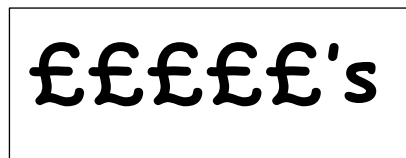
## GRANTS AND FUNDING

### Emergency Assistance Fund

If you or someone you know is struggling financially due to COVID -19 then help is at hand. The Rossendale Emergency Assistance Fund for Food and Essential Supplies is available to any local resident struggling to afford food and other essentials due to COVID-19. You might be struggling with costs as you have children not able to attend school, have lost your job, have been told to self-isolate but aren't entitled to the Track and Trace support or have another COVID-19 related issue

Applicants must:

- Be at least 18 years of age
- Be resident in Rossendale
- Be able to demonstrate that they struggling to afford food and / or other essentials due to Covid-19.



The fund cannot provide cash, but it can provide help with food; fuel costs; vouchers for school uniforms; vouchers for essential furniture; essential items for children.

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

### **Sport England - Return to Play**

**Return to Play: Small Grants** - This fund will make awards, using National Lottery and government funding, of between £300 and £10,000, from a total pot of £15m, to help sport and activity groups, clubs and organisations respond to the immediate challenges of returning to play in a coronavirus-safe way.

This could include contributing to covering the costs incurred by having to deliver activity in smaller groups than normal or having the correct hygiene and safety equipment. In response to the current England-wide lockdown restrictions, this fund will also make a contribution of up to £3,000 towards the running costs of organisations supporting the most deprived communities.

<https://www.sportengland.org/how-we-can-help/our-funds/return-play-small-grants>

**Return to Play: Community Asset Fund** - This fund will make awards of between £10,001 and £50,000 from a pot of £5m to help local sports clubs and organisations adapt important places and spaces to help their local community return to play safely.

This could include contributing to covering the costs incurred by converting existing space to meet social distancing guidelines during activity or improving a facility's ventilation.

<https://www.sportengland.org/how-we-can-help/our-funds/return-play-community-asset-fund>

**Return to Play: Active Together** - Active Together is a crowdfunding initiative that can match fund, up to £10,000, successful Crowdfunder campaigns from a total pot of £1.5m.

With expert advice and guidance to support you, this will help local clubs and organisations to run their own crowdfunding campaigns, fundraising for things such as a loss of income due to the crisis, or any other Covid-19 related needs.

<https://www.sportengland.org/how-we-can-help/our-funds/return-play-active-together>

## **Local Connections Fund**

The Local Connections Fund is a new £4 million fund to help charities and community groups in England that are working to reduce loneliness by helping them build connections across their communities.

The Department for Digital, Culture, Media & Sport (DCMS) and The National Lottery Community Fund are investing £2 million each.

This will be used to fund hundreds of 'microgrants' between £300 and £2,500, so small, local organisations (with an annual income of £50,000 or less) can bring people and communities together.

The first funding round has closed but there will a second funding round in summer 2021.

<https://www.tnlcommunityfund.org.uk/funding/programmes/local-connections-fund#section-3>

## **Power to Change – Community Business Renewal Fund**

The Community Business Renewal Fund provides grants to community businesses in England affected by the Covid-19 crisis to adapt, renew and rebuild their business so they can remain financially viable. The fund is aimed at organisations delivering services in their local community to support those who have been most affected by the Covid-19 crisis.

An unrestricted grant between £10,000 and £20,000 to support your organisation to adapt and evolve to the changing circumstances, by providing an unrestricted grant that could be used to cover core staffing costs, contribute to meeting capital costs of adapting your community business and ensuring that your community business can continue to provide the vital support to local people.

Round 3 open at 10am on Tuesday 2 March – closing at 4pm on Tuesday 9 March

<https://www.powertochange.org.uk/get-support/programmes/community-business-renewal-fund/>

## **The Pixel Fund**

The focus of the fund is the mental health and well-being of children and young adults, providing grants of up to £5,000.

<https://www.pixelfund.org.uk/>

## **The Good Cloud Foundation**

The Good Cloud Foundation will make grants (for both core and capital costs) of up to £12,500 to UK based charities and good causes which have a clear and measurable benefit to local communities.

It is anticipated that the first grant round will be open for applications in late Spring 2021. To register for updates, go to the fund website below.

<http://goodcloud.foundation/>

## **Lancashire Police Crime Commissioner – Community Action Fund**

The fund can provide grants of up to £2500 for projects that reduce crime & re-offending, support vulnerable people & victims and developing safe & confident communities.

