



# COMMUNITY BULLETIN

May 2022

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 are available 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)



## **COMMUNITY INFORMATION**

### **Rossendale Ukraine guests and hosts support group**



A drop in group for Ukrainian refugees and their hosts in Rossendale offering the chance to meet up, share information over a brew and biscuits.

Meetings held weekly on Tuesdays,

4pm - 6pm

Kay Street Baptist Church Hall, Rawtenstall. BB4 7LS.



# Craft & Chat



**A social group for adults  
St Anne's Church, Edgeside**

**Thursdays from 21st April 2022  
10-11:30am**

**Come along to a friendly and  
informal group to make friends,  
have a brew, try new skills and  
have a natter! All welcome!**

For more information, email  
[wellbeing@stannesedgeside.co.uk](mailto:wellbeing@stannesedgeside.co.uk)  
or speak to Natalie



# **BACUP ART & CRAFTERS**

The ABD Centre  
Burnley Rd, Bacup O113 8AB

**Thursday's**  
10am – 12 noon  
Only £2.50  
*Inc. Refreshments*

Call in for a brew, paint, draw,  
learn new crafts, share your craft  
with others and make new  
friends.

**EVERYONE WELCOME**

## Residents Survey

Rossendale Borough Council have launched a resident survey to gather information from residents about Rossendale as a place to live including services, the local area and the council itself. We are asking as many residents as possible to complete the survey to help improve council services across the borough. The last survey was undertaken in 2016 and we have made significant changes to our services, therefore we would like to know residents updated views of the council. The results will be used to inform our discussions with Local Members as we develop our future work plans.

We are keen to know the views of all residents and are therefore asking if you could share the survey.

The survey is being run by SmartSurvey Software and will remain completely anonymous with all responses sent directly to the SmartSurvey Software Portal.

The survey closes on **Friday 20<sup>th</sup> May 2022**

<https://www.smartsurvey.co.uk/s/rbcresidentsurvey2022/>



The poster features a green silhouette of a person shouting into a megaphone, set against a background of a village with houses and a road. The text 'We want to hear from YOU' is prominently displayed in black and green. Below this, a green banner contains the text 'Residents Survey' and the URL 'bit.ly/RossendaleSurvey'. A QR code is provided for scanning, with a button labeled 'SCAN FOR SURVEY' below it. The Rossendale Borough Council logo is at the bottom.

We want  
to hear  
from  
**YOU**

**Residents  
Survey**

[bit.ly/RossendaleSurvey](https://www.smartsurvey.co.uk/s/rbcresidentsurvey2022/)

Have your say before the **20th May 2022**  
to help improve council services

SCAN FOR SURVEY

Rossendale  
BOROUGH COUNCIL

**Saturday  
21st May**

**At  
2.00pm**

**JUBILEE AFTERNOON**



**TEA GARDEN PARTY**

**TICKETS  
£5  
PER  
PERSON**

JOIN US FOR

*Sit Down  
Afternoon  
Tea*

**TODMORDEN BRASS BAND**

**TABLE MAGIC**

**CHIEF SCOUT AWARD  
PRESENTATIONS**

**SUMMER DRAW**

Open to all – limited tickets must be pre-booked

[www.38thRossendaleScouts.org.uk](http://www.38thRossendaleScouts.org.uk)

With thanks for the support from:

**Rossendale**  
BOROUGH COUNCIL

**Scouts**  
38th Rossendale





Rossendale Borough Council and Valley Heritage are holding a webinar on Wednesday 25<sup>th</sup> May 6.30 – 7.45 pm to share information about community energy and opportunities to get involved in Rossendale.

The sessions will include:

Rossendale's Net Zero ambitions - Joe Walker RBC Climate Change Officer

What does Community Energy look like? - Kate Gilmartin from Local Energy NW Hub

Information about Valley Heritage's Decarbonising Rossendale project - Stephen Anderson VH and Phil Proctor Buro Happold

Community Energy Company - Ollie Prendred Community Energy South

Q and A and update about drop-in sessions and training

Express your interest in by emailing:

[Climatechange@rossendalebc.gov.uk](mailto:Climatechange@rossendalebc.gov.uk)





**Sunday 15th May**

**14 mile circular  
moorland walk**

**9 mile Western Skyline  
or 3 mile Sunday Stroll  
options available**

Start between 7.45 and 9.15am at Lobden Golf Club

Refreshments en route and meal at finish

Entry forms available across Whitworth

**FREE**  
Downloadable  
audio  
commentary



**Whitworth**  
Town Council

**Organised by Whitworth Sports Council**



# HEALTH AND WELLBEING

## Rossendale Patient Participation Groups

A Patient Participation Group (PPG) is a group of patients, carers and GP practice staff who meet to discuss practice issues and patient experience to help improve the service.

