



COMMUNITY BULLETIN

DECEMBER 2021

Welcome to your December Community Bulletin. We are continuing to 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 and community training opportunities. We hope you will find the bulletin useful.

All published Community Bulletins can be found 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

COVID ADVICE

If you are asked to self isolate and are unsure or feeling a bit thrown out of kilter you are invited to ring or email

Pendle & Rossendale

Self Isolation Support Service

Ring BPRCVS on 01282 433740 or email selfisolationsupport@bprcv.co.uk

- ◆ A friendly ear to listen to your worries
- ◆ Give encouragement when it gets difficult to isolate
- ◆ Help to access food or medicines
- ◆ Referral to a service to help with debt or fears about debt
- ◆ Access support for other worries which might include reduced confidence and anxieties around Covid
- ◆ Or you are just feeling a bit unsure about things

You are not alone—we are here for you



FACE COVERINGS

to be compulsory on public transport and in shops



ALL INTERNATIONAL ARRIVALS

to take a day 2 PCR test and self-isolate until they receive a negative result



ALL CONTACTS

of suspected Omicron cases must self-isolate for ten days, regardless of their vaccination status



COMMUNITY INFORMATION

SAY GOODBYE TO LOAN SHARKS FOR CHRISTMAS

CALL OUR 24/7 CONFIDENTIAL HELPLINE

0300 555 2222

#AllIWantForChristmas

STOP LOAN SHARKS
Intervention . Support . Education



Santa Express

Saturday 18th December 2021



Merry Christmas!

Look out for Santa from your doorstep or come to one of our stops and meet him!



- 5pm Tesco Express
- 5:05pm Basils
- 5:25pm Orama layby
- 5:40pm Cowm Res
- 5:50pm Halfway House
- 6pm Barley View
- 6:05pm Leavengreave Court / Valley View
- 6:10pm Knowsley Crescent
- 6:30pm Britannia (as far as New Line)
- 6:45pm Facit Fold

Download the FollowMee app to track us on the day!!



WHITWORTH
TOURISM & LEISURE COMMITTEE

Come and meet Father Christmas at one of our allocated stops and collect a bag of sweets or wave to him from your window or doorstep as he drives by!





RAWTENSTALL MARKET

1906

RAWTENSTALL CHRISTMAS LIGHTS SWITCH

Friday 26th November 2021

4pm-9:30pm (6pm Lights switch on)

Christmas Bar - Christmas Food - Outdoor Christmas Music - Kids rides

RAWTENSTALL CHRISTMAS MARKETS

Saturday 27th November 9am - 4pm

Sunday 28th November 10am - 3pm

Saturday 4th December 9am - 4pm

Sunday 5th December 10am - 3pm

Saturday 11th December 9am - 4pm

Sunday 12th December 10am - 3pm

Saturday 18th December 9am - 4pm

Sunday 19th December 10am - 3pm

Thursdays will remain as standard market days throughout the whole season.

EVENINGS IN THE MARKET

Thursday 25th November 6.30pm-8.30pm

Wreath Making, presented by POTTED

Thursday 2nd December 6.30pm-8.30pm

Wreath Making, presented by POTTED

SOLD OUT

Thursday 16th December 6.30pm-8.30pm

Christmas Table Centrepiece, presented by POTTED

visit www.rawtenstallmarket.com to book on to these magical evenings

TOY DROP OFF 26.11.21 - 18.12.21

If you have any new toys still in their original packaging or can spare the money to purchase an extra gift whilst Christmas shopping, we will be collecting gifts at the 'Market Information Centre' for the toy appeal.

SPONSOR A BAUBLE 26.11.21 - 18.12.21

This is your opportunity to dedicate a bauble to a loved one who may not be with us, who you might not have seen for a long time, for a baby's first Christmas or just for yourself. The options are endless. Baubles will be £2 and will include your own message, with all profits going to 'Kids in Rossendale'.

Available inside the 'Market Information Centre'

Merry Christmas



Bacup's Big Christmas Bash

Bringing the Community Together



What's It About

After almost two years of COVID restrictions the **Bacup Now Community Group** is staging a Christmas event that will bring our community together and rekindle that famous Bacup community spirit. **And it's free!**

Bacup's Big Christmas Bash is being held at **Trinity Baptist Church** on **Sunday 12th December** and will feature all those traditional elements that we associate with Christmas, and provide an opportunity for other local groups and not-for-profit organisations to showcase their activities. The organisers have exceeded all expectations in producing an amazing programme of activities and entertainment to enjoy.



