

COMMUNITY BULLETIN

June 2024

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



Helmshore Textile Museum

COMMUNITY ACTIVITIES

WE ARE INVITING YOU TO!

*Rossendale Methodist Church
At Crawshawbooth*

Musical Extravaganza

Join us as we sing and dance our hearts out!

Saturday 8th June 2024

7pm to 9pm

£5 per ticket

Rakefoot Methodist Church

York St Crawshawbooth

Entertainment includes:

The Irwell Shantymen

Lewis Paul - singer songwriter

Paul Naylor (Mr Fizeek) - Compare, singer, comedian

Rossendale Ladies Choir

Refreshment and raffle available

*All proceeds going to Rossendale Methodist
Church and Rossendale Hospice*



Rossendale
Hospice
Making every moment count





CANCER
RESEARCH
UK

Together we are
beating cancer



Bacup Committee presents

Ukelele night

Monday 17 June 2024

The Circle, Bacup, OL13 8BD

£10 a ticket, includes bowl of curry and rice.

Contact Carolyn on carolynbrown13@outlook.com or
07733200429

Come along, enjoy some music and raise vital money for
Cancer Research UK

Cancer Research UK is a registered charity in England and Wales
(1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).
Registered address: 2 Redman Place, London, E20 1JQ.



Registered with
FUNDRAISING
REGULATOR

D-DAY



**80TH ANNIVERSARY
AFTERNOON TEA
SUNDAY 9TH JUNE**

2PM - 6PM THE ASHCROFT



AFTERNOON TEA



1940'S FANCY DRESS COMPETITION



HOWARD WILKINSON PHOTOGRAPHY



**ENTERTAINMENT FROM WHIT VALE &
HEALEY BRASS BAND, USA UKULELE
BAND & WHITWORTH COMMUNITY CHOIR**

**TICKETS AVAILABLE
FROM WHITWORTH.CO.UK
OR THE ASHCROFT
£6PP**



WHITWORTH
TOURISM & LEISURE COMMITTEE



Whitworth Town Council proud to support Whitworth Library's Seed Swap Project

The green-figured children who attend Whitworth Library's gardening and craft club on a Saturday morning have come up with a fantastic initiative that Whitworth Town Council were proud to support. Their plan was to start a Seed Swap project in the town, and the Town Council kindly agreed a donation to start them on their way. This enabled the children, facilitated by the Friends of Whitworth Library community group, to purchase some environmentally friendly drawers (which the children have beautifully decorated) and some seeds to start the project off. All residents are welcome to visit the library and donate more seeds to the project, or to take some of those that have already been kindly donated, both by the Council and generous residents. Whitworth Town Council send their best wishes to the project and look forward to seeing the fruits of the children's labours growing soon.

Pictured – The decorated Seed Swap drawers proudly displayed in Whitworth Library, surrounded by gardening books.




Coffee Morning


EVERY THURSDAY 10AM TILL 12PM

£3.00 ENTRY
INCLUDES TOAST, TEA OR COFFEE.




THE ASHCROFT
EVENTS | WEDDINGS | CELEBRATIONS

 www.the-ashcroft.co.uk

 team@the-ashcroft.co.uk

 Whitworth, Civic Hall OL12 8DP

**EVERY 1ST & 3RD SATURDAY
FAMILY DROP IN**



**OFFERING A RELAXED, ACCESSIBLE, SAFE
SPACE FOR PEER SUPPORT AND INFORMATION
FOR FAMILIES WITH LGBTQIA+ YOUNG PEOPLE,
LGBTQIA+ PARENTS/CARERS/GUARDIANS, AND
ANY LGBTQIA+ PEOPLE WITHOUT THE
SUPPORT OF FAMILY**

11AM – 12PM

*La Latté Lounge
Rawtenstall*



INFO@SPECTRUMINCLUSION.CO.UK



SPECTRUM INCLUSION CIC



**SOCIAL MEETUP
EVERY 1ST & 3RD SATURDAY**



12PM – 1PM

*La Latté Lounge
Rawtenstall*



**JOIN US FOR A BREW AND A CHAT.
EVERYONE IS WELCOME, WHETHER YOU'RE A
MEMBER OF THE LGBTQIA+ COMMUNITY, AN ALLY,
OR QUESTIONING.**



 **SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM**

 **SPECTRUM INCLUSION ROSSENDALE**





What is a Men's Shed?

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite.

