



COMMUNITY BULLETIN

MARCH 2021

Welcome to your March 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

FUNDING

Community Partnership Grants

The four Rossendale Community Partnerships offer small grants (between £250 and £500) to community organisations. Grants will be given to local constituted community, voluntary and not for profit groups that are able to demonstrate their ability to add value to those services which are needed by the communities of Rossendale, and who provide services which fulfil an important social, economic or cultural role which is not fulfilled by other statutory or not for profit organisations in the area.

Grants will only be given for projects or activities that have wider community benefit. In the past grants have been provided for environmental improvements, community events, community training, equipment and local projects.

Grants may be given to organisations which are operating in a wider area than Rossendale as long as there is a specific benefit to the people of Rossendale.

Apply at

https://www.rossendale.gov.uk/info/210201/your_neighbourhood/10738/community_partnerships/2

For more information contact communitiesteam@rossendalebc.gov.uk

COVID INFORMATION

March Mobile Testing Unit schedule.

Rossendale deployment for March is as follows:

Whitworth Civic Centre Car Park

- 4th – 7th March 2021
- 11th – 14th March 2021
- 18th – 21st March 2021
- 25th – 28th March 2021

Haslingden Sports Centre

- 1st – 3rd March 2021
- 8th – 10th March 2021
- 15th – 17th March 2021
- 22nd – 24th March 2021
- 29th – 31st March 2021

Residents are required to book their test via Gov.uk website.

COMMUNITY GROUPS INFORMATION

Join the LCC Community Projects team and Tempo Time Credits to celebrate achievements and discover Online Time Credits.

The LCC Community Projects team want to acknowledge the fantastic work done by community groups across the county who have been supporting residents with food access in recent months.

Pam Barmby from Tempo Time Credits is running a session which will give you some wellbeing time for yourself and will also include an update on Digital Time Credits which are available to your volunteers.

Click the hyperlink to book [Lancashire-groups-wellbeing-session-plus digital-tempo-time-credits](#)

Book soon as we have just 20 places. More sessions will be provided if there is interest.

Abigail's Trails Nature Crafts

Abigail's Trails delivers toddler walks in Rossendale, called Snail Trails, for children aged 18 months to 4 years (and their adults). We walk / explore for up to 1 mile, have a snack / drink break along route and always have a natural play / activity to take part in.

Here are a few example nature craft activities which you can use to keep you toddlers/pre-schoolers or bigger children busy through lockdown. These are simple tasks using mainly natural materials and requiring very little from the craft store or junk.

All you need to do is get outside and collect a few natural treasures, such as pine cones, sticks, leaves, moss / lichen, seeds or berries* (but remember not to take too many; we must leave plenty for wildlife).

Extra materials required (although some of these are optional):

- PVA glue
- Scissors
- Paint
- Paint brush
- Googly eyes
- Elastic bands
- Coloured foam or cardboard



*Make sure you wash your hands after handling anything you collect and avoid putting any berries or seeds near your mouth.

Leaf People



1. Collect a large, dried leaf and place it in front of you.
2. Choose some googly eyes and natural materials to make your face e.g. moss for hair, seed case for mouth, berries for eyes
3. Add glue to the back of each item at a time and place them firmly on the leaf in position, pressing them down to secure them.
4. Leave to dry as the glue will set.
5. (Optional) use paints to colour your leaf person / add other features.

Pinecone Owls

1. Collect a large pinecone and ensure it is opened up**
2. Cut out a small triangle of foam to use as a beak

3. Cut out a larger triangle of foam to use as feet and cut indentations into it to make clawed feet.
4. Choose 2 googly eyes and cut circle of foam slightly larger than your chosen eyes.
5. Stick the googly eyes on the foam and leave to dry.
6. Stick the foam feet to the bottom of your pinecone (the flatter end) and press hard to fix them in place.
7. Select 2 leaves or feathers (if you are lucky enough to have found some) and stick them opposite each other in the middle of the pinecone, so they look like wings.
8. Stick on your triangle beak between the 2 wings
9. Finally stick the 2 eyes above and either side of the beak. This can be tricky.

