

JULY 2024

COMMUNITY

BULLETIN

FIND OUT WHAT'S HAPPENING IN ROSSENDALE ...

- Community Activities
- Community Information
- Health and Wellbeing
- Funding
- Training
- Volunteering

Welcome to your July 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 on our website - [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, email us at

communitiesteam@rossendalebc.gov.uk



COMMUNITY ACTIVITIES

HAF
Rossendale
Holiday Activities & Food

FREE*
HOLIDAY ACTIVITIES
AND FOOD PROGRAMME

Enjoyable activities and nutritious meals

Scan me



For more information visit: www.rltrust.co.uk/haf

*For primary and secondary school aged children who are eligible for free school meals.



St Anne's Church
lets build together EDGESIDE



BabySense

Tuesday 10-11:15am
4th June-23rd July

- A relaxed, friendly baby group for babies aged 0-12 months.
- Parents/carers can socialise with others and bond with their baby. Featuring props, music, snacks, craft, brews and bubbles! £1 per week.
- Location: St Anne's Church, Edgeside, Ashworth Road, BB4 9JE
- For more information or to book a place please email: wellbeing@stannedgeside.co.uk



DEMENTIA FRINDLY ROSSENDALE AFTERNOON TEA

Rossendale residents living with dementia, their friends and families are invited to an afternoon tea with entertainment.

Wednesday 10th July - 11am-2:30pm
Marl Pits Rugby Club, BB4 7SN

ENTERTAINMENT PROVIDED BY UKE BUDDIES AND KYLE HARRISON.

This event is FREE. Bookings are required on a first come first served basis.

Dietary needs will need to be included within the booking. Call - 07805 093348 during office hours, or email dementia.rossendale@gmail.com



NORDIC WALKING IN ROSSENDALE

Nordic Walking is based on cross country skiing and has many health benefits over normal walking or trekking poles.

- It's a whole body exercise, burning up to 40% more calories than just walking.
- Provides support for knees and hips and uses more muscles than running or cycling.
- Low perceived effort.




Sessions take place most days around Marl Pits. For more information contact Hamish on 07967318501 or email hamish.willis1@ntlworld.com

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
 1pm-4pm
 Youth Zone,
Rawtenstall,
BB4 8EW

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



Wednesday 5th June-10th July,
10am - 11:30am

St Anne's Church, Ashworth
Road, Edgeside

Free play, craft, parent and toddler
yoga, song time & a snack with
tea/coffee.

For children aged 0-5.

£1 per family per week.

Booking essential- to join the
waiting list please email:

Wellbeing@stannedgeside.co.uk

THE WHITE HORSE PROJECT



FREE 11-18 YRS - ALL WELCOME! BOOK NOW - 07389884525

Singing - make a note of Tuesdays 5:30pm-6:30pm with Sean Ruane.

band - rock out with the talented Dave Jackson Tuesday 6:45pm-7:45pm.

art - get creative with Ruth Evans Wednesdays 5ppm-6:30pm.

socials - hand out with your mates, make new ones, or just have with with Lorraine Williams every other Friday 5pm-7pm.



FREE ENTRY
FREE ENTRY
FREE ENTRY

VALLEY VITALITY FESTIVAL

ENTERTAINMENT * WORKSHOPS
TOURNAMENTS * FOOD & DRINKS * TALKS
PANELS * ACTIVITIES

SAT 13 JULY **WHERE: VALLEY LEADERSHIP ACADEMY** **10AM TO 5PM**

IN COLLABORATION WITH

COMMUNITY INFORMATION

Safe Trader Scheme

Trading Standard's Safe Trader Scheme can help you find reputable traders for property repairs, home improvements, gardening services, mobility aids and other services around the home.

Further information:

0303 333 1111

www.safetrader.org.uk

safetrader@lancashire.gov.uk

SCAN ME



lancashire.gov.uk



**Lancashire Fire
and Rescue Service**

Lancashire fire and rescue will assess your fire risk and provide personal and valuable tips on how to keep your loved ones safe.

Head to their website to find out more information

<https://www.lancsfireandrescue.org.uk/safety/home-safety>

Alternatively, you can call Lancashire Fire and Rescue Service on 0800 169 1125

HEALTH AND WELLBEING

Haven Bereavement Support Group

For further details please call 01706 217346
It costs nothing to come along and join us!

at Kay Street Baptist Church, Kay Street, Rawtenstall BB4 7LS



SECOND WEDNESDAY IN EVERY MONTH 10AM UNTIL 12NOON

Meet friends in informal surroundings with the help of bereavement support worker.

Be amongst others who understand what you may be going through.

Sharing your thoughts following such life changing event can be a relief after the loss of a loved one.



HAMISH'S STRENGTH AND CONDITIONING ACADEMY

- Youth Specialist - ages 10-17
- Sessions after school every day
- Based at Vikings Active, Waterfoot
- Only a few spaces left

Contact Hamish
07967318501
or email
hamish.willis1@ntlworld.com

FUNDING



Grants Up to £5,000

More information on the [Burnley Pendle and Rossendale CVS website.](#)

Or call: 01282 433740, or Email: info@bprcv.co.uk

NHS INTEGRATED CARE BOARD (ICB) SMALL GROUP FUNDING 2024 - 2025

Our LSC ICB Small Groups Grants Programme for 2024-25 is now open for applications from not-for-profit groups and organisations in Burnley, Pendle & Rossendale. The NHS Lancashire and South Cumbria Integrated Care Board announces the Small Groups Funding 2024-25.

