



NOVEMBER 2024

# COMMUNITY BULLETIN



## FIND OUT WHAT'S HAPPENING IN ROSSENDALE...

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

Welcome to your November 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](mailto:communitiesteam@rossendalebc.gov.uk)

# COMMUNITY ACTIVITIES



Quiz Night

Open Decks

Pumpkin Trail at Edgeside Park

Rossendale Board Games Night

## HORSE + BAMBOO WATERFOOT

Horse + Bamboo Theatre offers a wide range of events, including open mics, quiz nights, board game evenings, and seasonal festivities. Their diverse calendar features live music, interactive theater for families, film screenings, and holiday markets with festive flair. Check out their full event schedule [here](#).

## ABD CENTRE BACUP

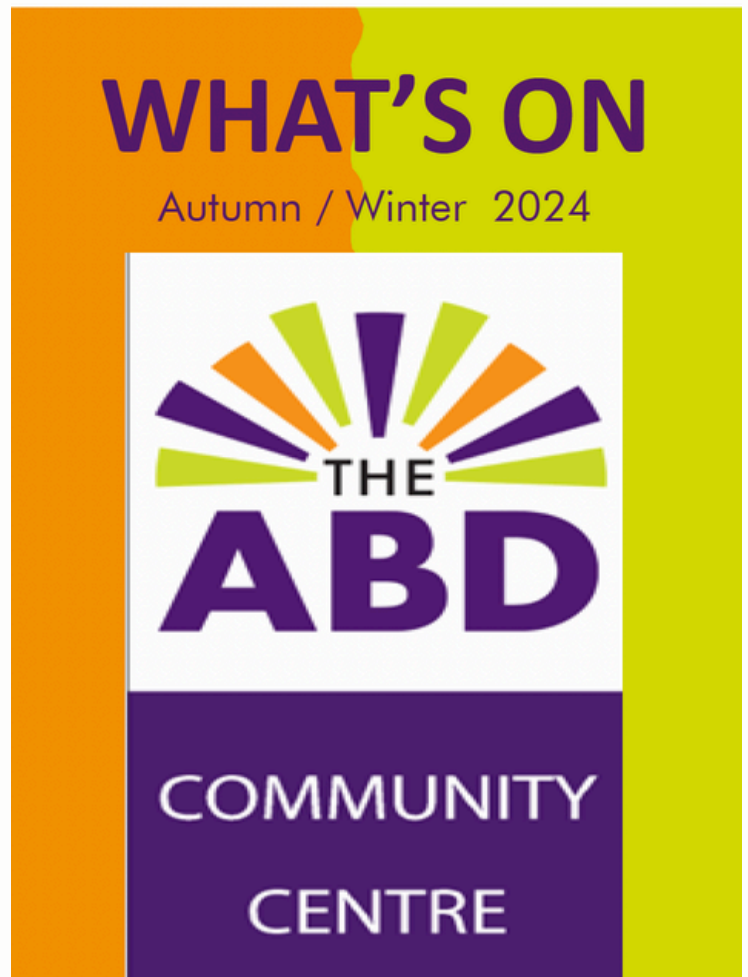
Check out what's on at the ABD Community Centre this month lots of activities from tai chi , karate, computer club, slimming world and chess!

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

Facebook page

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

07447 960045



# REMEMBRANCE DAY EVENTS

## ROSSENDALE

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### Waterfoot

- **12:30 p.m:** Service at **Trickett's Memorial Ground, Burnley Road East.**
- Organised by Waterfoot Forward.
- Contact: Tim Nuttall, **01706 226857, [williamtnuttall@btinternet.com](mailto:williamtnuttall@btinternet.com)**
- Official Representative: Councillor Alyson Barnes

### Haslingden

- **1:00 p.m:** Assemble at **War Memorial in Greenfield Gardens** for service and wreath-laying.
- **1:30 p.m:** Parade down **Manchester Road and Bury Road.**
- Organised by Friends of Haslingden Cemetery.
- Contact: **[friendsofhaslingdencemetery@gmail.com](mailto:friendsofhaslingdencemetery@gmail.com)**
- Official Representatives: Mayor & Consort