All nine GP practices across Rossendale have PPG's and they need more local people to join them. You will be a critical friend helping to influence how your GP practice works.

What is the purpose of a PPG?

- To give patients and practice staff the opportunity to meet and discuss topics of mutual interest.
- To provide a means for patients to become more involved and make suggestions about the healthcare services they receive.
- To explore issues from patient complaints and patient surveys, contribute to actions plans and help monitor improvements.
- To support health awareness and patient education

If you are interested in joining your GP practice's PPG, ring the practice and ask for more information on how to join.

## Your Surgery

**Your views: get involved**

Have your say





## Family Movement Class

### St Anne's Edgeside, Ashworth Road, BB4 9JE

Wednesdays from 20th April 2022, 4.20-5pm.  
Join us for a warm up from 4pm before the class!

*The class will offer fun, friendly, aerobic activity/dance/games and movement, which will be differentiated to suit your needs. Come along and have fun improving your physical and mental wellbeing!*

*Please prebook your space via email to [wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)*

*Open for all ages and abilities. Under 16s must come with an adult.  
Please wear suitable footwear and bring a drink of water*





# BabySense

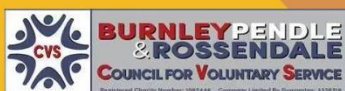
Tuesdays from 19th April 2022,  
10-11:15

A relaxed, friendly baby group where parents/carers can socialise with others and bond with their baby. With props, massage, music, a brew and bubbles!

Location St Anne's Church, Edgeside,  
Ashworth Road, BB4 9JE

To book, please email:  
[wellbeing@stannededgeside.co.uk](mailto:wellbeing@stannededgeside.co.uk)

Places are free but must be booked. It  
would be lovely to see you there!





# Targeted Lung Health Check Programme

**NHS**



## IN ROSSENDALE


If you are:


- Between 55 and 74 years of age.
- A smoker, or have ever smoked.
- Registered with a GP.

We are offering free lung health checks to make sure your lungs are in good working order.

You should be contacted by post with information about your phone consultation soon.



 /HealthierLSC

 @LungChecksLSC

[www.lungcheckslsc.co.uk](http://www.lungcheckslsc.co.uk)

We're offering free lung health checks to those aged between 55 and 74 who currently or used to smoke to make sure your lungs are in good working order.

For more information please visit  
[www.lungcheckslsc.co.uk](http://www.lungcheckslsc.co.uk)

If you are displaying any of the below symptoms please contact your GP as soon as possible.

- A persistent cough or change in your normal cough
- Coughing up blood
- Being short of breath
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Appetite loss





## Dementia Awareness Day

### Pennine Lancashire

**Thursday 19th May 2022 - 1.00pm to 3.30pm**

**Padiham Town Hall Ballroom, Burnley Road, Padiham, BB12 8BS**

Join us for an afternoon of tea, cakes, entertainment, information and support from local organisations that can help support you if you are worried about your memory, living with or affected by dementia, or just curious to find out more

**FREE event & open to all**



**Come along to meet:**

**Dementia Advisers from Alzheimer's Society,  
Carers Link Lancashire, Lancashire Fire & Rescue Service, East  
Lancashire Hospitals NHS Trust Integrated Neighbourhood Teams,  
Lancashire Mind, Admiral Nurses, The Footcare Service, Stocks Hall  
Care & many more**

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**Dementia Action Week 16<sup>th</sup> – 22<sup>nd</sup> May 2022**

**[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

*For further information or to book an information stand please contact Amanda Boulton  
[amanda.boulton@alzheimers.org.uk](mailto:amanda.boulton@alzheimers.org.uk) or call 07718 118263*

# Looking After You and Your Wellbeing

Monday 9th May, 1pm - 3pm

Join our free online event and experience sessions in:

- Mindfulness
- The importance of sleep and tips for getting a good night's rest
- Creative ways to improve your mental health
- Yoga for Stress & Anxiety
- The importance of nature in boosting your wellbeing

At the event you can also learn more about the variety of FREE wellbeing courses we have available to help you take control of your mental health.

