



JANUARY 2025

COMMUNITY BULLETIN



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 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

Here's to a healthy and vibrant start to 2025!

FIND OUT WHAT'S HAPPENING IN ROSSENDALE...

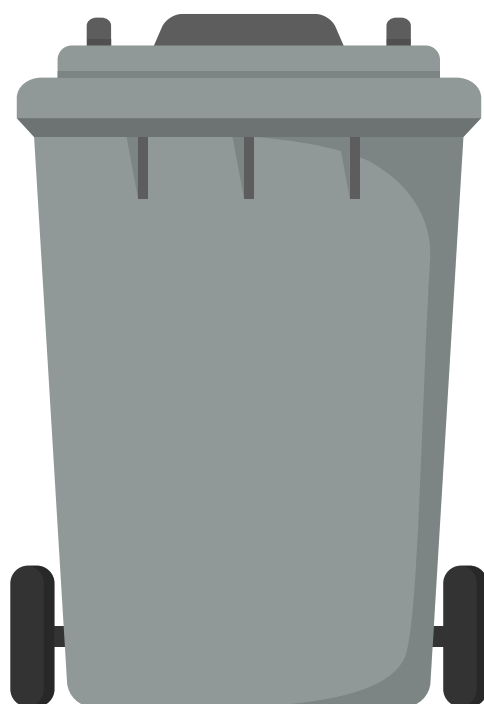
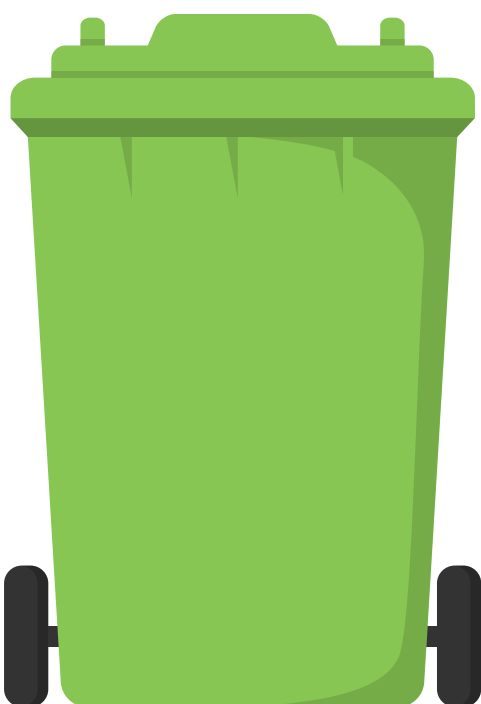
- Community Activities
- Community Information
- Health and Wellbeing
- Funding
- Training
- Volunteering



COMMUNITY INFORMATION

CHRISTMAS & NEW YEAR WASTE AND RECYCLING SERVICE

USUAL COLLECTION	NEW COLLECTION
WED 25TH DECEMBER 2024	FRI 27TH DECEMBER 2024
THURS 26TH DECEMBER 2024	SAT 28TH DECEMBER 2024
FRI 27TH DECEMBER 2024	MON 30TH DECEMBER 2024
WED 1ST JANUARY 2025	THURSDAY 2ND JANUARY 2025
THURS 2ND JANUARY 2025	FRI 3RD JANUARY 2025
FRI 3RD JANUARY 2025	SAT 4TH JANUARY 2025



Join The King's Trust Programme!

Are you or someone you know aged 16-25 and not currently in education, employment, or training? The King's Trust Programme is a 12-week, free employability programme designed to build skills, confidence, and experience for the next step in life.

What's Involved?

The programme is packed with opportunities to grow, challenge yourself, and make a difference:

- Residential Trip (Week 2): Activities like canoeing, abseiling, caving, and ghyll scrambling to build friendships and confidence.
- Community Project (2 Weeks): Plan and deliver a project supporting your local community.
- Work Placement (2 Weeks): Gain real-world experience and skills for your chosen field.
- Team Challenge Weeks (Weeks 10-11): Create impactful initiatives, like short films or campaigns.
- Celebration (Week 12): Celebrate your hard work and achievements with family, friends, and supporters.

