



COMMUNITY BULLETIN

SEPTEMBER 2021

Welcome to your September 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 ADVICE

From 16th August, people fully vaccinated or under 18 will not need to self-isolate after close contact with someone who has COVID-19. You'll still need to take a PCR test and self-isolate if it's positive, or if you have symptoms.

To get a free PCR test, go on line to <https://www.gov.uk/get-coronavirus-test?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

If you have problems or cannot use the online service, call 119. Lines are open 7am to 11pm. The 119 number is new number and is reserved for COVID-19 queries and test booking at present. This means that all other health concerns should travel via 111 or 999, depending entirely on the level of urgency.

COMMUNITY INFORMATION

Cliff...As If.



Will Chandler is considered by many to be the *number 1* Sir Cliff Richard performing lookalike.



Had everyone on their feet...

Touches of brilliant comedy...

This is a show not to be missed...

Saturday 11th September 7.30pm

Venue: Haslingden Baptist Church

£8 per ticket from

wytha@talk21.com 07737708795

34, Knowl Meadow, Rossendale, BB44LW



YOU ARE INVITED TO.....

The Big Crochet re-opening at The Whitaker on Saturday, 11th September celebrating the Festival of The Granny Square.

The Big Crochet is a social craft gathering 10-12 to bring together enthusiastic crafters who cannot meet Monday-Friday. All abilities (or none!) welcome. Simply meet in The Whitaker cafe, where gorgeous coffee, cakes and morning goods are available, join in, bring your friends and make some new ones!

Going forward The Big Crochet will be held on the 3rd Saturday of each month, we have some exciting projects to share with you all in our lovely new venue.





KNIFE ANGEL
LANCASHIRE

NATIONAL MONUMENT AGAINST VIOLENCE AND AGGRESSION

THE KNIFE ANGEL

We hope that you can be part of the Knife Angel's visit to Lancashire.
It will be located outside Blackburn Cathedral 4th-29th November 2021.

What is the Knife Angel?

The Knife Angel is the National Monument Against Violence and Aggression, a 27-foot tall sculpture made by the British Ironwork Centre from over 100 000 knives which have been seized by the police and taken out of circulation.

It was created specifically as a focus for education and events highlighting both the negative effects of violent behaviour and our critical need for social change. The Knife Angel has already toured a number of UK towns and cities, making significant impact at grass roots level, but it has not previously been to Lancashire. It is much more than just a sculpture, and so while the Knife Angel is with us, there will also be amnesty boxes where knives can be safely deposited, a peace vigil and civic reception, in addition to the core educational programme.



The Knife Angel in Birmingham

Who is involved?

Bringing the Knife Angel to Lancashire is a partnership between the Police and Crime Commissioner's Office, the Lancashire Violence Reduction Network, Blackburn Cathedral and Blackburn with Darwen Council. Representatives from other educational and community groups have been involved in the planning, so that the educational programme can best meet the needs of all our local communities and reach as many people across Lancashire as possible.

How can my group take part?

There are various possibilities:

- You can visit the Knife Angel in Blackburn at any time, 2nd-30th November.
- Your group can book a room at the Cathedral free of charge for a self-guided session and use downloadable resources.
- Your group can book a session led by a member of our education team. There will be a small charge to cover costs.
- You can participate in one of the public events which will be taking place in November.

To book either a free room or a led session, please email: Knife-Angel@blackburncathedral.co.uk

You can read more about the Knife Angel here:

<https://www.britishironworkcentre.co.uk/show-areas/the-knife-angel-official>

Lancashire Age UK Information and Advice Service



Age UK Lancashire has a newly relaunched Information and Advice Service, which will cover all of East Lancashire.

We provide an information and advice service for older people aged 65+ and their carers.

The service is free of charge, confidential, independent and impartial.

We can help clients with a range of issues which may be about claiming benefits, housing, health and care issues or local services.

The service includes

- phone advice
- form filling
- advice surgeries which will be by appointment

Clients can self-refer, or a family member/carer/healthcare professional can refer, via our **0300 303 1234** helpline or by emailing advice@ageuklancs.org.uk

More information at: <https://www.ageuk.org.uk/lancashire/our-services/information-and-advice/>

Citizens Advice



Citizens Advice Rosendale and Hyndburn can provide help with a wide range of issues, including debt, benefits, housing issues, immigration, consumer and legal issues.