### Rawtenstall

- **2:25 p.m:** Assemble at **Town Square for parade to Cenotaph.**
- **3:00 p.m:** Service and wreath-laying. Refreshments at **St. Mary's Church and Rawtenstall Cricket Club.**
- Organised by Rawtenstall Remembrance Parade Committee.
- Contact: Dawn Taylor, **07812 303856, [R.stallremembranceparade@hotmail.com](mailto:R.stallremembranceparade@hotmail.com)**
- Official Representatives: Councillor Alyson Barnes, Leader, and others

### Bacup

- **2:30 p.m.:** Assemble at **Fire Station for parade to Cenotaph.**
- **3:00 p.m.:** Service of Remembrance and wreath-laying, followed by return to Maden Centre car park.
- Organised by Bacup Remembrance Parade Committee.
- Contact: Andrew Walmsley, **07786 151021, [bacupremembranceparade@gmail.com](mailto:bacupremembranceparade@gmail.com)**
- Official Representatives: Mayor & Consort

### Whitworth

- **10.20 p.m:** meet at **Town Council offices** then parade to the **Memorial Gardens at Facit** for a service.

### Helmshore

- Meet **9.15am** at **Broadway shops**, parade to **St. Thomas Church** for a **9.45 service** and then on to **Sunnybank Social club** for refreshments.

## ROSSENDALE JUNIOR BADMINTON HASLINGDEN

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Rossendale Junior Badminton at The Adrenaline,  
Haslingden on Sunday mornings

**9-10am Primary age group;**  
**10-11:30am Secondary age group.**

**First session FREE**

Rackets and shuttles provided by the Rossendale  
Badminton League, along with three Level 1 Badminton  
England assistant coaches.

**Price for Primary age = £2; price for Secondary age = £3**

Contact Nigel Holt on the Rossendale Badminton website  
if interested:

<http://rossendalebadmintonleague.co.uk/contact-us>



## LADIES' ONLY BADMINTON ROSSENDALE LEISURE TRUST

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Ladies' Only Badminton at **St Peter's  
Community Hall, Haslingden on Fridays 7-  
9pm.**

This one court hall provides a warm, safe  
environment, ideal for ladies' only badminton.  
Beginners and new members always welcome.  
Rackets and shuttles provided by the  
Rossendale Badminton League, along with a  
Level 1 Badminton  
England coach.

**Price per session = £5.**

Contact Claire Banfield on **07735566073** if  
interested.







## DANSWORKS

### BACUP

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Dansworks offer holistic classes in dancing, acting & singing to people of all ages, ensuring the highest quality training whilst supporting the physical and mental wellbeing of our students, including students who have additional needs. You're welcome to join! **(1 MONTH FREE TRIAL)**

Whether you're aiming for a career in performing arts, or just want to have fun and boost confidence.

Contact **07795 165082**  
**07843 263714**  
**info@dansworks.co.uk**

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## VALLEY GYMNASTIC ACADEMY ROSSENDALE LEISURE TRUST

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Valley Gymnastic Academy – Kids Birthday Parties

NEW Party Offering Alert!

Looking for an active and exciting way to celebrate? The Gymnastics Party is here!

Kids can explore gymnastics equipment, play fun games, and stay active in a safe, supervised space! Enjoy a fully matted area for activities, a spot for your own food, and party tunes with their Bluetooth speaker.

It's the ultimate celebration for energetic kids!

Bookings available from 19th October 2024 – don't miss out!

Check out all the details in their party brochure. -

[www.rltrust.co.uk/parties](http://www.rltrust.co.uk/parties)





## CHRISTMAS MARKETS THE ASHCROFT WHITWORTH

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**FREE EVENT**  
**Sunday 24th November**  
**11 am – 3 pm**

Join The Ashcroft at its annual Christmas markets and get in the Christmas spirit with delicious food, drinks, music, and a variety of fantastic local stalls!

