

Rossendale

BOROUGH COUNCIL



COMMUNITY BULLETIN

November 2022

Welcome to your November 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, grants 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

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



COST OF LIVING CRISIS

Rossendale Affordable Warmth Funding

Funding is available for Rossendale residents through the Affordable Warmth Fund (until 31st March 2023) for:

- Servicing, repairs and replacement boilers and heating systems and associated works, including controls and replacement of unsafe heating appliances
- Repairs to and new radiators and radiator reflectors
- Gas fire services and repairs
- Draught proofing measures – windows, doors, loft hatches, electrical fittings on walls and ceilings, suspended floorboards, pipework leading outside, ceiling-to-wall joints. Thermal blinds and carpets may be included draught proofing measures in appropriate circumstances where other long- term measures have been considered and the thermal benefit can be demonstrated
- Appropriate Ventilation measures
- Standard loft and cavity wall insulation
- Interventions for 'hard to treat' cavities and solid walls such as non-standard insulation solutions and external or internal wall insulation.
- Glazing improvements
- Emergency heating and dehumidifiers measures e.g. portable heaters for use whilst heating systems are repaired
- Advice on fuel poverty -advice to reduce costs through fuel switching, income maximisation, income maximisation, managing fuel bills & debts, warm home checks
- Additional and targeted work with landlords to improve properties,
- Temperature and relative humidity monitors/ Carbon

Households will be eligible for funding if they meet at least one of the following vulnerabilities and have a low income, defined as follows.

Vulnerabilities:

- People with a diagnosed cardiovascular conditions

- People with a diagnosed respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)
- People with diagnosed mental health conditions
- People with diagnosed disabilities
- Older people (65 and older)
- Households with young children (up to the age of 5)
- Pregnant women
- People who are terminally ill
- People with suppressed immune systems (e.g. from cancer treatment or HIV)
- People who have attended hospital due to a fall

Low income can be confirmed in one of the following three ways:

- Someone being in receipt of means tested benefits
- Have a total household income not in excess of £31,000
- A 'declaration' by the Local Authority or health / social care professional that affordability issues are present.

This fund is being managed on behalf of Rossendale Borough Council by the Homewise Society.

For more information and support contact the Homewise Society at info@homewisesociety.org.uk

ROSSENDALE HOUSEHOLD SUPPORT FUND

The next round of this fund which will be available to support vulnerable people struggling financially will be launched later in November. Check the Rossendale Borough Council website 'Cost of Living Crisis' page regularly for more information about the fund and the launch date

CITIZENS ADVICE ROSSENDALE AND HYNDBURN

We now have a direct line for anyone living in the Rossendale or Hyndburn boroughs who need emergency support with their fuel supply, a referral for a food parcel or information regarding emergency food provision.

The telephone number for the **Food and Fuel Line is: 01706 941877**

The line will be a voicemail service with messages picked up at regular intervals throughout the day. This is a self referral line and clients can phone themselves if they are able.

Monday to Friday. Callers requesting emergency fuel or food help will receive a call back as soon as possible, however;

Messages received between 3pm & 4pm should receive a call back the same day but we may not be able to submit a referral the same day.

Messages received after 4pm will not receive a call back until the next working day.

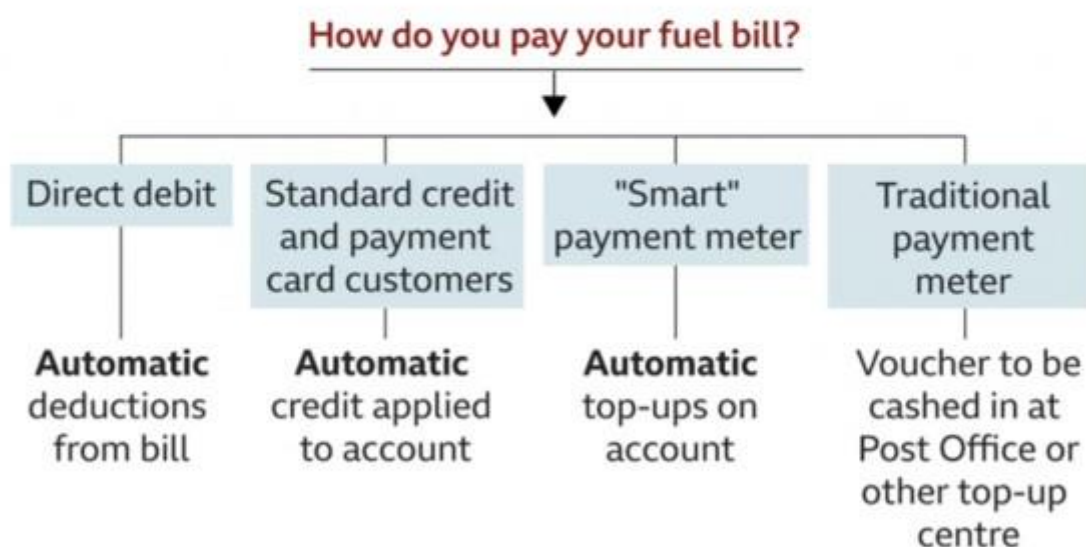
We are able to access Fuel Vouchers for clients using pre-payment meters and are also able to access support for off-grid clients if:

