



# COMMUNITY BULLETIN

APRIL 2021

Welcome to your April 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.

All published Community Bulletins can be found at:

[https://www.rossendale.gov.uk/downloads/download/11317/coronavirus\\_community\\_bulletins](https://www.rossendale.gov.uk/downloads/download/11317/coronavirus_community_bulletins)

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

### Covid 19 vaccine myth busting

There are many myths circulating about Covid 19 vaccines. To find out the truth behind these myths, visit

<https://britishima.org/operation-vaccination/hub/covidmyths/?s=03#MFLU1>

Information is available here in many languages.

### Vaccine for over 50's

Anyone from the first 9 groups – age 50 and over and/or clinically vulnerable - who has not had their first vaccination yet – maybe because of sickness when they were called – can contact [andy.laverty@nhs.net](mailto:andy.laverty@nhs.net) for an appointment for the vaccine.

## COMMUNITY GROUPS INFORMATION



**Mondays 10.30am - 11.15am, The Whitaker, BB4 6RE**

**Wednesdays 1pm-1.45pm, Snig Hole Park, BB4 4LQ**

**Fridays 10.30am - 11.15am, Victoria Park, BB4 4BY**

**Pre-book only: [www.cottonshedtheatre.co.uk/sign-and-rhyme](http://www.cottonshedtheatre.co.uk/sign-and-rhyme)**

Places limited, Only 1 Adult per booking

Age 1+ £4(£2 sibling) , Under 12M £2,Under 4M free

Childminder rates available, please email [cath@cottonshedtheatre.co.uk](mailto:cath@cottonshedtheatre.co.uk)



[facebook.com/Cottonshedsignandrhyme/](https://facebook.com/Cottonshedsignandrhyme/)



Veterans In Communities (VIC) is an ex-services charity based in Haslingden that covers East Lancashire and parts of Greater Manchester. VIC was established in September 2012 and granted charity status early 2013. We support serving, ex-service personnel, their families and members of the emergency services who have experienced difficulties with transitioning back into the community on leaving the services.

## ROSSENDALE

**NOTE COVID CHANGES TO ACTIVITIES**  
**FOR ZOOM DETAILS CONTACT VIC**

**BY APPOINTMENT ONLY**

**Outreach Service**

**MONDAY-FRIDAY**

9am-4.30pm

VIC Centre, Bury Road, Haslingden, BB4 5PL.

Call 01706 833180

**TUESDAY**

**ON ZOOM**

**Art Group**

12.30pm

**WEDNESDAY**

**ON LOCATION**

**Allotment**

Help on the allotment in Holcombe Road,  
Helmshore. Contact 01706 833180

**THURSDAY**

**ON ZOOM**

**Art Group**

12.30pm

**STILL SUSPENDED**

**VIC Choir**

6.30-8.30pm

**EVERY MONTH**

**ON ZOOM**

**Painting in the Style of Bob Ross art classes**

Contact Darren 01706 833180

**ON LOCATION**

**Walking Group**

Restricted numbers see Facebook or website for details.

**BY INVITATION ONLY**

**Rossendale Armed Forces and Veterans' Breakfast Club**

# VIC 01706 833180



Lancashire libraries are working with The Reading Agency to deliver a programme called Reading Friends. This is a nationwide programme developed by The Reading Agency and funded by the National Lottery Community Fund. The programme is delivered in partnership with organisations across England, Northern Ireland, Scotland and Wales.

Reading Friends is an innovative reading befriending programme that tackles loneliness through the power of reading. Reading Friends brings people together to read, share stories, meet new friends and have fun. We use reading – whether books, short stories, magazines, newspapers, comic books, poems, recipes, crosswords or anything else – to start everyone chatting.

Reading Friends sessions can cover a range of different topics or interests – it is completely up to the group to decide. Some themes include hobbies and local interests, specific reading genres, mental health and wellbeing, stress, long term health, new parents, women's health and menopause, men's health etc.

