



# COMMUNITY BULLETIN

January 2024

Happy New Year! Welcome to your January 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



## SPRING 2024

**Mondays** 11am - 1pm **Blokes Breakfast**

ABD Centre, Burnley Rd, Bacup

**Tuesdays & Wednesdays** 10am - 4pm **Men Shed Session**

The Shed, Haslingden Community Link, Bury Rd, Haslingden

**Wednesdays** 4pm - 6pm **Men Shed Social**

Haslingden Community Link, Bury Rd, Haslingden

**Thursdays** 1pm - 3pm **Men Shed Social**

Rossendale Golf Club, Ewood Lane Head, Haslingden

**Fridays** 10am - 12pm **Accessible Shed Session**

Jubilee Court, Jubilee Rd, Helmshore



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



Scan to see  
more Men's events  
around Rossendale!



**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



# Age of Inspiration

Are You 50 or Over?

Join Us for a Fabulous Free Event – 17<sup>th</sup> January 2024

Doors open at 12:30pm – Event from 1pm to 3pm

The Ashcroft, Market St, Whitworth, Rossendale OL12 8DP



## What's On Offer?

Beautiful Afternoon Tea

Laughter & music to turn your bad days into good days

Entertainment with Ian McGill, Danielle de la Wonk and Rachael Russell

Advice and Referral Agencies on hand

Practical ways to stay strong and resilient

Limited places, so book early by calling 01695 550772

Or email [paula@the-sewing-rooms.co.uk](mailto:paula@the-sewing-rooms.co.uk)

THE SEWING ROOMS

Supported by:  
**Lancashire**  
County  
Council 



W A M D S

WHITWORTH AMATEUR MUSICAL AND DRAMATIC SOCIETY

# PUSS in Boots!

24th-28th January 2024

Weds 24th Jan (7:30pm)

Thurs 25th Jan (7:30pm)

Fri 26th Jan (7:30pm)

Sat 27th Jan (14:30) **SOLD OUT**

Sat 27th Jan (19:30)

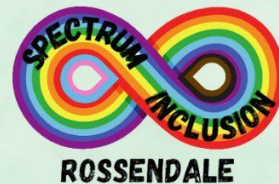
Sun 28th Jan (14:30) **SOLD OUT**



[WWW.TICKETSOURCE.CO.UK](http://WWW.TICKETSOURCE.CO.UK) WAMDS



# MONTHLY DROP IN 2024 DATES



**EVERY SECOND SATURDAY OF THE MONTH AT  
RAWTENSTALL LIBRARY BETWEEN 11AM & 1PM**



**OFFERING A RELAXED, ACCESSIBLE, SAFE  
SPACE FOR PEER SUPPORT AND  
INFORMATION FOR FAMILIES WITH LGBTQIA+  
YOUNG PEOPLE**

**JANUARY 13TH**

**MARCH 9TH**

**FEBRUARY 10TH**

**APRIL 13TH**



**SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM**



**SPECTRUM INCLUSION ROSSENDALE**





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)

# COMMUNITY INFORMATION

## Free Sim Cards



### National Databank

Lancashire libraries are helping tackle digital poverty as part of the National Databank scheme.

The National Databank provides free SIM cards from Virgin Media O2, Vodafone and Three.

The SIM cards have mobile data, minutes and text. This scheme works with Good Things Foundation's network of local community partners including our libraries.

You can qualify for data from your local library if you are over 18, are from a low-income household, and:

- have no access or insufficient access to the internet at home
- have no or insufficient access to the internet when away from home
- cannot afford your existing monthly contract or top up

To benefit from the scheme, a recipient's device must either be unlocked or, if locked, be locked to O2, Vodafone or Three.

Ask about the scheme at your local library

You will need to make an appointment at the library to collect the SIM card.

More information at:

<https://www.goodthingsfoundation.org/databank/>

[National Databank - Lancashire County Council](#)



### Who Are We?

Rossendale Valley Energy is a not for profit community benefit organisation based in Rossendale.

Our aim is to create a thriving community support network to put power into the hands of local people to help them reduce their carbon emissions, move to greener, more affordable energy to help Rossendale Valley transition to net zero AND help them to save money in the process.