The household:

- relies on coal, wood, heating oil or LPG as the primary source of heat
- is off the gas grid and doesn't use electricity as the primary source of heating and is either:
 - living without heat because they are unable to afford to purchase fuel to top up their bunker, store, tank or bottles
 - or imminently in risk of living without heat because they are unable to afford to purchase bulk fuel

How you will receive the £100 heating oil payment this winter

This scheme is intended to deliver a one-off payment of £100 to UK households who are not on the mains gas grid and therefore use alternative fuels, such as heating oil, to heat their homes.



The date of the payment will be announced shortly.

COMMUNITY INFORMATION



FREE ACTIVITY SESSIONS
BOOST YOUR HEALTH AND WELLBEING



PICKLE BALL
BADMINTON
TABLE TENNIS

EVERY THURSDAY, 2:30-3:30
ADRENALINE CENTRE, HASLINGDEN, BB4 4DN
TO BOOK YOUR PLACE - CONTACT DJANGO ON 07562 630299

Bacup Living Room

From Nov 7th, join us as we provide a warm, welcoming place to be. Come and enjoy a brew, a meal, a chat, play games, charge your phone, do your homework!

3.30pm - 5.30pm

Mondays @Trinity Baptist Church, Bankhouse Lane

Wednesdays @Central Church, Burnley Road

Fridays @ABD Centre, Burnley Road

**No need to book and
it's completely free!**



JOIN US!

Rossendale Men's Sheds Social Group

Every Wednesday
4PM - 6PM

- Meet new people!
- Make new friends!
- Come and have a chat!
- We have an informal, relaxed atmosphere!

Just like the pub... without the beer!

Just pop in!

THE LINK CENTRE

UK Member of
MEN'S SHEDS
ASSOCIATION



Find us at:

Haslingden Community Link
Bury Road, Haslingden
Rossendale, Lancashire
BB4 5PG

For more
information,
call us:
01706 230116

Haslingden Community Link

Bury Road, Haslingden, Rossendale, Lancashire, 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

POSITIVE ACTIVITIES FOR 11-18'S

FREE



MUSIC LESSONS
4:30 ONWARDS

RECKLESS
7 - 8PM
ON ZOOM



THEATRE WORKSHOP
5:30 - 6:45PM

BAND PRACTICE
6:45 - 7:45PM



HOME ED GROUP
1:30 - 3PM
ONCE A MONTH

ART WORKSHOP
5 - 6PM



SOCIAL
MONTHLY - CHECK ONLINE FOR MORE INFO

THEWHITEHORSEPROJECT.CO.UK

FOLLOW US TO FIND OUT MORE





shivā
TRUST



CHRISTMAS MIND BODY SPIRIT FAYRE

26TH NOVEMBER

From 11 PM Until 4 PM



Taster Classes & Workshops • Tarot & Oracle Card Readers • Lots of Christmas & Holistic Stalls • Artisan Food & Tasty Treats • Holistic Therapies

Rawtenstall Unitarian Church, 34 Bank Street,
Rossendale, BB4 8DY

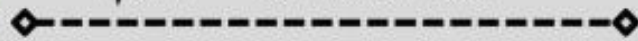
HELEN@SHIVATRUST.ORG | CONTACT HELEN 07984467746



A Unique Remembrance Experience

Tea and cakes in garden room

Sunday 6th November
1pm - Onwards



Monday 14th November
1pm - Onwards

Open garden with over 2000 knitted and crocheted poppies

No. 1 School Court
Stubbins
BL0 05D

Tel: 01706 822474



All proceeds in aid of:



Company limited by guarantee no. 8230197
Charity No: 1151194





BabySense

Tuesday 1st November - Tuesday
13th December 10-11:15am

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@stannedgeside.co.uk

Places are free!
It would be lovely to see you there!



Get Involved & Have your Say!

- Are you happy with the services in your local area?
- Do you want to have a say in what services are available and how these are delivered?



Come along to our Influencers Group, make new friends and make a difference!

We get together the first Monday of each month 4.30pm - 6.30pm.

Join us for a brew & biscuits at the:



**A, B and D Centre, Burnley Rd,
Bacup, OL13 8AB**



**Empowering
people
in the
community**

Head to Facebook to find out more!