For more information, please contact Amy Niven at [Amy.Niven@lancashire.gov.uk](mailto:Amy.Niven@lancashire.gov.uk) or visit [www.readingfriends.org.uk](http://www.readingfriends.org.uk)



**Come and join us! Entertainment at its best produced by senior citizens for senior citizens**

We are an online senior community Friendship Club covering Lancashire and Cumbria and are run by a happy troop of volunteers.

Just put [friendshipclub.org.uk](http://friendshipclub.org.uk) into your web browser.

You will find lots of exciting fun things to watch, do and hear. Join in with a singalong, listen to some stories, see what local school children have done for us.

**VOLUNTEERS WANTED**, contribute by writing us a story, draw us a picture, tell us your favourite music and we will try to oblige.

Join us online and pass the word along. Stay safe and enjoy.

Contact Tricia Calway on [tcalway@me.com](mailto:tcalway@me.com) 07949 140108

# WHITWORTH MEN IN SHEDS

**Do you know any men that  
might benefit from our activities?**

- Arrange a 1-to-1 phonecall with one of our friendly volunteers
- Join our regular Friday morning Zoom drop-in meeting
- 'Ask us anything' live-chat (or email) channel on our website

**For referral details please contact:**

- Tony Sheppard 07948 450 210  
info@whitworthmenssheds.org.uk

6 Milner Street, Whitworth, OL12 8RQ  
**email:** info@whitworthmenssheds.org.uk  
**web:** whitworthmenssheds.org.uk



@whitworthmensshed



@WhitworthMIS



**Whitworth**  
Town Council

**Rossendale**  
BOROUGH COUNCIL

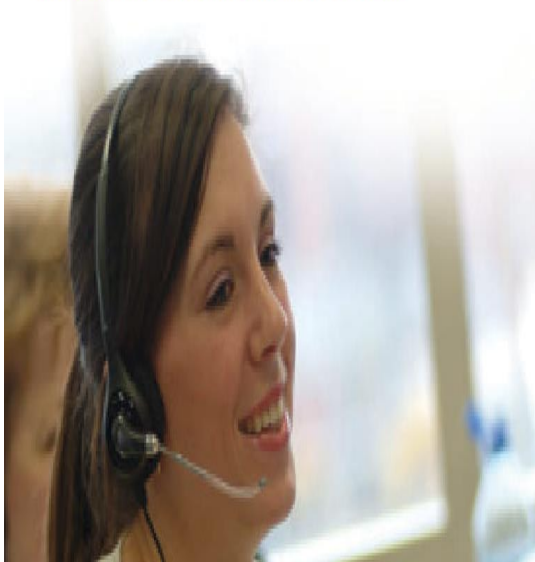


## Help when you need it most

We can all benefit from a bit of extra help at some stage in our lives. This could be due to age, ill-health, disability, mental health problems, financial worries or language barriers.

Registering for Priority Services is free and it means that you will benefit from additional services to support your particular needs.

So if you, or someone you know, would appreciate a little bit of extra help, please call us for a chat on **0345 072 6093** or visit [unitedutilities.com/priorityservices](https://www.unitedutilities.com/priorityservices)



## Priority Services - how we can help

We offer a range of free services to customers on our Priority Services register such as:

- a dedicated team on hand to listen and help;
- you can nominate a carer, family member or friend to speak to us on your behalf;
- text relay service;
- Braille, large print and 'talking' bills and leaflets;
- knock and wait service, so if you tell us you have mobility needs, we'll wait after knocking to allow you enough time to answer the door;
- protection from bogus callers with a password protection scheme to help keep you safe;
- translation services;
- notice of interruptions to your water supply;
- support for dialysis patients;
- help if you're struggling to pay your water bill; and
- bills sent to a relative, carer or friend to help you check them.

These services are available to all our customers, whether you are the named bill payer or not.

To register, call us on **0345 072 6093** or visit [unitedutilities.com/priorityservices](https://www.unitedutilities.com/priorityservices)

# We're here to help

If you're struggling to pay your bill, please let us know.

