



COMMUNITY BULLETIN

June 2023


Welcome to your June 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

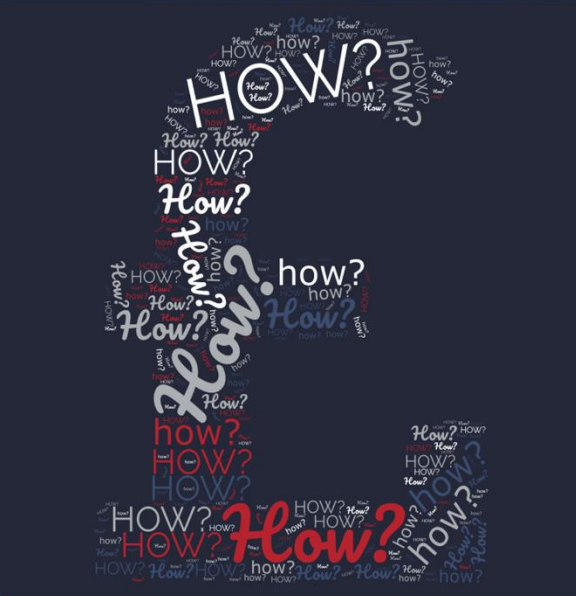


COMMUNITY ACTIVITIES




**BURNLEY PENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE

Registered Charity Number: 1082448 Company Limited By Guarantee: 3328219



Scan To Book



Tuesday, 27th June 2023
10:00 a.m. until 3:30 p.m.
St. Mary's Chambers, Rawtenstall

How? Conference 2023

Join BPRCVS to explore the cost-of-living crisis and its impact upon groups and organisations in the VCFSE sector.

A number of important keynote speakers will impart their knowledge, expertise and wisdom about surviving and thriving as an organisation or small group in the face of ever-increasing costs, and inform of the resources you can use to support your clients and beneficiaries through the crisis too.

You'll also learn about the local services in your area that can provide support to both your group or organisation, and your clients and beneficiaries.

We listened to your feedback from the 'Why?' Conference in 2019 and have provided a greater amount of time for networking so you can get your next lead, opportunity, and new contacts sorted.

Interesting and informative activities have been planned and we've even got a few free giveaways for each delegate too!

Join us for what promises to be an excellent and informative day!

*To reserve your place please scan the QR code opposite or visit:
<https://bit.ly/how2023>*

Places are limited to a maximum of 2 per group/organisation.

St Anne's Church
105 DUND ROAD EDGESIDE

ST ANNE'S

BABY & TODDLER GROUP

Wednesdays 10-11:30
St Anne's Church,
Ashworth Road,
Edgeside

Come to join us for free play,
craft, story time, song time
& snack time plus tea/coffee

A lovely chance for children and
their grown up to socialise and
grow, together
£1 per family per week

Booking essential:
wellbeing@stannedgeside.co.uk

Lancashire Artist of the Year Competition



Lancashire County Council Cultural Services have launched a new competition **Lancashire Artist of the Year 2023**.

We are inviting anyone with an artistic flair to submit a painting/print/sketch of their favourite Lancashire scene.

A panel of judges will shortlist their favourites and it will be up to the public to vote for the winner in an online public vote. The most popular 12 artworks will form a calendar which will be sold in all Lancashire libraries, museums and archives with proceeds going to activities to support Lancashire care leavers.

- **The competition is open for entries between 9 May and 19 June 2023**
- To enter, upload a photo of your artwork of a Lancashire landscape. We want to see paintings, sketches, collages, lino prints or even embroideries depicting your favourite view of Lancashire in spring, summer, autumn or winter.
- Your artwork must be an original by you and be in 2D and landscape format.
- Artworks that are photographs or digital images are not permitted.
- You can upload one artwork per season.