They can be contacted through the website <https://www.citizensadvice.org.uk/> or by phone at:

♥ Adviceline - 0808 2787 975.

♥ Energy advice - 01254 304 129.

♥ Universal Credit Help to Claim - 0800 1448 444.

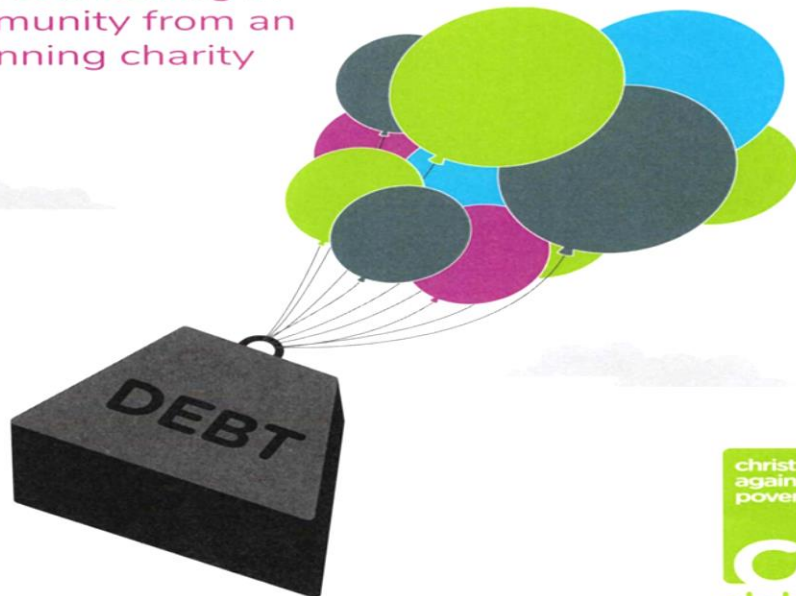
♥ Debt helpline - 0800 240 4420.

♥ Consumer helpline - 0808 223 1133.

CALL FREE ON **0800 328 0006**

Weighed down by **debt?**

Free debt counselling in
your community from an
award winning charity



Charity Registered No. 1097217 (England & Wales), SC038776 (Scotland)
CAP is authorised and regulated by the Financial Conduct Authority.



capdebthelp.org

Product code 100892v5



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



From 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



They 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 0800 328 0006

Weighed down by debt?

CAP 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.



CAPuk

Product Code: 100914v9

info@capuk.org 01274 760720

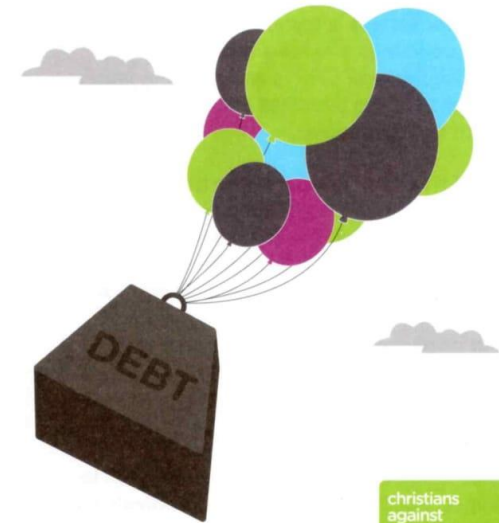
always hope.

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CALL 0800 328 0006

Weighed down by debt?

Free debt counselling in your community from an award winning charity



capuk.org

CALL 0800 328 0006

If you are feeling weighed down by debt, then we can help. You may think your situation is impossible, but there is hope. Our friendly team will give you a listening ear in confidential appointments and provide a practical solution to your debts.

Since we started helping people out of debt in 1996, we've helped thousands in situations like yours through our professional service offered by over 300 CAP Debt Centres. **So why don't you ring us today and begin your journey to becoming debt free?**



Does it cost anything?

No. Our service is completely free.

We are able to provide a totally free service because CAP is a charity and receives donations from churches and individuals who want to help people.

Will my creditors cooperate with you?