Click here  
to book  
your place

0333 003 1717

[www.lal.ac.uk](http://www.lal.ac.uk)



Book your place at:

[https://portal.mis.nelsongroup.ac.uk/Page/U\\_PublicCourseDetails?uio\\_id=21007](https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=21007)

## FUNDING



### Stop Loan Sharks Community Fund

Stop Loan Sharks UK has launched the latest round of their Stop Loan Sharks Community Fund with a share of £160,000 funding up for grabs.

Charities, community groups, schools, and organisations from the public, private and voluntary sectors can apply for grants of up to £5,000 for projects that raise awareness of the dangers of loan sharks and help make communities safer.

Bids are encouraged from multiple organisations working together who can each bid for £5000 to put towards a collective project.

More information at : [www.stoploansharks.co.uk/community-groups-urged-to-bid-for-slice-of-160000-loan-sharks-confiscated-cash/](http://www.stoploansharks.co.uk/community-groups-urged-to-bid-for-slice-of-160000-loan-sharks-confiscated-cash/)

Details on how to apply for the funding can also be found here: [www.stoploansharks.co.uk/poca-funding/](http://www.stoploansharks.co.uk/poca-funding/)

The closing date for applications is **Thursday, June 30th.**



## TRAINING

### Understanding Dementia Training



The course is open to anyone but does need to be booked by emailing [activities@carerslinklancashire.co.uk](mailto:activities@carerslinklancashire.co.uk) or telephoning 01254 387444

This course is designed to help you develop skills and confidence to support you in your caring role. We will address key topics of diagnosis and progression of symptoms, treatment, services, and changing relationships. All course materials are provided.

**Monday 16th, 23rd, 30th May, ZOOM, 6.30pm – 8.30pm,**

Zoom ID – 840 4551 9604

Password – 773483

Quick link –

<https://us02web.zoom.us/j/84045519604?pwd=MUIKbTcxQzBEN3NwMFEvRnBWSUZpdz09>

# East Lancashire Recovery College



Stubblee Community Greenhouses  
 Stubblee Lane, Bacup OL13 0DD  
 01706 872111  
[info@thegreenhouses.org](mailto:info@thegreenhouses.org)  
[www.thegreenhouses.org](http://www.thegreenhouses.org)

Tel.: 07933 812 890 (10am – 1.30pm)

Email: [elrecoverycol@gmail.com](mailto:elrecoverycol@gmail.com)

(All courses are FREE where possible and open to all, age 16+)

Music Theory	Delivered by Ben  A one off introduction to scales and keys for anyone interested in a deeper knowledge of musical understanding.	Monday 2 <sup>nd</sup> May 10:00-12:00	1 morning  FREE
Introduction to Stubblee Community Greenhouses	After much demand, this session will be held for one morning every 6-8 weeks and will include a comprehensive tour of all our facilities, activities, volunteering opportunities and social prescribing support for anyone living in the locality. An excellent opportunity to learn about what we do and how to access our activities, courses and volunteering . Open to all.	Thursdays 14 <sup>th</sup> April. 19 <sup>th</sup> May. 23 <sup>rd</sup> June. 4 <sup>th</sup> August 8 <sup>th</sup> Sept. 13 <sup>th</sup> Oct. 17 <sup>th</sup> Nov.	Mornings 10-12.30      FREE
Tiny Terrariums	A one off workshop delivered by our horticulture tutor Tom. Learn how to create an indoor living garden using ferns, ivies and mosses.  Open to all.	Wednesday 4th May  1:30-4:00pm	FREE for individuals on benefits.



## VOLUNTEERING

### CIVIC PRIDE – ROSSENDALE

BRITAIN IN BLOOM – Rossendale's Civic Pride is going for Gold

Rossendale Civic Pride is proud to announce that Rawtenstall has been entered into this year's Royal Horticultural Societies Britain in Bloom competition and we really need your help and sport to help us achieve gold.

Help make a difference, make new friends, we just ask for a few hours of your time when you can. You don't need to be a knowledgeable gardener, there are lot of jobs people can do to help such as litter picking, sweeper up, pruning, weeding, planting and joining our watering and greenhouse teams. We need people of all ages. You will be warmly welcomed and given lots of help and support during the sessions.

We have a website [www.civic-pride.org.uk](http://www.civic-pride.org.uk) and a Facebook page, civic pride Rossendale. If you are thinking of joining us you can find out what's been planned on a weekly basis if you contact our e mail on [infor@civic-pride.org.uk](mailto:infor@civic-pride.org.uk) we can send you the weekly updates. Or ring us and leave a message on 07955 110199 or if you see our volunteers just stop and ask to find out more. They are easy to spot in their Hi-vis jackets.