Full eligibility criteria and entry instructions can be found in the terms and conditions at <https://www.lancashire.gov.uk/artist-of-the-year/terms-and-conditions/>

To find out more and meet the judges visit, [lancashire.gov.uk/artist-of-the-year](https://www.lancashire.gov.uk/artist-of-the-year).



BabySense

Tuesday 10-11:15am
6th June - 18th July 2023

A relaxed, friendly baby group where parents/carers can socialise with others and bond with their baby. Featuring props, music, snacks, brews and bubbles!

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

For more information please email:
wellbeing@stannedgeside.co.uk

£1 suggested donation
Drop ins welcome

It would be lovely to see you there!

St Thomas Musbury Church, Helmshore

COUNT ON NATURE

WE'D LOVE FOR YOU TO COME ALONG!

- St Thomas' Churchyard
- Saturday 3rd June at 2-4:30PM

Come and join us for a bug hunt!

Find out what's living in your churchyard!



Churches Count on Nature 2023
We are celebrating the wildlife in our churchyard by observing and recording the plants and animals we find during Love your Burial Ground Week.
We would love you to join us!



St Anne's Church
lets build together EDGESIDE



Thursday Socials at St Anne's

Craft and Chat 10-11:30.
An adult social group with craft,
biscuits and brews.

Lunch 11:30-12.
Bring your lunch and eat in
Church, all welcome.

Community Walk 12-1.
Open to all ages and abilities;
weather permitting!

Please note: may be postponed during school holidays

Contact
wellbeing@stannedgeside.co.uk
for more information



Craft & Chat

**A social group for adults.
St Anne's Church, Edgeside
Thursdays 10-11:30am
8th June - 13th July 2023**

**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

COMMUNITY INFORMATION



© ***The Rossendale 60's Festival 2023.***

Following the Kings Coronation, the 60's Festival Group will be getting 'into gear' coordinating this years Fab events.

(8—10 September)

The Volunteer group are looking for Sponsors of the Festival, to help cover the costs of promotion, publicity and support to Voluntary Organisations in putting on 60's themed events.

If YOU (or someone you know) can help with sponsorship, please contact us at: petesweetmore@hotmail.co.uk or b.hyde3@ntlworld.com or ring: 07963 322966.

Your sponsorship will feature in all Festival publicity and promotion.

Thank You!!

TRADING STANDARDS

Roof repair cold callers in Rossendale & Preston.

Reports have been received from residents in the Rossendale and Preston areas where they have agreed to some roofing repairs after being cold called. The work has been of very poor quality, often with capping falling off shortly after being fitted, gutters still leaking after a repair has been carried out and the traders not coming back to rectify. Householders were asked to pay in cash, in one case VAT was charged, but the trader was not VAT registered. You can check a UK VAT number via the www.gov.uk website. Trading Standards advice is to never do business with cold callers. The Safetrader scheme can help you find a trader in your area, contact 0303 333 1111 or go to www.safetrader.org.uk

WhatsApp 'I've lost my phone' scam

Beware receiving a WhatsApp message from someone pretending to be your son or daughter claiming they have lost their phone. The message will of course come from an unknown number but you're your instinct will be to reply to help them out. The sender, pretending to be your son or daughter will then ask for money, eventually providing bank account details to pay this money into, sometimes with the explanation that the account number is that of a friend, as your son or daughter cannot access their account due to supposedly losing their mobile phone. This is a version of the 'Hello Mum' WhatsApp scam. Be on the alert if you receive such a message, ring you son or daughter independently.

Mobile phone upgrade scam call

Beware receiving a phone call, supposedly on behalf of a mobile service provider, offering an upgrade. Once the scam caller has gathered the necessary personal details, they then contact the phone company, which posts out a new handset to the victim's address. When it arrives, the victim is contacted again and told that the wrong phone has been sent and is asked to post it back – this time, to the scammer's address. Once the scammer receives the new phone, they disappear – leaving the victim with no phone and a new, more expensive contract. Contact the Trading Standards Service via the Citizens Advice Consumer Helpline on 0808 223 1133



17-24 June 2023

**Help keep your family safe in,
on and around water.**



**Watch RLSS UK's animation to learn
more about water safety.**



Enjoy Water Safety

HEALTH AND WELLBEING

Children and Family Wellbeing Service

We all have arguments

How do you solve yours?