****If you can only find closed pinecones, place them on your radiator or in a warm place and they will open up naturally after a couple of hours.**



Natural Paintbrushes

1. You will need sticks of approx 1cm thick and 15 cm long, some elastic bands and some natural materials with stems e.g. dried grass, leaves, feather, pine needles.
2. Choose your material and lay the stems along the top 3cm of your stick.
3. Wind an elastic band around the stems and stick to secure them in place.
4. Voila, you have a paintbrush!
5. Now make a couple more and compare the textures and effects when using them to paint with.



We are: calling for the protection of young people and their families - preventing their distress from getting worse and promoting recovery and resilience.

As the pandemic continues, preventive action cannot come too soon!

TEENAGERS' MENTAL HEALTH IN THE PANDEMIC

Younger teenagers' experiences of the pandemic have had little research attention but today I wanted to share the [Mental Health Foundation's findings of its ongoing study](#) of British 13-19 year-olds, in partnership with Professor Ann John of Swansea University, MQ Mental Health Research and Leaders Unlocked.

- Our nationally representative data suggest that across Britain, roughly one-in-four teenagers experiences some symptoms of anxiety or depression on most days
- Teenagers whose parents/guardians are unemployed are much more likely to report symptoms of anxiety and depression (in some cases, twice as likely) than those whose parents/guardians work full time
- The mental health of teenagers with parents in social grades 'C2DE' appears to be significantly worse than that of teenagers in 'ABC1' homes

Commonly reported experiences include, for instance, 'feeling afraid, as if something awful is going to happen' and 'feeling bad about yourself or that you're a failure or have let yourself or your family down'.

One 17-year-old, who works with our partner Leaders Unlocked, told us how frightened she is: 'There's so much pressure because it's hard for me to provide

for everyone I love, through work, support and basic financial help that I can no longer provide them. I'm also very scared of losing myself and becoming incapable - I don't want to be crushed by the dark feeling that's been eating lots of people up.'

We are concerned that when we gather data from teenagers in February, after months of lockdown including school and college closures, we will see a bleaker picture than the one in our latest dataset, which is from late November 2020. That adds to the urgency of calls to protect young people and their families – preventing their distress from worsening - and promoting recovery and resilience. It is thanks to your support that we're able to ensure that their voices are heard.

At the Mental Health Foundation, we are [calling for cross-government action](#) to safeguard children during school closures. There is an urgent need to address the financial and physical security of young people and their families, including through the welfare system, housing regulations and measures to ensure all young people have essentials such as food and warmth.

One way you can support our work is to share the following post on social media: New Mental Health Foundation study finds teenagers are under severe pressure as the pandemic continues. 1/4 of teenagers said they had felt 'nervous, anxious or on edge'. We call for urgent action to prevent distress from worsening: [mentalhealth.org.uk/news/teenagers-mental-health-pandemic](https://www.mentalhealth.org.uk/news/teenagers-mental-health-pandemic)

Tag us: Twitter [@mentalhealth](#), Facebook and Instagram

[@mentalhealthfoundation](#) and LinkedIn [@mental-health-foundation](#)

<https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/>

Online safety resources

Guidance on staying safe online, co-designed by young people with lived experience of self-harm and suicidal feelings and experience of supporting others at risk.



Reporting worrying content online

A guide on what to do if you see something online about self-harm or suicide that could be upsetting or harmful.



Sharing your personal experiences of self-harm and suicide online safely

A guide on sharing your experiences safely and finding supportive online communities.



Tips on posting about suicide online safely

Tips for the general public on how to talk about suicide online in a safe way.



Supporting someone online who might be struggling

A guide on helping someone online who is posting things that worry you.