## CHRISTMAS PARTY NIGHT THE ASHCROFT WHITWORTH

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The Ashcroft are thrilled to announce that they are having their Christmas Party Night on **Friday 13th December**. Here are all the details you need to know:

**Date: Friday 13th Dec**

**Price: £36.95 per ticket**

Includes:

3-course meal

Live Entertainment from the wonderful Leah Fisher - Singer/Songwriter

Tickets are available to book [here](#)



## AFTER SCHOOL SKI CLUB THE HILL SKI ROSSENDALE

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The Hill - After School ski club new beginner intake. Our friends over at [Ski Rossendale](#) have a great after school club. Perfect for your little ones to learn to ski or improve on their existing skills.

Great for parents looking for a spare hour before the weekend start, to wind down with a brew onsite or if you need to do the weekly shop.

6 week course - for only £60.

Visit their website to [book and find out more](#)





## BRASS CONCERT

MUSBURY ST. THOMAS C of E CHURCH proudly presents AN EVENING OF BRASS BAND MUSIC performed by THE HASLINGDEN & HELMSHORE brass band

In aid of spire restoration fund

**Friday 15th Nov 8pm in the Church  
Helmshore Rd BB4 4JR**

Tickets at just **£12.00 per person**  
the ticket price will include  
Refreshments during the interval  
Tickets available from \* **07745 181502**,  
**\*Church\* on the door**

## ROSSENDALE SEWCIAL NETWORK BACUP

Book your place via [Facebook](#) to avoid disappointment  
[@ABDcommunitycentre](#)  
**First Saturday of every month**  
**10am - 1pm**

Brews and cake and company provided.  
Bring your own machine or borrow ours.  
Please note, these aren't lessons, bring your own project and sew with friends.

**FREE**

**AB AND D CENTRE,  
BACUP**

**ROSSENDALE  
SEWCIAL NETWORK**

Book your place via DM to avoid disappointment



**WHITWORTH**  
TOURISM & LEISURE COMMITTEE

**Christmas Craft Extravaganza!**  
*Saturday 7th December at The Ashcroft*  
**10am until 12 noon**  
**Choose from either**

*making your own  
Christmas crackers*  
ages 5+ **£5**



*learning the Ukrainian  
art of egg decorating*  
ages 12+ **£10**



*or*

**1pm until 4pm**



*Our ever popular wreath  
making workshop* **£20**

*Feel free to bring  
additional decorations  
to match your colour  
scheme*

*Under 16s  
must be  
accompanied  
by an adult*

*Bar open  
selling  
traditional  
mulled wine*

*Scan the QR code or  
book via the Whitworth  
Town Council website*







CANCER  
RESEARCH  
UK

Together we are  
beating cancer



Bacup Committee presents

# Ukulele night

Monday 11 November 2024, 7.30pm  
The Circle, Bacup, OL13 8BD

£10 a ticket, includes supper.

Contact Carolyn on [carolynbrown13@outlook.com](mailto:carolynbrown13@outlook.com) or  
07733200429

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

## Consumer Alerts – October 2024

### Scam claiming a government initiative

Beware cold callers in the Morecambe area claiming to be from a government initiative green energy company offering energy solutions for your roof. They took nearly £10,000 off a householder to clean the roof and gutters and spray a substance on the roof.

A few weeks later a woman came round saying the job done by the two men was not right and she could get it fixed for another £4000, however the householder realised that they had already been scammed and fortunately refused the second attempt.

### Beware roofing cold callers

A Thornton Cleveleys resident received a knock on their door from a trader claiming to be working down the road and had noticed an issue with the householder's roof and gutters. The traders arrived in a car with ladders on the roof. The householder felt pressured into agreeing to the work and making payment. The roof is now leaking.

Claiming to be doing work locally is a common ruse used by cold callers offering property repairs, aimed at trying to falsely reassure the householder.