Additional Benefits:

- Gain a Teamwork, Employability, and Communication Skills qualification
- Access extra certifications: First Aid, Fire Safety, Money Management, and Disability Awareness
- Build a strong CV with support for job applications and future planning
- Access the college bursary (if applicable) and help with travel costs

Interested?

If you or someone you know could benefit, reach out today!

✉ Email:

EneshiaStephenson@lancsfirerescue.org.uk

☎ Call: 07920574624

Why Join?

- Build confidence and friendships
- Explore career options with hands-on experience
- Gain valuable life skills and qualifications

Key Details:

- Next Intake: ACCROSS34 starts 13th January 2025
- Location: Across Lancashire
- Eligibility: Aged 16-25, not in education, employment, or training



King's Trust



Homewise

Helping Rossendale Residents with Home Repairs and Improvements

Homewise, a local charity with over 35 years of experience, is now offering services in Rossendale! We specialise in helping older, disabled, and vulnerable people, as well as those with long-term conditions that affect their mobility or independence at home. Some of our services are available to everyone!

How Can We Help?

We offer impartial advice and practical assistance with:

- Handyman and small repairs
- Larger home repairs (e.g., roofing)
- Affordable Warmth upgrades (e.g., boilers, windows, doors)
- Preparing your home for hospital discharge
- Finding trusted contractors and quotes
- Help with forms and financial aid applications for adaptations and repairs



Small Repairs for Larger Jobs

- Assessments for substantial repairs with recommendations and no-obligation quotes.

Affordable Services

- Low charges, with some services free or at a low hourly rate (plus materials).
- Charges are disclosed upfront for your choice to proceed.

Trusted Partners

- Lancashire County Council
- NHS Lancashire and South Cumbria Integrated Care Board
- Hyndburn Council
- Rossendale Borough Council

The Handyman and Small Repairs Service

Our skilled technicians can help with a wide range of minor household repairs and DIY tasks, such as:

- Removing trip and fall hazards
- Changing light bulbs
- Improving home security
- Installing energy efficiency measures
- Fitting curtain rails and hanging curtains
- Repairing fixtures and fittings
- Assembling flat-pack furniture

If a job isn't listed, feel free to ask—we'll do our best to help or connect you with a trusted contractor.

Get in Touch

If you or someone you know could benefit from Homewise services, don't hesitate to contact us:

☎ Phone: 01254 232249

✉ Email: info@homewisesociety.org.uk


Charity Registration Number: 1179077

Let us help make your home safe, comfortable, and warm!

HEALTH AND WELLBEING

Rossendale Child Health and Support Day

Are you a parent or guardian looking for trusted advice, expert support, and a positive way to start 2025? Join us at this free event designed for families with children of all ages—from pregnant mums to parents of teenagers.

 Date: Saturday, 18th January 2025

 Time: 9:00 AM – 12:00 PM

 Location: Haslingden Community Link, Bury Road

Why Attend?

Are you worried about your child's health or development?

Want to help your child stay happy and healthy?

Looking for expert advice and a supportive environment?

This event is perfect for you!

What's Included?

Workshops tailored for parents/guardians of:

Babies and toddlers

Older children

Teenagers

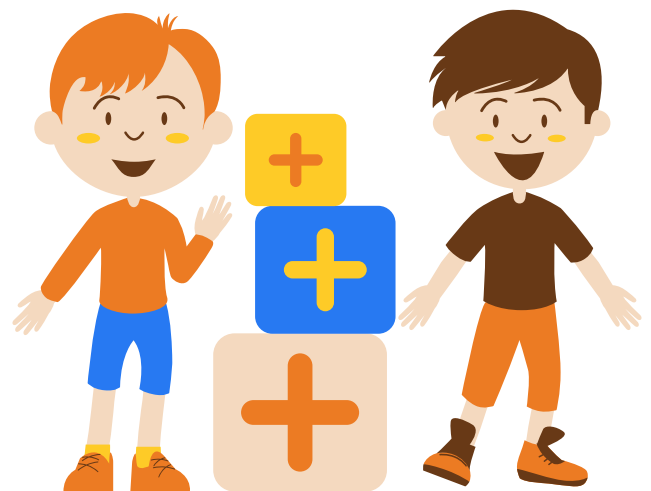
Topics covered include:

Mental health

Immunisations

Food and physical activity

Free brunch provided for all attendees



Join Us for a Supportive Morning!

