



# COMMUNITY BULLETIN

August 2023

Welcome to your August 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](https://www.rossendale.gov.uk/downloads/download/11317/coronavirus_community_bulletins)

Feel free to share the bulletin with friends, community groups and on community group social media. If you have some information that you would like to share in the next bulletin, or you would like to be added to the e-mail distribution list, please contact us at [communitiesteam@rossendalebc.gov.uk](mailto:communitiesteam@rossendalebc.gov.uk)



## COMMUNITY ACTIVITIES



Thursday 24th August  
10am -12pm



# COFFEE MORNING AND BISCUIT DECORATING



No need to book just turn up

**The Ashcroft, 661 Market St, Lancashire OL12 8DP. 01706 854130**



Thursday 17th August  
10am -12pm



# COFFEE MORNING AND SEED PLANTING



No need to book just turn up



Thursday 10th August  
10am -12pm



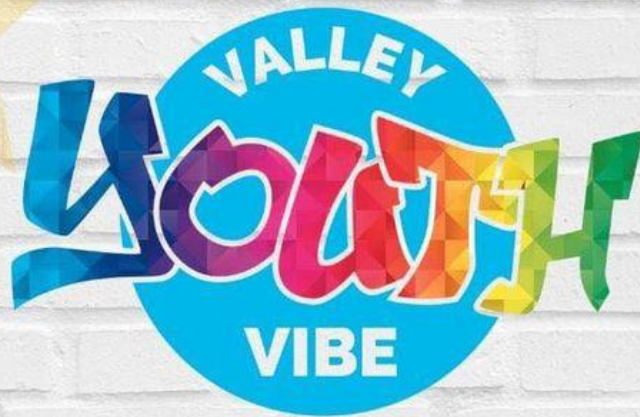
# **COFFEE MORNING AND PEBBLE PAINTING**



No need to book just turn up

**The Ashcroft, 661 Market St, Lancashire OL12 8DP. 01706 854130**

Every **THURSDAY**



**If you are aged 13-18 years old please come along to Valley Youth Vibe youth group.**

**Holt Mill, Lloyd St**  
**6:30pm - 8:30pm**



**Suggested donation of £1.00 entry**  
**Tuck shop also open**

# BACUP CLASSIC CAR SHOW

## SATURDAY 12th AUGUST 2023



**Irwell Terrace, Bacup Town Centre**

St Anne's Church  
lets build together  
EDGESIDE



# FAMILY FUN!

9:30-11:30

ST ANNE'S CHURCH, BB49JE

TUESDAY 1ST AUGUST  
THURSDAY 10TH AUGUST  
WEDNESDAY 30TH AUGUST

£1 per child per session

For ages 0-11 years and their families

Children must be accompanied by an adult

Booking essential, limited spaces!

**SPORT / MUSIC / CRAFT / SNACK**

Booking : [wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)

# Family Fun



Children and Family wellbeing Service

## SUMMER

### Healthy Heads Nutritional workshops

Tuesday 1st August 1-3pm

The Maden Centre, Bacup

Tuesday 8th August 1-3pm

Haslingden Neighbourhood Centre



Learn



Engage



PLAY

Lunch provided for those eligible for free school meals



To book visit <http://www.rltrust.co.uk/haf>



Children and Family wellbeing Service



# Family SUMMER FUN PARK EVENTS

AGES 11 & UNDER & 12+ UP TO 25 SEND

**Whitworth Muga**

Thursday 3rd August 12-4pm

**Stubbylee, Bacup**

Thursday 10th August 12-4pm

**Whittaker, Rawtenstall**

Thursday 17th August 12-4pm

**Victoria Park, Haslingden**

Thursday 24th August 12-4pm

Problem Solving



Bushcraft

Team games

**PACK & PICNIC!**

Lunch provided for those eligible for free school meals

*All welcome!*

Archery



Arts & crafts

Sports

To book your family a place email [rossendalegroupwork@lancashire.gov.uk](mailto:rossendalegroupwork@lancashire.gov.uk) or visit <http://www.rltrust.co.uk/haf>





# SUMMER

Family Fun



**TUESDAY 25TH JULY**  
**1-3PM**

Haslingden Neighbourhood Centre,  
Bury Road, BB4 5PG

**Bring the whole family along  
to this free family fun session  
action packed with summer  
themed activities, games, arts  
and crafts.**



**To book your family a place call: 01706237783 or  
email [rossendalegroupwork@lancashire.gov.uk](mailto:rossendalegroupwork@lancashire.gov.uk)**



Mondays 11am 2pm Whitewell Bottom  
 Community Centre, Burnley Rd East, BB4 9LB  
 Social Group, games, brews and lunch provided £2  
 Wednesday 4pm 6pm The Link Centre,  
 Bury Rd, Haslingden, BB4 5PG  
 Gardening 10am Social Group 4pm 6pm  
 Tuesday through till Friday 9:30-12:30 or 1pm 4pm  
 Sessions at the Men's Shed,  
 Haslingden Community Link £4 per session  
 3rd Saturday of every month 10am 12pm  
 Bicycle Maintenance  
 The Link Centre, Bury Rd, Haslingden



To get  
 involved, call  
**Andy Robinson**  
 07517 118526



Scan to see  
 more Men's events  
 around Rosendale!