We all argue – but do we always feel that arguments are resolved in a way that leaves everyone feeling okay?



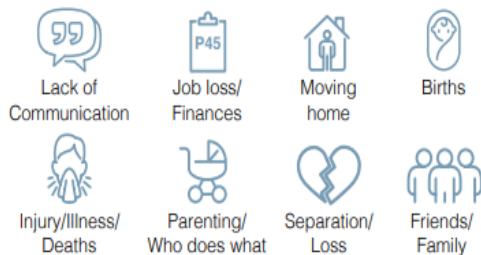
lancashire.gov.uk

Lancashire County Council

In arguments do either of you find yourself saying...



It is normal for parents to argue (whether you're together or not). Things that affect you as an adult can include...



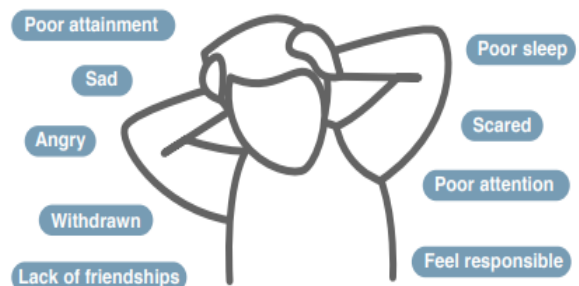
How do arguments leave you feeling?



Things that affect your children that may also impact on you can include...



When arguments are frequent, heated and not resolved they can affect your child in many ways.



Children and Family
Wellbeing
Service

Healthy Parental Relationships

talkzone@lancashire.gov.uk
0800 51 11 11

lancashire.gov.uk



Lancashire
County
Council

How could the Healthy Relationships course help?

Tools and techniques

Building on your strengths

Communication

Bringing the focus back to the children techniques

Getting back on track

Coping with separation/divorce

Who's it for?

We can support anyone who has a significant caring responsibility for a child, including parents who are:

- in a relationship
- separated or divorced
- biological or step-parents
- foster or adoptive parents
- same sex parents



How we support parents

You will be with other parents in a small group.

It's not therapy or counselling and you are the expert in your relationships.

We recommend this is completed prior to the Triple P Course.



Is this for me?

- Do you feel listened to?
- Do your arguments seem to go round in circles?
- Can conversations make you feel tense or frustrated?
- How do you react?



What next?



If you would like to find out more about the Healthy Relationships course contact your local Children and Family Wellbeing Centre by scanning the QR code on the next page. Alternatively contact Talkzone who will pass your details onto your local centre who will be in touch.

Tel:0800 511111, Text: 07786 511111,
or email talkzone@lancashire.gov.uk

lancashire.gov.uk/family



Lancashire
County
Council



New Group! We are putting on a new 6 week course focusing upon **Improving Mental Health** and we'd love you to join us!

What's the group about?

Each week we'll have a different focus about mental health wellbeing, we will be exploring **new skills** to help you look after your wellbeing. It will be a small, informal group setting and you will not be expected to share anything personal.

Who the group is for?

This group is open to anyone **registered with either Irwell Medical Practice, Waterfoot, Whitworth or Ilex View** and for those who aren't currently being supported by mental health services, or having counselling elsewhere.

Where? We'll be running the group at Stubbylee Community Greenhouses, in their lovely barn. Bacup OL13 0DD

When? The next 6-week programme will start on **Tuesday the 27th June**. The group will be weekly, Tuesday 1.30pm-3.30pm. *(the group restarts every 6 weeks so don't worry if you cannot attend this course)*

How do I find out more info/ join up? For more info or to sign up, please contact Souta at Stubbylee 07791 245755/01706 872 111 or email Anna at: **Improvingmentalhealth@lscft.nhs.uk**



NHS

Lancashire &
South Cumbria
NHS Foundation Trust

NHS

Health Education England

WHO ARE BEACON DEMENTIA & WELLBEING?