They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

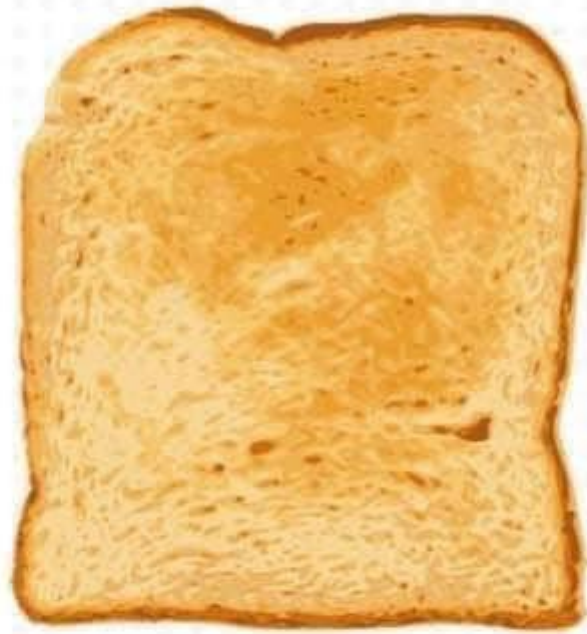


Shed Hours

Tues
Wed
Thur

9:30am-4:30pm





Every Friday
9:30am-11:30am
at St Peter's Church.
Laneside.

TOAST

FRIDAY

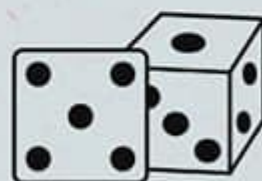
Drop in for a tea/coffee and
some toast and a chat.



Find us on Facebook

BACUP BLOKE'S AT THE ABD CENTRE

Cards, Dominoes, Board games,
Newspapers, Banter



Breakfast and a brew included



MONDAYS 11AM-1PM
ABD CENTRE, BURNLEY RD, BACUP

SUPPORTED BY ROSSENDALE MEN'S SHED

BACUP MUSEUM

24 Yorkshire Street, OL13 9AE

Join us as we highlight through stories and artefacts just a few of the extraordinary Bacup men who took part in the largest combined naval, air and land operation in the history of warfare.