<https://www.lancashire-pcc.gov.uk/grant-funding/community-action-fund/>

## **HEALTH AND WELLBEING SUPPORT**

### **Mental Health at Work- Support available**

Many of us may be finding it harder than ever to feel well while we're living and working in another lockdown due to the coronavirus COVID-19 pandemic.

The idea of facing winter, loneliness, parenting responsibilities, changes, loss or bereavement could be affecting any of us at the start of 2021 so we wanted to remind you about how Able Futures may be able to help.

Able Futures knows that everyone is feeling different about the latest lockdown, so they've compiled a list of some simple things you could try to help yourself cope with whatever may be on your mind this lockdown.

[https://able-futures.co.uk/covid-19-coronavirus/lockdown/?utm\\_source=employer&utm\\_medium=intranet&utm\\_campaign=EST\\_Lockdown](https://able-futures.co.uk/covid-19-coronavirus/lockdown/?utm_source=employer&utm_medium=intranet&utm_campaign=EST_Lockdown)

Visit the Able Futures website for tips and advice on:

- Coping with loneliness
- Feeling your feelings, of anger, uncertainty or worry
- Taking care of yourself while you deal with bereavement

- Parenting in lockdown
- Facing winter

You can also apply online at [https://able-futures.co.uk/individuals?utm\\_source=employer&utm\\_medium=intranet&utm\\_campaign=EST\\_Lockdown](https://able-futures.co.uk/individuals?utm_source=employer&utm_medium=intranet&utm_campaign=EST_Lockdown) for nine months advice and guidance from Able Futures online or by calling 0800 321 3137.

### **Be a Winter Friend**

The Be a Winter Friend Initiative is about promoting self-care, people safely supporting each other and showcasing what all our fantastic organisations are doing. Even during these severe lockdown restrictions, people and organisations are preventing loneliness by keeping people connected in so many safe, socially distancing different ways.

Winter 20/21 won't be a good one to look back on in many aspects, but together we can continue to provide some positive memories, prevent loneliness, promote your services and help to protect the NHS and Key Care services. So, from social distancing photographs and videos, to showing us how your organisations are being Winter Friends online, we want you to safely flood our social media feeds with positivity.

To get involved simply continue or start to share your photos, videos and stories on your own social media channels using the hashtag #BeAWinterFriend and remember to tag @BeaWinterFriend and for Instagram @be\_a\_winter\_friend

We now also have a number of fantastic small Business friends who have come forward to sponsor the Initiative.

There are no winners or losers as everyone involved are doing fantastic work, but we now have three awards and prizes to give away:

£500 prize: Best Winter Friend Organisation

£300 prize : Inspiring Volunteer –formal or informal

£150 prize: Social distancing Selfie Helpie photograph/video

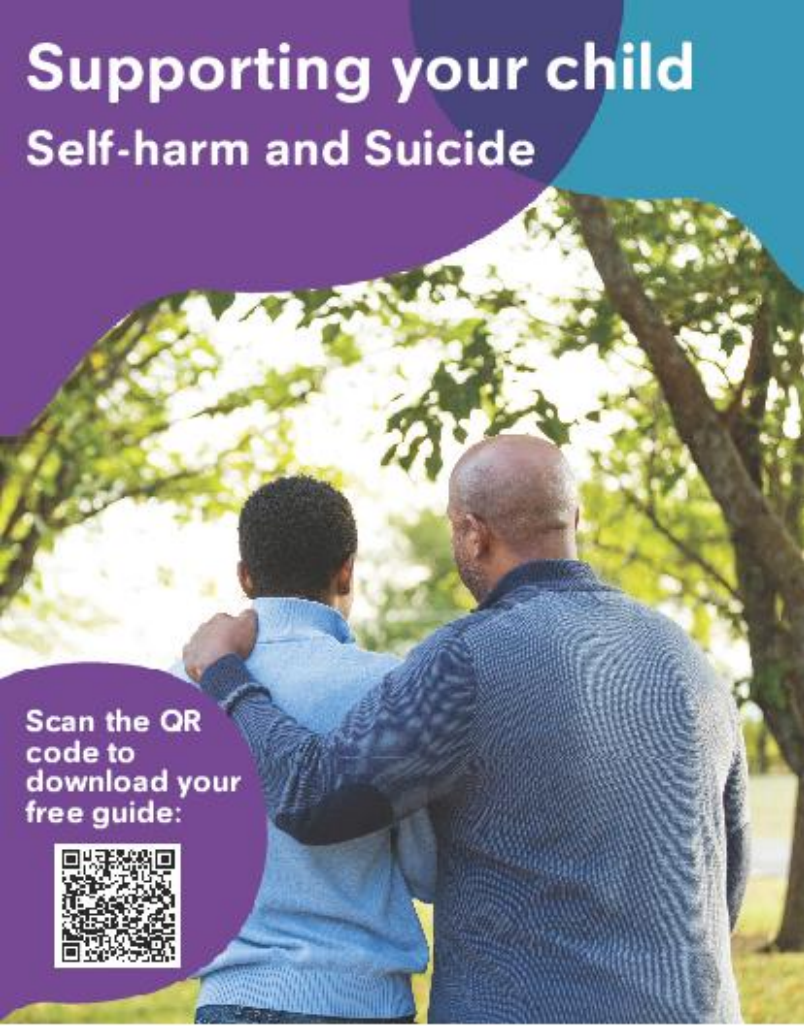
This is open to everyone across Lancashire and South Cumbria. The Initiative closes 21st March-end of Winter!