Yes. We have worked with over 1,000 companies within the finance industry and we are well respected. This means that councils, utilities and mortgage companies work with us because they have seen the results of our involvement. They know we offer fair repayments based on what you can afford.

Is CAP just for Christians?

No. CAP will help anyone regardless of their religious beliefs. We are committed to our service being available to all individuals regardless of age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation - and will take appropriate measures to monitor this.

Making the first call can be hard but the sooner you ring, the sooner you will have peace of mind.



Local appointments

After you call CAP, a Debt Coach from a local CAP Debt Centre will carry out your first appointment.



An effective budget

Our trained debt counsellors will work out a realistic budget that prioritises your essential bills. We will negotiate affordable payments with each creditor and attempt to stop unfair interest and charges where possible. Your local Debt Coach will then explain the budget and the payments you will need to make.



CAP Plan

In most cases, a CAP Plan is set up for you. You will need to make one monthly payment into your CAP Plan to cover your debts and also bills if appropriate. CAP will then distribute this on your behalf. You can also build up savings through your CAP Plan.



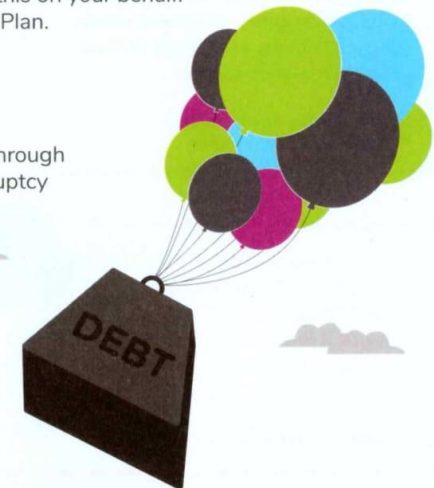
Severe debt

If you are in severe debt, then we can walk you through insolvency options, such as petitioning for bankruptcy and helping you to fill out the forms.



Debt free

You can use your CAP Plan to pay your bills and debt repayments until you are debt free.



Whitewell Bottom Community Centre What's on Guide

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Pre-School</u> 09:00-15:00 (for children aged 2-4)</p> <p><u>Breakfast Club</u> 10am FREE</p> <p><u>Enso Martial arts</u> <u>Childrens Ju Jitsu</u> 18:00-19:00 1st Class FREE All welcome! Followed by <u>Family Kickboxing</u> 7.15pm – 8:15pm</p> <p><u>Doggy Training</u> with Carolyn Brown 6:30pm 07733200429</p>	<p><u>Pre-School</u> 09:00-15:00</p> <p><u>Keep Fit</u> 10:00-11:00 (for the over 50's)</p> <p><u>Table Tennis</u> <u>Family Fun</u> Time FREE 6:30pm Outside</p> <p><u>RDM</u> will be returning from 10th August</p>	<p><u>Pre-school</u> 09:00-15:00</p> <p><u>Seated Exercise</u> 11:00-12:00 (this class is aimed at people with more limited ability, our tutor is very good and welcoming) £3</p> <p><u>Titanium All Stars</u> 6pm – 7:30pm Cheerleading</p>	<p><u>Pre-School</u> 09:00-15:00</p> <p><u>ZUMBA</u> 6:30pm to 7:30pm £4.50</p> <p><u>Lighthouse Tai</u> <u>Chi</u> 1pm – 2pm £4.50</p>	<p><u>Pre-School</u> 09:00-15:00</p>	<p><u>It's Slime for Fun</u> 09:30-12:30 (for more information contact Klair on Facebook)</p> <p><u>Downs Syndrome Support</u> <u>Group</u> Every first Saturday of the month</p>	<p>Rooms are available for hire Monday to Sunday at very competitive prices. We can house the biggest bouncy castle in our Hall for your parties.</p>

ALERT - VACCINE PASSPORT SCAMS

Action Fraud has received over 700 reports from members of the public about fake emails purporting to be from the NHS

The emails claim to be able to provide people with a “digital passport” that “proves you have been vaccinated against COVID-19”. These emails are fake, and the links within them lead to genuine-looking websites that steal your personal and financial information.