We won't judge and we won't preach. Instead, you'll receive a friendly ear from the team who are specially trained to handle sensitive issues and are dedicated to helping you get back on track.

Here are some of the ways we can help:

- **Back on track** - if you're finding it difficult to pay your water bill and receiving benefits we can help; we also have additional help for those on a low income who have been financially affected by COVID-19.
- **Help to pay** - if you receive Pension Credit, and all other adults in your household receive Pension Credit or state pension, you can apply to have your bills capped at an affordable amount.
- **Payment matching** - if you've built up a lot of debt, for every £1 you pay we'll match it with £1 too, with our contribution increasing to £2 if you continue to make payments until your debt is cleared.
- **Restart grant** - if you're in real financial difficulty, you may qualify for a one-off payment from our Trust Fund to help clear your debts.
- **WaterSure** - if you have a water meter, receive benefits and use a lot of water due to ill health or having a large family, we can cap your annual bill.
- **Universal Credit** - if you're about to apply for Universal Credit and are worried about your water bill, we can delay your water bill payments for up to 8 weeks until your first UC payment arrives.
- **Payment break** - if you're struggling with your bill due to losing your job or having to pay out for an unexpected household emergency, our Payment Break scheme can help by delaying your payments for an agreed period of time.

Don't forget, a water meter could be one of the easiest ways to reduce your water bill and we fit them for free. Visit [unitedutilities.com/meters](https://unitedutilities.com/meters) for details.



Talk to us now at  
**0800 072 6765**



Water for the North West

## DIGITAL INCLUSION: HELPING REDUCE THE DIGITAL DIVIDE IN LANCASHIRE



**FRIDAY 16 APRIL 10.30am – 12pm**

Lancashire Adult Learning, supported by the Lancashire Digital Skills Partnership, is hosting a virtual Digital event via Zoom which is a call to action for organisations across Lancashire. The event is aimed at those organisations who connect with individuals who are digitally excluded and would benefit from FREE learning and support to build their digital skills.

We will have a number of guest speakers joining throughout the session to talk about how working in partnership with Lancashire Adult Learning to improve peoples' digital skills and use of technology has had a positive impact. There will be interactive demonstrations to give you an insight into the types of FREE digital support that Lancashire Adult Learning already offer. We also want to hear from you about the barriers and gaps that are preventing digital inclusion in Lancashire to enable us to develop our digital curriculum offer.

### **Are you**

- a GP who would like your patients to benefit from using Patient Access/MyGP/NHS App/video consultations?
- a social prescriber who would like to be able signpost your caseload to online learning that supports health and wellbeing?
- a borough councillor who is committed to reducing digital exclusion for your residents?
- a care provider who would like to support your staff to use digital tools and technology for service users' medical appointments and social activities?
- a community group who is passionate about reducing digital inequalities?
- a housing association who wants to support their tenants to benefit from digital services such as reporting a problem or making payments?
- supporting unemployed people for whom lack of digital skills is a barrier to gaining employment?
- an employer who wants to support your employees to develop digital skills?

then our digital event is definitely for you. You can book your place by clicking on this