**Trading Standards advice is to always say no to cold callers. The Safetrader scheme can help you find a trader in your area, contact 0303 333 1111 or go to [www.safetrader.org.uk](http://www.safetrader.org.uk).**

### Pension review scams

If you receive a telephone call out of the blue offering a free pension review, use caution. Beware of claims that they are authorised by the Financial Conduct Authority when this may not be the case.

Free pension reviews can be designed to persuade you to move money from your pension pot into high-risk schemes. Your pension pot is then invested in unusual investments such as overseas property, forestry, storage units, care homes or biofuels. You may be promised guaranteed returns or cash from your pension to tempt you to take up these offers. These schemes are often long-term investments, and it may be several years before you realise something is wrong.

Remember professional advice on pensions is not free. You can find out more about getting financial advice from [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk).

### Scam parking fine text

Beware receiving a text claiming to be from the DVSA (Driver & Vehicle Standards Agency) stating you have a parking fine or an unpaid parking fine. The text may threaten a driving ban, higher fees, or court action if immediate payment is not made. In some cases, the text asks you to click on a link which then requires you to input your vehicle registration number on a copycat government website.

Be suspicious, the DVSA do not issue or deal with parking fines.

**Scam texts can be reported, for free, to the National Cyber Security Centre by forwarding it to 7726.**

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

**For information on current scams see [www.facebook.com/StanleyDards/](https://www.facebook.com/StanleyDards/).**





# Family Hubs Network Rossendale

## Partners Newsletter November 2024



Lancashire Family Hubs Network - Lancashire County Council

Lancashire County Council Events

### Rossendale Family Hub – Workshop for Frontline

Embracing the “no door is the wrong door” philosophy, the Rossendale Family Hubs Network Partnership empowers front-line staff to confidently support any child, young person, or family seeking help. Together, they’re building a community where everyone knows they can find the help they need.

**Join Us for an Exciting Event at The Maden Family Hub!** Front line staff, get ready to dive into the heart of The Family Hubs Network! Discover the incredible services we offer, learn how to access them, and understand your vital role in our success. This is your chance to become a key player in supporting families and making a real difference in our community. **Don't miss out!** To book your place, please email us today: [Rossendalefamilyhub@lancashire.gov.uk](mailto:Rossendalefamilyhub@lancashire.gov.uk)

Roads can be dangerous places, so it is really important that you know how to stay safe around them.

### Road Safety Week



When you want to cross the road, you should find a safe place to cross and always remember to **stop, look both ways and listen for any traffic!**

[THINK! – Road safety](#) [Road safety - BBC Bitesize](#)

### TRAINING OPPORTUNITIES

#### Early Help Assessment and Analysis Training (2 Days)

Day 1 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6972>

Day 2 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6973>

**The Voice of the Child:** <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6989>

**Graded Care Profile 2 Training:** The Graded Care Profile 2 (GCP2), a licensed tool from the National Society for the Prevention of Cruelty to Children (NSPCC).

We have committed to rolling out GCP2 across Children's Services and partner agencies who work directly with children and families.

<https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6960>

### Rossendale Men's Shed

At Rossendale Men Shed, we aim to enhance positive mental health and wellbeing in men, by involving individuals in enjoyable projects.

We provide opportunities for people to come together and share experiences, including woodworking, woodcraft, socializing, and trips, in a friendly and mutually supportive atmosphere

Why not join us @



Tuesday til Friday 9am-4pm

Huddersfield Community Link  
Derby Road, Huddersfield, West Yorkshire, Lancs. BB1 1PG  
Community Ltd 0204 530706 (3-4pm) 1  
or 0204 530706 (5-6pm) 0800 100154  
Huddersfield Community Link - Company Limited by Guarantee No. 362466 -  
Approved Charity No. 107996

### Men's Mental Health

Society's expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems.

To raise mental health awareness, we need to let men from various backgrounds, occupations, and histories talk about their feelings and experiences judgment free, offering a safe space. There are many charities that support men in their mental health.

We are  
**LANCASHIRE  
WOMEN**

Lancashire Women offer men support for their mental health.