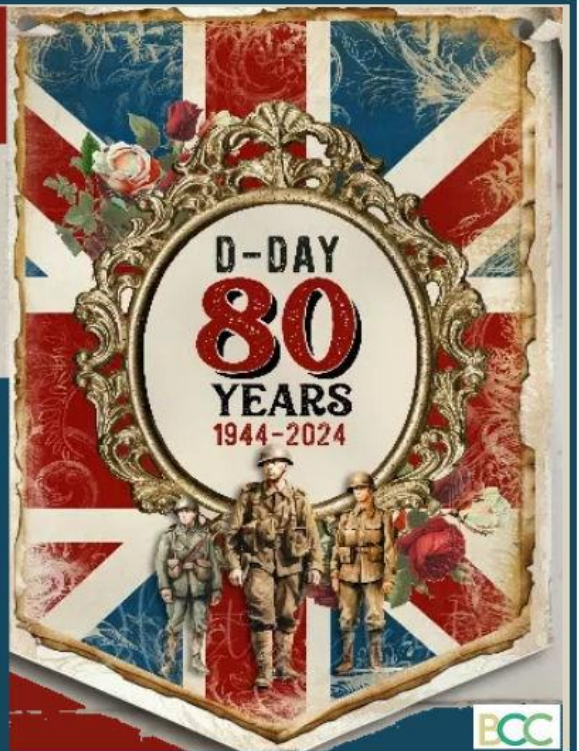
Free Entry

Free Refreshments

**Free Commemorative Badge
for Child Visitors** (subject to availability)

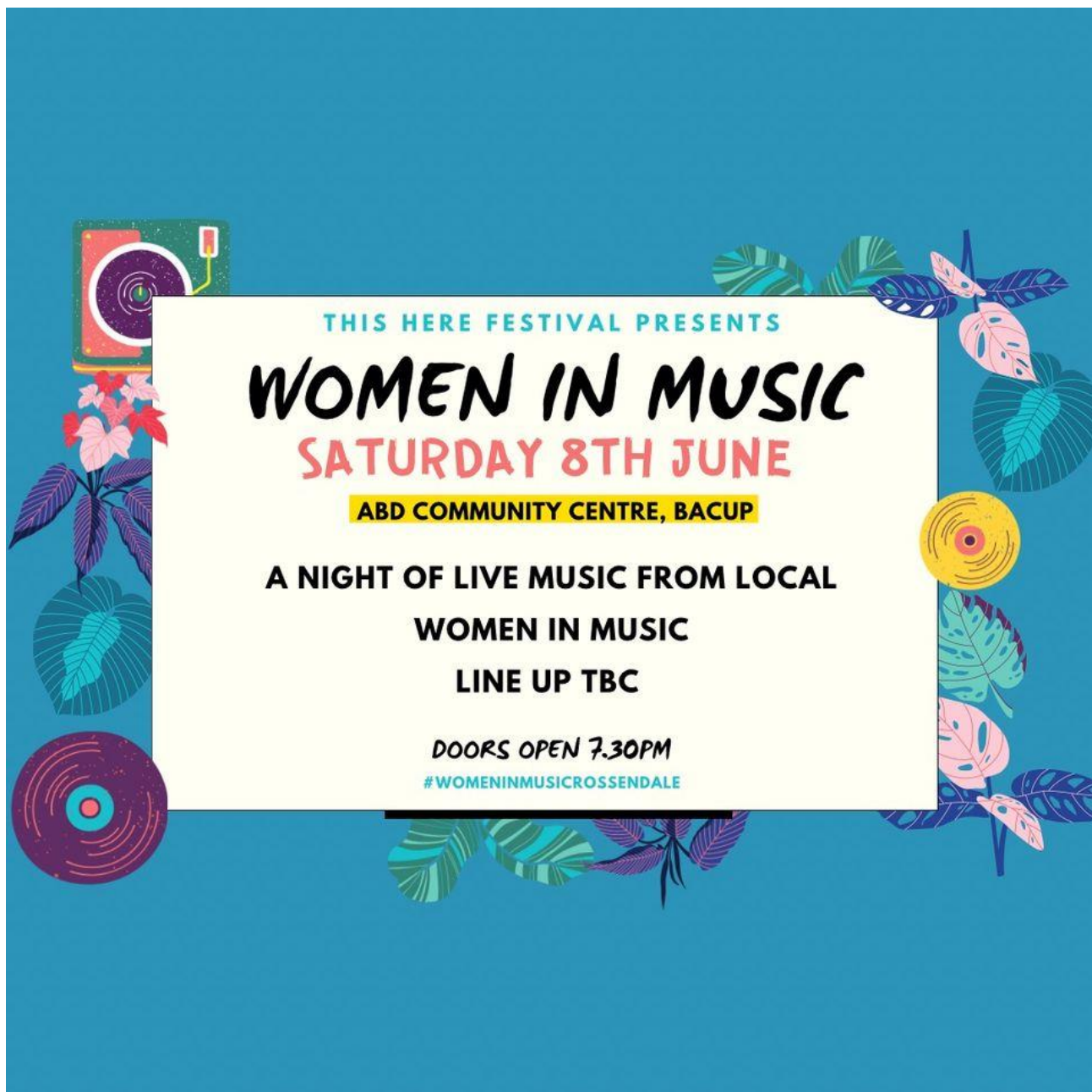
Thursday 6th - Friday 7th - Saturday 8th

12:00 - 4:00 pm



Three Bacup soldiers met on one of the Normandy beaches on the morning of D-Day 6th June 1944, and for a time were able to stop and have a chat about Bacup and the events surrounding them.

Join us for this three-day event, as we highlight, using stories and artefacts, more extraordinary stories of Bacup men and the part they played in this historic event.



Welcome all to the launch of The Women In Music Project - Rosendale!

We will be starting strong with a fantastic evening of live music from local female musicians from 7.30PM at ABD Centre, Bacup Burnley Rd.

Full line up will be released very soon so keep in touch, you won't want to miss this!

A free event promoting local Women open to all to come and enjoy, see ya there!

IT'S TIME TO JOIN ROTARY

To make a difference in your local community.

- Rotary helps the local
- food banks
 - schools
 - disability charities
 - youth organisations
 - community groups
 - mental health groups
 - hospices
 - businesses
 - memory choir
 - scout and guide groups.

And we also help when disaster strikes overseas.

The more members we have - male or female, younger or not so young - the more we can do.

To find out more, search online for Rossendale or Bacup Rotary, or scan either of the QR codes below, and we will be in touch.



Rossendale



Bacup



Volunteering is a wonderful way to:

Give back to your community

Make new, like-minded friends

Improve physical and mental health

Gain new skills for employment

Enjoy yourself

Rotary
in Rossendale 

Some of our community activities

By arranging for schoolchildren to plant daffodils on Lumb Millennium Green, we engender pride in, and ownership of, these vital community spaces.

In the same area, our members planted hundreds of purple crocuses to recognise Rotary International's work to eliminate polio throughout the world.



For more than 50 years, there has been a Round the Hills walk on the first Sunday in September to celebrate the wonderful scenery of the Rossendale Valley.

Rotary have been the organisers of this community event for over 20 years. Each year more than 500 people, from toddlers to pensioners, walk the route with smiles on their faces, come rain or come shine.



Christmas would not be Christmas without Santa's sleigh appearing around the streets, delighting the local children.

The Bacup Christmas window competition is fiercely contested, and produces amazing displays.

The Community Carol Concert with Rossendale Male Voice Choir and Rossendale Ladies' Choir is keenly anticipated and very well attended.



10th - 14th JUNE 2024



Carers Week 2024

'Putting Carers on the Map'

Card Making

Come along and try your hand at card making. Choose from a selection of different designs and materials to make a greetings card of your own!

£3 PER PERSON

Monday 10th June,
10am - 12:30m,
Carers Link Community Facility,
Accrington

Gratitude and Joy Workshop

Life can be uncertain, hard and complex at times. This session will discuss what gratitude is, how to practice it and how it can benefit our lives.