For more information please contact:
Sarah Lageard
Project Coordinator

Email:

sarah.lageard@carh.org.uk



Website: <https://carh.org.uk/>



ROSSENDALE WORKS

FREE WEEKLY

ACTIVITIES

Tuesday

Boxercise and Wellbeing Group

(Cardio Workout Chill and Chat, Employment Opportunities)

1pm - 2pm The Fighting Fitness Academy - Love Boxing, Unit 3a, Myrtle Grove Mill, Lench Road, Rossendale, BB4 7JH

Wednesday

Rossendale Works Job Club

(Pre-employment Programme, Job Searching and Personal Development Group)

1pm - 3pm - Futures Park, Bacup, OL13 0BB

Thursday

Breakfast Club

(Light Activities, Chill and Chat)

10am - 12pm - Trinity Baptist Church, Bank House Lane, Bacup, OL13 0AL

Free Lunch

12:30pm - Trinity Baptist Church, Bank House Lane, Bacup, OL13 0AL

Multi-Sports Session

(Pickle Ball, Badminton and Table Tennis)

2:30pm - 3:30pm - Adrenaline Centre, Haslingden, BB4 4DN

**All sessions are free, for further info please contact
Louise on 07859 739902 or Django on 07562 630299**



**Active
Lancashire**

Rossendale
BOROUGH COUNCIL

Rossendale
BOROUGH COUNCIL

FESTIVAL OF REMEMBRANCE CONCERT

FRIDAY 11TH NOVEMBER, 2022
ST PHILIP'S CHURCH, CHATTERTON ROAD,
STUBBINS, BL0 0PQ
Concert begins at 7.30 p.m.

Featuring:
ROSSENDALE UKULELE BAND
and
VALLEY ALOUD CHOIR

Admission FREE

Donations gratefully accepted for
'The Royal British Legion Poppy Appeal'

**COME ALONG AND JOIN THE MAYOR &
MAYORESS OF ROSSENDALE FOR WHAT IS
CERTAIN TO BE AN UPLIFTING EXPERIENCE**



LEST WE FORGET



Remembrance Events in the Borough of Rossendale



November, 2022

FESTIVAL OF REMEMBRANCE CONCERT

Friday 11th November, 7.30 p.m. St Philip's Church, Stubbins.

To be attended by the Mayor & Mayoress.

Contact: Stephanie Carroll, Civic Services Officer & Leader's P.A.

Tel: 01706 252427 or email: stephaniecarroll@rossendalebc.gov.uk

FRIDAY, 11th November, 2022

STACKSTEADS

10.45 a.m. Peace Garden, Toll Bar, Stacksteads. Annual Remembrance Service

Organised by the Stacksteads Countryside Park Group

Contact: Jackie Oakes Tel: 07876 844263 or email: oakes11@btinternet.com

Official Council representatives – Deputy Mayor

SATURDAY, 12th November, 2022

EDENFIELD

10.40 a.m. Memorial Gardens, Market Street, Edenfield. Remembrance Service conducted by The Rev Richard Selby, followed by refreshments at the community centre, off Exchange Street.

Organised by Edenfield Village Residents' Association

Contact: Paul Bradburn Tel: 01706 828507 or email: paulbradburn@gmail.com

Official Council representatives – Mayor & Mayoress

SUNDAY, 13th November, 2022

HELMSHORE

9.15 a.m. Service and Parade participants meet at Broadway shops at 9.15 a.m. for parade to St. Thomas's Church for a 9.45 a.m. service start. On completion of the church service, the parade will assemble on Helmsore Road and march to the Memorial Gardens, where a service of commemoration and wreath laying ceremony will be

held at 11.00 a.m.. Following this, the parade will then form up at Bridge End on Helmshore Road and march up to Sunnybank Social Club where refreshments will be provided. End time approximately 11.40 a.m.

Organised by the Helmshore Branch of the Royal British Legion

Contact: Alan Woods Tel: 01706 213123 email: alan.woods12303@btinternet.com

Official Council representatives – Mayor & Mayoress

CRAWSHAWBOOTH

10.00 a.m. Rakefoot Methodist Church – Service led by Reverend David Burrow

Followed by Act of Remembrance at the War Memorial at 11.00 a.m.

Contact: david.burrow@ntlworld.com

Official Council representative – Councillor Alyson Barnes

WHITWORTH

10.20 a.m. Assemble at the corner of Tong Lane and Market Street, then parade along Market Street to the Cenotaph in Whitworth's Memorial Gardens.

10.40 a.m. Service of Remembrance, including a two minute silence at 11.00 a.m.

Following the Service of Remembrance everyone is welcome to cross the road for light, warm refreshments outside the Civic Hall (The Ashcroft).

