



COMMUNITY BULLETIN

March 2023

Welcome to your March Community Bulletin. We 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



The
Electoral
Commission

You now need
photo ID to
vote at a
polling station

No ID? You can apply for free voter ID

Find out more at

electoralcommission.org.uk/voterID

or call 0800 328 0280



Voter ID

The UK Government has introduced a requirement for voters to show photo ID when voting at a polling station at some elections. This new requirement will apply for the first time in England at the local elections on Thursday 4 May 2023.

Which forms of ID can I use to vote?

You may already have a form of photo ID that is acceptable. You can use any of the following:

- Passport
- Driving licence (including provisional license)
- Blue badge
- Certain concessionary travel cards
- Identity card with PASS mark (Proof of Age Standards Scheme)
- Biometric Immigration document
- Defence identity card
- Certain national identity cards

For more information on which forms of photo ID will be accepted, visit electoralcommission.org.uk/voterID or call their helpline on 0800 328 0280.

If you don't have an accepted form photo ID

If you don't already have an accepted form of photo ID, or you're not sure whether your photo ID still looks like you, you can apply for a free voter ID document, known as a **Voter Authority Certificate**. You can apply for this at voter-authority-certificate.service.gov.uk.

Alternatively, you can complete a paper application form and send this to the electoral services team at your local council.

If you need any help with applying for a Voter Authority Certificate or want to request an application form, contact your local council. To find their contact details visit electoralcommission.org.uk/voter.

Find out more

If you have any questions or would like to find out more, go to electoralcommission.org.uk/voterID, or call their helpline on 0800 328 0280.

COMMUNITY ACTIVITIES



The Unity Community Hub

MONDAYS 9-5PM AT BANK STREET, RAWTENSTALL

EVERY MONDAY BETWEEN THE HOURS OF 9AM-5PM THE UNITY HUB IS OFFERING FREE SPACE FOR COMMUNITY GROUPS AT THE SOCIAL JUSTICE CENTRE IN RAWTENSTALL.

WE HAVE TWO ROOMS AVAILABLE, ONE ROOM HAS SPACE FOR 70 PEOPLE AND THE OTHER ROOM HAS SPACE FOR 30 PEOPLE. THE ROOMS CAN BE USED FOR A VARIETY OF ACTIVITIES, MEETINGS, EVENTS OR CONFERENCES.

REFRESHMENTS, FOOD, AND VOLUNTEERS ARE AVAILABLE IF REQUIRED (ALSO FREE OF CHARGE)



IF YOUR GROUP CAN USE THESE SPACES PLEASE GET IN TOUCH WITH US AT INFO@SHIVATRUST.ORG



IN PARTNERSHIP WITH



Lancashire Medication for your mind

Every 3rd Thursday of the Month
10.30am-12pm

Online via MS Teams

Email us or sign up via Eventbrite using the QR Code
below to join our monthly support group and receive
the link for the meeting

Come and join us...

This group offers the opportunity for people who are on mental health medication to meet with others with similar lived experiences. You'll be able to share ideas and information on things that you can do to support your wellbeing journey alongside taking your prescription.

If you have any questions please contact:
Dawn Allen - makingmentalhealthpositive@gmail.com



Making Mental Health Positive



BACUP LIVING ROOM

We're back next week!

Join us as we provide a warm, welcoming place to be. Come and enjoy a brew, a meal, and good company. Completely free, everyone welcome!

**Now just on Wednesdays at
Central Church, Burnley Road
3.30-5.30pm**

Saturday 25th February

FREE EVENT

Live entertainment | Face painting

4PM - 8PM



ANALOGUE FARM & TOD UFO MEET PRESENT...

UNIDENTIFIED.