**THE LINK CENTRE**



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

**WHITWORTH MEN'S SHED**

**VIC**  
VETERANS IN COMMUNITY  
 Return. Belong. Prosper.

**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

## Round the Hills Walk 2023 Sunday 3rd September

Rossendale Rotary's annual and extremely popular 18 or 14 mile walk around the beautiful Rossendale countryside.

The walk starts and ends at Marl Pits Leisure Centre. First departures 8.30 am.

There is no entry fee but a donation will be requested when registering.

Booking is open now via Eventbrite at [facebook.com/Rossendaleroundthehillswalk](https://www.facebook.com/Rossendaleroundthehillswalk)



newground  
together

ACTIVE  
TOGETHER

# FREE GROUP WALKS

Please wear some suitable footwear/clothing and bring everything you need for walking. Remember some of the walks may be muddy in places.

**THURSDAYS @ 13:30 PM**

Meet at Haslingden

Community Link

Bury Road

Haslingden

BB4 5PG

Walk Around 1 hour

Within The

Local Area



For more information and to register onto the walk, please contact Mick on 07764244766 or alternatively you can email: [mick.duckworth@newground.co.uk](mailto:mick.duckworth@newground.co.uk)



**Join Us!**

To book for our events online  
[www.ticketsource.co.uk/the-abd-centre](http://www.ticketsource.co.uk/the-abd-centre)

Or call into the centre  
Monday to Friday 9 am to 4 pm

To attend any of our activities or  
for more information, please ring  
the centre.

**Like our Facebook Page**

The ABD Centre  
Burnley Rd, Bacup, OL13 8AB

Tel: 01706 874111  
m: 07447 960045

Email: [pdunn@abdcentre.org.uk](mailto:pdunn@abdcentre.org.uk)

Facebook:  
[@ABDcommunitycentre](https://www.facebook.com/ABDcommunitycentre)

Web Site  
[www.abdcentre.org.uk](http://www.abdcentre.org.uk)

# WHAT'S ON

Summer / Autumn 2023



**FOR THE COMMUNITY**



[www.abdcentre.org.uk](http://www.abdcentre.org.uk)

01706 874111



### ACTIVITIES (weekly)

<b>Monday</b>	Tai Chi Dansworks Ballroom Dancing	2:00 pm 4:00 pm 7:00 pm
<b>Tuesday</b>	Homestart—family session Computer Classes Slimming World	12:30 pm 1:00 pm 5:00 pm
<b>Wednesday</b>	Slimming World Dansworks—EDN Dansworks Zumba Bacup Camera Club Rossendale Acoustic	9:00 am 10:00 am 4:30 pm 6:30 pm 7:30 pm 8:00 pm
<b>Thursday</b>	Bacup Crafters & Art Thursday Lunch Club Dansworks Karate Club	10:00 am 12:15 pm 4:30 pm 6:00 pm
<b>Friday</b>	Tai Chi Friday Club Dansworks Line Dancing (fortnightly)	11:00 am 1:30 pm 4:30 pm 7:30 pm
<b>Saturday</b>	Dansworks	9:00 am

*We have special school holiday activities!  
Please check our Facebook Page*

*New activities from Brush & Pencil  
coming soon!*

*Please ring to check classes are running*

*\*\*\*\*\*rooms available to rent\*\*\*\*\**

*Rates from £12 per hour*

### TENANTS (Services)

<b>BPRCVS</b>	Social Prescribing	Willow Room
<b>Salt &amp; Stone</b>	Massage Studio	Birch Room
<b>Let's Talk</b>	Mental Health Project	Pine Room
<b>Bacup Family Centre</b>	Family Support Services	Second Floor
<b>Lancashire Police</b>	Neighborhood Police Team	Ash Room
<b>CAST</b>	Community Assets Standing Tall	Beech room

### EVENTS

<b>Blues Night</b>	Live Music	15th July 20233
<b>'Women In Music'</b>	Live music, female artists	August 2023
<b>Music Showcase</b>	All genre live music	September 2032
<b>Clairvoyance Evening</b>	Debbie Dewhurst	October 2023
<b>Christmas Craft Fair</b>	Run by Bacup Crafter's	November 2023
<b>Group Christmas Parties</b>	All groups have their own Christmas party	December 2023

*Our licenced bar is open for all  
appropriate events.*

## COMMUNITY INFORMATION



Has someone close to you been having problems with their memory?