Connect with experts, learn practical tips, and meet other parents in a friendly and relaxed setting.

No booking required—just come along and take the first step towards a healthier and happier year for your family!

We can't wait to see you there!



Falls Prevention – Winter 2024/25

NHS: Helping You Stay on Your Feet This Winter

Falls are not a normal part of aging, and many can be prevented. Older adults are particularly at risk, especially during winter when wet leaves, snow, rain, and ice increase fall hazards. Follow these tips to stay safe:

Quick Tips

- Exercise for strength and balance.
- Attend sight and hearing check-ups.
- Ensure shoes and slippers fit properly with good grips.
- Avoid walking in socks, tights, or bare feet.
- Remove loose rugs or mats near stairs.
- Use a night light by your bed.
- Spot and fix trip hazards around the home.
- Keep a friend or relative to call if needed.



After a Fall

Stay calm, keep warm, and call for help using a personal alarm or mobile phone. Always inform your GP, even if you think you're unhurt.

Stay Safe Indoors

- Eye Tests: Free for over-60s; ensure your glasses are clean and not worn while walking.
- Declutter & Light Up: Clear floors and stairs of hazards. Use night lights or torches at night.
- Medication Reviews: Review prescriptions annually to manage side effects.

Stay Safe Outdoors

- Wear grippy shoes and dress warmly. Use handrails, and spread salt on icy paths.
- Stick to daylight outings and ask family or friends for help with clearing ice or snow.
- Stock up on food to avoid going out in bad weather.

For more information, visit:
nhs.uk/conditions/falls



Self-Care Tips

- Treat coughs, colds, flu, and COVID-19 symptoms at home with pharmacy medicines. <https://www.nhs.uk/conditions/falls/prevention/>
- Use Alder Hey Hospital's Symptom Checker for children's symptoms. <https://www.alderhey.nhs.uk/conditions/symptoms-checker/>
- For back pain, manage with rest, ice, and over-the-counter remedies. Seek help via NHS 111 for severe symptoms.
- Follow PRICE (Protect, Rest, Ice, Compression, Elevate) for strains and sprains.

Stay safe and well this winter!

#WinterLSC24

East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by ELCAS
tinyurl.com/ELCAS-LSCFT



Enter the word "ELCAS" as the first name and "drop in" as the second name followed by your date of birth.

You will then enter our virtual waiting area where we will collect you.

1st - 4th Wednesday of the month

2nd Wednesday of the month

3rd Wednesday of the month

1pm – 3pm

3pm – 5pm

5pm – 7pm

FUNDING

Crowdfund Lancashire Spring 2025 – Now Open for Applications!

Are you ready to bring your project idea to life? Crowdfund Lancashire's Spring 2025 funding round is here! Don't miss this opportunity to access support for your community, culture, or sport-related project.

Key Dates to Remember:

- Deadline for project submission: 6th February 2025
 - Create your project page, submit your pitch, and have your project verified before this date.
- Panel Assessment: The Crowdfund Lancashire panel will review pitches to the Lancashire Culture and Sport fund in the final week of February 2025.

Important:

Projects with delivery dates before the end of February 2025 will not be eligible for funding. Decisions and funding allocations cannot be made on an ad hoc basis, so plan accordingly.

Resources to Support You:

The Crowdfund Lancashire team has created detailed guidance to assist throughout your crowdfunding journey:

- Guidance notes for organisations, town/parish councils, and business improvement districts (BIDs).
- Guidance notes for individuals.

Drop-In Sessions:

Discuss your project with the Crowdfund Lancashire team at these local library sessions—no booking necessary!

- Haslingden Library: Tuesday 7th January 2025, 4–6:30pm

Get Started:

1. Read the Eligibility Criteria for the Spring 2025 funding round.
2. Explore current projects and learn more about Crowdfund Lancashire.
3. For questions or to discuss your idea, email the team at lcsf@lancashire.gov.uk.

Whether you have a fully-formed plan or just the seed of an idea, don't hesitate to reach out. The Crowdfund Lancashire team is here to support you every step of the way.

Let's make great things happen for Lancashire in 2025!



JANUARY 2025

THANKS FOR READING!

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

Communitisteam@rossendalebc.gov.uk

By Friday 24th January 2025