AN EVENING EXPLORING UFO-LORE

IN THE CENTER OF 'UFO ALLEY'

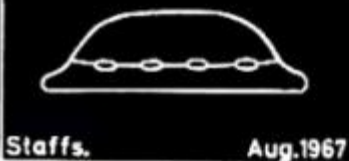
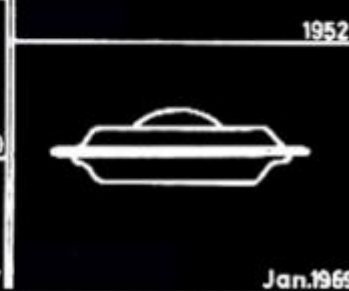
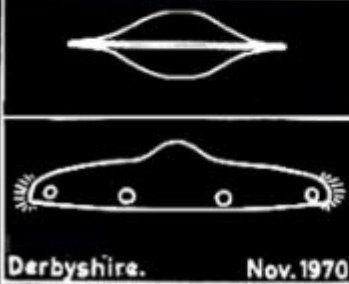
**SATURDAY
4TH MARCH 2023
6:30-10:30PM
ABD CENTRE
BACUP**

INCLUDING THE LAUNCH OF LATEST FOLKLORE TAPES COMPILATION:
'WHEN THE FROG FROM THE WELL SEES THE OCEAN'

£8 ENTRY



1952



PADDY STEER

EXTRATERRESTRIAL INVASION

THE WATCHERS

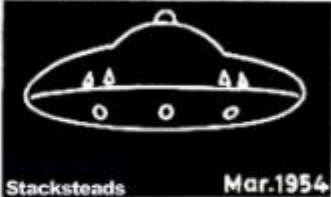
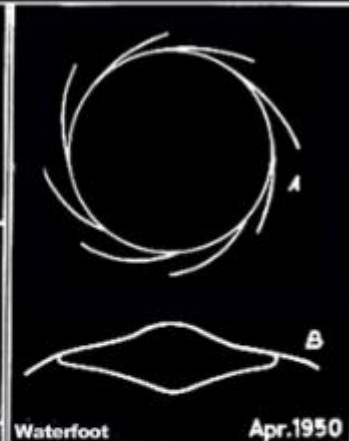
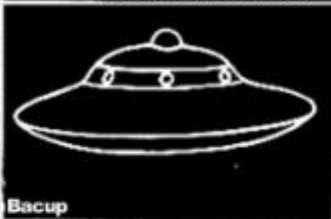
TODMORDEN UFO MOTION

TOD UFO MEET
WITH COLIN LYALL

DEAN MCPHEE
GUITAR LEVITATIONS

THORNY WYCH
BACUP WOOD CRAFT

PENNINE MYSTERY PLAY LIGHT, TONE AND VOICE
FEATURING:
SAM MCLOUGHLIN
DAVID CHATTON BARKER
RAMSEY JANINI



EMILY OLDFIELD
ORB OBFUSCATION



BOOK THROUGH
ticketsource.co.uk





Group Sessions

To help promote positive mental health and reduce social isolation

Poetry & Creative Writing for Mental Health
Mindfulness doodling

Or just pop in for a chat & a brew in a safe environment where you can be yourself

**Join us fortnightly on Mondays 2-3pm
at the Unitarian Church on Bank
Street, Rawtenstall
Starting Monday March 6th**

Contact us via email or Facebook for more information:
info@waterwellfoundation.co.uk
Facebook: WaterWell Foundation CIC



Group Sessions

To help promote positive mental health and reduce social isolation

Poetry & Creative Writing for Mental Health
Mindfulness doodling

Or just pop in for a chat & a brew in a safe environment where you can be yourself

**Join us fortnightly on Mondays 6-7pm
at the Holden Arms, Haslingden
Starting Monday 13th March**

Contact us via email or Facebook for more information:
info@waterwellfoundation.co.uk
Facebook: WaterWell Foundation CIC



BACUP FAMILY CENTRE TODDLER & BABY GROUP

Mondays (Term time) 9 - 10.45am

Bacup Family Centre, Top Floor ABD Centre.