FREE, REFRESHMENTS PROVIDED

Tuesday 11th June,
5.30pm - 7pm
Chai Centre, Hurtle Street, Burnley
BB10 1BY

Citizens Advice Website Demo

This session will empower you to find the right information on the Citizens Advice website.

FREE, BUFFET PROVIDED

Wednesday 12th June,
11am - 12:30pm,
Carers Link Community Facility,
Accrington

Drumming for Wellbeing

Drumming can relieve stress and boost confidence! Try something new and join our friendly drumming circle.

FREE

Thursday 13th June,
1.30pm-3.30pm,
Carers Link Colne Shop,
59 Market Street, BB8 0LL

Afternoon Tea and Singalong

Join us at our Community Facility for afternoon tea, followed by a singalong. To book please contact us at: activities@carerslinklancashire.co.uk

£5 PER PERSON

Friday 14th June, 12noon - 2:30pm,
Carers Link Community Facility,
Accrington



°COSY HOMES
IN LANCASHIRE
Greener Homes. Warmer Homes

Get a **HUG** from your Local Authority

The Government's **HOME UPGRADE GRANT**
now available to Lancashire residents whose
home does not have gas central heating



If you are a homeowner you may be entitled to receive up to £38,000
towards eligible measures to improve the energy efficiency of your property.

Landlords can apply but a contribution would be required

Call us now to speak to a friendly advisor

°COSY HOMES
IN LANCASHIRE

0330 606 1488

RHEA
PROJECTS

www.chil.uk.com

How do I qualify?

- Your home has an EPC Rating - D, E, F or G
- Your home is not heated by gas central heating (any other form of heating would qualify)
- You live in a qualifying post code area (check our website or call the team)
- Your household income is less than £31,000 per year (in exceptional circumstances consideration will be given if your income is above this threshold)

What measures can I have?

The grant covers a whole range of measures including:

- Solid Wall Insulation
- Loft Insulation
- Room in Roof Insulation
- Underfloor Insulation
- Air Source Heat Pumps
- High Heat Retention Storage Heaters
- Solar PV
- Solar Thermal
- Energy-efficient External Doors
- Single Windows Upgraded to Double Glazed

The amount of grant can be up to **£38,000** depending on the EPC rating of your house and how it is currently heated. Your property will be assessed by a Retrofit Surveyor who will recommend measures which are suitable for your property.

How do I apply?

You can apply on the Cosy Homes in Lancashire website www.chil.uk.com
Contact the CHIL team on 0330 606 1488 and apply over the phone or request an application to be sent to you. Evidence of eligibility will be required for your application to proceed.



Funding is currently available until 31st March 2025.

 www.chil.uk.com



Pop-up events - June 2024, week 1&2

Energy pop-ups that Rossendale Valley Energy will be holding this month. Some pop-ups are weekly, some fortnightly, some monthly, some a one-off. Check our social media or get in touch for any updates.

Email: info@rvenergy.org.uk
Phone: 01706 392646
Text or WhatsApp: 07887 001472
Facebook: [RossendaleValleyEnergy](https://www.facebook.com/RossendaleValleyEnergy)

WEEK 1

Saturday 1st June

- **10:00am to 4pm** - Pop-up at Bacup Fire Station Open Day
- **11am to 2pm** - Pop-up at Rossendale Rotary Club Volunteer week event, Viva Volunteering!! at Rawtenstall Market.

WEEK 2

Monday 3rd June

- **10:00 to 12:00** - Pop-up at Longholme Methodist Church, Rawtenstall
- **1:30pm to 3:30pm** - Bacup Library pop-up: first Monday of the month.
- **4:30pm to 6:30pm** - SHINE Rawtenstall group; Kay Street Baptist Church, Rawtenstall, every Monday.

Tuesday 4th June

- **9:30am to 12:00pm** - Rakefoot Methodist Church, Crawshawbooth: first Tuesday of the month.

Wednesday 5th June

- **10:00am to 12:00pm** - Rawtenstall Library pop-up: First Wednesday of the month.
- **10:00am to 12:00pm** - Bacup Central Methodist Church, every Wednesday.

Thursday 6th June

- **10am to 12pm** - Bacup One Stop Shop at Rossendale Family Hub, Maden Centre, Bacup: Every Thursday.

Friday 7th June

- **10:00am to 12:00pm** - Shawforth Chapel drop-in in Shawforth
- **10:30am to 12:30pm** - Haslingden Library Pop-up: First Friday of the month.



Pop-up events - June 2024, week 3

Energy pop-ups that Rossendale Valley Energy will be holding this month. Some pop-ups are weekly, some fortnightly, some monthly, some a one-off. Check our social media or get in touch for any updates.

