



COMMUNITY BULLETIN

MAY 2021

Welcome to your May 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

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 SUPPORT

AS LOCKDOWN EASES

People across Lancashire and South Cumbria encouraged to talk to save lives as lockdown eases.

Everyone across Lancashire and South Cumbria is being encouraged to talk to friends and family members, helplines and debt support services as lockdown restrictions ease. As the third national Coronavirus lockdown comes to an end, and people take stock of their lives, the local health and care partnership has launched the next phase of its Let's Keep Talking campaign.

People furloughed, unemployed or coping with a drop in self-employed work are being asked to start a conversation with loved ones, or reach out to telephone counselling services to address any concerns, take practical steps, and get help with their mental health.

It is more important than ever for people to reach out to local and national services for help as they battle the effects of the pandemic – particularly health and care workers and those who have taken an active role in supporting communities through

the effects and challenges of the pandemic over the past 12 months. ICS Suicide Prevention Programme lead, Louise Thomas said: "I cannot overstate how important it is for people to keep talking to one another as lockdown restrictions ease. This can be a very difficult time for a lot of people, who have already had a challenging 12 months.

The ICS website - healthierlsc.co.uk/MentalHealthSupport - contains resources, information, support organisations and other websites to help support your mental health, or if you're worried about the mental health of someone else.



The advertisement features a collage of four images: top-left shows a basket of fruit with NHS Volunteer Responders and Royal Voluntary Service logos; top-right shows a blue NHS Prescription bag; bottom-left shows a man sitting in a chair; bottom-right shows a woman in a green sari talking on a mobile phone. Below the images is a blue banner with white text, followed by a white box with blue text providing contact information.

Do you need some help while self-isolating?

If you need a hand with collecting shopping or prescriptions, or just want someone to talk to, our NHS Volunteer Responders are here to help.

Call **0808 196 3646** or visit nhsvolunteerresponders.org.uk



LANCASHIRE
VOLUNTEER
PARTNERSHIP

INTERESTED IN BECOMING A COVID CENTRE MARSHAL?



RUN COVID-19 VACCINATION PROGRAMME

VOLUNTEER TODAY. YOU'LL FEEL CHAMPION IN THIS ROLE.

Lancashire Volunteer Partnership (LVP) is working in partnership with the NHS to support the NHS run Covid-19 mass and local vaccination programme across Lancashire and South Cumbria.

This is where you can get involved in being part of global history!

We are currently recruiting volunteers as local NHS marshals who will volunteer between 4-6-hour time slots at various venues across Lancashire and South Cumbria, 7-days a week.

Choose time slots around your work and home life.

BENEFITS OF VOLUNTEERING:

- ✔ Enables learning new skills
- ✔ Creates career opportunities
- ✔ Enhances your CV
- ✔ Opportunity to fill in employment gaps
- ✔ Allows work with people who are public facing
- ✔ Opportunity to be a part of a historic programme
- ✔ Keeps you mentally and physically active

If you or anyone else is interested in this opportunity please visit our website:

lancsvp.org.uk/opportunities

For more information contact us at:

lvp@lancashire.gov.uk or call us on **01772 416 417**

HEALTH AND WELLBEING

Making Mental Health Positive

Making Mental Health Positive was founded in 2009 is a growing community social media group developed from a group of individuals who are experts from experiences of their own, unique, emotional health journey.

This initial MMHP Facebook page was formed after Dawn Allen was caring for her mum with long-term serious mental illness and became ill from carers stress, experienced post-natal depression and later diagnosed with Complex Post Traumatic Stress Disorder.

Our admins have all experienced a range of symptoms such as suicidal thoughts and severe depression. We are still here after all we have endured to help and inspire others to manage their condition. We are reducing the associated stigma through a peer led approach and promoting the value of lived experiences. MMHP are not a counselling or other psychological therapy service.

What our health platforms do:

Deliver sustainable peer to peer support using social media platforms and in person groups led by those with lived experience and their carers

Engage people through social media platforms to encourage individuals to speak about mental health challenges and therefore reduces stigma

Create an open discourse of mental health and the issues this causes for members

Helping people understand how virtual connections do not replace in-person connections in the real world

<https://www.facebook.com/MakingMentalHealthPositive>

Twitter @MMHPuk

Instagram <https://www.instagram.com/makingmentalhealthpositive>



Dawn fundraising at Haslingden co-op

COMMUNITY INFORMATION



© *The Rossendale 60's Festival 2021*

Rossendale 60's Festival in association with Rossendale Radio.