How to protect yourself:

In the UK, coronavirus vaccines will only be available via the National Health Services of England, Northern Ireland, Wales and Scotland. You can be contacted by the NHS, your employer, a GP surgery or pharmacy local to you, to receive your vaccine. Remember, the vaccine is free of charge. At no point will you be asked to pay.

- The NHS will never ask you for your bank account or card details.
- The NHS will never ask you for your PIN or banking passwords.
- The NHS will never arrive unannounced at your home to administer the vaccine.
- The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.
- Your vaccination status can be obtained for free through the official NHS app, NHS website, or by calling the NHS on 119.

How to report scams:

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, you can report it by forwarding the email to: report@phishing.gov.uk. Suspicious text messages can also be reported by forwarding them to the number: 7726 (it's free of charge).

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.

Help with train travel to interviews



Job Seeker scheme

- 50% Discount on anytime day tickets, off peak day tickets and season tickets for up to 3 months with a Jobcentre Plus Travel Discount card
- Don't have a Jobcentre Plus Travel Discount card and claiming Jobseeker allowance? Apply for one now at your nearest Jobcentre Plus (criteria applies)

An illustration of a man in a blue jacket and red trousers, holding a black folder and talking on a mobile phone. He is standing on a green background with large, faint white arrows pointing right.

As well as providing discounted train tickets for job seekers, Northern trains also have some useful advice on navigating the jobs market. Find out more at:

<https://www.northernrailway.co.uk/returntowork/jobseekers>

Health and Wellbeing



Mental health support resources in Lancashire and South Cumbria

Here is a list of mental health support resources available across Lancashire and South Cumbria. To find out more, follow the links below or make a call.

More support is available at: healthierlsc.co.uk/MentalHealthSupport

Dial 999 if you have seriously harmed yourself

	Online self-help materials, resources and guidance.	healthyyoungmindslsc.co.uk/information/coronavirus Available: 24 hours a day, daily.
	An online counselling service for over 16s.	bigwhitewall.com Available: 24 hours a day, daily.
	A safe place for anyone struggling to cope.	selfhelp.samaritans.org 116 123 Available: 24 hours a day, daily.
	Support for men struggling or in crisis.	calmzone.net 0800 58 58 58 Available: 5pm-12am, daily.
	Wellbeing and mental health helpline and text service supporting people's mental health. LanguageLine available.	lscft.nhs.uk/Mental-Health-Helpline 0800 915 4640 Text HELLO to 07860 022846. Available: Weekdays 7pm-11pm Weekends 12pm-Midnight
	Mental Health Crisis Line - urgent help with mental health distress	lscft.nhs.uk/Crisis 0800 953 0110 Available: 24 hour a day, daily.
	Psychological therapy via telephone / video or online.	lscft.nhs.uk/Mindsmatter
	Support for young people dealing with suicide, depression or distress. LanguageLine available.	papyrus-uk.org 0800 088 41 41 Text: 07786 200607. Available: weekdays 10am-10pm; weekends 2-10pm.
	Supporting adults recovering from addiction / mental health diagnosis.	redroserecovery.org.uk Available: online only 24/7.
	Supporting recovery and continued sobriety of alcoholics.	alcoholics-anonymous.org.uk E: eastlancsaa@gmail.com
	Helping you understand and look after your mental health and wellbeing.	lancashiremind.org.uk mindinfumess.org ulverstonmind.org.uk online only.