Email: info@rvenergy.org.uk
Phone: 01706 392646
Text or WhatsApp: 07887 001472
Facebook: [RossendaleValleyEnergy](https://www.facebook.com/RossendaleValleyEnergy)

WEEK 3

Monday 10th June

- **1:30pm to 3:30pm** - Whitworth Library pop-up; second Monday of the month.
- **4:30pm to 6:30pm** - SHINE Rawtenstall group; Kay Street Baptist Church, Rawtenstall, every Monday.

Tuesday 11th June

- Quiet Tuesday - no pop-ups.

Wednesday 12th June

- **10:00am to 12:00pm** - Pop-up at Carers Link Haslingden Shop; Every other Wednesday.
- **10:00am to 12:00pm** - Bacup Central Methodist Church, every Wednesday.

Thursday 13th June

- **10am to 12pm** - Bacup One Stop Shop at Rossendale Family Hub, Maden Centre, Bacup: Every Thursday.
- **10am to 12pm** - First Choice Credit Union, Manchester Road, Haslingden.
- **10am to 12pm** - Longholme Methodist Church, Thursday Crafting group.
- **7pm to 9pm** - Ow Do group Rawtenstall, St. Paul's Community Hall.

Friday 14th June

- **10:00 to 12pm** - Drop-in at Irwell Vale Café



A community energy organisation for Rossendale

Pop-up events - June 2024, week 4

Energy pop-ups that Rossendale Valley Energy will be holding this month. Some pop-ups are weekly, some fortnightly, some monthly, some a one-off. Check our social media or get in touch for any updates.

Email: info@rvenergy.org.uk
Phone: 01706 392646
Text or WhatsApp: 07887 001472
Facebook: RossendaleValleyEnergy

WEEK 4

Monday 17th June

- 10:00 to 12:00 - Pop-up at Longholme Methodist Church, Rawtenstall.
- 4:30pm to 6:30pm - SHINE Rawtenstall group; Kay Street Baptist Church, Rawtenstall, every Monday.

Tuesday 18th June

- Quiet Tuesday - no pop-ups.

Wednesday 19th June

- 10:00am to 12:00pm - Bacup Central Methodist Church, every Wednesday.

Thursday 20th June

- 10am to 12pm - Bacup One Stop Shop at Rossendale Family Hub, Maden Centre, Bacup: Every Thursday.

Friday 21st June

- 10:00am to 12:00pm - Shawforth Chapel drop-in in Shawforth



A community energy organisation for Rossendale

Pop-up events - June 2024, week 5

Energy pop-ups that Rossendale Valley Energy will be holding this month. Some pop-ups are weekly, some fortnightly, some monthly, some a one-off. Check our social media or get in touch for any updates.

Email: info@rvenergy.org.uk
Phone: 01706 392646
Text or WhatsApp: 07887 001472
Facebook: RossendaleValleyEnergy

WEEK 5

Monday 24th June

- 4:30pm to 6:30pm - SHINE Rawtenstall group; Kay Street Baptist Church, Rawtenstall, every Monday.

Tuesday 25th June

- 1pm to 2:30pm - Home Energy Workshop at Trinity Baptist Church, Bacup

Wednesday 26th June

- 10:00am to 12:00pm - Pop-up at Carers Link Haslingden Shop; Every other Wednesday.
- 10:00am to 12:00pm - Bacup Central Methodist Church, every Wednesday.

Thursday 27th June

- 10am to 12pm - Bacup One Stop Shop at Rossendale Family Hub, Maden Centre, Bacup: Every Thursday.
- 10am to 12pm - Longholme Methodist Church, Thursday Crafting group.

Friday 28th June

- 10:00 to 12pm - Drop-in at Irwell Vale Café (time to be confirmed, check Facebook or drop us an email to check).

Sunday 30th June

- Bacup Carnival



WE NEED

YOUR HELP

We at Lancashire Children's Safeguarding Assurance Partnership are looking for illustrations for our safeguarding annual report. We are asking all children and young people in Lancashire to draw a picture for a chance to be featured in our annual report and on our future website.

WHAT YOU NEED TO DO:

- Draw/create a picture of what makes you feel safe, for example a person, pet, place, or an object. This can be coloured in.
- Add a sentence about your picture
 - e.g. "XXX makes me feel safe."
- Include your first name and age in the submission.
- Scan the picture and email to lsbu@lancashire.gov.uk with the subject title as **Annual Report 2024**

Prizes

The top 5 picture creators will be announced in September and win a £20 gift voucher.