Burnley Road, Bacup, OL13 8AB.

£1.50 per family - first session free of charge.

Ages 0 - pre-school

A chance to meet other parents.

Support your child to interact with others through play.

Refreshments & snacks provided



Registered Charity 1129644

enquiries@bacupfamilycentre.co.uk



Come Together



Pop into a welcoming environment, enjoy
a free cuppa and a chat with others

Every Monday 12pm-1.30pm
(during term time)
Rawtenstall Unitarian Church
Bank Street

Contact Cath for more info on 07727
180164 or Email
catheddisford1@gmail.com



MONDAY DROP IN

12.30PM – 2.30PM

BACUP FAMILY
CENTRE

•
TOP FLOOR OF THE
ABD CENTRE



Fancy meeting new people?

Getting out of the house & a change of scenery?

Our drop in is a safe space for people to pop along for a few hours, chat & have a brew & biscuit!

With games, quizzes, bingo, pool, cards, crafts & more. Join in as much or as little as you wish.

All welcome (adults 18+) & completely free! For more info contact us 01706870683 / enquiries@bacupfamilycentre.co.uk



Creative Writing Workshops

Free & Open to All



GREATER GOOD
PROJECT CIC

Every Thursday
1pm-2.15pm

St Peters Community
Centre
Haslingden

Benefits include-
Reduced Anxiety and Stress
De-cluttering and clearing your mind
Positive thinking
Self-awareness
Grounding and reconnection
Creativity



Contact Cath on 07727 180164 or email
cathedisford1@gmail.com to book your place



Spring

CRAFT FAIR

16th April

9:30AM - 2PM

At:

Haslingden Community Link

Great Location with Parking and disabled access

Only **£15** Per table

Book Now!

Cafe available on site!

To book your table, call us or email us:

☎ 01706 230116 ☎ ☎ info@hcl.org.uk ☎

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



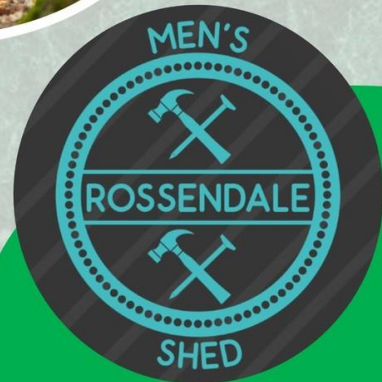
Blokes Walks

- Meet new people
 - Get fitter
 - Socialise
 - Get out in the fresh air
- * Learn more about local history and wildlife

Walks around the **Whitworth** area

The group will gather outside the Posh Pig,
Hall Street, Whitworth

By signing up, you are responsible for your
own safety, walking boots recommended



Starting 2nd March

Thursday's
10am

For more info ring
Andy on

07517118526

Haslingden Community Link

Bury Road, Haslingden, Rossendale, Lancs BB4 5PG

Community Tel: 01706 230116 Childcare T

el: 01706 224848 Fax: 01706 238354

Haslingden Community Link—Company Limited by Guarantee No. 3612468—Registered Charity No. 1075926



ARE YOU WORRIED ABOUT HOW THE COST OF LIVING CRISIS WILL AFFECT YOU?

**Learn more about
the positive steps
you can take to feel
more in control.**

Lancashire Adult Learning has a wide range of support options available with sessions available online and in venues local to you!