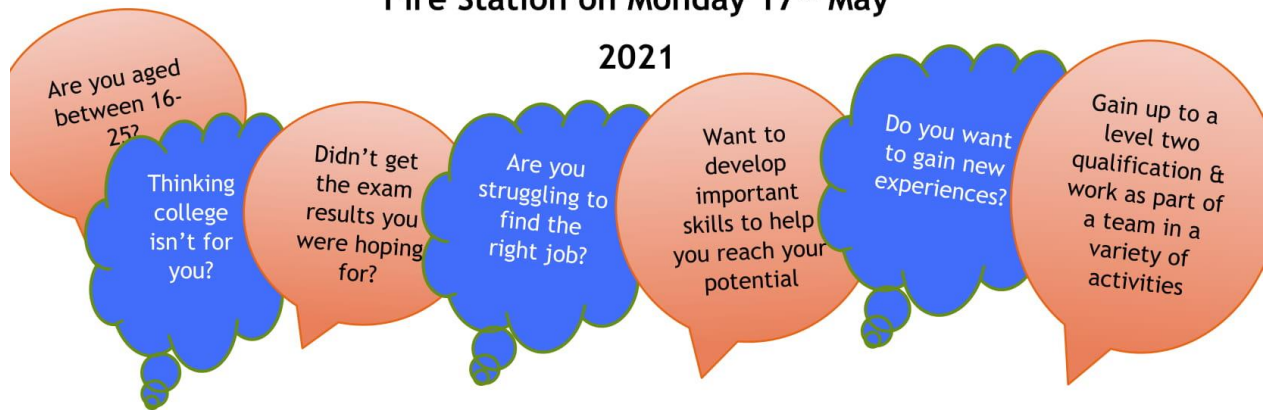
link [https://portal.mis.nelsongroup.ac.uk/Page/U\\_PublicCourseDetails?uio\\_id=12583](https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=12583)



# Prince's Trust

We have a 12-week TEAM programme starting at Burnley Fire Station on Monday 17<sup>th</sup> May

2021



Do you want to build your CV?

Joins us to have to chance to:

- ★ Take part in team building week
- ★ Work with people in YOUR community
- ★ Get a work experience placement which may lead to employment
- ★ Develop your employability skills and CV
- ★ Experience hands on what it's like to be a firefighter
- ★ Gain certificates in First Aid, Health & Safety, Fire safety and much, much more!!

!! Taking part in the TEAM programme will NOT affect your benefits if you are currently receiving them !!

For more information please visit  
<https://www.lancsfirerescue.org.uk/education/adults/>

For questions & queries email Lucy & Jaime at:  
[PTBurnley@lancsfirerescue.org.uk](mailto:PTBurnley@lancsfirerescue.org.uk)

## Rossendale Climate Change Network



In January the Rossendale Climate Change Network was established to bring together interested community groups, individuals, businesses, schools and the council to see how they can work together to address the climate change emergency.

- Work together in partnership to reduce the carbon emissions of the whole of the borough
- Act as champions for change within their own sectors
- Empower young people to be vocal ambassadors for greater environmental awareness
- Develop sector specific projects and programmes to reduce carbon emissions
- Support and provide feedback on the delivery of the Rossendale Borough Council 2020-2030 Climate Change Strategy

If you are interested in joining the network to help tackle the climate change emergency, or are already involved in a local project that will help reduce climate change please feel free to join us at our next zoom meeting:

Time: Apr 28, 2021 04:00 PM London

Join Zoom Meeting

<https://zoom.us/j/92151556246?pwd=eFpYUVI1anF0UStNZjRReEhxbEo2QT09>

Meeting ID: 921 5155 6246

Passcode: 118276

One tap mobile

+443300885830,,92151556246# United Kingdom

+441314601196,,92151556246# United Kingdom



# YOUTH EMPLOYMENT SUPPORT

Are you 18-24 years old and unemployed?



We can help you gain access to:

- Learning opportunities
- Training and Skills Development
- Work Placements and Employment
- Sport and Well-being Activities



[Aclark@activelancashire.org.uk](mailto:Aclark@activelancashire.org.uk)  
07907 106589

# FUNDING

## **CCG Population Health Management Community Investment Fund**

BPRCVS have been appointed by the East Lancashire Clinical Commissioning group to deliver the ELCCG Population Health Management Community Investment Fund.

This fund is open for applications from groups and organisations in Burnley and Pendle (limited funds available in Pendle) providing help and support to children and families affected by the Coronavirus pandemic.

The deadline for spend is now 31st May 2021.

For more information on this fund and how to apply please contact Tracey Noon by emailing [tracey.noon@bprcvs.co.uk](mailto:tracey.noon@bprcvs.co.uk)

## **Eric Wright Charitable Trust Grant**

Applications for the 2021 round of funding have opened. When it's gone, it's gone!