We are a group of people supporting and empowering those living with dementia, their Carers and anyone who feels lonely or isolated, enabling them to enrich their lives and enhance their wellbeing.



The Whitaker Museum

We meet regularly at the Whitaker Museum for group activities.

We provide a hub to support people living with dementia, their Carers, and anyone who is struggling with loneliness or isolation, to improve their mental health and wellbeing.

"Coming here has given me lots of support and advice, both through the Zoom meetings and by meeting Carers face-to-face and just being able to ask questions and have people point me in the right direction."



We also run a Carers' group.

OTHER HELPFUL CONTACTS

Age UK Lancashire - 0300 303 1234 - www.ageuklancs.org.uk

Rossendale Borough Council - 01706 217777

The Silver Line - 0800 470 8090 - www.thesilverline.org.uk

Rossendale Memory Choir - www.rossendalememorychoir.org
Crossroads (01282 832548)

Lancashire Carer's Link - 0345 688 7116, 01254 387444 - info@carerslinklancashire.co.uk

Dementia UK (Admiral Nurses) support line - 0800 8886678

Samaritans support line - 116123

Lancashire County Council Adult Social Care Service - 0300 123 6720

Rossendale and Hyndburn Citizens Advice - 0344 488 9622
www.citizensadvice.org.uk

This Information Resource was created by the Beacon Dementia & Wellbeing Carers' Group.

It aims to provide information and support for other carers of people living with dementia.

With grateful thanks to Jane, Margaret, David, Karen, Janet and Rachel for their time, research and desire to help others.



CONTACT BEACON DEMENTIA & WELLBEING

 07704 859056

 hello@beaconrossendale.org.uk



ROSSENDALE DEMENTIA CARERS' INFORMATION

Helpful advice and sources of support for those supporting people living with dementia

www.beaconrossendale.org.uk

Registered Charity No: 1189109

1 START OF THE JOURNEY

- Are you unsure if the person you care for is displaying signs of changes in condition or memory loss?
- Have a look at NHS Symptoms of Dementia at www.nhs.uk
- Do you, as a Carer, need help to manage these changes or symptoms?
- The Beacon Dementia & Wellbeing website www.beaconrossendale.org.uk/carers offers information on local and national organisations who can help, or there are some listed overleaf.
- Dementia UK factsheets (a-z list of topics) www.dementiauk.org

2 PRE-DIAGNOSIS

- Before you go to your GP, make carer's notes to take along to the appointment with you.
- Speak to your GP and ask for a joint appointment, preferably face to face.
- Include in your notes: symptoms, impact on life, safety/risk factors, medications, other health conditions, concerns.
- If possible, speak to your GP without your cared-for person, to explain why you need to explore further the changes you have noticed. Emphasise the difference in behaviour and point this out to the GP as a matter of concern to you as the Carer.
- Ask your GP to make a referral to the Memory Assessment Service. You need a GP referral to do this.



Group Activities

3 ASSESSMENT

Memory Assessment Service (MAS) Provided by Lancashire and South Cumbria NHS Foundation Trust: lscft.nhs.uk

Please be aware that this process can take some time, depending on how the patient shows symptoms

The team run memory assessment sessions and provide assessment and diagnosis for people with suspected dementia. You may be asked to take your cared-for person for a brain scan to help in the diagnostic process.

Following diagnosis, the team may ask to see you again to monitor any medication they recommend and provide you with a named case manager.

4 DIAGNOSIS

The Memory Assessment Service (MAS) will provide you with an introductory pack with information about support you can access to help you now and plan for the future; or may invite you to a post diagnostic group.