JOIN US FOR:

Financial Help -

Learn more about household budgeting, utility comparison, debt management and steps to lower household energy consumption



Employment and Skills Training -

Explore employment and career opportunities, and the training required to get you there



Mental Health Support -

With sessions including Mindfulness, Creative Wellbeing and Sleep Well to support you with coping strategies to better manage your own mental health and well-being



Food Budgeting and Cooking Healthy Meals on a Budget -


Learn about nutrition and cooking healthily on a budget as well as exercises to improve your health with chair-based exercises and yoga




**TO FIND OUT MORE
AND REGISTER YOUR
INTEREST EMAIL:**



enquiries.lal@nelsongroup.ac.uk

 0333 003 1717

 www.lal.ac.uk

Lancashire Benefits Advocacy Service



ICANN can help with

- Filling in your Benefits Assessment form (PIP/ ESA50/ UC50/ Child DLA/ AA)
- Preparing for your Benefit Health Assessment
- Support at your Benefit Health Assessment
- Appeal Tribunal support



ICANN can help you with your benefit health assessment or appeal tribunal if you are:

- A Lancashire resident
- Attending a face to face health assessment or appeal tribunal in Lancashire
- Having a telephone health assessment or appeal tribunal
- Having an online health assessment or appeal tribunal
- Needing help to get medical evidence for your health assessment or appeal tribunal

Contact Us

01772 746061
admin@i-cann.org.uk

www.i-cann.net

 @ICANNLancs

 @icann_lancs

 @ICANN_Advocacy

 ICANN Advocacy



Charity Number
1200221



How ICANN can help

Help you prepare for your Benefit Health Assessment

- Know what to expect
- Discuss your support needs
- Provide information
- Explain the process
- Discuss helpful evidence needed
- Talk with or meet with you before your assessment

Support to get evidence

- We can help you access your medical records (GP, hospital or mental health)
- We can help you access your social care records (adult or child social care)


Support at your Benefit Health Assessment

- We can attend face to face assessments with you in Lancashire
- Provide support at telephone assessments
- Provide support with online assessments
- Help you to have your voice heard at your assessment
- Support you to provide information to your assessor

We can provide you with support before your appeal tribunal to

- Explain the process and ensure that you know what to expect.
- We can help you to understand the paperwork and help prepare for the questions you may be asked
- We can attend in-person tribunals in Lancashire
- We can also help with tribunals via telephone or video link
- Help you to speak up and get your voice heard

Support us by following us on social media

-  @ICANNLancs
-  @icann_lancs
-  @ICANN_Advocacy
-  ICANN Advocacy

ICANN
Howick House,
Howick Park Ave
Penwortham,
Preston
PR1 0LS





New Fairer Warmth App – Rossendale Trial

We are trialling the Fairer Warmth App for a period of one month from 20th February to 20th March. The App will help you conduct a mini-energy audit of your home, resulting in bespoke energy saving recommendations, and assess your eligibility for grants and funding to support your energy saving journey.

If you are interested in participating in the trial, please send an email to communitiesteam@rossendalebc.gov.uk and we shall send you a link when the trial launches.

We are also looking for up to 10 participants who are happy to participate in a telephone survey to provide feedback about the Fairer Warmth App and how it might be used in the future. If you are interested in helping with this, please let us know.



COULD YOU BE A HOST FOR M₃ PROJECT?

M₃ Project is looking for people from all backgrounds that want to help young people who are vulnerable, homeless, or leaving the Care System? We offer training, support, and a fixed weekly allowance.

Hosts must:

- be aged 25 or over.
- have a spare bedroom.
- have time to care and support a young person adapting to adulthood.



"If anyone was thinking about becoming a lodgings provider, I would say go for it. It is really rewarding and it is an opportunity to make a difference to a young person and make a lifelong friendship." - Lisa, M₃ Host

"I come from a family where I have masses of support and I think sometimes people need an opportunity. I know how difficult it can be for young people to get accommodation." - Catherine M₃ Host

FINDING OUT MORE

The best way to find out more is to meet with us and talk through any questions or concerns you may have. We have worked with many wonderful Hosts from all kinds of backgrounds and situations and can explain how we help you make a choice that can change a young person's life.