**Deadline:
30th June
2024**

For more information, contact us on: lsbu@lancashire.gov.uk



Funded by
UK Government

Rossendale NEET Event



- A number of physical activity and sports sessions to enjoy and take part in
- Over 20 different stalls offering a hands on and practical approach to engage with employers, education and general support and advice
- NHS Harri bus offering free health checks and information



 Friday 5th July
 1 pm-4pm
 Youth Zone,
 Rawtenstall,
 BB4 8EW

For further information please contact Django Back on
DjangoBack@rossendalebc.gov.uk or 07562 630299



3 GYMS
1 POOL
OVER 100 CLASSES
YOUR MEMBERSHIP

Adrenaline, Haslingden | Marl Pits Leisure Centre, Rawtenstall | Pioneer, Bacup

 Sign up today from as little as a £1 per day
& no joining fee!
Sign up today: www.rltrust.co.uk





**CLIMBING CENTRE
HASLINGDEN, LANCASHIRE**

**OPEN 7 DAYS
A WEEK**

AGES 4+ | £14

SPECTRUM LANTERN CAMPAIGN



THE SPECTRUM LANTERN CAMPAIGN IS A PILOT SCHEME WHICH AIMS TO IDENTIFY AT LEAST 20 SAFE VENUES AND GROUPS ACROSS ROSSENDALE BY THE END OF 2024. THE CAMPAIGN IS A FULL PACKAGE OF RESOURCES AND AWARENESS TRAINING, WHICH AIMS TO EDUCATE PEOPLE AND SUPPORT THEM TO BECOME BETTER ALLIES AND TO BUILD STRONGER COMMUNITY RELATIONS. INITIALLY THERE WILL BE MAXIMUM ONE HOUR'S AWARENESS TRAINING, COVERING BASIC TOPICS AND ENCOURAGING DISCUSSIONS AS WELL AS PROVIDING A SAFE SPACE FOR PEOPLE TO ASK QUESTIONS. ONCE THE TRAINING HAS BEEN COMPLETED, THE VENUE OR COMMUNITY GROUP WILL BE GIVEN A FOLDER OF RESOURCES, AS WELL AS HAVING THE SUPPORT OF SPECTRUM INCLUSION FOR A 12-MONTH PERIOD FROM THE DATE THE TRAINING IS COMPLETED. VENUES MUST DISPLAY THE WINDOW DECAL PROVIDED AS THIS IS AN INTEGRAL PART OF THE SPECTRUM LANTERN CAMPAIGN.



INFO@SPECTRUMINCLUSION.CO.UK

LGBTQ+



LOVE WHO YOU ARE

- **SOCIAL GROUPS IN ROSSENDALE & DARWEN**
- **1-2-1 PEER MENTOR SUPPORT**
- **ADVOCACY**
- **SUPPORT FOR FAMILIES WITH LGBT YOUTH**
- **DIRECTORY OF LGBTQIA+ SAFE & FRIENDLY VENUES ACROSS ROSSENDALE & DARWEN (FOR NOW!)**



INFO@SPECTRUMINCLUSION.CO.UK



SPECTRUM INCLUSION CIC





Do you need help with small repair work? Things that may be too small for larger contracting companies to come out to. If so, we may be able to help you.

What can we do?

- Handyperson work – smaller jobs like fixing curtain rails and blinds, putting up shelving, changing light bulbs, fixing loose floorboards.
- Minor adaptations work such as fitting a grab-rail or additional banister rail.
- We may be able to help with larger jobs too – just talk it through with our friendly team. Things like:
 - ✓ Fitting new doors
 - ✓ Making and fitting new gates
 - ✓ Replacing rotten floorboards
 - ✓ Fitting or fixing small areas of fencing
 - ✓ Repairs to sheds
 - ✓ Internal door repairs / replacement

There is a charge for the service – please contact our office for more details.

This work is managed and delivered by Homewise, which is a local charity and a home improvement agency that operates in many parts of East Lancashire.

You can contact us directly on 01254 232249 or email info@homewisesociety.org.uk to request our help.



SUMMER FUN

Race League

SUNDAY 2ND JUNE



Reservations welcome

THE HILL
EST. 1973



CHECK OUT OUR
BRAND NEW
CLIMBING WALL

 WWW.THEHILLUK.COM

 01706 226457

 HASLINGDEN OLD ROAD, RAWTENSTALL, BB4 8RR

Active Pregnancy & Beyond

Did you know the more active you are in pregnancy, the more likely you are to have a healthy pregnancy?

Our expert teams can help you to get started safely, alongside the advice from your midwife. With suitable activities for any stage of pregnancy and after your baby arrives.



During pregnancy, you will:

- Become stronger and more flexible in preparation for labour and birth.
- Reduce your risk of gestational diabetes and maintain a healthy weight.
- Support your mental wellbeing and promote better sleep

After pregnancy, you will:

- Promote healing and recovery.
- Support your mental wellbeing and promote better sleep.
- Meet new mums



For information about sessions available in the Rossendale and Burnley areas please scan the QR codes below or take a look at their websites.



Rossendale
01706 221524
www.rltrust.co.uk/new-mums



Burnley
01282 477134
www.blcgroup.co.uk/pre-postnatal-fitness



Managing the Menopause in Life & Work



Navigating the menopause can be difficult. This free online session will explore the physical and mental impact of menopause, whilst teaching self-care techniques to help you better manage this stage of life both at home and during the working day.