### What Do We Do?

We have been awarded funding from the Northwest Net Zero hub to deliver a Local Energy Advice Demonstrator project to offer energy advice to the people of Rossendale. We have energy advisors and energy champions who will be able to advise you on how to reduce energy bills, what grants may be available and what steps you can put in place to make your home warmer and healthier



We are working in partnership with the Centre for Energy Equality who have developed an app “Fairer Warmth” which will help people find what support, grants and funding are available for things like insulation and other energy saving measures. If you’re not able to use the app don’t worry - our energy advisors and champions will also be available to help with this if needed.



We are very much a community based project and welcome input from members of the public as to what will work best for them on the journey to net zero. Over the coming months we will be holding workshops, visiting local community groups and retail outlets where you can access our energy advisors and champions and also tell us what you would like to see happening for Rossendale.

In the meantime, if you would like to get in touch with us, please

Email: [info@rvenergy.org.uk](mailto:info@rvenergy.org.uk)

Text: 88802 and enter the code RVE



## Join us for an informative session on **Policing!**

On Thursday 11th of January, a member from Lancashire Police will be visiting our refugee drop-in session to talk to the group about all things policing!

He will also talk about his experience as an asylum seeker, how he integrated into the community, and how he joined the police force. He will also offer advice on when to contact the police, reporting crimes, and lots more!



For more information contact:  
Deborah - 07521 195088  
Ehsan - 07708 239336  
or email [admin@pepenterprise](mailto:admin@pepenterprise)



Thursday 11th January 2024  
10:00AM-11:30AM  
Haslingden Community Link  
Bury road, Haslingden, BB4 5PG

## Join us for an exciting session on **Health and Wellbeing!**

On Thursday 18th of January we will be joined by 2 NHS Health and Wellbeing Coaches who work with the local GPs in Rossendale.

They will be visiting our session to share their expertise, and offer empowering advice on enhancing your physical and mental wellbeing!



This is an excellent opportunity to gain valuable knowledge, so please do attend!

For more information contact:  
Deborah - 07521 195088  
Ehsan - 07708 239336  
or email [admin@pepenterprise](mailto:admin@pepenterprise)



Thursday 18th January 2024  
10:00AM-11:30AM  
Haslingden Community Link  
Bury road, Haslingden, BB4 5PG



Do you want to know what devolution is all about?

Learn about what the potential Devolution deal means for you, us and the rest of Lancashire by watching the video below.

<https://bit.ly/DevolutionDealVideo>



## The Women of Whitworth Project

### The Women of Whitworth ROSE Award 2024

Nominations are now open!!

Do you know a female that should be celebrated?  
A female that goes above and beyond?  
A female that has helped?

Nominate

<https://tinyurl.com/wowawards2024>

Email

[thewowproject2018@gmail.com](mailto:thewowproject2018@gmail.com)

Scan

QR code





# LET'S BOX with JACKSON'S

A free boxing class for men  
struggling with their mental health

The sessions are taught by Adam  
& Let's Talk staff

Need a chat?

Micheal and Adam are available  
after for a brew and a private chat

Every Sunday 1 pm - 2 pm


Ages 17 & over

No booking required



Supporting The People  
Of Rossendale



 Jackson's Boxing Gym  
Alderside Mill  
Alder Street  
Bacup  
OL13 8BG





# **MEN'S MENTAL WELLBEING PEER SUPPORT GROUP**

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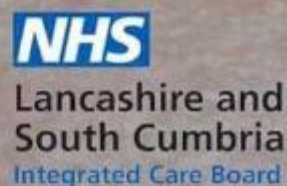
**A FREE INFORMAL GROUP SIT-DOWN AND  
TALK SESSION, WHERE MEN CAN HAVE A  
BREW AND TALK TO OTHER MEN ABOUT  
THEIR LIVES.**

**EVERY SUNDAY | 8 PM - 9:30 PM**

**NO BOOKING REQUIRED - JUST TURN UP**

**HELD AT THE ABD CENTRE,  
BURNLEY ROAD, BACUP, OL13 8PS**

facebook.com/TheLetsTalkProject  
help@theletstalkproject.org  
01706 558 022





# Top tips for keeping warm and well this winter



## KEEP WARM

You should heat your home to a temperature that's comfortable for you. Try to heat rooms that you regularly use, such as your living room and bedroom, to at least 18°C if you can. You should also keep your bedroom windows closed at night. Exposure to low temperatures indoors can have a serious impact on your health as you get older, particularly for people living with health conditions or reduced mobility. Wearing several layers will keep you warmer than one, thicker layer.