Need support? Call 116 123 to speak to a Samaritan



WHITWORTH and district u3a

For those who haven't come across u3a's, these are charities linked to a national body, the Third Age but operated by local people who want to offer new and interesting ways to learn, connect and have fun with like minded people, who are in their 'third age' of life. Members have either reduced their working lives to part time or are fully retired but still have the energy and enthusiasm to want to pursue interests and learn new skills. Whitworth u3a has been running now for nearly four years with members from Whitworth, Bacup and Rochdale signing up. Until the pandemic, regular monthly meetings with guest speakers were held at The Riverside; additionally 14 special interest groups were on offer.

The pandemic has effected everyone in different ways. Whitworth u3a was very aware that during the last 12 months, isolation has been a major factor, as many members have either had to shield or are vulnerable. It was important, however, to ensure there were opportunities for learning, fun and staying in touch with friends, made at meetings and special interest groups. Every member therefore receives a bi monthly newsletter, which describes the various activities which are still going on, despite lock down.

Zoom plays a major part in the activities and training on zoom has been given by the Third age trust to use zoom. Monthly meetings, with guest speakers have therefore continued, on zoom, with some fascinating slide shows. One advantage of using

Zoom is being able to invite speakers from further afield eg March will take us on a virtual tour of Shakespeare's London, although the recent talk by Phil, the u3a treasurer on 'the titanic and my family' was equally very popular. And the photographic tour of Laos and Vietnam was incredibly moving.

Interest groups are also keeping folk active: the Photographic and Art groups set themselves challenges and a book club has been launched, with two zoom breakout rooms for the discussion. And for anyone feeling the need to be more active, Qi gong (similar to tai chi) is going great. The walking group has also continued to meet, either to walk in groups of six, or in lock downs, on zoom, to share ideas on local walks. The art group meet regularly, and produce some lovely work, which is shared on our dedicated facebook page. Some may also have seen the latest flower arrangements on facebook, created by the flower arranging group; a real breathe of spring! The garden inspiration group have shared photos from their own gardens, while remaining keen to begin a programme of visits to large gardens such as the RHS Bridgewater, once restrictions are lifted.

A full list of speakers, contact details and interest groups, many continuing throughout the year, can be found on the u3a Facebook page and website (u3asites.org.uk/whitworth). Restrictions may well continue for several months yet but it doesn't stop the fun happening and new members will be very welcome! For more information contact Pat, Patmatson60@gmail.com or if you fancy a free invite to a monthly meeting, contact Helen@illingworth.org.uk.

HASLINGDEN METHODIST -COMMUNITY OUTREACH

ALL THESE ACTIVITIES ARE ON ZOOM

Haslingden Methodist Church continues to offer a range of activities using zoom.

Please contact Gordon via the Church's Facebook page if you need the Zoom **log on** details as they change each month.

Every Monday afternoon - Knit & Natter at 2.15pm.

Except for Easter Monday 5th April.

Every Tuesday afternoon - Prayer & Reflection Time at 1.45pm

9th March led by Susie.

16th March to 25th May led by TBC

Every Thursday morning - Place of Welcome at 10.30am.

Every Thursday afternoon - Time for Music at 1.45pm led by Karen.

Special Events:

18th March **Desert Island Disc** led by Andrew. Star guest Gordon.

15th April **Desert Island Disc** led by Andrew. Star guest Susie.

13th May **Desert Island Disc** led by Andrew. Star Guest Jean.

Every Saturday afternoon - Saturday Chat at 1.15pm.

Additional Events:

Good Friday 2nd April – Good Friday Reflections at 3pm led by Gordon.

Can you help?

We are looking for coordinators to lead the following outreach groups:

Monthly Walking Group

Time for Music (jointly with Karen)

Monthly Gardening Group – initially this will be on Zoom

Please contact Andrew or Gordon if you are willing to lead one of these groups. Quarterly team planning meetings are held when all Outreach Group coordinators meet to plan the next three months together.

ALSO when we return into the church building we will need volunteers to support the group coordinators. Maybe you could help?

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