**Free online session:
Wednesday 12th June, 6.30pm - 8.00pm**

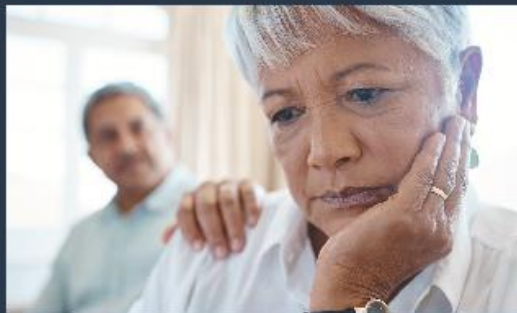


**Scan the QR code to
enrol for free now!**

Supporting Your Partner through the Menopause



This event is for anyone who wants to be able to support someone they know and love through the menopause. It will explore the physical and mental impact of the menopause to give you a better understanding of what your loved-one is going through and how you might be able to offer support.



Free online session:

**Wednesday
19th June
6.30pm - 8.00pm**



Scan the QR code to enrol for free now!

Apps to Support Your Mental Health



There are a range of apps available that motivate us to manage our mental health and make time for ourselves in an effort to feel more relaxed and happy. This session is designed to identify what those expert-led apps are all about and how they can enhance your wellness routines or help you to create one.



We will explore the pros and cons of some of the top rated apps and identify the barriers, costs and tools to help you get the app that works best for you without feeling guilty about the additional screen time. Join this online course to learn about how to better manage your mental health with effective tools at your fingertips.

Scan the QR code to enrol for free:

**Monday 3rd June
10.00am to 11.30am**



**Thursday 6th June
5.30pm to 7.00pm**





Let's Get Moving

It's time to start putting your health first!

I know that can be a big step. So we created a flexible class with a mix of exercise and movement.

Sit or stand, do as much or as little as you wish and don't feel guilty about, choose the music and help create our exercise routines if you want.

We are very flexible in our approach because we know it's what you need.

First class FREE
just turn up
then £3.50

Wednesdays

Exercise: 2:30 – 3:20pm

Social: 3:20 – 3:45pm

Where: ABD Community Centre,
Burnley Road, Bacup OL13 8AB
(Central location, bus stop nearby)

Benefits – good for aches,
mobility, feel good, meet
new people, be creative,
laugh, sing

Creative,
Beginner friendly
Accessible,
Inclusive



Questions? Call **Rebecca** from **Inspire Motivate Transform** on 07510 187211 or through Facebook @inspiremotivatetransform

It's a Man's Life



This free short session has been designed to cover topics on men's health relating to; mental health, physical health and the key male cancers. The subjects are intended to raise awareness and generate valuable discussion with a view to improving the overall health and wellbeing of men.

For National
Men's Health
Week
in June



Scan the QR code to enrol
for free now!

Wednesday 12th June
9.30am - 12.00pm

Men's Health Awareness



Men's Health Week is a crucial reminder for men to prioritize their wellbeing. Come along to our informal online session focused on men's health to find out more about nutrition, exercise and looking after your mental health. You're also welcome to come along and learn more so you can better support the men in your life.

*For National
Men's Health
Week
in June*



**Scan the QR code to enrol
for free now!**

**Tuesday 11th June
1.30pm - 3.30pm**

FUNDING

Crowdfund Lancashire summer round 2024 opens on 12th June!

[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.

If your contacts and networks have an idea for a project to improve the culture or sport offer in their local community, then they could get **up to £15,000** towards their crowdfunding target from the Lancashire Culture and Sport Fund.

Please note that the maximum contribution from the Lancashire Culture and Sport Fund has been reduced £15,000 from £20,000. Please can you make sure that all communications regarding Crowdfund Lancashire now outline this change in amount available for community groups and organisations. The funding strand amounts for Town and Parish Councils and Individuals remains the same.

The following pledges are:

For community organisations - pledges of up to **£15,000 (up to 50% of target)**

For town and parish councils - pledges of up to £5,000 **(up to 50% of target)**

For businesses and individuals - pledges of up to £1,500 **(up to 50% of target)**

Crowdfund Lancashire summer round 2024 launch online event – Wednesday 12th June 12pm

We are holding an online webinar for the next funding round on 12th June at 12pm. The session will cover the criteria, scope and how to set up a project on Spacehive. The session will be recorded, so do encourage your contacts to sign up even if they can't attend in person.