Healthier
**Lancashire &
South Cumbria**

Mental health support resources in Lancashire and South Cumbria

	Confidential helpline providing information, friendship and advice to older people.	thesilverline.org.uk 0800 4708090 Available: 24 hours a day, daily.
	Practical advice - how to deal with stress and anxiety.	nhs.uk/oneyou/every-mind-matters/ online only 24/7.
	Helpline for any challenges under 25s' might be facing.	themix.org.uk 0808 808 4994 Available: 4-11pm, daily. Or text: THEMIX to 85258 (24/7).
	Helping those suffering with anxiety disorders.	anxietyuk.org.uk 08444 775 775 Availability: weekdays 9:30am – 5.30pm. Or text 07537 416 905.
	Advice for parents / carers concerned about the mental health of a child or young person.	youngminds.org.uk 0808 8025544 Available: weekdays 12-10pm. 24/7 Crisis Messenger: text YM to 85258. LanguageLine available.
	Helping older people who are at home and need extra support with their wellbeing.	ageuk.org.uk 0800 678 1602 Available: 8am-7pm, daily. Language support on Thursday.
	Safe and anonymous online counselling and support for young people.	kooth.com Available: weekdays 12pm-10pm; weekends 6-10pm.
	Talk Me Happy - counselling, bereavement and befriending for BME people in Lancashire.	lancashirebmenetwork.org.uk/counselling 01254 392974 Available: weekdays 10am-5pm.
	Confidential counselling service for children.	childline.org.uk
	Helping people with panic attacks and anxiety disorders.	nopenic.org.uk 0330 606 1174 Available: weekdays 3-6pm.
	Support for anyone anxious or worried in Cumbria.	safa-selfharm.com 01229 832269 Available: weekdays 9am-5pm.
	Support for children & young people who are grieving.	childbereavementuk.org 0800 0288840 Available: weekdays 9am – 5pm.
	Emotional support for children and young people in Cumbria	tinyurl.com/bamardosmytime 01539 742626 E: MyTimeCumbria@bamardos.org.uk Available: weekdays 9am – 5pm.

Help for Mental Health



NHS Approved Mental Health
Services in East Lancashire



bacp
Registered Member
MBACP (Accred)



Men & Women - Aged 16+ - Resident in East Lancs.

Help with

- Impacts of Covid
- Stress, Anxiety,
Depression or low moods
- Ongoing Health
Conditions
- Bereavement
- Relationship issues

Support Available

- Low intensity CBT
- High Intensity CBT
- Counselling
- Couples Counselling
- Groups
- 1 to 1 sessions

Call us on
0300 330 1354
or visit
lancashirewomen.org

Service provided by: **We are LANCASHIRE WOMEN**

Local warning as childhood respiratory infections on the rise

Local health bosses are encouraging parents to be aware of the signs of respiratory illnesses in young children, as data from Public Health England (PHE) shows cases are starting to rise in parts of the country.

Respiratory illnesses, including colds and respiratory syncytial virus (RSV) are very common in young children. However last winter, due to the various restrictions in place to reduce the spread of COVID-19, there were far fewer infections in younger people. This means many will not have developed immunity and so more cases may be seen this year than in a typical season.

For the majority of children, these illnesses will not be serious and they will soon recover following rest and plenty of fluids.

RSV is a very common virus and almost all children are infected with it by the time they are two years old. In older children and adults, RSV may cause a cough or cold.

However, some children under two, especially those born prematurely or with a heart condition, can suffer more serious consequences from these common infections

such as bronchiolitis, an inflammatory infection of the lower airways – which can make it hard to breath.

The early symptoms of bronchiolitis are similar to those of a common cold but can develop over a few days into a high temperature of 37.8°C or above (fever), a dry and persistent cough, difficulty feeding, rapid or noisy breathing (wheezing).

Most cases of bronchiolitis are not serious and clear up within 2 to 3 weeks, but you should contact your GP or call NHS 111 if:

- You are worried about your child.
- Your child has taken less than half their usual amount during the last 2 or 3 feeds, or they have had a dry nappy for 12 hours or more.
- Your child has a persistent high temperature of 37.8C or above.
- Your child seems very tired or irritable.

Dial 999 for an ambulance if:

- your baby is having difficulty breathing.
- [your baby's tongue or lips are blue.](#)
- there are long pauses in your baby's breathing.

If encouraged to take a PCR test and this turns out to be negative, don't assume that the child is therefore fine. Consult your GP in line with guidance.

Dr Sakthi Karunanithi, Director of Public Health for Lancashire County Council, said: "Respiratory illnesses, including colds and Respiratory Syncytial Virus (RSV), are very common in young children, but it is unusual to see so many at this time of year.

"The reason we are seeing more respiratory illnesses is due to the measures taken as a society during the pandemic to combat Covid-19.

"Now restrictions have eased, we are seeing more children presenting with RSV and other respiratory illnesses.

"The majority of the time RSV and other respiratory illnesses are not serious, with children usually recovering after plenty of rest and fluids. However, RSV is the most common cause of bronchiolitis in children under two and can be severe, particular for children born prematurely or with a heart condition.