Contact: Alan Dorrington or Dawn Rowe on 01706 216600
Or email: info@rossendalem3.org



**Café
Rakefoot**

Good
Morning!
9:30-11

DOGS WELCOME
First Tuesday of the month

OPENING
Tuesday 7th
March 2023
Come and
Support us
and keep
Warm

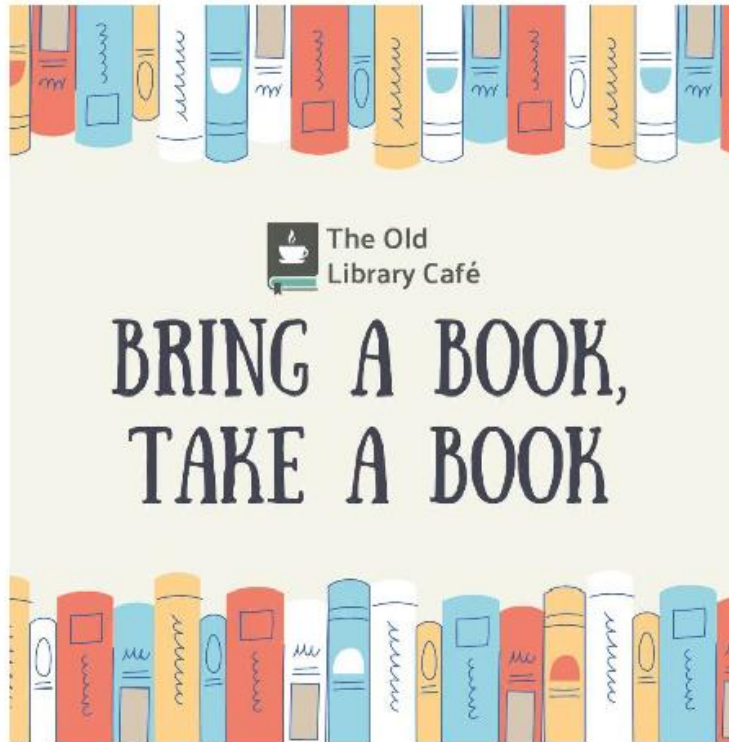


Buy a hot Drink GET A Snack

FREE

Just £2

**Rakefoot Methodist Church, York
Street CRAWSHAWBOOTH.**



When you pop by, why not bring a book and swap it for one from our shelves?! No cost, just a chance to share your favourite reads

Waterfoot Old Library

TOWN TWINNING – BOCHOLT



Would you like to visit Bocholt, our German twin town and find out about everyday life in Germany? Would you like to play host to visitors from Bocholt and help them get to know life in Britain?

Rossendale's town twinning with Bocholt, Germany started in 1952 with the signing of an official 'Friendship Agreement' and the first visit was made by a youth group from Bocholt. Forty years ago this year The Friends of Bocholt (FoB) was created to act as a point of contact to help arrange visits between groups, families, and individuals in the two towns and over that time many long-lasting friendships have been formed. Instead of the usual tourist holiday, staying with a family allows us to find out about real life in Germany – and make new friends.

There is an equivalent group in Bocholt – the Deutsche-Britische Gesellschaft, or German-British Society (GBS) – and in alternate years group visits take place to Bocholt or to Rossendale. This October (Thursday 5th to Monday 9th) the GBS will be visiting Rossendale, flying to Manchester. Many of the group already have host families, but some are new visitors to Rossendale and hosts are needed to give them a warm Valley welcome.

There is no need to speak German as most of our visitors speak good English! Some trips as a group will be arranged but time is also free for you to show your visitors the sights of the Valley and surrounding areas. Our guests range in age from children in family groups to teenagers and young people travelling alone, and older residents of Bocholt wanting to find out about English life.

If you want to know more about the October visit, or about Friends of Bocholt and its other activities, please contact Peter and Ros Bill of Friends of Bocholt:
pbill1944@aol.com phone: 07742 079 266

FUNDING

Asda Foundation's Investing in Spaces and Places Grants Programme Opens 6 February

Grants of between £10,000 and £25,000 are available to cover between 25% and 75% of the total project costs for projects that address at least one of the following categories:

- Building repair (external or internal) for spaces and places which already exist but are in disrepair and therefore limit the usability, safety or level of expectations for other to use the space.
- Building development to enhance a space already in use.
- Outdoor development to develop outside space for the benefit of the community, particularly outdoor spaces which benefit everyone and can be accessed by large groups of people.