### Positive Relationships Taster Group

**Hey Wonderful Parents!** Join us for Positive Relationships, Stronger Families! Relationships are a journey with ups and downs, and managing disagreements is a natural part of life. **Here's why you should join:** - 1. Discover Practical Tools and Strategies: Get the best tips to make family life smoother. 2. Support in Building Healthier Relationships: Learn how to create a positive and loving environment. 3. Prioritize Positivity: Find out how to keep the good vibes flowing at home. 4. Work Together in Resolving Challenges: Tackle tough times as a team and come out stronger. Join us now and be part of a community that believes in the power of strong family connections. Let's make every moment count! Sign up today and build Positive relationships and Stronger Families!



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



**Lancashire**  
County Council



# A GOOD THING

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## Do more for the causes you work for

Get free items donated by local business to help make your ideas happen.

## Find all the things you need for your charitable organisation

We know what it's like to run a charity - money and resources are precious, but so is your time. And you need to focus on the core services you deliver.

Our aim is to make it easy for charities of all sizes to get hold of the right sorts of things to help them achieve their goals

Whether it's laptops for staff, gifts for the people you're helping, furniture for the office or even a place to meet. A good thing will connect you to local businesses that can offer you what you're in need of.

How it works:

1. A business posts an offer
2. You make a request
3. Your request is accepted
4. You collect the item(s)

To get started, visit

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



A  
G O O D  
T H I N G



# HEALTH AND WELLBEING

**NHS**  
Lancashire and  
South Cumbria  
Integrated Care Board



Inspire | motivate | overcome  
It's my opportunity



## EMPOWER

Take control of your Diabetes



EMPOWER is a free education programme for people living with Type 2 diabetes.

The course is designed to help you understand what Type 2 diabetes is, the effect it has on your body and how to make small, achievable changes to the food you eat in your everyday life.

📍 **ROSSENDALE**

**Tue 19 Nov**

11:00am-3:00pm

**THE LINK CENTRE**

BURLY RD A11, 6th FLOOR OF  
ROSSENDALE CH, RM 27 C

📍 **BLACKBURN**

**Wed 20 Nov**

10:00am-2:00pm

**EANAM BUSINESS  
DEVELOPMENT CENTRE**

SADLER WARE, BLACKBURN, BB1 1SR

📍 **PENDLE**

**Thu 21 Nov**

10:00am-2:00pm

**YARN SPINNERS PRIMARY**

HEALTH CARE CENTRE  
CARR RD A11, BELLSOCK BRY-TSE



IMO are offering EMPOWER training at the above venues. To register onto one of the courses, scan the QR code or visit the link.

🔗 <https://empower-diabetes.co.uk/book-a-course/>

**EMPOWER**



Sophia Karolia - Diabetes Practitioner  
01254 781310 / 07708 193520  
sophia.karolia@imocharity.org



@imocharity

www.imocharity.org

**Is this *you?***  
**We can help you**  
**take back *control***  
**of your life.**

**HIDDEN**  
IN PLAIN **SIGHT**

**Is this you?**  
**Is help the answer?**  
Hospital admission rates  
for liver disease are  
significantly worse than  
the England average in  
Lancashire.

**Scan the QR code to start  
your recovery journey today.**  
[inspirelancs.org.uk/access-our-service](https://inspirelancs.org.uk/access-our-service)

This campaign was created by people in recovery.





# RECOVERY ACADEMY

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As well as face-to-face and e-Learning courses, the Recovery Academy has a wide range of digital resources waiting for you to discover.

The resources focus on supporting you to gain a deeper level of understanding around mental health and/or addiction, as well as learning techniques to support yourself and others.

Access here

<https://recoveryacademy.gmmh.nhs.uk/resources/>



## Self-help Resources

Access a range of self-help worksheets and help information sheets.