We understand that it is a very difficult time for you; many of our clients tell us that they did not know which way to turn.

The Memory Matters project at Homewise can assist you to access various services, helping you to apply for attendance allowance, advising you on the best way forward, and listening to your concerns.

Some comments from our clients: -

*'Very efficient and thorough; hugely helpful and pleasant organisation.  
Made applying for Attendance Allowance easy.'*

*'The service is amazing; our family feel very supported and are confident in knowing we can ask any questions or ask for advice on anything.'*

*'It is quite hard to piece services together, but you did it.'*

The service is free and confidential and available for people living in Hyndburn, Burnley, Pendle, Rossendale and Ribble Valley.

Please ring us on 01254 232249, Monday to Friday, 8.30 am to 4.00 pm.

**Homewise** - your local Home Improvement Agency

Unit 3, Allied House, Burnley Road, Altham

Lancashire. BB5 5TW

Tel: 01254 232249

Fax: 01254 391227

Registered Charity No. 1179077



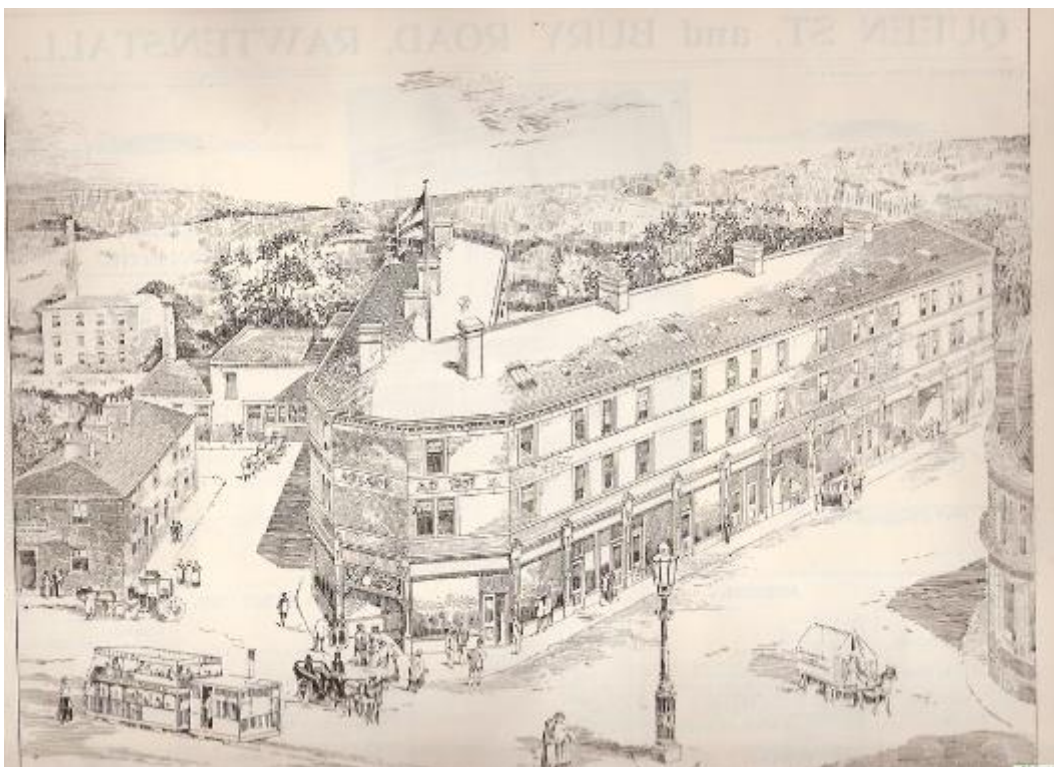
## What's happening in Waterfoot? Have your Say!

After successful regeneration projects throughout the Rossendale valley, the Economic Development Team at Rossendale Borough Council are now turning their attention to Waterfoot.

We are starting to gather people's thoughts on Waterfoot so we can ensure that we develop an action plan that appropriately focuses on the needs and wants of those who are stakeholders in the Waterfoot community.

Today we are launching our public consultation with an online survey - <https://www.smartsurvey.co.uk/s/Waterfoot/>

This survey will be open for four weeks, closing on Monday 14th August. I would appreciate it if you could fill out the survey if you live/work/use Waterfoot in any capacity, and then share amongst your networks too.