Application forms can only be obtained from Asda Community Champions, who are based in local Asda superstores.



SMALL GRANTS PROGRAMME

About the fund

We want to support projects that bring communities together and provide sport and physical activities for people who may be less physically active.

We also particularly want to support projects focusing on environmental sustainability.

We believe that communities that work together and share resources provide a stronger and more sustainable impact.

Therefore, we want applications from projects that demonstrate how they connect with their communities, make best use of the existing skills and assets in an area, and will provide the biggest possible impact to those who need it most.

We also want projects to show how they've sought to reduce their impact on the environment through the goods and services they use to deliver the activity.

Please be aware that we always have more applications than we're able to fund, so our priority is to support projects working with people in disadvantaged communities.

Key information

Awards of £300-£15,000 are available to not-for-profit organisations.

Awards are to help inactive and less active people become more active.

Our priority is to support projects working with people living in areas of disadvantage as defined by the Indices of Multiple Deprivation areas 1 to 3.

Applications should explain why there's a need for the project and how end users have been involved in developing the project.

Applications should consider how the project adds value to services currently available in your local community, and work collaboratively with other groups to maximise the impact of the project.

The closing date for applications is 30 June 2023.

More information at <https://bit.ly/3iN17pT>

The coronation of King Charles Community Event Grants

Grants of up to £250 for your community event
to celebrate The King's Coronation



Grants are available for constituted community groups to host
public events

Applications close Friday 10th March 2023

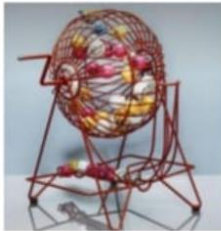
Application forms available from

communitiesteam@rossendalebc.gov.uk



THIS GRANT IS NOT AVAILABLE FOR PRIVATE STREET PARTIES

Rossendale
BOROUGH COUNCIL



Friday Club

**2pm to 3pm
At ab&d centre
For retired people**



TRAINING

ADULT MENTAL HEALTH FIRST AID COURSES

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

We offer a half day course and a two day course.

The courses can be offered online or face to face.

You must live/work within the Lancashire boarder with the excluding of Blackpool and Blackburn with Darwen



Funded by:



Positive
Action in the
Community

Email address - training@p-a-c.org.uk

Website - <https://www.p-a-c.org.uk/>

Telephone - 01282 619192

YOUTH MENTAL HEALTH FIRST AID COURSES

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

We offer a half day course and a two day course.

The courses can be offered online or face to face.

You must live/work within the Lancashire boarder with the excluding of Blackpool and Blackburn with Darwen



Funded by:



Positive
Action in the
Community

Email address - training@p-a-c.org.uk

Website - <https://www.p-a-c.org.uk/>

Telephone - 01282 619192

Free Volunteering & Community Training Courses From Lancashire Adult Learning

- Roles & Responsibilities of Volunteering
- Introduction to Equality & Diversity
- Introduction to Safeguarding
- Introduction to Mental Health Awareness
- Get into Mentoring
- Introduction to Conflict
- Confidence & Resilience Building
- Introduction to Dementia Awareness
- Social Media Training for Volunteer Groups
- Assertiveness Training
- Intro to Peer Support Training
- Intro to Mentoring
- Intro to IAG
- Food Safety
- First Aid
- Dementia Awareness
- Mental Health Awareness

For more information please contact:
craig.pollard@nelsongroup.ac.uk



LANCASHIRE
DEMENTIA
TRAINING & COACHING

Want to learn more about dementia?

Rachel Yates Hoyles from Lancashire Dementia Training and Coaching is offering a FREE dementia awareness session.