10th - 12th September 2021.

The Festival Organisers are delighted to announce that this year's Festival will be going ahead. In association with your Community Radio Station Rossendale Radio it is hoped that a number of events will be featured either via Live Broadcasts or recorded to play out later.

We really want Businesses, Voluntary Organisations, Clubs, Pubs, Churches and anyone else to start thinking of 60's themed events they can create to put on over the Festival weekend, either one day or all three, which will help you get the 'crowds' (socially distanced if required) back in, Post Covid?

NOW is the time to get thinking caps on and let your creative juices flow in thinking of what you can make 'Fab & Groovy' for this smashing weekend.

We will also be holding our famous 'Window Dressing Competition' where the windows with the best 60's theme will win prizes.

Once you have the idea, let us know at: petesweetmore@hotmail.co.uk and we will ensure it's promoted across the Region and on your Community Radio Station – 104.7 Rossendale Radio.

Our last Festival in 2019 had over 42, 60's themed events across the weekend, with over 3,000 participants, making it one of Rossendales prestigious entertainment events in the year.

As a voluntary organisation, we are always looking for Festival Sponsors. If you can help and would like your Companies information on all the promotional materials and I.T. media, please get in touch.

If you wish any further information, or want to have a chat about what you could do, please contact Pete Sweetmore (Festival Group Chairman) on: 07963 322966

TESCO



Our store has a **Community Champion**



Hi Everyone, my name is Angela Thorpe and I'm your new local Community Champion.

It's my role to find ways for our store to support our local Communities.

I'd love to hear about any events and projects you're involved in and how you think we can help. You can contact me either in store, through our Customer Service Desk or by direct email to

5124@uk.tesco.com

Tesco Haslingden
Syke Street
Haslingden
Rossendale
BB4 6LY

Every little helps

**Are you having financial problems?
Do you need advice about money
worries? We may be able to help.**

**Contact our local helpline, we can
give free, impartial and
confidential advice about;**

- Money problems and debt
- Budgeting advice, saving money on fuel bills and other household expenditure
- Access to financial support and assistance
- Advice on benefit entitlement and accessing urgent help, such as fuel top ups, crisis grants and food.
- Call our energy advisors on **01254 304129** or email



energyproject@carh.org.uk

www.carh.org.uk



Rossendale
BOROUGH COUNCIL



Is it a scam?

Use this checklist to see if something is a scam.

If in doubt, stop and contact the Citizens Advice Scams Action service

citizensadvice.org.uk/scamsaction



- You don't recognise the individual or organisation**
If you do recognise them, have they contacted you in the normal way?
- You can't confirm their identity**
If they say they're calling from a trusted source such as a bank, contact your bank directly to confirm their identity
- You've been asked to hand over money or personal information**
Don't give out pins, passwords or seemingly random information. Never send money to someone you don't know
- It seems too good to be true**
'Get rich quick' often means 'lose money fast'
- You've been asked to pay in an unusual way**
Such as crypto currency or online vouchers

It might be a scam - contact Scams Action

Bacup

Back again for 2021!

Sculptures on show from
July 12th to September

FLOWER POT

E

Design – Build – Decorate – Display

S

T

I

V

A

L



**Collect a FREE kit from
Bacup Pride
Market Cabin
Saturdays in May
10am to 1pm**



BACUP PRIDE

For ideas, help and advice - just ask!

Find us on
Facebook
Bacup Flowerpot Festival

Sponsored by: **NHS**
East Lancashire
Clinical Commissioning Group

email bacuppride@gmail.com or call Pat on 07751 380 392

ESCAPE FROM LOCKDOWN

Whitewell Bottom Community Centre CIO has been lucky enough to be awarded a grant from the Community Foundation for Lancashire to provide activities for Escape from Lockdown. We can provide FREE taster sessions for everyone. Please apply beforehand so that we know how many people are coming. All events are outside at the Community Centre on Burnley Road East BB4 9LB.

•FREE TASTER LESSONS•

June 8th 6:15pm Rossendale Drum Majorettes

May 9th 2pm TAI CHI with Lighthouse Taichi No previous experience necessary. Under 15's must be accompanied by a responsible adult.

Must book first on facebook or 0787 6377321.Ninja coffee

11th May 11.30am Seated exercise with Diana Askew. For those less nimble, great fun and exercises all parts of the body

14th May 6pm Guided walk with abigailstrails.com. Book on facebook or 07733 225251.Ninja coffee at Lumb Millenium Green

16th May 12 to 4pm. Scavenger hunt organised by Peersclough Farm. Must book through facebook or 01706 210552/07527 241627.