So please continue or get sharing your stories and together we can make a positive difference to thousands of people, from young to older people, across Lancashire and South Cumbria and help to beat this horrible virus.

If anyone requires any further information please contact: Kevin O'Hara, Lancashire and South Cumbria NHS Foundation Trust. Mobile: 07715328129 (Temporary Number)


## Papyrus

Recently Papyrus launched a guide which offers practical and professional advice to parents and carers who are supporting a young person experiencing thoughts of suicide or self-harm: <https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>




**Supporting your child**  
**Self-harm and Suicide**


Scan the QR code to download your free guide:




endorsed by



The Royal College of  
Emergency Medicine



50



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



## Children's Mental Health Week

1<sup>st</sup> to 7<sup>th</sup> February is Children's Mental Health Week

Here is a range of resources regarding parental self-care, advice/guidance for parents supporting young people's mental health and resources which young people can access themselves.

### Parental self-care

- Four ways to cope with parenting during lockdown-Here is a really good article on managing "Parenting in Lockdown" based on Compassion Focused Therapy by Sarah Benkwitz <https://www.openforwards.com/weekly-lockdown-parenting/>
- FACE COVID 19-In this brief animation, Dr Russ Harris, (author of The Happiness Trap), illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it. <https://www.youtube.com/watch?v=BmvNCdpHUYM>

### Guidance for parents supporting children

- Talking to children about coronavirus (from the British Psychological Society) <https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf>
- The Parent Club website has lots of useful information to help families who are in isolation at home with young children <https://www.parentclub.scot/topics/coronavirus>
- Children and young people's experiences of isolating and shielding due to Covid-19 this short film featuring a number of children and young people sharing what lockdown has been like for them. There are two versions of the video - the longer, full-length version, and a shorter, simpler version. (from the British Psychological Society) <https://www.bps.org.uk/coronavirus-resources>
- A worksheet to help parents explain the virus to young children in a way that can help reduce the fear and worry it can cause in children. It also includes useful websites and information on how to structure a day at home with your child. [https://www.pkc.gov.uk/media/45806/Talking-to-children-about-Coronavirus/pdf/Talking\\_to\\_Children\\_About\\_Coronavirus.pdf?m=637206417932270000](https://www.pkc.gov.uk/media/45806/Talking-to-children-about-Coronavirus/pdf/Talking_to_Children_About_Coronavirus.pdf?m=637206417932270000)

## Together an Active Future Walking Project Introduction

Funded by Sport England, Together an Active Future is an intervention for local delivery pilots to increase levels of activity of a population within their local area. The Rossendale TaAF team is managed through Rossendale Leisure Trust and has members seconded from other organisations on a part-time basis. We are working with the wider community to reduce inactivity within the valley.

Through initial conversations with local people, it arose that walking would be the easiest way for inactive people to start exercise and those doing a little, to do more. Therefore the walking work stream was set up in 2020. It became obvious that some things need to change within our systems, so that reasons not to exercise are diminished. The aim of the TaAF walking project is to reduce such barriers; we want everyone to be able to gain exercise confidently and safely. We are collaborating with other organisations to address some of these issues and engage as many people as we can in walking.

One way we have started to promote walking is by sharing daily walks on the Rossendale Connected Facebook page. These will also be added to Rossendale Connected's website on completion of the site. A couple of these walks, contributed by members of the community, are shared with you here.

If you have access to the internet, then please do check out Rossendale Connected's Facebook Page. If you try out either of these walks then please share your photos with us on Social Media and tag #walkrossendale #activerossendale

### Clough Head:

This walk starts at **Clough Head Visitor Centre and Cafe** and is **3 miles** long. Boots advised!!