Organised by Whitworth Town Council

Contact: Town Clerk Tel: 01706 852018 or email: info@whitworth.gov.uk

Official Council representative – Councillor Andrew Walmsley

COWPE

10.45 a.m. Service at Cowpe Sunday School

Organised by Ann Elmer

Contact: 01706 224461 or email: elmerann@yahoo.co.uk

Official Council representative – Councillor Jackie Oakes

WATERFOOT

12.30 p.m. Trickett's Memorial Ground, Burnley Road East, Waterfoot.

Organised by Waterfoot Forward

Contact: Tim Nuttall Tel: 01706 226857 or email: williamnuttall@btinternet.com

Official Council representative – Councillor Alyson Barnes

HASLINGDEN

1.00 p.m. Assemble at the War Memorial in Greenfield Gardens for a Service of Remembrance and Wreath Laying Ceremony.

1.30 p.m. Form up outside Memorial Gardens. Parade down Manchester Road, turn left at the junction onto Bury Road (after Green Squirrel), along Bury Road (passing Veterans in

Communities), left onto Deardengate and dismissing on Higher Deardengate (outside Cissy Greens)

Organised by Amy Thompson

Contact: Amy Thompson Tel: 07815054977 or email: amy.lomas@hotmail.co.uk

Official Council representatives – Mayor & Mayoress

RAWTENSTALL

- 2.25 p.m. The parade will assemble and form up on the Town Square, then exit on to Kay Street and proceed into Bank Street before crossing Burnley Road and Mount Terrace to the Cenotaph.
- 3.00 p.m. Service and Wreath Laying. Following this the parade will return via Mount Terrace, Bacup Road and James Street to dismiss on the Town Square.

On completion, guests will be welcomed at St Mary's Church and Rawtenstall Cricket Club for refreshments.

Organised by the Rawtenstall Remembrance Parade Committee

Contact: Dawn Taylor Tel: 07812 303856 or email:

R.stallremembranceparade@hotmail.com

Official Council representatives – Mayor & Mayoress, Leader of the Council, Chief Executive, Deputy Lieutenant, and Armed Forces Champion.

BACUP

2.30 p.m. Assemble at the Fire Station (Pennine Road / Rochdale Road) and parade along Rochdale Road and Burnley Road to the Cenotaph for the Service of Remembrance and Wreath laying at 3.00 p.m.

Following the service the parade will return to the Maden Centre car park.

Organised by the Bacup Remembrance Parade Committee

Contact: Andrew Walmsley 07786 151021 or email:

bacupremembranceparade@gmail.com

Official Council representative – Deputy Mayor

Whitworth's Remembrance Sunday Commemorations



On Sunday 13 November, Whitworth residents young and old will gather to remember those lost and injured during times of conflict. The town's Remembrance Sunday commemorations will begin with the Remembrance Sunday procession, which will leave as usual from opposite the former Town Council Offices (just north of the corner of Market Street and Tong Lane) at 10.20am; the processional route will be the subject of a road closure order for this short period of time and drivers are advised to avoid the area. The procession will be led by Whitworth's Mayor, Councillor Mrs Janet Whitehead, who will be supported by the Whitworth Vale and Healey Brass Band, plus the local uniformed organisations, Town, Borough and County Councillors, representatives of the town's schools and places of worship, Lancashire Constabulary and members of the public.

The procession will arrive at Whitworth's Memorial Gardens in Facit at approximately 10.40am, and will be followed immediately by a Service of Remembrance around the Cenotaph, including a two-minute silence at 11am. The service will be led by Father Chris McGrane of St Mary and St Anselm.

This event can only continue with the help of volunteer marshals to assist with the road closure. If you know any adults willing to help marshal then please contact Councillor David Chorlton on cllrdchorlton@gmail.com or 07939 218 266.

Following the Service of Remembrance, everyone is invited to join the Mayor for light, warm refreshments. For more information on this year's commemorations, please contact Rachel Hodson, Town Clerk, on 01706 852018 or info@whitworth.gov.uk

Craft & Chat



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

**Thursdays from 3rd November -
15th December 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@stannedgeside.co.uk
or speak to Natalie

BACUP CINEMA

WEDNESDAY SOCIAL

CLUB

2 hrs of socialising from 1pm till 3pm with a classic film included, in the warm and welcoming atmosphere of The Circle Café .

Why not come along and make new friends and greet old friends.

There are free refreshments as well as all the amenities of the superb menu at the Circle café.. There is a disability access via Fern St . If the situation becomes overwhelming we have safe and quiet spaces to relax in.

We believe that good company with music and film can give a real lift to people with various conditions.

Dementia, mental health issues, isolation and loneliness . If you are this person or know someone that is , why not bring them along

Whatever your situation there is a place for you.