# *East Lancashire LGBT Network*

**Zoom  
meeting on  
the last  
Monday of  
each month  
at 3pm**

A safe space for LGBT groups & organisations in East Lancashire to share information

Book your space today by emailing  
[elancslgbtnetwork@gmail.com](mailto:elancslgbtnetwork@gmail.com)

# Wildfire safety advice

Wildfires are a serious problem in Lancashire. The Fire Service deal with more and more fires on moorland and grassland each year, with many sadly being caused by the actions of people. Climate change is also a factor because it means some areas are drier and more likely to set alight.



However, there are many ways you can help to avoid wildfires starting.

- Never use disposable barbecues on moorland or grassland. Pack a picnic instead.
- Avoid smoking on moorland. If you do, always extinguish your cigarettes and other smoking materials thoroughly. Do not dispose of cigarette butts out of car windows.
- Never leave bottles behind, as sunlight can become focused as it shines through glass, starting fires.
- Keep children away from lighters and matches.



If you see a wildfire, always report it on 999. Don't assume someone already has.

By following this advice, you can enjoy visiting Lancashire's beautiful moorland without risking causing a costly and potentially deadly wildfire.



For further information and support on health protection practice, please do not hesitate to contact the Lancashire County Council Health Protection Team at the following mailbox address: [healthprotection@lancashire.gov.uk](mailto:healthprotection@lancashire.gov.uk)

Sources: Adapted from various public health protection and safety materials, contact list available.

[lancashire.gov.uk](http://lancashire.gov.uk)



**Lancashire**  
County  
Council

# HEALTH AND WELLBEING

IRAS Project ID: 317313/Poster/Version 2/06.12.22

## HAVE YOU TAKEN PART IN ANY COMMUNITY WELLBEING ACTIVITIES?

If you have any experience of community wellbeing activities, we would like to invite you to take part in the PHOENIX TAKES FLIGHT PROJECT.



### WHY ARE WE RUNNING THIS PROJECT?

The project aims to find solutions that will help to reduce health inequalities in Northwest England by using the experience of people who receive and deliver community wellbeing activities.

### HOW WILL IT WORK?

We are interested in talking to you about your experience of the community wellbeing activities. This may include questions about how you accessed it, what went well, and what did not go well in the process.

This may be either a one-on-one conversation (interview) lasting for around an hour, or a small group conversation (focus group) lasting roughly 2-3 hours.

There will also be further opportunities to take part in workshops and a larger group discussion (called a Citizens Jury) later on.

### YOU CAN TAKE PART IF YOU:

- Are over the age of 18
- Can provide written and informed consent
- Have experience of the social prescribing system in Lancashire and South Cumbria
  - This may mean that you have applied to, been referred to, or have taken part in community wellbeing activities - for example Phoenix Rising

### WHAT WILL YOU RECEIVE FOR PARTICIPATING?

We appreciate that your time is valuable, so are offering vouchers or direct payment into your bank account if you participate. If you're required to take part in person, we can also help to cover your travel costs.

- One-on-one conversation/interview:
  - **£25** compensation
  - Can be online or in-person
- Focus group:
  - **£75** compensation
  - In-person only

### TO GET INVOLVED OR TO FIND OUT MORE, CONTACT US:

Adam Mars - [a.mars@lancaster.ac.uk](mailto:a.mars@lancaster.ac.uk)

Sima Rafiei - [s.rafiei@lancaster.ac.uk](mailto:s.rafiei@lancaster.ac.uk)

### OR SCAN THE QR CODE BELOW:



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



# **MIDDLE MEN: FREE MEN'S BOXING & MENTAL HEALTH SUPPORT CLASSES (FOR AGES 17+)**

**Every Sunday 7pm-9:30pm from 09/07/23 - 01/10/23.  
If successful these sessions will continue afterwards.**

**7pm-8pm is a free boxing class taught by Adam  
Jackson & Let's Talk staff. Held at Jackson's Boxing,  
Bacup.**

**8pm-9:30 is an informal men's Mental Health support  
group, where you can sit down with a brew, and talk  
about what is going on for you. Held at the ABD  
Community Centre, Bacup.**

**You can attend a session, without attending the other.**



**FOR MORE INFORMATION OR TO BOOK YOUR PLACE PLEASE:  
CALL 01706 558022  
EMAIL LETSTALKSERVICES@HOTMAIL.COM  
MESSAGE US VIA WWW.FACEBOOK.COM/THELETSTALKPROJECT**

# Lancashire Medication for your mind

Every 3<sup>rd</sup> 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](mailto:makingmentalhealthpositive@gmail.com)



Making Mental Health Positive





## Dementia Friendly Rossendale

We are once again offering free ice cream to Rossendales care homes, dementia and reminiscence cafes and groups

Over 2 summer weeks (weekdays only) 7th to 18th August inc. You can have a visit at your care home, café or group by Dave's Valley Ices on us.