We're seeking innovative projects in Burnley, Pendle, and Rossendale to improve health and wellbeing. Who Should Apply?

Community projects with an annual turnover under £150,000 with a Project Focus:

- Enhancing health and wellbeing
- Supporting local ideas and dreams
- Building community connections and resources

Rossendale priorities: Mental wellbeing, physical activity, health facilities. Desired Outcomes:

- Increase social contact and wellbeing awareness
- Reduce non-clinical visits to primary care and A&E
- Enhance patient understanding of health services

TRAINING

FREE ONLINE COURSE

HEALTH AND WELLBEING - PHYSICAL AND PSYCHOLOGICAL WELLBEING SUPPORT FOR PEOPLE WITH LONG TERM HEALTH CONDITIONS.



- Six session course lasting 60 minutes each week
- Combines Cognitive Behavioural Therapy (CBT), Positive Psychology and Mindfulness
- Not interactive - no discussion of personal problems
- Aims to teach new coping strategies and skills and tools
- Associated worksheets available to reinforce what has been taught
- Available by recording for 72 hours



30 min introduction session on Friday 5th July at 1pm. Followed by 6-week online course, 60 min sessions 1pm - 2pm.

Dates: Friday 12th, 19th, 26th July, 2nd, 9th 16th August

A personalised link will be emailed to you, recording accessible for 72 hours. Interested? Head to:

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

FREE I.T. STRATEGY PRESENTATION

BUILDING CAPACITY, EVIDENCE IMPACT, IMPROVE EFFICIENCY AND REDUCE COSTS.



DATA & INFORMATION

23rd September 2024
3:30pm - 4:30pm



LOW COST / NO COST

21st October 2024
3:30pm - 4:30pm



SECURITY

18th November 2024
3:30pm - 4:30pm



GDPR & DATA PROTECTION

20th January 2025
3:30pm - 4:30pm

THE ABD CENTRE
BURNLEY RD
BACUP OL13 8AB

- All presentations are informative, fun & FREE!
- Refreshment provided
- All presentations have a Q&A session
- Delivered by IT Professional with over 25 years experience in private & VCFS
- Places are limited
- To book your place email or phone below



01706 874111



pdunn@abdcentre.org.uk

Free Online Webinars



Webinar Name	Day, Date and Time
Mindfulness and Wellbeing	Monday, 3rd June 2024, 1pm to 1.45pm
Managing Health and Wellbeing	Wednesday, 26th June 2024, 1pm to 1.45pm
Low Mood	Tuesday, 9th July 2024, 10am to 10.45am
Anxiety and Worry	Thursday, 25th July 2024, 1pm to 1.45pm
Weight Management and Wellbeing	Tuesday, 6th August 2024, 10am to 10.45am
Mindfulness and Wellbeing	Monday, 12th August 2024, 1pm to 1.45pm
Sleep and Relaxation	Friday, 16th August 2024, 10am to 10.45am

Available to people who live, work and study in Blackpool, Lancashire or South Cumbria

Scan here to visit our website



All recordings available for 72 hours after the live event.

Our service can help you manage a range of common mental health problems, learn skills to help you overcome difficulties and find helpful ways to cope through a range of different therapeutic interventions.

We can also provide information about local services that you may benefit from.

To self-refer, please call: **01253 955700** (Monday–Friday 9am–5pm)

or email: bfwh.talkingtherapies@nhs.net

www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies

 **Blackpool Talking Therapies**

Blackpool Talking Therapies is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. Please discuss these needs with your GP.



for anxiety and depression

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust



MECC – MAKE EVERY CONTACT COUNT 1-DAY CHAT TO CHANGE TRAIN THE TRAINER COURSE – FACE TO FACE



July – Dec 2024 - MECC 1-Day TTT Course Dates Arrival 09.15, start 09.30, finish 4.30pm. 20 x places available per TTT course Face to Face:

- Thurs 11th July - Carer's Link, Accrington
- Thurs 15th August - Strawberry Fields Hub, Chorley
- Tues 20th August - Blackpool Football Club, Blackpool
- Thurs 19th September - Nuvenu Conf Centre, Wigan
- Thurs 24th October - Venue tbc, Blackburn
- Tues 12th November - Blackpool Football Club, Blackpool
- Tues 26th November - Venue tbc, Lancaster
- Thurs 5th December - Corpus Christi School, Preston

Who is MECC TTT training aimed at?

Making Every Contact Count (MECC) is an approach to improving the health of the population that everyone can use, it is not restricted to one person, specific profession or organisation. It is aimed at giving staff from a wide range of organisations the skills they need to encourage individuals to make choices that will prevent illness and improve their lifestyles and wellbeing.

For Lancashire & S Cumbria organisations, MECC can provide staff with the leadership, environment, training and information they need to deliver the MECC approach.

For staff, MECC means having the competence and confidence to deliver health and wellbeing messages, to help to encourage people to change their behaviour, directing them to local services that can support them.

For individuals, MECC means seeking support and taking action to improve their own health and wellbeing.

Course Registration:

To apply for a place on the 1-day MECC Train the Trainer course please fill out the attached application form in full and send to: workforcetraining@activelancashire.org.uk

JULY 2024

THANKS FOR READING!

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

Communitiesteam@rossendalebc.gov.uk

By Wednesday 24th July 2024