18th May 7pm .Table tennis. Book through the centre's facebook page or ring 07890 394278

26 May Water Band practice outside at the centre. Come and see if you like it. Contact 07816 765474

27th May 6.30 Family fun dance fit with Dansworks Dance Academy. Book through facebook or 07843 263714

•BOOK NOW•

COMMUNITY
FOUNDATION
For Lancashire

BRINGING STRONGER COMMUNITIES TOGETHER



May Wellbeing Courses

FREE ONLINE COURSES

Improve your wellbeing with one of our Lancashire Adult Learning Health and Wellbeing courses. Our **FREE** online offer is available support you during this time. We also offer **FREE** tailored packages for businesses, community groups and volunteers in Lancashire. Get in touch to find out more: danielle.fhorpe@nelsongroup.ac.uk

Click on the course name to find out more and enroll!

COURSE NAME	VENUE	DATE	DAY	TIME
Finding Positives in Challenging Times		4th May	TUE	1pm - 3pm
Quick and Healthy Cookery		4th May	TUE	1pm - 3pm
Hug in a Box: Me Time		5th May	WED	10am - 12pm
5 Ways to Improve Your Mental Wellbeing		10th May	MON	10am - 12pm
Hug in a Box: Crafts for Friends and Family		10th May	MON	1pm - 3pm
Simple Relaxation Techniques		17th May	MON	10am - 12pm
Yoga for Stress and Anxiety		17th May	MON	10am - 12pm
5 Ways to Improve Your Mental Wellbeing		18th May	TUE	4pm - 6pm
Mindfulness Techniques for Everyday Living		18th May	TUE	6pm - 8pm
Introduction to Home Exercise		18th May	TUE	10am - 12pm
Creative Ways to Improve Your Wellbeing		18th May	TUE	10am - 12pm
Singing and Music for Wellbeing - Beginners		18th May	TUE	4pm - 6pm
Chair Based Yoga		18th May	TUE	1pm - 3pm
Quick and Healthy Cookery		18th May	TUE	1pm - 3pm
Experience Microwave Cookery		19th May	WED	10am - 12pm
Creative Ways to Improve Your Wellbeing		19th May	WED	10am - 12pm
Finding Positives in Challenging Times		20th May	THU	10am - 12pm
Screening for Prevention & Good Health		20th May	THU	10am - 12pm
Creative Recycling & Eco Crafts		20th May	THU	1pm - 3pm

Courses are open to anyone aged 19 and over living in Lancashire (except Blackburn with Darwen and Blackpool due to funding rules). Places are limited

For more information: [0333 003 1717](tel:03330031717) www.lal.ac.uk



Upcoming Workshops



Safeguarding

Children

08/04/2021 - 6pm-8:30pm - Online

05/05/2021 - 6pm-8:30pm - Online

10/06/2021 - 6pm-8:30pm - Online

15/07/2021 - 6pm-9pm - Active Lancs

Adults

19/04/2021 - 6pm-9pm - Online

Time to Listen

07/04/2021 - 6pm-9pm - Online

12/06/2021 - 10am-1pm - Active Lancs

10/07/2021 - 6pm-9pm - Active Lancs

First Aid for Mental Health

Level 1 - 15/04/2021 - 6pm-8pm - Online

Level 1 - 29/05/2021 - 10am-12pm - Online

Level 3 - 29&30 /07/2021 - 9:30am-4:30pm - Active Lancs

Basic First Aid

10/04/2021 - 10am-1pm - Active Lancs

26/06/2021 - 10am-1pm - Active Lancs

Other Workshops

15/05/2021 & 26/06/2021 - Level 2 Multi Skills (2 day course)
9:30am-4:30pm - Bangor Street Community Centre

03/06/2021 - Managing Challenging Behaviour - 6pm-9pm - Online

Discover Asset-Based Community Development (ABCD)
8 x 90 minute online sessions (dates available online)

All information and prices for all our workshops can be found on our website activelancashire.org.uk/events



Lancashire
Adult Learning

Summer Sow and Grow

Saturday 8th May, 10am - 11.30am

Sign up for Lancashire Adult Learning's FREE, online, Summer Sow & Grow event where you will be provided with the resources and skills to grow your own flowers to brighten up your outside space for this year and many more to come. We are excited to include in your pack, seeds for you to produce your own salad pot.

Flowers and Food all in one session. Free resource packs provided.

Enrol NOW www.lal.ac.uk



www.lal.ac.uk



0333 003 1717