To take us up on this offer you must e mail us with your details and any **dates you cannot do** to [dementia.rossendale@gmail.com](mailto:dementia.rossendale@gmail.com) **no later than 30th July 2023**

We look forward to hearing from you





**Save the date!**



The second Rossendale Dementia  
Information event will be held on

**Friday 22nd September**

11am-6pm at Longholme Methodist Church Hall,  
Rawtenstall BB4 7NE

One stop shop for  
people living with dementia, their carers and families.  
Information on local services, activities and advice.

[www.beaconrossendale.org.uk](http://www.beaconrossendale.org.uk)





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



# CAFE CONNECTIONS

HASLINGDEN

**WEDNESDAYS, 10AM UNTIL 11:30AM**  
14 MANCHESTER ROAD, ROSSENDALE  
BB4 5ST

Face to  
Face Group

Come and find connection, conversation, laughter and all round fun in the recovery community!

For more information, contact:

- Emily: 07541 639232 | [Emily@RedRoseRecovery.org.uk](mailto:Emily@RedRoseRecovery.org.uk)
- Bev: 07753 223735 | [Bev@RedRoseRecovery.org.uk](mailto:Bev@RedRoseRecovery.org.uk)

# R

**RED ROSE  
RECOVERY**



## Stay healthy on holiday

As the summer holidays approach, you might be thinking about travelling abroad to spend a couple of weeks soaking up the sun or exploring somewhere new. However, the last thing you want is to spoil your holiday by getting sick. Staying healthy abroad doesn't have to be difficult, just a few simple tips could help you stay healthy while travelling.



### Check if you need vaccinations

If you're travelling abroad in a country where serious infectious diseases are found, it's vital to get vaccinated before you travel. Helpful advice can be found at [NaTHNaC - Home \(travelhealthpro.org.uk\)](http://NaTHNaC-Home(travelhealthpro.org.uk))



Leave plenty of time before you travel to ensure you can receive any recommended vaccinations.

### Make sure you've got any prescription medicine you may need

Take enough to cover your whole trip, and a little bit extra in case your flight is delayed, and you need to stay abroad a bit longer. It may be a good idea to take a copy of your prescription with you, as you might need it as you go through customs or airport security.



It's also useful to pack a small first-aid kit containing items such as bandages and plasters, anti-diarrhoea tablets and rehydration salts, and painkillers such as paracetamol and ibuprofen. Hopefully, you won't need them, but they'll be on hand just in case.

### Note any emergency phone numbers

You never want to go on holiday and spend it in the hospital, but it's worth knowing who to call if you, a loved one, or a travel companion gets sick.



### Wash your hands often

We all know it's important to wash our hands to reduce the spread of germs. But when you're travelling abroad, it becomes even more vital as you'll come into contact with germs and bacteria that your body may have never encountered before.



## How to stay hydrated

The heat makes you sweat, which cools you down. However, that also means you're constantly losing fluid. Approximately 60% of your body is made up of water so it's important to make sure you're replenishing your losses, especially with increased sweating in the summer. Other indicators of dehydration include fatigue; dizziness; light-headedness; dry mouth and/or lips; and infrequent urination, typically fewer than four times a day.

Here's some tips on how to stay hydrated:



### Sip water throughout the day

Don't wait until you're thirsty! Drink water throughout the day to prevent dehydration or over exhaustion. Though we've all heard the eight-glasses-a-day recommendation, hydration needs vary from person to person and change depending on heat, humidity and activity levels. Use the colour of your urine to guide whether you're hydrated enough — the clearer, the better.

### Avoid alcohol

Alcohol is dehydrating, so it's important to have at least one glass of water for every alcoholic beverage consumed. Like alcohol, caffeine also has a reputation for being dehydrating. However, caffeine should be fine to consume in moderate amounts, even in the heat.



### Hydrating foods

Water isn't the only thing that contributes to overall hydration. Foods with high water content and other beverages count, too. Hydrating foods include watermelon and other melons, tomatoes, cucumber, strawberries, celery and lettuce. Juices and ice lollies can replenish fluids as well, but as these choices tend to be high in sugar, they are best consumed in moderation.



### Make water interesting

Some people find plain water boring, which makes drinking enough of it to stay hydrated feel like a chore, make it more interesting by flavouring water with fresh fruit — lemon, mint and strawberry are a few options. Keep a refillable water bottle on hand at all times, as it's easier to stay hydrated if you're prepared.