The Eric Wright Charitable Trust Community Small Grants 2021 programme has opened for applications from groups in Burnley, Pendle and Rossendale.

Obviously due to UK Government social distancing guideline you can't bring people together, however the funding will pay for volunteer expenses, printing, etc. - anything that helps people get through these difficult and challenging times.

All the same criteria for this funding programme applies as before the Coronavirus crisis.

The Eric Wright Charitable Trust Community Small Grants programme is aimed at local organisations within the VCFSE sector providing activity to address locality community cohesion, reduce social isolation and make a positive difference to the lives and wellbeing of people of all ages. Organisations must have an annual turnover of less than £30,000.

Projects should strongly support specific local needs in the following key areas to successfully qualify for this fund:-

Increasing opportunities to participate in local community action

Keeping people well and feeling part of their community

Increasing resilience and improving mental wellbeing, enabling individuals and families to cope well, overcome barriers to achieving their potential and increase their skills

Support people who are more vulnerable, such as those with a long term conditions, who are frail and/or have complex needs

Promotes greater partnership working between the community and general practice, and other VCFSE organisations  
Reduce social isolation, with a positive impact on health and wellbeing  
There are three tiers to the funding:

Grassroots grants – up to £250.00: for unconstituted community groups that are working with the CVS to help achieve their community engagement activities / events

Community grants – up to £500.00: for constituted community groups

Longer-term community grants – up to £1000: for constituted community groups who are proposing to deliver a project of 12 weeks or longer. Exceptional projects only will be considered.

More information at:

<https://bprcvcs.co.uk/index.php/funding-and-grants/bprcvcs-administered-funding/3644-eric-wright-charitable-trust-grant-2021>

### **Learning through Landscapes funding**

We are pleased to announce that our Local Schools Nature Grants are open for applications.

The grants provide an assortment of nature equipment up to the value of £500 and a two hour training session. The packages are customisable, enabling early years settings\*, Infant, Primary and Secondary schools to choose from a menu of items which best suit their learners and their setting. All schools in England, Scotland and Wales are welcome to apply.

We are offering 625 grants and a wider mix of products and training to appeal to an even broader range of ages.

\*early years settings must have a dedicated building and employ at least 5 members of staff.

More information and application details at: [https://www.ltl.org.uk/projects/local-school-nature-grants/?utm\\_source=ZohoCampaigns&utm\\_campaign=LSNG+Round+5+Launch\\_2021-03-25&utm\\_medium=email](https://www.ltl.org.uk/projects/local-school-nature-grants/?utm_source=ZohoCampaigns&utm_campaign=LSNG+Round+5+Launch_2021-03-25&utm_medium=email)

# EU CITIZENS LIVING IN THE UK HAVE YOU APPLIED TO THE EU SETTLEMENT SCHEME FOR YOUR FAMILY?



If you are an EU citizen with children and were living in the UK by 31st December 2020, check if you need to apply to the EU Settlement Scheme for your children, even if you have already applied for yourself. This will protect their existing rights to things such as free healthcare and higher education. Don't leave it too late. The deadline is 30th June 2021.

You can do it online today, and support is available at  
**[gov.uk/eusettlementscheme](https://www.gov.uk/eusettlementscheme)**

Irish citizens or those with valid indefinite leave don't need to apply.

## **Need Help with Universal Credit??**

A reminder of the Citizens Advice National Helpline for Universal Credit Help to Claim & online chat service

Our Help to Claim advisers can help you with the early stages of your Universal Credit claim. You can talk to them on the phone, online over chat or face-to-face.

Our advisers can help you:

- work out if you can get Universal Credit
- fill in the Universal Credit application
- prepare for your first Jobcentre appointment
- check your first payment is correct

You can read our online advice on Universal Credit at any time.

Call: 0800 144 8 444

Or visit us online at <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/>

## **CONSUMER ALERTS**

This information has been provided by Lancashire Trading Standards

### **Census Information**

The Office for National Statistics will carry out the Census on 21<sup>st</sup> March. After this date field census officers will be knocking on doors across Rossendale following up on non- responders and helping the public with queries.