- The Alzheimer's Society UK will have been informed of the diagnosis and will ring you to discuss your situation and signpost to services (0333 150 3456)

The aim is to provide you with the skills to understand and manage the condition and enable people to be cared for at home for as long as possible.

5 POST DIAGNOSIS

Legalities

- If a will isn't already in place, now is the time to arrange one.
- Arrange Power of Attorney for financial and medical affairs.

The sooner this is done, the better! It can be done at any stage but must be done while the loved one still understands what the action is and why it is being put in place. Contact your family solicitor, or the Law Society can recommend local solicitors who deal with Power of Attorney.

Please note that any changes to the document (such as appointing further family members) will mean that the full fee is payable a second time.

You can arrange Power of Attorney yourself. Make, register or end a lasting Power of Attorney – www.gov.uk/power-of-attorney



Supporting each other



Waiting for wellness

Have you accessed **mental health support**? What was your experience of this? How long did you have to **wait**?

If you haven't accessed support, would you know where to go?



Have your say



Join us for a free

Carers Group

at Rossendale Hospice,
The Hub, Rawtenstall

1st & 3rd
Wednesday
of the month



Starts
7th June
1.30-3.30

**An opportunity to connect, share and learn from each other.
Meet with other carers and talk to staff
to get support & advice
whilst having a break from your caring role.**

**For more info please phone:
01706 393870**



CELEBRATING 35 YEARS
OF SERVING OUR COMMUNITY

Registered charity: 1008228



Join us for
Men Only Wednesdays
at Rossendale Hospice,
The Hub, Rawtenstall

*2nd & 4th
Wednesday
of the month*



*Starts
14th June
1.30-3.30*

**Supporting men with all types and stages of cancer.
"A pub chat, without the pub"
An opportunity to talk to others, get support from staff
and have a brew.**



**For more info please phone:
01706 393870**

CELEBRATING 35 YEARS
OF SERVING OUR COMMUNITY

Registered charity: 1008228  Registered with FUNDRAISING REGULATOR

Do you experience any of these symptoms?

- » Brain Fog & Poor Concentration
- » Poor Sleep
- » Constantly Tired
- » Palpitations
- » Breathlessness
- » Coughing



Do you feel they started after having COVID?

If yes, and you feel you are struggling there is a support group near you.

To find out more and book your place, call your local Lifestyle Hub team:

Blackburn - 01254 682037

Burnley - 01282 447134

Hyndburn - 01254 588197

Pendle - 01282 661226

Rossendale - 01706 221524



Lifestyle Hub




Scan me



The Long COVID Wellbeing groups offer 5 informal weekly sessions dedicated to support you.

You'll meet others with Long COVID, be able to share experiences and ways to manage symptoms to improve your wellbeing.

A brew & biscuit are included!



COST OF LIVING SUPPORT

Struggling to pay for food or bills? Support is available

Lancashire Community Finance is working in partnership with NatWest Bank and Responsible Finance to provide small grants to local residents through a new Hardship Grant Fund.

HARDSHIP GRANTS

Can provide short-term help to Lancashire residents who are struggling to afford essentials due to the rising cost of living, including:

- Food
- Energy and water
- Rent and other housing costs
- Appliances and furniture
- Other wider essentials

In addition to grants, LCF's team of expert advisors are on hand to provide free, impartial, and confidential advice on money, benefits, debt and housing issues.

To speak to a member of the team, including to enquire about a hardship grant, please call:

01772 556 877



Lancashire Community Finance (IPS) Ltd
Authorised and regulated by the
Financial Conduct Authority FRN 659275

Energy Bills Support Scheme Alternative Funding (EBSS AF) and Alternative Fuel Payment (AFP)

The Energy Bills Support Scheme Alternative Funding (EBSS AF) scheme is targeted at households that missed out on the £400 energy bills discount scheme due to not having a direct contractual relationship with their electricity supplier.

Customers who are eligible for support under the main Energy Bills Discount Scheme will not be eligible for EBSS AF.