# Slip, Slop, Slap, Seek, Slide

## Slip on some clothing

Clothing should always be your first line of defence against damage from the sun. Cover as much of the skin as is possible, paying special attention to the shoulders which burn easily. Consider t-shirts and hats even when in the water, especially for children and those who burn easily.



## Slop on the sun cream

No sunscreen provides absolute protection, so it should be used with the other lines of defence, and not alone. Generously apply sunscreen with SPF30 or more to all areas of skin exposed to the sun. A waterproof sunscreen is better, even if you are not swimming, as it protects you better if you sweat. Apply the sunscreen 20-30 minutes before going outside, and at least every 2 hours. If you swim or sweat a lot, use it more often. Remember using a towel or lying back on a fabric sunbed can rub the sunscreen off.



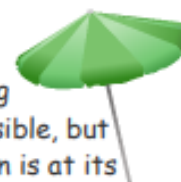
## Slap on a hat

A hat with a wide brim is best, as it will shade the head, face, ears and neck. Baseball caps do not shade the ears or neck, and so are not as effective.



## Seek some shade

Keeping cool in the shade is a good way of protecting yourself from the sun, especially if you are very fair skinned. Just a few minutes of strong sunshine is all it takes to burn pale skin. Find some shade whenever possible, but especially in the middle of the day, between 11am and 3pm, when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.



## Slide on sunglasses

UV radiation can also damage the eyes, and so sunglasses with good quality lenses that filter out the UV are essential. Always look for a CE, UV 400 or British Standard Mark. Styles that wrap around, and so do not allow sun in at the sides are better.



## Water safety advice

Being by water is a great place to spend time with friends, but it's important you know how to keep yourself, and your friends, safe. There were 277 accidental drownings in the UK in 2021. 62% of these happened at inland waters and 83% of these were male. These are scary statistics.

We want to help you feel confident in making safe choices around water throughout the year, so that this doesn't happen to you or your friends. Water may look safe, especially a familiar stretch of water local to you, but poor decisions around it can create a dangerous situation.



Being aware of everyday risks in, on and around water and knowing how to behave could save your life. There are no lifeguards along canals and rivers to help you. Also, if you're on a secluded part of the water, it will take the emergency services much longer to reach you.

- Do you know how deep the water is? It may be quite shallow, and you could easily hit the bottom if you jump from a height.
- Do you know what is in the water? Landing on something that is in the water could really hurt you. Consider that there are diseases and reeds, and also plant life that can tangle around your limbs, possibly dragging you down.

### Cold water shock - the stats

Low water temperatures cause the body to go into 'cold water shock'. It reacts to the cold water by drawing the blood away from muscles to protect the organs and making it difficult to move limbs.

The cold water will make you gasp uncontrollably and breathe in water. Your heart will beat really fast, you'll lose energy quickly, and eventually your muscles will become paralysed.



### Float to live

Instead, float on your back to keep your airways clear, control your breathing and allow the cold water shock to pass. Then you can call out for help or even swim to safety.



## COST OF LIVING SUPPORT

### How to feed your Child 3 Meals Per Day for £1.60 during the Summer Holidays (without having to cook)



#### Breakfast

Get 2 Toasted Crumpets with Jam & Butter FREE at Morrisons Cafes until August 16th when you 'Ask for Ellen'

**(Not Just Kids)**



#### Lunch

Kids eat at Asda Cafes for £1 with NO adult spend required until 4th September

**(Unlimited Kids)**



#### Dinner

Get a Free Childs meal when you spend just 60p at Tesco Cafes until September 1st 2023

**(Excludes Weekends)**

[Moneysavingcentral.co.uk/kids-eat-free](https://www.moneysavingcentral.co.uk/kids-eat-free)

**Emergency help with food and fuel**

# **Struggling With Food And Fuel?**

**We Can Help**

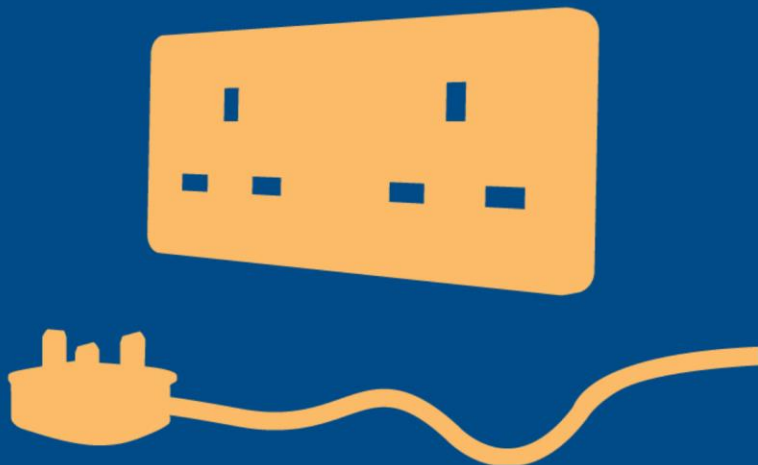
**If You're On A PrePay Meter And in Emergency Credit  
We May Be Able To Help With A Fuel Voucher**