All officers will carry official identification cards and a critical worker letter. The card will have a photograph and the officers' name. The officers will work through the day and make contact with residents but will not call before 9am or after 8pm., Census officers will never ask for any money or bank details at any point during the conversation with respondents. For more information go to [www.census.gov.uk](http://www.census.gov.uk)

### **Covid Grant Scam**

Beware, unsolicited text messages are being sent to members of the public purporting to offer a Covid-19 grant due to the current pandemic. The text includes a link to claim the grant and starts with the words GOV.UK and ends with govuk.com, suggesting the text has been sent out by or on behalf of the Government and is therefore an authentic message.

If you get this message DO NOT select the link as it will collect your private and personal details. Immediately delete the text or block the number if you can

# HEALTH AND WELLBEING

## Self Care

Sometimes when we are helping others, it can be easy to forget about our own needs. Self-care is an important part of living a healthy and happy lifestyle. Looking after yourself both mentally and physically is crucial to taking control of your health. We lead increasingly busy lives and it can be easy to forget to put yourself first, especially if you have multiple responsibilities and other people to care for. However, looking after yourself will make you feel better, and the better you feel, the better you will be in all areas of your life – from work to relationships.

Self-care doesn't have to involve a huge time commitment and it doesn't have to cost the earth. It could be taking a bath, relaxing with a good book, taking a walk outside or eating your favourite food. It is about making a commitment to putting yourself first, even just for a while.





# SMOKEFREE LANCASHIRE

If you are ready to

quit smoking, we are ready to help!



Download your **FREE** App

## My Quit Route

Download the 'My Quit Route' app

from App Store or Google Play



For specialist advice: call Free on 0800 328 6297

Available to all Lancashire County Council residents



[www.quitsquad.nhs.uk](http://www.quitsquad.nhs.uk)



### World Health Day

To mark World Health Day, Lancashire Adult Learning is hosting a health & wellbeing event to help you take control of your mind, body and soul.

Wednesday 14th April 6:30pm - 8:00pm

Join us for this online event where you will sample mini-sessions and learn techniques on home exercise, healthy eating ideas, mindfulness and finding positives in challenging times.

To book your place click here:

[https://portal.mis.nelsongroup.ac.uk/Page/U\\_PublicCourseDetails?uio\\_id=12541](https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=12541)

# SOME SIMPLE TIPS FOR IMPROVING YOUR SLEEP



## TIP 01

Keep regular sleep hours

## TIP 02

Attempt not to check your phone for an hour before bed

## TIP 03

Consider turning your clock away so you can't see it

**WHEN THINGS AREN'T SO GOOD OUT THERE...  
MAKE INSIDE FEEL BETTER.**

Visit **Every Mind Matters** for more tips and advice



# Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

12 Set yourself an exercise goal or sign up to an activity challenge

19 Have a 'no screens' night and take time to recharge yourself

26 Try a new online exercise, activity or dance class

TUESDAY



6 Turn a regular activity into a playful game today

13 Move as much as possible, even if you're stuck inside

20 Spend less time sitting today. Get up and move more often

27 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



7 Do a body-scan meditation and really notice how your body feels

14 Make sleep a priority and go to bed in good time

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

28 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY

1 Commit to being more active this month, starting today

8 Get natural light early in the day. Dim the lights in the evening

15 Relax your body & mind with yoga, tai chi or meditation

22 Regularly pause to stretch and breathe during the day

29 Meet a friend outside for a walk and a chat

FRIDAY



2 Listen to your body and be grateful for what it can do

9 Give your body a boost by laughing or making someone laugh

16 Get active by singing today (even if you think you can't sing!)

23 Enjoy moving to your favourite music. Really go for it

30 Become an activist for a cause you really believe in

SATURDAY

3 Spend as much time as possible outdoors today

10 Turn your housework or chores into a fun form of exercise

17 Go exploring around your local area and notice new things

24 Go out and do an errand for a loved one or neighbour

SUNDAY

4 Have a day free from TV or screens and get moving instead

11 Be active outside. Dig up weeds or plant some seeds

18 Make time to run, swim, dance, cycle or stretch today

25 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together

**I** had six jobs, but all I was doing was paying off the interest on my debts. When I called CAP, the burden just lifted - I knew I was going to get the support I needed.  
 Maxine, Birmingham