There will be the occasional guest speaker

ALL FOR FREE - come and meet us at St Johns, Burnley Rd Bacup

Contact Alan on 07432613664 for more details



NHS
Lancashire and
South Cumbria
Integrated Care Board




ERIC WRIGHT
CHARITABLE TRUST



FUTURE SOLES

A new project in Rossendale for 13 - 18 year olds.

- Work with artists
- Explore sustainable fashion
- Find out about Rossendale's history of shoe making
- Develop skills and get experience for your CV
- Create something new at The Whitaker

Use the QR code above or contact Helen on helen@blazearts.co.uk or 07928668734 for more info.





Funded places at local nurseries and childminders to help your 2, 3 or 4 year olds to play, learn & grow.

We all want our children to grow up to be healthy, happy and well-adjusted to the world around them and whatever your situation, balancing family life in this modern world can be tough! Children grow up so fast but you can give them a great start in life by taking them to a local nursery or a childminder for a few hours a week, funded by the government.

If you have a 3 or 4 year old, did you know...

All 3&4 year old children in Lancashire are entitled to up to 15 hours per week (570 hours per year) funded by the government and for most working families this can rise to 30 hours per week (1,140 hours per year).

Visit lancashire.gov.uk/childcare for more information.

**Don't miss out,
your child is entitled!**



lancashire.gov.uk/childcare



comms: 7246

If you have a 2 year old did you know...

The government also funds up to 15 hours per week for some 2 year old children. This will depend on your household income or if you are in receipt of certain benefits. For more information visit the 'Funded childcare for 2 year olds' section of www.lancashire.gov.uk/childcare.

Don't miss out on your 2 year old's early learning adventure!

Go to our eligibility checker - <https://fisonline.lancashire.gov.uk/SynergyWeb/Parents/default.aspx> to see if your child is entitled today!



Why it's good for your child to take up a place at a nursery or with a childminder...

- attending the fun sessions helps your child to learn and develop through play.
- your child will make new friends and build their confidence.
- it helps improve your child's speaking and listening skills.
- it helps prepare your child to be ready for starting school.

Rest assured...

- your child will be looked after in a safe, secure environment regulated by Ofsted.
- all our nurseries and childminders are fully inclusive and cater for a range of cultural, dietary, religious and special or educational needs.



Finding the right nursery or childminder

You can find a list of local nurseries and childminders that offer places in the 'search for childcare' section of our website - www.lancashire.gov.uk/childcare. There are also a range of helpful guides there to help you choose which type best suits your family's needs.

If you need more hours than the government funds...

If you want to increase your child's hours or are currently paying for extra hours you may be entitled to further financial support from the government such as Tax Free Childcare or through Universal Credit.

We're here to help

The Family Information Service is here to help support you from the very start of your child's early learning journey right up until they start school. So, no matter what questions or concerns you may have, we will be happy to help you. You can get in touch with us by calling:

0300 123 6712 or by emailing us at: fis@lancashire.gov.uk

For more detailed information about taking up a place with a nursery or childminder please see our helpful guide - (<http://www3.lancashire.gov.uk/corporate/web/viewdoc.aspx?id=143829>) for parents.

lancashire.gov.uk/childcare



FUNDING

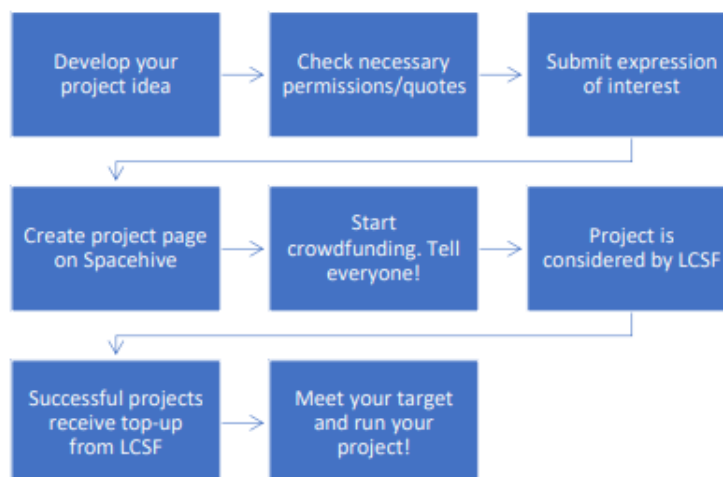
Lancashire Culture & Sport Fund

Lancashire County Council (LCC) is launching a new initiative to improve the health and well-being and cultural experience in Lancashire, delivered online through Crowdfund Lancashire and hosted on the Spacehive platform.