From the North West corner of the car park, near the information boards head through the gate and up through the field. Turn right onto the Rossendale Way and

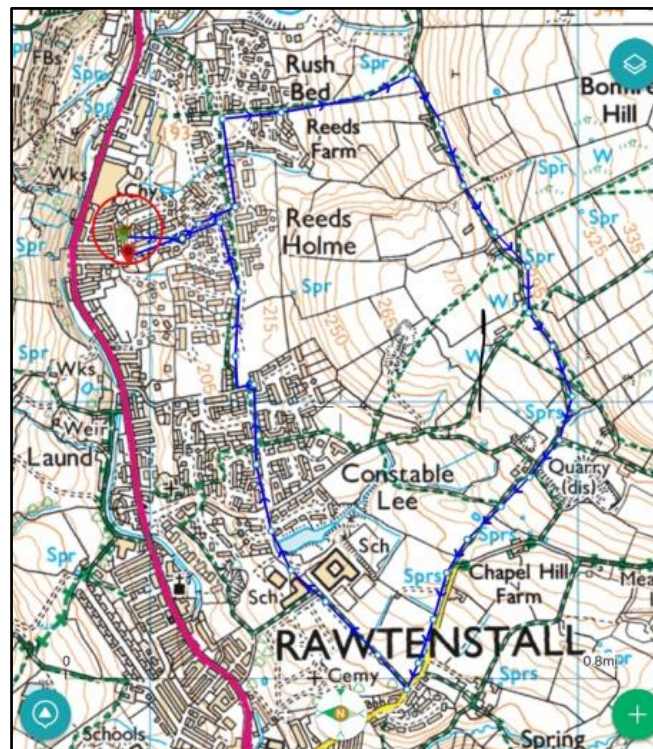
follow this way marked path through the fields, up and down some little hills with the quarries on your right.

After the second large quarry head south round picturesque Troy Quarry and down the track onto heap Clough Quarry Road. Cross the road and follow the path on your right over the field along the side of Grane Road back up to Clough Head car park.



### Reeds Holme and Higher Constable:

The 2.5 mile walk starts from the **Woodcroft estate**, Crawshawbooth.



From Hollin Way take the lane up to Reeds Farm and continue up the new path with steps to the field above and pass through the new kissing gate and the bear left following the path to the top lane. After passing through the kissing gate turn right and travel along the lane passing several buildings and stiles heading towards the green topped posts and down to a small coppice.

Go through the stile onto the lane and then after about 50 metres take a right turn and then a left down the steps at the side of the cottage and down the tarmac lane towards Waingates. On Hurst Lane take a right turn and follow the path along the side of the cemetery to Alder Grange school and back onto Hollin Way. After about half a mile turn into Lime Tree Grove and then turn right onto a path which takes you onto Hollin Way. Follow Hollin Way back to the starting point.



## **TIP: Leave for lunch**

Go get some fresh air  
and take the chance  
to unwind at the same  
time.



**GET IN TOUCH**  
[www.upandactive.co.uk](http://www.upandactive.co.uk)  
01706 221524

## TRAINING OPPORTUNITIES



# Discover Asset-Based Community Development (ABCD)

Asset-Based Community Development training is for any professional who is, or will be, working alongside their local community. This workshop is highly interactive and engaging with practical examples that deal with real issues and you will learn simple and practical concepts, skills and tools that can be used when back in the workplace setting to better engage and empower communities so that more sustainable solutions can be produced for the longer term.



**Beth Kay**  
Operations Manager  
Active Lancashire

"I would recommend all professionals in our sector to attend ABCD training as it will completely change your mindset with how you interact with others. Chris (our tutor) was so insightful, honest and engaging and put communities at the heart of all our discussions that it has transformed our way of thinking and behaving. We now feel much confident working alongside communities than ever before."



**Ronan McMahon**  
Community Youth  
Engagement Officer  
Active Lancashire

"This is essential learning for anyone working or supporting at a grass roots level. It will challenge your thinking and help make sense of how to help people take action at a local level. One great take away from our tutor Chris was "community is something you do, not somewhere you go". Honestly one of the best training courses I've attended."