**F**rom the moment CAP got involved, everything changed. We were given a budget which meant I could suddenly do all the things that a parent is meant to do for their child.  
 Sarah, Bracknell



**T**hey are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward.  
 Justin Welby, Archbishop of Canterbury & CAP's patron



**I** couldn't have done it without you. I'm managing to do things I couldn't before. I've got a little money set aside for emergencies, and we always have food in the house now.  
 Media Chingarande, Leeds



CALL FREE ON **0800 328 0006**

# Weighed down by debt?

**C**AP are unsurpassed when it comes to the debt help they give people across the country.  
 Martin Lewis, Money Saving Expert



Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help you lift the burden of debt.

**So give us a call today and start your journey towards debt freedom.**



facebook.com/CAPuk @CAPuk Product Code: 100914v3

[capdebthelp.org](http://capdebthelp.org)

info@capuk.org 01236 760720  
 Charity Registered No: 1047217 (England & Wales), SC038776 (Scotland).  
 CAP is authorised and regulated by the Financial Conduct Authority.

CALL FREE ON **0800 328 0006**

# Weighed down by debt?

Free debt counselling in your community from an award winning charity



[capdebthelp.org](http://capdebthelp.org)



[capdebthelp.org](http://capdebthelp.org)

Lifting people out of debt and poverty

## TRAINING



### Our Connect Newsletter is OUT NOW!

We have just launched our brand-new adult and community newsletter which celebrates the world of adult learning and explores **our new FREE online courses starting this Spring**.

Our newsletter offers practical tips for finding work or advice on young children starting primary school this September; there is also information on how you can scribble your way to wellbeing plus much more.

Our new FREE online courses are designed to help people upskill, retrain or find employment. We also have courses to improve Health and Wellbeing and support families with children at this time.

Click here to explore our FREE online courses and download a copy of our adult and community newsletter: [https://www.lal.ac.uk/wp-content/uploads/2021/02/Course-Guide-Summer-2021.pdf?utm\\_source=campaignmonitor\\_010321&utm\\_medium=Adult\\_Campaign&utm\\_campaign=connect\\_spring\\_summer\\_2021](https://www.lal.ac.uk/wp-content/uploads/2021/02/Course-Guide-Summer-2021.pdf?utm_source=campaignmonitor_010321&utm_medium=Adult_Campaign&utm_campaign=connect_spring_summer_2021)





Lancashire  
Adult Learning

# Community and Volunteering Courses

## Do you work in your local community?

Whether you are currently employed, volunteer your time, or looking to find work in this industry - we have FREE courses to help you upskill, retrain or further develop yourself.

[Click here to book!](#)

**Get into Volunteering**  
13th April | 10am - 11.30am

[Click here to book!](#)

**Introduction to Developing a Community Project**  
15th April | 10am - 11.30am

[Click here to book!](#)

**Introduction to Equality & Diversity**  
19th April | 1pm - 3pm

[Click here to book!](#)

**Bitesize: Mentoring Level 1**  
13th April | 9.30am - 12pm | 4 week course

[Click here to book!](#)

**Dementia Awareness**  
17th May | 9.30am - 12pm

[Click here to book!](#)

**Introduction to Conflict for Volunteers**  
10th May | 9.30am - 11.30am

[Click here to book!](#)

**Introduction to Safeguarding**  
10th May | 1pm - 3pm

[Click here to book!](#)

**Training for befrienders**  
12th May | 10am - 12pm | 3 week course

☎ 0333 003 1717 🌐 [www.lal.ac.uk](http://www.lal.ac.uk)