"While most cases of bronchiolitis are not serious, it is important that you are aware of the warning signs and contact your GP or the NHS via 111 if you are worried about your child.

"The main signs to look out for is whether your child is not feeding properly, have had a dry nappy for 12 hours or more, have a persistent high temperature of 38C or above, or seem very tired or irritable.

"If your child becomes breathless, their tongue or lips are blue, or there are long pauses in their breathing, then call 999 for an ambulance immediately."



 **Mind**
Lancashire

Virtual Wellbeing Coaching

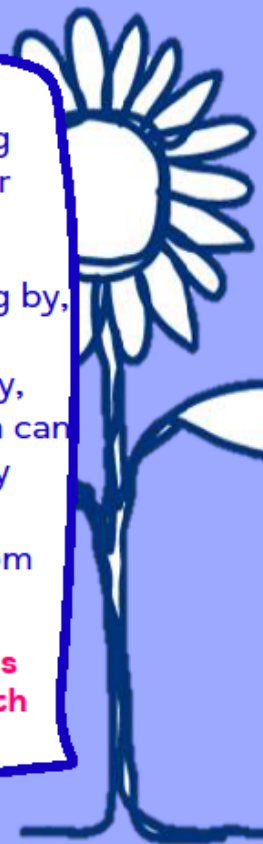
Children & Young People
cypcoaching@lancashiremind.org.uk

**Do you know a young person who:
Struggles with anxiety or low
mood? Has low self-esteem or
low confidence? Lacks a routine?**

If you are aged 10-18 our **Wellbeing Coaches** can work with you, teaching you to make different choices to your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.

If you or someone you know is struggling, get in contact with us to see how we can help.



WHAT'S ON AT...

THE LINK CENTRE
@HASLINGDEN COMMUNITY LINK

COMMUNITY EVENTS FOR SEPTEMBER 2021

MONDAY	DATES	TIME ON
EDSQ Course (LAL)	13th, 20th, 27th	12:30PM - 3PM
ESOL Course (LAL)	20th & 27th	12:30PM - 3PM
TUESDAY		
ESOL Course (LAL)	21st & 28th	9:30AM - 12PM
Cooper's Coffee Morning	Every Tuesday	9:30AM - 11AM
Maths Functional Skills (LAL)	21st & 28th	1PM - 3:30PM
Up & Active Yoga	Every Tuesday	1:30PM - 2:30PM
WEDNESDAY		
English Functional Skills (LAL)	22nd & 29th	9:30AM - 12PM
Knit & Natter	8th, 15th, 22nd, 29th	10AM - 12PM
Easy Sequence Dancing	Every Wednesday	1:30PM - 3:30PM
THURSDAY		
Cache Course (LAL)	16th, 23rd, 30th	9:30AM - 11:30AM
Maths Functional Skills (LAL)	30th	1PM - 3:30PM
Crafternoons	Every Thursday	2PM - 4PM
FRIDAY		
Friends Reminisce	17th & 24th	10:30AM - 12:30PM
SATURDAY		
Drama Pop	Every Saturday	9AM - 12:30PM



**THE LINK
CAFE**

DON'T FORGET!

The Link Café is open Monday - Friday, 9AM - 3PM, as well as Saturdays 9AM - 1PM! Grab a drink, a snack or even a meal after your activity! Great freshly cooked food at amazing prices!

IF IN DOUBT, PLEASE CHECK WITH EVENT ORGANISER IF AN ACTIVITY IS STILL AVAILABLE TO ATTEND.

THE LINK CENTRE

Haslingden Community Link
Bury Road, Haslingden, Rossendale, Lancs BB4 5PG
Community Tel: 01706 230116
Childcare Tel: 01706 224848
Email: info@hcl.org.uk
www.haslingdencommunitylink.org.uk
Haslingden Community Link—Company Limited by Guarantee
No. 3612468 - Registered Charity No. 1075926



*Hardmans Business Centre, New Hall Hey Rd, Rawtenstall. BB4 6HH (3rd Floor Breakout Room)
9 - 11.30am Join the Rossendale Radio Team along with staff from Olive Branch Fostering.*

If you can contribute any 'Goodies' or have any questions, contact: 07963 322966

FUNDING

Near Neighbours



Near Neighbours brings people together from communities that are religiously and ethnically diverse, so that they can get to know each other better, build relationships of trust and collaborate together on initiatives that improve the local community they live in.