The Alternative Fuel Payment (AFP) scheme will be directed to those households that heat their homes using alternative energy sources, such as oil, coal, liquefied petroleum gas (LPG) or biomass rather than gas or electricity.

How to Apply

The Government announced that applications for help under these two schemes opened on 27 February 2023. Applications for these schemes must be made to the Government and not to the council <https://www.gov.uk/apply-energy-bill-support-if-not-automatic>

Claims can only be made online. If you need assistance to make a claim or if you have any questions about whether you will be eligible to receive help from the schemes, the Government have opened a contact centre to help.

Please call 0808 175 3287 between 8am and 6pm Monday to Friday for assistance.

Which homes Are eligible?

You may be eligible to apply if your main home is:

- a residential park home or residential caravan/mobile home
- on a boat on a permanent residential mooring
- on a permanent Gypsy and Traveller site
- part of a heat network without an electricity meter
- in social or private rented accommodation which has a business energy connection or a communal electricity supply
- off the mains electricity or gas grid
- in a care home or assisted living facility **and** you pay for some or all of your care
- in a separate domestic home within a non-domestic property (such as a farmhouse or a flat above a shop)

Who should apply?

You can apply if:

- you pay for the energy your household uses
- you're applying for your main, permanent home
- you have a fixed address in England, Scotland or Wales

Who cannot apply:

Most households get the £400 support automatically. You do not need to apply if you or your landlord:

- has a domestic energy meter
- pay your bills directly to an energy supplier (such as British Gas or EDF)

You cannot apply if you've already had Energy Bills Support Scheme payments. This is 6 automatic monthly payments or prepayment meter vouchers of £66 or £67 from your energy supplier, from October 2022.

If you think you should have got a payment but have not, contact your energy supplier.

You also cannot apply for a discount if you live:

- in purpose-built student accommodation
- in a care home **and** do not pay any of your fees
- on a boat with a continuous cruising licence
- on a non-permanent caravan or mobile home site

Applications from the Rossendale area are low. Please apply.

Just
£1

Great value
bus fares for
evenings out

single trips after 7pm
7 days a week*

PLUS

Weekender bus ticket,
buy Saturday to get
Sunday free**

Find out more at
lancashire.gov.uk/publictransport

* Not available on Blackpool Transport services except services 74 & 75

** Buy any ticket on a Saturday and get the same for free

Funded by HM Government in support of our Bus Service Improvement Plan
from 30 January 2023

lancashire.gov.uk



Lancashire
County
Council



The Unity Fridge

MONDAYS & TUESDAY 10-12 PM

RAWTENSTALL UNITARIAN CHURCH



- FREE - ALL WELCOME -

OFFERS A SELECTION OF BASIC FOODS FOR FREE OR IF YOU WOULD ONLY LIKE A HOT DRINK, JUST COME BY.
IF YOU KNOW OF SOMEONE OR A FAMILY THAT IS STRUGGLING PLEASE LET THEM KNOW THAT THEY WOULD BE WELCOME.

IN PARTNERSHIP WITH

shuvā
TRUST



HUBBUB

FUNDING



The UK is home to some of the most incredible species on Earth, but it's also one of the most nature-depleted countries.

Let's change that, together.

The £1 million Save Our Wild Isles Community Fund is here to help community groups across the UK to protect:

Find out more about this fund at: <https://bit.ly/43jiwHU>

VOLUNTEERING AND JOB OPPORTUNITIES

VOLUNTEERS

WE NEED YOU, YES YOU!

Carers Link Lancashire supports unpaid carers across East Lancashire. We will shortly be opening a brand-new charity shop and are looking for volunteers who could help us for a few hours each week. Duties could include handling and sorting donations, operating the till, helping customers and keeping the shop clean and tidy.