Crowdfund Lancashire is an opportunity for people to show support for local projects that matter to their community. Projects can raise money through pledges of financial support - through individual online and offline pledges. Projects may also access a top-up pledge from the new Lancashire Culture & Sport Fund (LCSF) to reach their target.

Lancashire Culture & Sport Fund is an annual fund of £500,000 provided by LCC to improve access to culture and sport across Lancashire. LCSF can consider a pledge of up to 50% of a project's target. To get a pledge from LCSF, projects need to meet the eligibility criteria (which will be published soon) and demonstrate broad community support by attracting individual pledges onto their campaign.

How does it work?



Project owners will identify the target amount needed to make their project happen and will aim to raise this amount. This can be achieved through individual online pledges, offline pledges and a top-up pledge from LCSF. Information on each project and target will be included on the Crowdfund Lancashire webpage, where supporters will be able to make online pledges of as little as £2 toward a project's target.

Who can apply?

There will be 2 funding rounds in each year and project owners can enter 1 project per round.

Projects must deliver public benefit and not be for the purpose of profit-making activity. For those projects demonstrating strong support from the community, LCSF can consider providing a top-up pledge of up to 50% of a project's target.

We can consider applications from not-for-profit organisations, town and parish councils, businesses and individuals:

- Constituted not-for-profit groups and organisations are eligible for a maximum contribution of £20,000.
- Parish/town councils are eligible for a maximum contribution of £5,000.
- Individuals or businesses running not-for-profit projects which provide a community cultural/sport activity are eligible for a maximum contribution of £1,500.

What can you apply for?

The fund is to support a wide range of activities:

- cultural activity including art, music, literature, poetry, heritage, dance, theatre, craft, photography, film, design, museums, archives, libraries, and community arts festivals.
- sporting activity including community-based sports clubs, outdoor pursuits, competitions and events, walking and gentle exercise, health and wellbeing.

Here are some examples of the type of project that might be considered for support:

- A theatre replacing outdated seating to improve the audience experience
- Conservation of artifacts at a heritage centre
- Building of new changing rooms for a local football club
- A community centre improving accessibility
- A mela creating an international programme of events which give free access
- A reminiscence project recording memories of past events
- Hiring a public address system to support a band night
- Commissioning a mural to improve the indoor space of a village hall
- A brass band working with a composer for a new piece of music
- A theatre company taking their work on tour across Lancashire

Are there any training or advice sessions?

Yes, we know that many applicants will be new to crowdfunding and applying for funding so there will be opportunities to get more information and advice. There will also be sessions to provide wraparound support such as to help groups in developing their own constitution or understanding the responsibilities of safeguarding.

What next?

There will be a formal launch around the end of November, after which we will start accepting expressions of interest. There will be regular communication and support, from the ideas stage right through to the final project delivery.

We expect the first round of project campaigns to go live in the new year. Project owners will then have 3 months to raise their funds, meaning the first round of successful projects will receive their funding in spring 2023. Project owners then have up to 12 months to bring their project to life.

Please contact us with any queries: lcsf@lancashire.gov.uk



HEALTH AND WELLBEING



Beacon Dementia and Wellbeing

Supporting and empowering people living with dementia, their carers and those who may feel lonely or isolated, enabling them to enrich their lives and enhance their wellbeing.

We do this through offering opportunities to connect with others and take part in activities, whilst creating a culture where everyone can contribute and is included.



We meet the third Friday of the month, 2:30 - 4pm at
The Whitaker Museum & Art Gallery, Haslingden Road,
Rossendale BB4 6RE

For more information, please contact
hello@beaconrossendale.org.uk





East Lancashire Hospitals
NHS Trust

Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

**Advice sessions are available on-line via
Attend Anywhere**

Log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>

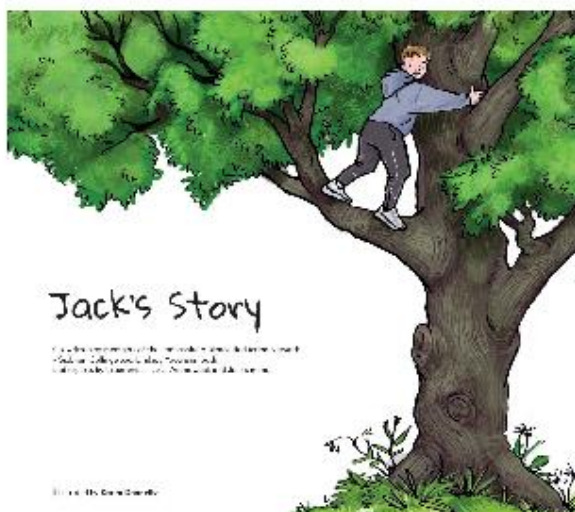
Enter the word "drop" as the first name and "in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

Tues	1	November	1pm - 3pm
Wed	9	November	3pm - 5pm
Wed	16	November	5pm - 7pm
Tues	22	November	1pm - 3pm
Wed	30	November	3pm - 5pm

Safe | Personal | Effective

'Jack's Story'

Lessons from Lived Experience of Domestic Abuse



Lancashire Violence Reduction Network are excited to present this great opportunity to attend a 'Jack's Story' free workshop. You will:

- Receive a free copy of this new resource ('Jack's Story')
- Hear key messages from lived experience of domestic abuse
- Discuss in a multi-agency forum, the implications for practitioners
- Participate in free half-day training and discussions

Tea, coffee and pastries available on arrival.