Santa will be in his Grotto

What's On Offer

We have The Water Village Band, The Rossendale Ukulele Band, The VIC Choir, [Dansworks Dance Academy](#), The Britannia [Coconutters](#), DJ Pete Sweetmore, Jon Penn all performing for you. Santa will be in his Grotto to take the kids letters to Santa and a soft toy stall. Outside in Trinity gardens there will be fun stalls and entertainment for the kids. For further details, go to the Bacup Now Facebook page



There will be a soft toy stall with some great toys for kids

Boloh

Believe in
children
Barnardo's

**We work with Asylum Seekers UK – wide
by supporting their mental health and
wellbeing**

You can call us for free on

0800 151 2605

Staff speak different languages and
have access to interpreters

Talk to us on webchat by visiting
helpline.barnardos.org.uk

Our helpline is open:

Monday to Friday 10am –
8pm

Saturday 10am – 3pm



Citizens Advice Energy Project

As you know, many people on low incomes will be feeling the pinch more than ever this winter. With energy price hikes, end of furlough, increasing living costs and cuts to some universal credit, it's going to be a tough few months.

Citizens Advice Rossendale & Hyndburn are funded to deliver energy advice and can advise people on how to save money on their fuel, access help available to make their homes warmer as well as debt and benefit advice to increase their income and reduce their outgoings. This includes;

- Keeping homes warmer and bills down
- Information about grants for boilers and insulation
- Finding grants towards energy debt or vouchers to top up meters in emergencies
- Understanding fuel bills and heating controls
- Help with price comparisons and choosing the best tariff
- Benefit checks to maximise income and budgeting help to save money
- Debt assessments to find out if formal debt advice would help

We want to reach as many people as possible and are asking partners if they would like a 'pop up advice session' where people can come along and find out more about how our services can help them.

If you are interested in this opportunity, please get in touch with Jo Sampson to arrange a convenient time to visit your centre. You can email us on energyproject@carh.org.uk or call 01254 304129 and ask for Jo or leave a message and we'll get back to you as fast as we can!

join us!



*Stacksteads Community
Drop-In
Stacksteads Methodist
Mondays
1:30 to 3:15 pm £2*

Call in for a warm welcome plus

Tea/toast/cake

***Activities... dominoes, crafts, knitting,
whatever your interest is bring it along!***

***Chat ...there's always someone to
listen.....***

Or just chill and read the papers!

BACUP PRIDE CELEBRATES 10 YEARS OF DOING!

Bacup Pride is a voluntary group of individuals who aim to improve the appearance of Bacup, encourage community spirit and discourage anti-social behaviour.



This year the group is celebrating 10 years of success. The group have been awarded five certificates for 2021 from the Royal Horticultural Society It's your Neighbourhood Britain in Bloom. The group received Three Outstanding judgements level 5 - the top award possible plus two Thriving awards - at level 4

Bacup Pride also received an additional award on the RHS judge's recommendation for 2021 for overcoming adversity, "for their resilience and dedication despite setbacks through antisocial behaviour"

The group also received a national certificate of distinction 2021.



If you want to join in with Bacup Pride you can volunteer or find out more by contacting the group at bacuppride@gmail.com

THE LINK CENTRE
@HASLINGDEN COMMUNITY LINK

EASY SEQUENCE DANCING

Every Wednesday 1:30PM - 3:30PM

✦ £4 PER SESSION ✦

No partner necessary! Sessions are run by professional dance tutors!

Book your place today!
Call 01706 230116 or email info@hcl.org.uk

Only at Haslingden Community Link!



The Christmas Fair
at
Bacup Cricket Club

Sunday 5th December
10.00am - 2.30pm

Special Guests:
THE
BRITANNIA
COCONUTTERS



Fun for all the Family
Food & Drink
Stalls
Games

CONSUMER ALERTS

www.lancashire.gov.uk



Cold callers carrying out property repairs in your neighbourhood.

Home owners looking to have property repairs or home maintenance work carried out are asked to use caution and not to rely on the legitimacy of traders who might be carrying out work at a neighbour's house.

Reports have recently been received from the Lancaster and Rossendale areas where traders carrying out roofing work at one house on the street then cold call other householders. These householders felt they could trust the trader as a neighbour had already employed them. Once the trader had secured a few jobs in the street, begun a small amount of work on each house and secured money up front for materials, the quality of the work being provided began to suffer and the trader left, in some cases not finishing the job.