## GET FINANCIAL SUPPORT

There are grants, benefits and sources of advice available to increase your income, make your home more energy efficient and improve your heating. There are also support measures in place to help with the cost of living.

For further advice on these support measures, visit Age UK's website [www.ageuk.org.uk/financial-support](http://www.ageuk.org.uk/financial-support) or call **0800 169 6565**



## LOOK AFTER YOURSELF

- If you're aged 65 or over or a carer you're eligible for a free flu jab and an Autumn Covid-19 booster this winter. Contact your GP or pharmacist or visit the NHS website [www.nhs.uk](http://www.nhs.uk) to learn more.
- Don't delay treating minor winter ailments like colds or sore throats. Visit your local pharmacist for advice on treatment.
- Keep in touch with your friends, neighbours and family. Reach out if you need any practical help and tell somebody if you're feeling under the weather.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.
- When you're indoors, try not to sit still for more than an hour or so. If you find it difficult to move about, stretching your arms and legs can also help keep you warm.
- If bad weather is forecast, make sure you have everything you need at home. Check you've got enough medication and food in case it's harder to leave the house.
- Eat well and stay hydrated. It can sometimes be difficult to keep up the motivation to prepare meals in winter, but our diet, including how much we eat, is an important part of staying healthy and well.
- If you have visitors, it can help stop the spread of germs to ventilate the room for a few minutes before and after they arrive. You might be more comfortable leaving the window open during their visit, if it's not too cold.
- If you are worried about your health or feeling down, contact your local pharmacist, 111 or your GP, who will all be able to offer advice and support. In an emergency dial 999.

## PREPARE YOUR HOME

- Have your heating and cooking appliances checked by a Gas Safe® registered engineer to make sure they are working safely.
- Contact your water and power suppliers to see if you can be on the Priority Services Register, a free support service that helps people in vulnerable situations.

For more information about how to stay warm and well in winter visit Age UK's website [www.ageuk.org.uk/winterprep](http://www.ageuk.org.uk/winterprep) or call **0800 169 6565**.

This leaflet was prepared by UK Health Security Agency (UKHSA) and Age UK. If you have questions about this publication please contact [enquiries@ukhsa.gov.uk](mailto:enquiries@ukhsa.gov.uk) ID205107 08/23

## Baby and You

Meet with other new parent to share your experiences of caring for your baby together in a family environment with a range of play activities to engage babies in development play. No need to book—just turn up.

## Infant Massage

6 weeks to crawling- The sessions will help you to feel the relaxing effect of giving your baby a massage. Infant massage has many benefits some of which are to strengthen the bonding process. Also helps physical needs e.g., tummy trouble, problems with bowel movements or trapped wind. Requires Booking. 5 weekly sessions.

## Development Matters

This activity session is a great way for parents to learn and play with their children in a fun friendly environment with other families, with a particular focus on developing language and communication skills through fun activities and play. Centre staff are on hand to support and encourage families attending and signpost to other activities and services. No need to book—just turn up.

## Chat, Play and Read

These special groups held in a centre are to support your child's speech and language, which is a crucial skill that supports all other areas of learning and development. This includes the ability to listen, understand and communicate verbally and non-verbally, supporting language development. No need to book—just turn up.

## Move and Groove & Mini Move and Groove

A fun programme, to help young children develop healthy, active lifestyles. Each session will focus on physical play and activity through music and movement, Aimed at primary school children. No need to book—just turn up. **Also provide mini move and groove for under 5s.**

## Colourful Footsteps (5-11)

Groups for children with SEND, covering ages 5-11. We provide games, crafts and other activities, with advice from Centre staff. Requires Booking. 12 weekly sessions.

## Inside Out (5-11)

After school session for children aged 5 -11 years, who are deemed vulnerable, or struggling to express and manage their feelings and emotions. By creating a safe space children will have the opportunity to take part in activities including games, art and crafts, breathing and stretching exercises that focus on building resilience, healthy relationships, safety, boundaries and self-esteem. Requires Booking. 8 weekly sessions.