We have two key objectives:

- Social interaction - to develop positive relationships in multi-faith and multi-ethnic areas i.e. to help people from different faiths and ethnicities get to know and understand each other better.
- Social action - to encourage people of different faiths and of no faith and of different ethnicities to come together for initiatives that improve their local neighbourhood.

Grants between £250 and £3,000 are available for local groups and organisations who are working to bring together neighbours, to develop relationships across diverse faiths and ethnicities in order to improve their communities. These must be local initiatives, planned by and involving local diverse people, which have a specific local impact.

We will look especially favourably on applications from diverse neighbourhoods and those with particular issues of deprivation and other challenges, as well as where there is the intention and likelihood of deep and lasting relationships of trust between people, in order to transform communities.

We aim to make a decision on all grant applications within 14 days of receiving all the necessary information, and applications are accepted on a rolling basis. The final deadline for applications is Friday 10 December 2021; however, we reserve the right to close earlier, when all funds have been dispersed.

Initial Contact Applicants must speak to their local Near Neighbours Coordinators before filling out the application form.

The contact for Rossendale is Nudrat Mughal. She can be contacted at nudrat.buildingbridgesburnley.nn@gmail.com or 07927 363191.

Together our Planet



Launching this September, this programme will offer grants from £1,000 to £10,000 of National Lottery funding to support communities across the UK to take action on climate change.

Projects should reflect what matters to your community and can be small in scale. They could cover an area like:

- ❖ food
- ❖ transport
- ❖ energy
- ❖ waste and consumption
- ❖ the natural environment.

You will not need to be an expert in any of these areas to apply. The fund is particularly interested to hear from people who are starting to think about taking action on climate change in their communities.

Suitable for voluntary or community organisations

Application deadline

This programme will open to applications on 1 September and will close at 5pm on 18 November 2021.

Funders expect most of the funding to support activities taking place after the COP26 event in November 2021.

More information at:

<https://www.tnlcommunityfund.org.uk/funding/programmes/together-for-our-planet>

TRAINING

Free Suicide Prevention Training



Lancashire Mind have been commissioned by Healthier Lancashire and South Cumbria to deliver a range of training to help professionals and community members across Lancashire and South Cumbria to grow in confidence and skills around talking about suicide.

The more people who feel able to start the conversation and talk to someone who may be contemplating suicide, the more chance we have of helping to prevent it.

Suicide First Aid Lite is a half day workshop is a City & Guilds registered workshop which provides learners with the confidence and tools to understand the impact of suicide and, using a first aid approach, take someone who is experiencing thoughts of suicide from a place of danger and isolation to a place of safety and support. Suicide First Aiders use a three step approach to identify the signs that someone may be experiencing thoughts of suicide, recognise the needs of that person, ask about suicide clearly and directly and use safety planning to empower the individual to find appropriate support.

Learning Outcomes

At the end of the training participants will be able to:

- Understand the impact of suicide locally and nationally
- Understand suicide approach
- Recognise the needs of someone who is experiencing thoughts of suicide
- Identify the signs that someone may be experiencing thoughts of suicide
- Use a three step approach to supporting somebody from a place of isolation to a place of safety and support
- Understand safety planning and recognising the importance of partnership working.
- Begin to consider self care when undertaking suicide prevention.

Course Content

- Presentations and guidance from a trainer registered with the National Centre for Suicide Prevention
- Access to support from a local community resource person
- Powerful audio-visual learning aids
- Learner workbook to support and record learning (either virtual or physical dependent on delivery)
- Hands-on skills practice and development

Courses are currently taking place on line, and spaces are available on the following dates:

Thursday 23rd September 09.30-12.30

Tuesday 28th September 09.30-12.30

Thursday 7th October 09.30-12.30

Wednesday 13th October 09.30-12.30

Monday 18th October 13.00-16.00

Tuesday 26th October 09.30-12.30

More dates are planned in the future.

If you would like to attend contact Esther Stanier at estherstanier@lancashiremind.org.uk for a registration form