Always do your research, use local, known trades people and get 3 quotes. Make sure you get names and address details and are provided with a written quote for the work. Remember if you agree to a contract in your own home you should be given cancellation rights of 14 days by the trader in writing.

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

Fraudsters pretending to be a police officer

Lancashire Police are warning of fraudsters telephoning victims pretending to be police officers and fraudulently obtaining cash through what is known as courier fraud. So

far, the reports have been from pensioners in the Blackburn, Lancaster, Preston and Ribble Valley areas.

The resident receives a phone call from a man claiming to be a Police Officer investigating fraudulent activity on their bank account. On one occasion the caller instructed the victim to go to the bank and withdraw €3,500 claiming it was needed as evidence. On their return home a man visited the home address to collect the cash.

Please be aware of this highly sophisticated and devastating scam. If you ever receive a phone call from somebody stating they are a police officer and you are unsure they are who they are claiming to be, you can terminate the call and ring 101 and check that their name and collar number is genuine. Always ensure that you hear a fresh dialling tone because sometimes fraudsters will stay on the line after you think the call has been disconnected and pretend to be a police call handler.

For help and advice about how you can stay safe from scammers visit Action Fraud via www.actionfraud.police.uk or call 0300 123 2040.

Phishing email impersonating a supermarket

Beware of emails claiming to be from a supermarket offering such things as £100 promo awards, £90 confirmed free trial offers or £100 of gift cards for filling out a marketing survey.

These emails pretend to be from well-known supermarkets, in order for the fraudsters to gain your trust, asking for

personal information or getting you to click onto less secure website links.

Parcel delivery fee scams

Residents are warned that a scam text message from someone pretending to be a DPD missed delivery driver is currently doing the rounds. You are provided with a link to follow for a re-delivery. The link then asks for bank details to cover a redelivery charge - it's a very convincing link to a site which copies the real DPD site quite convincingly. Be sure that when you book a redelivery, you are genuinely waiting for a parcel, and the site you click on is the genuine article. Do not input card details for re-deliveries- they are free.

A variation on this scam is an email alleging to come from the post office. If someone is expecting a parcel, this may just trip them up. The message received is as follows or similar: "Your parcel has been redirected to local Post Office branch due to an unpaid shipping fee. Please visit <https://branch-delivery-fees.com> to pay and rebook."

Email scams can be forwarded to report@phishing.gov.uk, then immediately deleted.

Online shopping advice

In the run up to Christmas, shoppers are advised to beware of scam sites or fake products when shopping for a bargain. Fraudulent sites can take your money and never provide the goods or supply fake goods for prices only slightly cheaper than the genuine items.

Think about if the product is something you want, and is it the bargain it might be described to be.

Never disclose security details, such as your PIN or full password

Do not assume an email request or caller is genuine - people aren't always who they say they are.

Do not be rushed .

Listen to your instincts – if something feels

wrong then it is usually right to pause and question it.

Stay in control – have the confidence to refuse unusual requests for information

To avoid inadvertently buying counterfeits: Make sure you check feedback on suppliers before you buy.

Price is a good indicator – be suspicious if the item is considerably cheaper.

Check that the site is secure and provides name and address details - look for the padlock in the address bar when paying.

Remember that if you buy from a company based abroad it is going to be very difficult if not impossible to resolve any problems that might arise with the goods.

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

VOLUNTEERING



Help fight loneliness with friendship

There are thousands of lonely people in the RAF community who desperately need someone to talk to. The RAF Association's Connections for Life service connects those in need with people who can help them.

By becoming a Connections for Life volunteer for a few hours every month, you can bring joy and companionship into someone's life. It's a wonderful way to fight loneliness with friendship – and give something back to those who have sacrificed so much for our freedom.

Please volunteer so that no one in the RAF community feels lonely.

One call could make all the difference.

To volunteer get in touch:

Call: [0800 018 2361](tel:08000182361)

Email: friend@rafa.org.uk

Visit: rafa.org.uk/connections-for-life



Patron: Her Majesty The Queen
Registered Charity 226686 (England & Wales). SC037673 (Scotland).

HEALTH AND WELLBEING



Online Coffee and Chat



for People in Lancashire who are currently on Mental Health Medication

*Are you currently prescribed medication for your mental health challenges?
(For example anti-depressants)*



Do you want to learn things you can do to support your wellbeing?



Do you want to talk to others with similar lived experience?