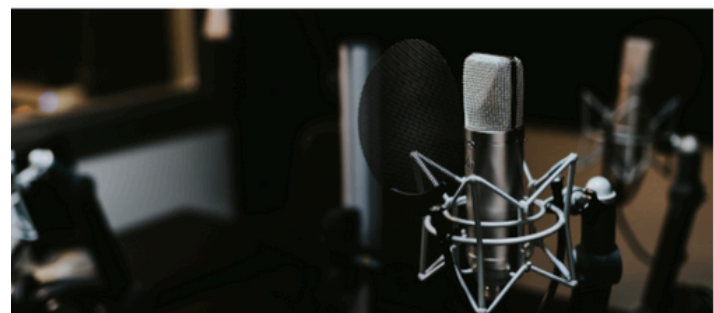
## Wellbeing Apps

Access a wide range of approved wellbeing apps.



## e-Magazine

Access a range of helpful and informative e-magazines.



## Media Hub

Access a range of helpful podcasts, videos and audios.

# TRAINING



## *FLEXIBLE* Bite-Sized Awareness Courses

Active Learning Zone is a hub providing high-quality **training and development opportunities** for individuals and organisations, helping them to create a lasting impact within your workplace or community.



Empower Yourself



Boost Productivity Through Wellness



Reduce Absentee & Healthcare Costs



Flexible Learning, Lasting Impact



Increase Employee Engagement

**In 2021, we unveiled 'A Decade of Movement,' our forward-looking strategy aimed at promoting enjoyable and active lifestyles.**

Recognising the links between physical activity, health, and prosperity, our strategy underscores how we can leverage partnerships to enhance employment, reduce deprivation, and elevate overall health in Lancashire.



We envision a future where **EVERYONE** enjoys the benefits of being physically active

These training courses will empower your workforce in the following areas:

Physical Activity

Welfare & Wellbeing

Workforce Development

SCAN HERE



↑  
EXPLORE OUR COURSES

You will be able to access information, tools, and resources to help expand your knowledge and create lasting change within your workplace.





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

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



# MONITORING & EVALUATION WORKSHOPS

## Dates:



3rd October - 1:30 PM - 4:00 PM

18th October - 9:30 AM - 12:00 PM

5th November - 1:30 PM - 4:00 PM

27th November - 1:30 PM - 4:00 PM

12th December - 9:30 AM - 12:00 PM

## About:

Discover how to monitor and evaluate your funded projects from our expert funding team.

- ✓ Online via MS Teams
- ✓ Multiple dates & times
- ✓ Free to attend



[www.bprcvs.co.uk](http://www.bprcvs.co.uk)



01282 433740

## BOOK NOW!

EMAIL:



[lorna.powell@bprcvs.co.uk](mailto:lorna.powell@bprcvs.co.uk)



# FUNDING

## LANCASHIRE WARM SPACES GRANTS LANCASHIRE WARM SPACES INITIATIVE

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Following the success of our previous Lancashire Warm Space Initiatives, we wish to announce that this year's online directory and grant scheme are now live.

The Lancashire Warm Spaces Initiative aims to provide a local network of safe, warm, and welcoming places for individuals and families during the winter months. These spaces are designed to offer not only warmth but also a sense of connection and support. Over the next few months, we will be continuously updating our online directory with registered spaces. This directory is a publicly accessible, searchable map of warm spaces across Lancashire: [Warm spaces - Lancashire County Council](#)

To help us reach as many residents as possible, we kindly ask you to share this initiative within your networks. Your support in spreading the word will be crucial in ensuring that residents know how to locate and access a warm space near them.

We are also providing small grants to established organisations across the voluntary, community and faith sectors (including town and parish councils) to set up and run a warm space. For more details about the grant scheme including eligibility and how to apply, please visit [Lancashire warm spaces grant scheme - Lancashire County Council](#). The first application round is now open!

Should you have any questions about this year's Initiative, please do not hesitate to contact us via [warmspaces@lancashire.gov.uk](mailto:warmspaces@lancashire.gov.uk).

NOVEMBER 2024

# THANKS FOR READING!

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

[Communitiesteam@rossendalebc.gov.uk](mailto:Communitiesteam@rossendalebc.gov.uk)

By Friday 22nd November 2024.