**If You Need Food  
We Can Refer You To A Local Food Bank**

**Please Phone:  
01706 941 877**

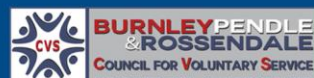
**Lines Are Open Monday - Friday  
08:00 - 14:00**

**For fuel vouchers, ID will be required  
and a debt assessment will be carried out**



**citizens  
advice**

**Rossendale  
& Hyndburn**





Citizen's Advice now have a direct line for anyone living in the Rossendale who needs 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. Only calls relating to requests for support with Food and Fuel will be returned.

Citizens Advice is able to access Fuel Vouchers for clients using pre-payment meters and is 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.

## **Struggling to keep your home warm?**

Funding may be available for Rossendale residents through the Affordable Warmth Fund for:

Servicing, repairs and replacement boilers and heating systems and associated works, including controls and replacement of unsafe heating appliances

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](mailto:info@homewisesociety.org.uk) or ring 01254 232249



**SCHOOL UNIFORM SWAP**

HAVE YOU GOT ANY UNWANTED WATER PRIMARY SCHOOL UNIFORMS OR  
PE KITS??  
IF SO PLEASE BRING THEM TO

**WHITEWELL BOTTOM COMMUNITY  
CENTRE**

**FOR OUR FREE SCHOOL UNIFORM SWAP.**

UNIFORMS WILL BE AVAILABLE FOR ANYONE TO PICK  
WHAT THEY NEED

**FRIDAY 4TH AUGUST  
9.30AM-1PM**

ALL UNIFORM DONATIONS TO ARRIVE AT THE CENTRE NO LATER THAN TUESDAY 1ST AUGUST.

Made With  
**Flyerwiz.app**

DO YOU NEED ANY SCHOOL UNIFORM?



WHITWORTH  
UNIFORMS



PLEASE DONATE ANY GOOD QUALITY,  
USED SCHOOL UNIFORMS TO US

 FOLLOW  REQUEST  RECYCLE



FOLLOW AND CONTACT US AT:

**WHITWORTH UNIFORMS**

DONATION POINTS AT WHITWORTH  
LIBRARY, ALL WHITWORTH PRIMARY  
SCHOOLS, WHITWORTH CO-OP, THE  
ASHCROFT AND THE LIGHTHOUSE

Collect from  
Tuesday 1<sup>st</sup>  
August

WHITWORTH  
UNIFORMS

SUMMER  
DROP IN  
DAYS

EVERY  
TUESDAY  
8.30-4.30

AT THE  
ASHCROFT

## FUNDING



This fund is being made available to community projects in Burnley, Pendle, and Rossendale.

### ICB Small Groups Funding

There is a strong focus for small groups, quality, and single locality delivery.

**Application Guidance at <https://bit.ly/3DieW5C>**  
**Application Form at <https://bit.ly/3NWsokL>**

**Applications which tackle/support the following key priorities will take precedence:**

- **Support for older people: isolation, confidence building, befriending**
  - **Children and Families: Early Years support**
- **Hard to reach/under-represented communities: BAME, women, LGBTQ+, refugees, etc.**
  - **Increasing opportunities to participate in physical activity**
    - **Tackling obesity**
  - **Mental health support: all ages**



## **The Community Organisations Cost of Living Fund**

This funding is for organisations that support people and communities under severe pressure because of the increased cost of living.

By community we mean people living in the same local area.

**Our main priority is to fund organisations supporting low-income households and individuals.**

You can apply for between £10,000 and £75,000. If you need £10,000 or less you could try our [National Lottery Awards for All fund](#).

**To apply your organisation must already run critical services around at least one of the following:**

- food and emergency supplies – like food and baby banks or the provision of hot meals, clothes or toiletries
- emergency shelter – like night shelters or other accommodation for people experiencing homelessness
- safe spaces – like domestic abuse services and youth services
- warmth – like warm rooms and spaces
- financial and housing advice – like giving people advice because of the increased cost of living.