A modular e-learning course for professionals, that consists of the following 8 modules:

1. From the Beginning: ABCD
2. The Building Blocks of ABCD
3. The Role of the Professional in Citizen Space
4. Asking the Right Questions
5. Getting Practical
6. The Role of Connectors and Animators
7. The 8 Touchstones Community Building Framework Pt: 1
8. The 8 Touchstones of Community Building Framework Pt 2

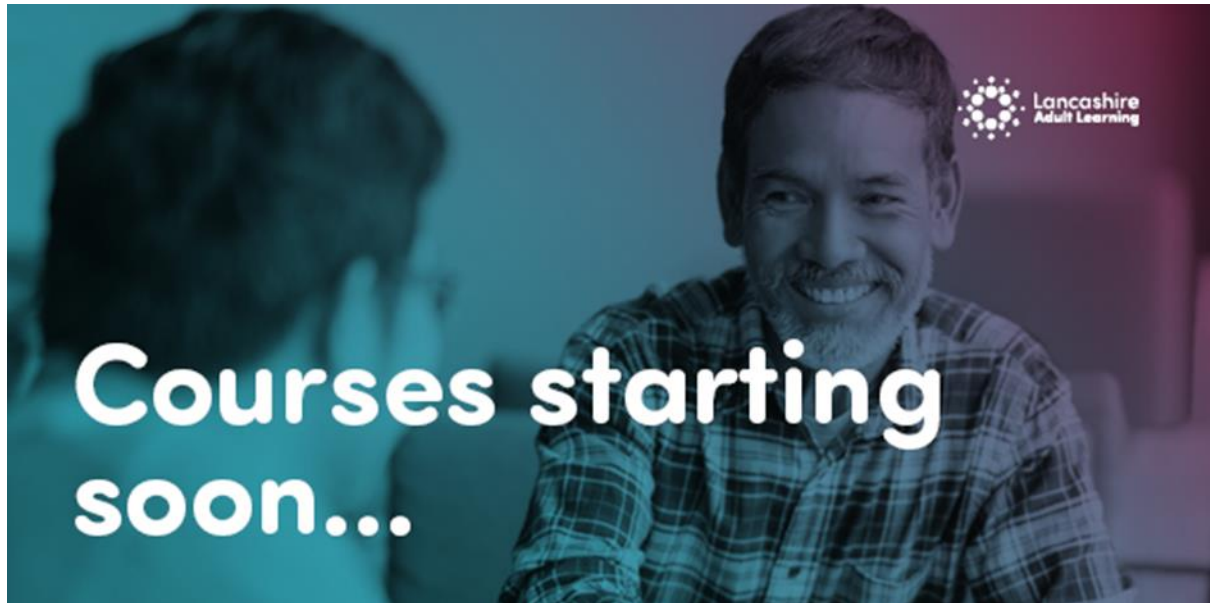
There are 3 aspects to the delivery of the Discover ABCD course:

- Self-directed learning - access to video, audio, written and visual learning resources relating to each of the eight modules via the Community Renewal platform
- Reflective learning - 8 X Coaching seminars per area facilitated online via zoom
- Practical Assignments - Exercises that attendees will complete as they progress through the course

**Starts 24th February, every Wednesday for 8 weeks. Module duration is 90 minutes.**

**All information and prices for all our workshops can be found on our website:**  
[activelancashire.org.uk/courses](http://activelancashire.org.uk/courses)





Looking for a course to improve your Health and Wellbeing? Or maybe you would like to retrain or upskill? Whatever you need, we can provide it for you. Whether it is for a team within the workplace, your personal development or to help the community - Lancashire Adult Learning can help!

Here's a snippet of upcoming courses. Don't see what you need? Don't worry, email [enquiries.lal@nelsongroup.ac.uk](mailto:enquiries.lal@nelsongroup.ac.uk).

## Arts

**Discover: Art History and Appreciation: The Lives of Artists**

Wednesday 3<sup>rd</sup> March, 9.30am – 12pm

[Click here to find out more.](#)

## Family Learning

**STEM-tastic Challenge**

Tuesday 9<sup>th</sup> February, 1pm – 3pm

[Click here to find out more.](#)

## **Sow and Grow Together**

Saturday 13<sup>th</sup> February, 1pm – 2.30pm

[Click here to find out more.](#)

## **Health and Wellbeing**

### **Finding Positives in Challenging Times**

Wednesday 24<sup>th</sup> February

[Click here to find out more.](#)

### **Great Outdoors: How Nature and Gardening Can Boost Your Wellbeing**

Tuesday 23<sup>rd</sup> February

[Click here to find out more.](#)

### **Simple Relaxation Techniques**

Monday 22<sup>nd</sup> February

[Click here to find out more.](#)

## **Health and Social Care**

### **Planning and Facilitating Exercise with Older Adults**

Tuesday 23<sup>rd</sup> February

[Click here to find out more.](#)

## **Volunteering**

### **Introduction to Mental Health Awareness**

Wednesday 10<sup>th</sup> February

[Click here to find out more.](#)

## **Introduction to Equality and Diversity**

Thursday 11<sup>th</sup> February

[Click here to find out more.](#)



**For more information visit [www.lal.ac.uk](http://www.lal.ac.uk) or  
call 0333 003 1717.**