## Triple P Parenting Courses

Everyone who becomes a parent will experience times when they need some extra advice and support; after all, children don't come with a handbook. A range of parenting programmes will allow you to explore and develop strategies for parenting. Requires Booking. 9 weekly sessions.

## Freedom & Freedom for Children

The Freedom Programme is a relaxed, informal group for women who have experienced domestic abuse, from a partner or family members and would like to be able to recognise abusive behaviours and understand what makes a healthy relationship. Freedom for Children helps children to work through their fears, anxieties, and emotions, ~~making~~ providing them with coping strategies, resilience building their self-esteem and confidence.



## Rossendale What's On January – March 2024



Follow us at:  
Rossendale Family Zone



## Our Neighbourhood Centres Where we are:

### The Maden Centre

Rochdale Road, Bacup

OL13 9NZ

01706 237780

### The Zone

The Old Fire Station,  
Rawtenstall BB4 8EW

01706 237788

### Haslingden Link

Bury Road, Rossendale

BB4 5PG


01706 237782

### Whitworth Library

Lloyd Street, Rochdale

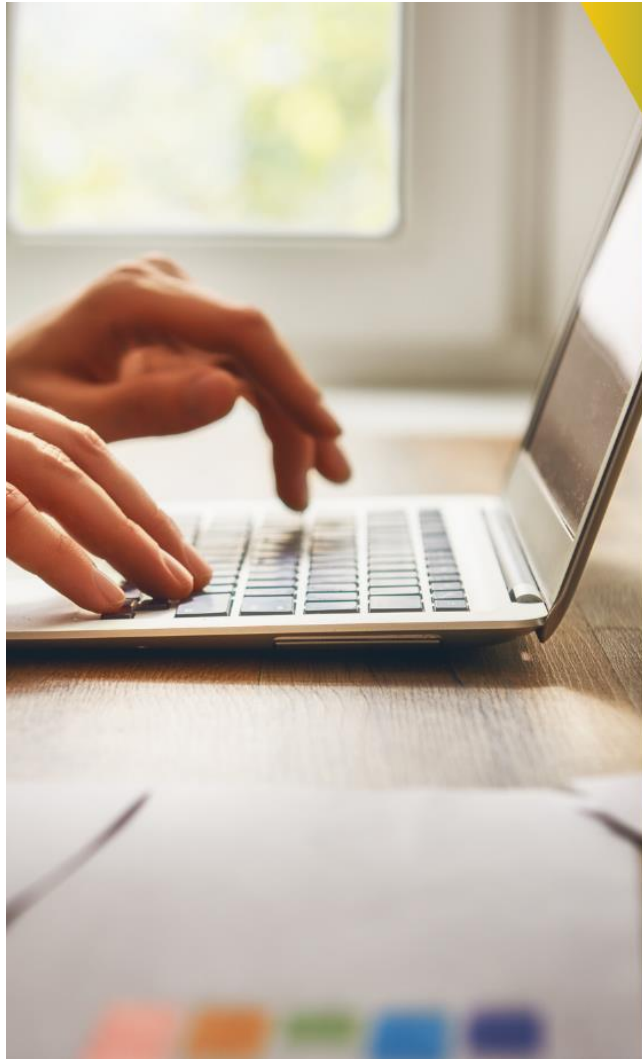
OL12 8AA

To book please email [rossendalegroupwork@lancashire.gov.uk](mailto:rossendalegroupwork@lancashire.gov.uk)