[Crowdfund Lancashire- Summer Launch Tickets, Wed 12 Jun 2024 at 12noon](#)

Crowdfund Lancashire drop-ins at libraries

We will also be holding 1-to-1 drop-in sessions at libraries and venues around the county for anyone to pop in and discuss an idea. You can find us at:

Library	Date	Time
The Archives, Preston	Wednesday 3 July 2024	Drop in between 1-2:30pm
Haslingden Library	Tuesday 9 July 2024	Drop in between 4-6:30pm
Burnley Library	Monday 8 July 2024	Drop in between 4-6:30pm
Colne Library	Monday 15 July 2024	Drop in between 4-6:30pm
Lancaster Library	Wednesday 17 July 2024	Book a slot between 4-6:30pm
Chorley Library	Monday 22 July 2024	Drop in between 4-6:30pm
Clitheroe Library	Tuesday 23 July 2024	Drop in between 4-6:30pm
Garstang Library	Thursday 25 July 2024	Drop in between 4-6:30pm
Leyland Library	Tuesday 30 July 2024	Drop in between 4-6:30pm
Accrington Library	Wednesday 31 July 2024	Drop in between 4-6:30pm
St Anne's Library	Thursday 1 August 2024	Drop in between 4-6:30pm
Ormskirk Library	Thursday 8 August 2024	Drop in between 4-6:30pm

To book a 15-minute slot at the Lancaster Library session, please email lcsf@lancashire.gov.uk

The eligibility criteria has had some changes too, so please ask your contacts and networks to look at the summer 2024 criteria: [LCSF-Eligibility-Criteria-Summer-2024-1.pdf \(spacehive.com\)](#)
The deadline for projects to be created, pitched to the Lancashire Culture and Sport Fund and be verified by Spacehive is 12 September 2024.

Lancashire Community Orchard Grant



The Coronation Community Orchard Grant Scheme is a small grants programme for community groups within Lancashire. The scheme is aimed at local organisations within the voluntary, community and faith sectors, and schools who would like to deliver a community orchard project before the 31st of March 2025.

Funding is limited to one application for a maximum of £3,000 per group. The minimum number of trees per application is five, and the maximum is 25.

This is a one-off funding round. **Your project must be delivered before 31 of March 2025.**

It can take up to six weeks for your application to be processed. If this could impact your ability to plant, please let us know.

As a condition of accepting the grant, your group will be asked to submit a completion report including photos. This report must be submitted after your planting day and before the 31st of March 2026.

More information, including help on deciding what to plant at

www.lancashire.gov.uk/council/grants/lancashire-community-orchard-grant

**CORONATION
LIVING HERITAGE
FUND**

 Funded by
UK Government

TRAINING

**BECOME A
QUALIFIED
MEDIATOR
& VOLUNTEER
WITH US!**

smile mediation

Centenary Court, Croft Street,
Burnley, Lancashire, BB11 2ED
www.smilemediation.co.uk

Part of:
RESOLVE
www.resolveuk.org.uk

The Mediation Skills Training
is the equivalent of NVQ
Level 3.

The full course dates are on:

Wednesday 26th June

Thursday 27th June

Friday 28th June

Monday 1st July

Tuesday 2nd July



This will be held over Zoom from 9:30 to 5pm.

**TO QUALIFY AS A
COMPETENT
MEDIATOR FULL
ATTENDANCE AND
PARTICIPATION IS
REQUIRED.**

THERE IS NO COST FOR THIS
TRAINING COURSE BUT YOU
MUST BE WILLING TO
COMMIT TO VOLUNTEERING
WITH US FOR A MINIMUM OF
THREE HOURS PER WEEK FOR
12 MONTHS.

PAID PLACES ARE AVAILABLE

If you would like to
receive an application
pack or you have any
questions please contact
us at info@smile-ltd.co.uk

VOLUNTEERING

**VOLUNTEERS' WEEK 2024
IN ROSSENDALE**



3RD JUNE

**ST ANNE'S CHURCH,
EDGESIDE, BB4 9JE**

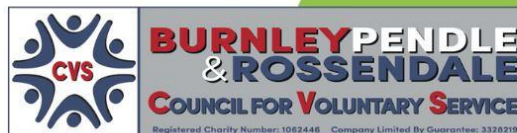
3:30 PM - 6 PM

**VOLUNTEER
RECRUITMENT &
APPRECIATION EVENT**

Join the BPRCVS Volunteering for Wellbeing & Community Hub in Rossendale to celebrate the wonderful work of volunteers in the Valley.

All Rossendale-based volunteers are welcome to join us for a celebration event.

There'll also be a range of stalls from local groups and organisations looking to recruit volunteers, and there's even free tea, coffee and cake!





Volunteers needed!

We are a free mental health support service that provides 1-1 Listening & Mindfulness Support Sessions, and teach self-improvement courses based in Psychology.



By volunteering for us you will gain work experience & new skills in supporting people with their mental health from Mindfulness Training to Listening Support Skills.

Email help@theletstalkproject.org or call 01706 558 022

Thanks for reading!

If you have any information you would like to include in the July community bulletin please email:

Communitiesteam@rossendalebc.gov.uk

By Wednesday 26th June 2024