13 Deardengate, Haslingden, BB4 5QN

For more information call our Volunteer Co-ordinator:
01254 387444



TRAINING



Lancashire
Adult Learning



MENTAL HEALTH SUPPORT WORKER RECRUITMENT PROGRAMME

Lancashire Adult Learning and Lancashire & South Cumbria NHS Foundation Trust have collaborated to create a programme to support recruitment for Healthcare Support Worker roles at The Harbour in Blackpool.

Course starts 5th June 2023

6 week course + 2 week placement

Guaranteed interview and placement upon successful completion

Looking for a career change? Feel you can make a difference?
Working in mental health might not sound like the obvious choice, but there are fantastic career opportunities for the right people.

No experience or qualifications needed!



Scan the QR code to register your interest!



Alternatively, speak to your Work Coach NOW if you're interested in joining this programme, or contact richard.dwyer@nelsongroup.ac.uk /01254 354423.

The course is followed by work placement and an interview with the employer for the right candidate upon completion of the course.

Step into ELHT programme

Are you a caring person? Have you ever considered
a career in Health Care or Social Care?

Gain the knowledge and skills to ensure you are work ready for a variety of
roles in the Health and Social Care sector.

For further information, speak to your work coach or contact
Richard Dwyer on 01254 354423.

Mondays, Tuesdays and Wednesday
Next course starts Monday 12th June
at The Waterside Centre, Accrington, BB5 1NA

This 4-week intensive course is based at our state-of-the-art Health and
Social Care Hub. This programme covers:

- Health and Social Care Award
- Roles and Responsibilities of a Care Worker
- Safeguarding Level 1
- Equality and Diversity
- Mental Health
- Employability skills

Guaranteed
Interview for
Placement
Opportunity

Upon successful completion of the course, you are guaranteed an interview
for a placement in a variety of roles in a health care setting.



START
SOMETHING



ACCRINGTON & ROSSENDALE
COLLEGE



Lancashire and
South Cumbria
Health and Care Partnership

Careers
in health and social care

East Lancashire Hospitals
NHS Trust
A University Teaching Trust

NHS

Lancashire Adult Learning

Click on the link in the enrolment page column to enrol, or look on our website for more information www.lal.ac.uk

Course Title	Day	Start Date	End Date	Start Time	Duration	Possible Hours	Enrolment Page
Get Into Meditation	MON	05/06/23	12/06/23	09:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=32141
Create Your Own: Self-Care Pamper Hamper	TUE	06/06/23	06/06/23	13:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=32123
Mindful Doodling	TUE	13/06/23	13/06/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34511
Create Your Own: Self-Care Pamper Hamper	WED	14/06/23	14/06/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34612
Be Food Smart	THU	15/06/23	22/06/23	13:00	2.00	2	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=32906
Drawing for Relaxation	TUE	20/06/23	20/06/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34395

Experimental Drawing and Painting for Beginners	TUE	27/06/23	18/07/23	09:30	2.50	10	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34513
Grow Your Own: Herbs & Salad	TUE	27/06/23	27/06/23	13:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34494
Express Yourself with Paint	TUE	04/07/23	04/07/23	13:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34690
Creative Wellbeing: Recycled Crafts	TUE	04/07/23	11/07/23	09:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34869
Introduction to Gardening Skills	TUE	04/07/23	11/07/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34495
Create Your Own: Self-Care Pamper Hamper	THU	06/07/23	06/07/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34789
Drawing for Relaxation	TUE	11/07/23	11/07/23	13:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34397
Mindset Matters	TUE	11/07/23	18/07/23	09:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34461

Get Into Meditation	TUE	11/07/23	18/07/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34459
Mindful Doodling	TUE	18/07/23	18/07/23	13:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34519
Grow Your Own: Herbs & Salad	TUE	18/07/23	18/07/23	09:30	2.00	2	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=34470

We now have timetables for September 2023-July 2024 so if you would like us to run sessions for your service user groups of 8 people or more then do contact me.

Danielle Thorpe

Partnership & Recruitment Officer for Health & Wellbeing

Lancashire Adult Learning, Northlight, Glenway, Brierfield, BB9 5NH