<p><b>Triple P Group</b> 9.30 – 11.30 The Maden Centre</p> <p><b>Infant Massage</b> 1.30 – 2.30pm The Maden Centre</p> <p><b>Mini Move &amp; Groove</b> 9.30 – 11.00am The Zone.</p> <p><b>Home start Group</b> 1.00 – 2.30pm The Zone.</p> <p><b>Freedom for Children</b> For details about programmes running please email RossendaleGroupWork@lancashire.gov.uk</p> <p><b>Inside Out</b> 3.30 – 5pm The Maden Centre</p>	<p><b>Colourful Footsteps (Preschool)</b> 9.30 – 11.00pm The Maden Centre</p> <p><b>Home start Group</b> 10:00 – 11.30am Haslingden Link.</p> <p><b>Inside Out</b> 3.30 – 5pm Haslingden Link.</p> <p><b>Chat Play Read</b> 1:00- 2:30pm Haslingden Link.</p> 	<p><b>Freedom Programme</b> For details about programmes running please email: RossendaleGroupWork@lancashire.gov.uk</p> <p><b>Development Matters</b> 10.00 – 11.30am Whitworth Library</p> 	<p><b>One Stop Shop</b> 10 - 12pm The Maden Centre</p> <p><b>Parents to Be</b> 10.00 - 11.30am The Maden Centre</p> <p><b>Development Matters</b> 9.30 – 11.00am Haslingden Link.</p> <p><b>Baby &amp; You</b> 10.00 – 11.30 The Maden Centre</p> <p><b>Colourful Footsteps (5-11 yrs.)</b> 3.30 – 5.00pm The Maden Centre</p> <p><b>Triple P Steppingstones</b> 3.30 – 5.00pm The Maden Centre</p> <p><b>Bumps Birth and Beyond - 11<sup>th</sup> &amp; 18<sup>th</sup> Jan</b> 5.30-7.30pm. The Maden Centre</p> <p><b>Speech and Language Walk In</b> 1<sup>st</sup> Thursday of every month 12.30-1.30pm- The Zone</p>	
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## TRAINING



# MENTAL HEALTH FIRST AID TWO DAY COURSES

## Adult Mental Health First Aid

11th & 12th December - 9:00 - 17:00 - In person - Colne  
22nd, 23rd, 25th, 26th January 2024 - 13:00 - 16:30 - Online  
26th, 27th, 29th Feb & 1st March 2024 - 09:15 - 12:45 - Online  
18th, 19th, 21st, 22nd March 2024 - 09:15 - 14:45 - Online

## Youth Mental Health First Aid

29, 30 January & 1, 2 February - 14:00 - 16:30 - Online  
12th, 13th, 15th, 16th February 2024 - 09:15 - 11:45 - Online  
11th, 12th, 14th, 15th March 2024 - 09:15 - 12:45 - Online

## For more information

Training@p-a-c.org.uk



[www.p-a-c.org.uk/mental-health-and-suicide-awareness-and-prevention](http://www.p-a-c.org.uk/mental-health-and-suicide-awareness-and-prevention)



PAC training  
webpage



Funded by:

**Lancashire**  
County Council



# SUICIDE PREVENTION COURSES

## SafeTalk courses available:

14th December 2023 - 09:30 - 13:00 - Rigby Street, Colne

1st February 2024 - 09:30 - 13:00 - Rigby Street, Colne

8th March 2024 - 09:30 - 13:00 - Rigby Street, Colne

## Asist courses available:

TBC



PAC training  
webpage



**ASIST**



MHFA England

Funded by:

**Lancashire**  
County  
Council



**safeTALK**

**PAC**

Positive  
Action in the  
Community

# MHFA HALF DAY COURSES!

PAC

Positive  
Action in the  
Community

Lancashire  
County  
Council



MHFA England

## COURSES AVAILABLE:

### Adult Mental Health First Aid

7th December - 13:00 - 17:00 - Online

25th January 2024 - 13:00 - 16:30 - Online

5th February 2024 - 13:00 - 16:30 - Online

4th March 2024 - 13:00 - 16:30 - Online

### Youth Mental Health First Aid

21st December - 09:00 - 13:00 - Online

19th February 2024 - 13:00 - 16:30 - Online

7th March 2024 - 09:15 - 12:45 - Online

14th March 2024 - 13:00 - 16:30 - Online



PAC training  
webpage



Email address - [Training@p-a-c.org.uk](mailto:Training@p-a-c.org.uk)



ACCINGTON & FOSSENDALE  
**COLLEGE**

Lancashire  
Adult Learning

Adult  
Learning

Starting January  
at the Waterside Centre

The Waterside Centre, is an Adult Education Centre in the heart of Accrington offering a range of qualifications to anyone over 19.

Level 1 Pathways: Introduction to...

Working in Health and Social Care	Weds 10th January, 9.30am - 12.30pm	12 weeks
Working in Mental Health	Tues 16th January, 9.30am - 12.30pm	12 weeks
Working in Counselling	Mon 8th January, 9.30am - 12.30pm	12 weeks
Working with Learning Difficulties and Disabilities	Thurs 18th January, 9.30am - 3.00pm	12 weeks

Level 2 Pathways: Understanding...