**Your organisation must also be facing both**

- increased demand for these critical services

**and**

- increased costs of delivering these critical services

**We're more likely to fund small and medium-sized front-line organisations**

With an annual turnover of between £10,000 and around £1 million.

Larger organisations can also apply if they do both of the following:

- show that they work closely and effectively with local communities
- fill a gap in essential local services.

### **You can get funding to pay for:**

- **costs of delivering, expanding or adapting your existing critical service(s)** from the date you are funded until 31 March 2024. The date you are funded will be around 12 weeks from the time you submitted your application.
- **retrospective costs of running the existing critical service(s)** you're applying for between 24 July 2023 and the date you are funded.

To find out more read the section What you can spend the money on.

We want to support a range of critical services that reach as many local communities and groups of people as possible. This will be one of the things we think about when deciding which applications to fund.

### **The deadline for applications is 16 October 2023 at 12 noon**

We'll start funding organisations in October 2023, and finish in January 2024. If you get funding you must spend it by 31 March 2024.

#### **Area**

England

#### **Suitable for**

Voluntary or community organisations

#### **Application deadline**

16 October 2023 at 12 noon

#### **Apply online at:**

<https://www.tnlcommunityfund.org.uk/funding/programmes/community-organisations-cost-of-living-fund>

## TRADING STANDARDS INFORMATION

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)



**Beware 'click to call' online insurer advertisements** This scam occurs when you are looking up your vehicle insurer's details on your mobile phone after a collision. Misleading 'click to call' advertisement results paid for by dodgy claims management firms can show up and appear to represent the insurer, tricking the victim into tapping the ad and believing they are calling their insurance provider. The scam claims management firm will work alongside unscrupulous companies that provide costly support services which you may be charged for, when all along you believed you were dealing with your insurance company under your fully comprehensive policy. Use caution when using a search engine to contact your insurance company after a collision, double check the web address. Carry the number independently in your vehicle in case of an accident. If you believe you have been part of this type of scam, contact your own vehicle insurance company as soon as possible to make them aware.

**Copycat website for blue badge** Copycat websites look very like the official website but are offering to carry out the service for you for a fee, usually a much higher fee than you would have to pay using the official route. A resident of Preston recently fell foul of this scam, applying for a blue disability badge via a website they believed was their local council website, paying £49 for the service rather than the official charge of £10. Always double check the address bar when applying for a government service to make sure you are on the genuine '.gov.uk' website. The address should begin 'https://' which ensures there is encryption in place to protect your personal details. Always check the home screen for the website – some copycat websites even say they are not the official site.

**Parcel Delivery Fraud** This long-standing scam is still doing the rounds. Remember, if you receive a text or an email claiming to be your delivery company wanting to reschedule or charge extra fees, be on the alert. Are you expecting a parcel? Keep track of your online orders, the scammers send this email out whether you are expecting a parcel or not, just in case you respond. In some cases victims received an email relating to the tracking of parcel supposedly on its way to you. The scammers will try to charge an extra fee to reschedule delivery and could also be trying to obtain personal and banking details from you.

**Contact the Trading Standards Service via the Citizens Advice Consumer Helpline on 0808 223 1133**

**Report fraud to Action Fraud, [www.actionfraud.police.uk](http://www.actionfraud.police.uk), Tel 0300 123 2040**  
**Details of phishing scams can be forwarded to the National Cyber Security Centre at [report@phishing.gov.uk](mailto:report@phishing.gov.uk)**



## VOLUNTEERING AND JOB OPPORTUNITIES

# Rossendale Works Apprenticeships Workshop



**Burnley  
College**

### WHAT'S IN IT FOR YOU?

- Full overview of current vacancies and live apprenticeships within Rossendale and East Lancashire
- Discuss and discover available opportunities with local businesses
- Training from recognised professionals through Burnley college and Themis project
- Employment and training opportunities available with a wide range of sectors
- This will give local residents a chance to ask questions on the day

**Futures Park, Bacup,  
OL13 0BB**

**Thursday 3rd August  
2-3pm**





# junior parkrun

**Free, weekly, 2k for 4-14 year olds**  
walk, skip, run, volunteer, spectate - it's up to you!

We are looking for a group of volunteers to help bring junior parkrun to  
**Victoria Park, Haslingden**

**Interested in being involved?**

We'd love to hear from you, send an email to:  
[julie.holden@rltrust.co.uk](mailto:julie.holden@rltrust.co.uk)

*And finally....*

*If you have an event or information you would like to include in the September Community Bulletin please send us the information by 29<sup>th</sup> August to*

*[communitiesteam@rossendalebc.gov.uk](mailto:communitiesteam@rossendalebc.gov.uk)*

*Thanks*