Dates and venues available:

- 2/11/22 9am – 12pm (Burnley Turf Moor FC)
- 30/11/22 9am – 12pm (Edge Hill College)
- 30/11/22 1pm – 4pm (Edge Hill College)
- 5/12/22 9am – 12pm (Preston FC)
- 5/12/22 1pm – 4pm (Preston FC)
- 12/12/22 9am – 12pm (Burnley Turf Moor FC)
- 12/12/22 1pm – 4pm (Burnley Turf Moor FC)
- 14/12/22 9am – 12pm (Morecambe Globe Arena)
- 14/12/22 1pm – 4pm (Morecambe Globe Arena)

To select a session, please follow the link for Eventbrite bookings below:

<https://www.eventbrite.co.uk/o/lancashire-violence-reduction-network-38717145063>

All cancellations with less than 24 hrs notice, or failures to attend, will be charged a cancellation fee.

Places will be allocated on a first come, first served basis



THE LINK CENTRE

UK
**Member of
MEN'S SHEDS
ASSOCIATION**

**Lancashire
Adult Learning**

Learn to make: Healthy meals in a microwave

1ST & 8TH NOVEMBER | 3PM - 5:30PM

Learn to make healthy meals in a microwave - use less energy in your kitchen to make hearty, healthy microwaveable meals.

This short course will show you just how versatile your microwave is as you discover the amazing range of healthy recipes you can make from fresh ingredients to create budget conscious meals. The teacher will provide all recipe details and ingredient lists prior to the course.

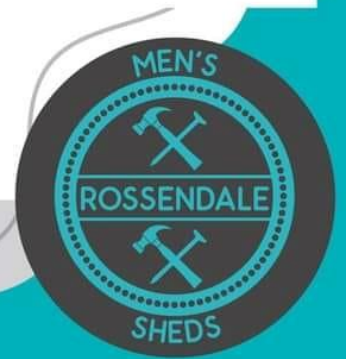
Provided by LANCASHIRE ADULT LEARNING
Hosted at HASLINGDEN COMMUNITY LINK,
BURY ROAD, HASLINGDEN, BB4 5PG

Scan me to enroll!



Haslingden Community Link

Bury Road, Haslingden, Rossendale, Lancashire, 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





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ENTRY
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MIND BODY SPIRIT WORKSHOPS

26TH NOVEMBER



- 11.15 Yoga Nidra
- 12.00 Chakra Yoga
- 12.45 Breathwork
- 1.30 Mindful Meditation
- 2.15 Manifest your dreams
- 3.00 Chakra Dance



HELEN@SHIVATRUST.ORG | CONTACT HELEN 07984467746

**Chai & Chat special session:
join us for an opportunity to
discuss the menopause and
your health concerns.**

**Saturday 29th October
11.30am till 1.30pm
The Training Room at the
Whitaker Museum,
Rawtenstall**

**With Health Visitor Naz Khan and
Clinical Pharmacist Almas Ganatra.**

**Light lunch
provided.**

**Get your blood
pressure & BMI
checked too!**



CHAI ROSSENDALE
Community Hub & Access Initiative

THE BEACON SHED

at The Whitaker



Opening
Autumn
2022

Our long-awaited Shed will provide a welcoming space to make, mend, build, garden, chat and socialise. All our activities will be dementia-friendly and only limited by your imagination.

Come and join us!



For more information, or for news of our Shed opening date, please email us at hello@beaconrossendale.org.uk or follow us on social media



Long COVID Wellbeing Support Group

- Do you have Long COVID?
- Would you like to meet others with similar experiences while learning tips to help improve your wellbeing?

Weekly course starting
Friday 4th November 2022
10am-12pm
Rossendale Primary Health Centre

Scan to book or call:
01706 221 524





SELF CARE SUNDAY

Our men's mental health support group Middle Men runs every Sunday evening in Bacup. Get in touch to find out how you can get involved.