Mental Health Awareness	Tuesday 16th January, 1.00pm - 4.00pm	16 weeks
Healthcare	Weds 24th January, 9.30am - 12.30pm	16 weeks
Children & Young People's Mental Health	Mon 15th January, 9.30am - 12.30pm	16 weeks
Substance Misuse	Tues 16th January, 9.30am - 12.30pm	16 weeks
Counselling	Fri 2nd February, 9.00am - 4.00pm	10 weeks
Social Care	Fri 12th January, 9.30am - 12.30pm	16 weeks



To find out more or to enrol  
visit [www.lal.ac.uk](http://www.lal.ac.uk), call: 01254 354423 or visit us at  
The Waterside Centre, St James Court West, Accrington, BB5 1NA



Courses may be free if you are claiming active benefits or earn less than £20,319 a year

# inspire

Professionals  
**Open  
Days**

East Lancashire

**More Dates Available!**

Following the success of our recent Open Days, we've added more dates to allow professionals working in East Lancashire the opportunity to take a sneak peek inside our service.

We are thrilled to announce that due to popular demand, we have added more dates to our Open Days. As a result, professionals working in East Lancashire now have additional opportunities to get an exclusive behind-the-scenes look at our service. This is a fantastic chance to see our innovative service delivery, and meet our dedicated team. Don't miss out on this exciting opportunity.



**Scan here to book onto  
one of our open days!**

“

*A very informative session  
delivered by friendly approachable  
staff*

”



**Lisa Archer**  
Community & Digital Educator



07884613339



EastLancs.Training@cgl.org.uk

# FUNDING



The winter round is now open - deadline for projects is 14 February 2024

If you have an idea for a project to improve the culture or sport offer in your local community, then you could get up to £20,000 towards your target from the Lancashire Culture and Sport Fund.

[Crowdfund Lancashire](#) gives local communities and individuals a chance to create and support the projects which matter most to them. It will enable everyone to contribute towards their community - chipping in as little as £2 to help bring ideas to life.

We are working in partnership with [Spacehive](#) to create, fund and deliver your project idea. [Spacehive](#) are the UK's leading community crowdfunding platform.

## Face-to-face events

If you would like to discuss your project face-to-face, the Crowdfund Lancashire team will be available on:

- Tuesday 9 January 5-6.30pm - Leyland Library
- Thursday 11 January 5-6.30pm - Fleetwood Library
- Monday 15 January 5-6.30pm - Chorley Library
- Tuesday 16 January 5-6.30pm - Haslingden Library
- Wednesday 17 January 5-6.30pm - Nelson Library
- Monday 22 January 5-6.30pm - Skelmersdale Library
- Wednesday 24 January 5-6.30pm - Lancaster Library
- Thursday 25 January 5-6.30pm - St Anne's Library

## Funding available

The next round of Crowdfund Lancashire will be open to new projects until 14 February 2024.

Organisations could get up to £20,000 to boost projects towards their funding target. Parish and Town Councils can take part too, with up to £5,000 available. Individuals with ideas and businesses who want to benefit their community could get £1,500 towards their live crowdfunding campaigns. This year we have introduced a simplified application method for individuals.

**More information at [www.lancashire.gov.uk/council/grants/crowdfund-lancashire](http://www.lancashire.gov.uk/council/grants/crowdfund-lancashire)**



## VOLUNTEERING OPPORTUNITIES

# JOIN OUR VOLUNTEER TEAM

If you have a couple of hours free a week  
or even a month, you could be a volunteer  
and give back to a charity within your  
local community.



Want to volunteer? Simply  
register your interest via  
[carerslinklancashire.co.uk](http://carerslinklancashire.co.uk)  
or call us on 01254 387444

54/56 Blackburn  
Rd, Accrington  
BB5 1LE

13 Deardengate,  
Haslingden,  
BB4 5QN

59 Market  
Street, Colne,  
BB8 0LL

 **Carers Link**  
Lancashire  
IMPROVING LIFE FOR CARERS

**Volunteer with Carers Link and make a difference  
in your community!**