Date: Monday 27th March 2-3.30pm

Where: : THE UNITY COMMUNITY HUB @ THE SOCIAL JUSTICE CENTRE, IN THE UNITARIAN CHURCH, BANK STREET, RAWTENSTALL, BB4 7QW ENTER VIA BANK STREET OR ORMEROD STREET

What to expect from the session

The 90-minute session will include an interactive quiz which will lead onto discussions around:

- Identifying the signs and symptoms of dementia and the different types.
- What to do if you are concerned about a person who may be developing dementia
- Identifying the facts and dispelling the myths around dementia.
- The impact dementia has on the person, their family, and communities
- What support is available nationally and locally around Rosendale
- Communication tips
- The session will also be an opportunity to ask questions.

Who can attend

The sessions are for anyone living or working within the Rosendale area. If you would like to arrange a session for your business, workplace, community group, school, or organisation. Please contact Rachel for more information.

Email: Rachel@lancashiredementia.co.uk

Tel: 07704859056

Youth and Adult Mental Health First Aid Training

Upcoming dates

Dates (All dates must be attended)	Time
2nd, 3rd, 6th, 7th Feb 2023	13.00 - 16.00
20th, 21st, 22nd, 23rd Feb 2023	09.15 - 11.45
7th, 8th, 9th, 10th March 2023	09.15 - 11.45

Date 2023	Time
27th Jan 2023	09.15 - 12.45

Date 2023	Time
Dates coming soon	13.00 - 16.30

Dates (All dates must be attended)	Time
25th, 29th, 30th, 31st Jan 2023	25th - 13.00 - 16.30 26th - 13.00 - 16.45 30th - 13.00 - 16.45 31st - 13.00 - 16.30
9th, 10th, 16th, 17th Feb 2023	9th - 09.15 - 12.45 10th - 09.15 - 13.00 16th - 09.15 - 13.00 17th - 09.15 - 12.45
20th, 21st, 22nd, 23rd March 2023	20th - 13.00 - 16.30 21st - 13.00 - 16.45 22nd - 13.00 - 16.45 23rd - 13.00 - 16.30

Feb 2023

Target work to be done



Orange Button - Healthier Lancashire and South Cumbria

Learners attending one of our eligible courses will be able to register/receive an Orange Button pack and become an Orange Button holder. This identifies that the individual has attended one of the following courses:

- YMHFA 2 DAY - F2F or Online.
- MHFA 2 Day F2F or Online
- Asist
- SafeTALK



To book call 01282 619192 or email info@p-a-c.org.uk

SUICIDE PREVENTION COURSE

safeTALK:

safeTALK is a half-day training in suicide alertness.

Applied Suicide Intervention Skills Training (ASIST):

ASIST is a two-day interactive workshop in suicide first-aid.

These courses are offered face to face.

Email address - training@p-a-c.org.uk

Website - <https://www.p-a-c.org.uk/>

Telephone - 01282 619192



ASIST



safeTALK

Funded by:



VOLUNTEERING OPPORTUNITIES

Volunteers Needed

Men or Women

Training Provided

Monday 10–2:30 Whitewell Bottom, Community Centre
Volunteers to help set up, make brews, wash up and
someone with cooking skills



Tuesday 1–3:30 Haslingden Grane Rd area
Experienced walk leaders

Wednesday 10am onwards
Haslingden Community Link
Volunteers with an interest in
gardening

Thursdays 10am 12 Whitworth
Experienced walk leaders

Fridays 10am 2pm Haslingden
Volunteers with wood working skills



To get
involved

Call

Andy

07517 118 526

Haslingden Community Link

Bury Road, Haslingden, Rossendale, Lancs BB4 5PG

Community Tel: 01706 230116 Childcare T

el: 01706 224848 Fax: 01706 238354

Haslingden Community Link—Company Limited by Guarantee No. 3612468—Registered
Charity No. 1075926