Call: 01706 558022

Email: help@theletstalkproject.org

Visit: theletstalkproject.org

THE LINK CENTRE

Together
an Active
Future
»»»»»

newground
together

Gentle **STROLLS**

Join us for a free short, guided group walk followed by a brew and biscuits. Walks will be between 30 - 45 minutes. Everyone is welcome! Please wear suitable footwear and bring a drink.

The group will gather at 1:30PM and leave from:
Haslingden Community Link, Bury Road, Haslingden, BB4 5PG
Every Thursday starting 10th November

By signing up for this walk you are responsible for your own safety.

**For more information,
please contact Haslingden Community Link on:
01706 230116, or email us at info@hcl.org.uk**



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TRAINING

Prevent Training

The Lancashire Prevent Team are offering free training for people working within the community—eg, faith groups, voluntary groups, youth groups or individuals who may want to increase their knowledge and understanding of Prevent...

What is Prevent??

Prevent is part of the UK government's counter-terrorism strategy and our work aims to educate and safeguard those who may be vulnerable to radicalisation. Prevent is part of the statutory duty that surrounds safeguarding. Prevent provides support through training and guidance so that more and more people can identify the signs of radicalisation and how someone could start to support terrorist groups and therefore implement early intervention strategies when needed.

As an organisation or person that works within our local community, you are ideally placed to support and educate your relevant audiences. Prevent is simply another strand within safeguarding and is designed to keep us all safe.

BOOK NOW

Haslingden Community Link.

Bury Road, Haslingden, Rossendale, Lancashire, BB4 5PG

Book at:

communitiesteam@rossendalebc.gov.uk



**Lancashire
Prevent Partnership**

"Working together for safer communities"



16th of November from 6:30PM – 8PM.



Prevent training will cover:

What is Terrorism, Extremism, Radicalisation and Ideology?

Different extremist groups

LASIT (Left Wing Anarchist Single Issue Terrorism)
Extreme right wing
Islamist

Spotting signs of Radicalisation

Who could be vulnerable to radicalisation?
Toolkit to identifying radicalisation - Behaviours and vulnerabilities



FREE Volunteering and Community Courses



Lancashire
Adult Learning

Are you a volunteer or community member who supports individuals or groups by helping and guiding them to become more independent ?

These skills in Mentoring, Information advice & guidance can be transferred into accredited qualifications.

Join us at Lancashire Adult Learning on the dates below to explore these learning opportunities and speak to our expert tutors in our live online classes.

- Introduction to Mentoring
09/11/22 9:30am-12:00pm [Click here to enrol](#)
- Introduction to Information Advice & Guidance
14/11/22 9:30am-12:00pm [Click here to enrol](#)



www.lal.ac.uk



0333 003 1717



Lancashire
Adult Learning

Free Online Volunteering & Community Training Courses Running in November

- Positive & Effective Communication
07/11/22 13:30pm-16:00pm [Click here to enrol](#)
- Introduction to Safeguarding & Prevent
09/11/22 9:30am-12:00pm [Click here to enrol](#)
- Introduction to Mentoring
09/11/22 9:30am-12:00pm [Click here to enrol](#)
- Introduction to Information Advice & Guidance
14/11/22 9:30am-12:00pm [Click here enrol](#)
- Assertiveness Training
15/11/22 9:30am-12:00pm [Click here to enrol](#)
- Confidence & Resilience Training
28/11/22 9:30am-12:00pm [Click here to enrol](#)

VOLUNTEERING

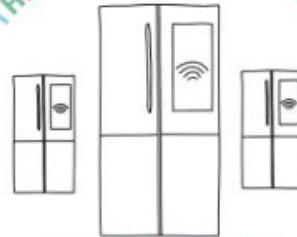


THE UNITY COMMUNITY FRIDGE

Volunteers Needed

A Simple Solution To Wasting Less Through The Sharing Of Good Quality Food

THE UNITY FRIDGE



Unitarian Church,
Bank St, Rawtenstall
BB4 7QA

We need volunteers:

- To Organise Food
- Socialise
- Pick up Donations
- Help With Promotion

Help Create An Inclusive Environment For All To Share, Donate And Reduce Food Waste In The Community.
Be Part Of The Unity Fridge Team!



- Is reducing food waste important to you?
- Can you spare as little as 1 hour a week?

GET IN TOUCH

07450 588 782

FACEBOOK:

@THE UNITY FRIDGE

SUPPORTED BY

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LANGUAGE SUPPORT VOLUNTEERS REQUIRED



Do you have two hours a week to help people with their spoken English? Go to the park over the summer holidays and while the children play just chat about life, or go for a cuppa or a walk.

If this sounds interesting and you can commit two to four hours a week please get in touch today. No experience required



lisa.ross@bprcvs.co.uk 01282 433740



**BURNLEY PENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE
Registered Charity Number: 1062448 Company Limited By Guarantee: 3329219