If the answer is yes to these questions then come along to our interest day where we will be generating conversation about what more you can do to support your wellbeing journey. We'll be joined by guest speaker Siobhan Waring who will be talking about social prescribing; what her role is and how you can be referred into this service.

Thursday 16th December
10.30am-12.30pm
Online Via Zoom

To register please go to [Eventbrite.co.uk](https://www.eventbrite.co.uk) and search 'coffee and chat for people on mental health medication' alternatively please use the link below:

www.eventbrite.co.uk/o/community-prevention-amp-engagement-team-31276347545

If you have any questions please email Dawn Allen:
makingmentalhealthpositive@gmail.com

Making Mental Health



Making Mental Health



MakingMentalHealthPositive



Chair Based Exercise with Diana

Exercise to 60s music

Come and join our friendly group

Brilliant class even if you have poor mobility



Wednesday 11am

All abilities welcome

£4.00

@ Whitewell Bottom Community Centre

BB4 9LB



**LET'S
KEEP
TALKING**



Our health and our finances have taken a hit during coronavirus.

Share the load - talk to a friend or family member about what you're going through.

If you're struggling to cope then call the LSCFT mental health crisis line **0800 953 0110**

or text **HELLO** to the Wellbeing & Mental Health Texting Service on **07860 022 846**

or call Samaritans on **116 123**

Scan the QR code for a list of services in your area



healthierlsc.co.uk/MentalHealthSupport

WEIGHT

management

Sessions

Weigh-In & Education

 **Time** 11am - 11:45am

 **Location** Haslingden Community Link,
BB4 5PG

To register contact our team on **01706 221524**
or email us at info@upandactive.co.uk



UP 
active

 **rossendale**
leisure trust



Lancashire &
South Cumbria
NHS Foundation Trust

The Wellbeing and Mental Health Helpline and Texting Service

Call 0800 915 4640

Monday to Friday 7pm - 11pm
Saturday to Sunday 12pm – Midnight
or

Text 'HELLO' to 07860 022 846

Monday to Friday 10am until 11pm
Saturday to Sunday 12pm - Midnight

We are

kind • a team • respectful • always learning

We are
LSCft

What is the Wellbeing & Mental Health Helpline and Texting Service?

Our Wellbeing Helpline and Texting Service is a Freephone out of hours, person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know.

The Helpline aims to empower callers through active listening and information to make their own choices about how their health care needs may be met.

Fully trained volunteers operate the helpline, they offer their time to listen and support callers.

The Wellbeing and Mental Health Helpline aims to:

- Empower callers through active listening and information to make their own choices about how their health care needs may be met
- Promote mental wellbeing and reduce stigma
- Provide information and offer details of local and national services / support groups
- Provide emotional support for anyone experiencing distress

Who answers the phone?

Specially trained volunteers, who are supported, valued, engaged and empowered support the helpline service.

The volunteers are trained to deliver a high quality emotional support service to those in need of a listening ear. The volunteers are also trained to access information to provide you with over the telephone.

If you would like some information with regards to volunteering with The Wellbeing & Mental Health Helpline, please visit: lscft.nhs.uk/Mental-Health-Helpline

Confidentiality

The Helpline strives to maintain a safe and confidential space for callers to discuss any issues in relation to their own mental health, however some exceptions to confidentiality may apply under certain circumstances. You are able to listen to these exceptions upon calling the helpline Freephone service.

Please note, calls are recorded for monitoring and training purposes.

Or visit our website for more information: lscft.nhs.uk/Mental-Health-Helpline



Patient Advice and Liaison Service (PALS)

If you have some concerns, questions or need advice on our services, you can contact the Patient Advice and Liaison Service (PALS) on **0800 234 6088** or email **PALS@lscft.nhs.uk**

Feeling low and need someone to talk to?

Call **0800 915 4640**
Monday to Friday 7pm - 11pm
Saturday to Sunday 12pm - Midnight

Need urgent help?

Call **0800 953 0110**
24 hours a day, 7 days a week

FUNDING



HARNESSING DIVERSITY GRANT

£1k grants with a very simple application process

Every year the Together Housing Group put aside a small fund to fund small community activity/projects to promote diversity and community cohesion within Together Housing Group's operating area. The grants are £1k with a very simple application process. If you, or a community group in your network might benefit from this to fund or match fund an event or project then please see the information and application form which can be downloaded using the link below.

More information and application form at:

<https://www.bprcv.co.uk/index.php/funding-and-grants/other-funding/4430-harnessing-diversity-grant>

TRAINING



Festive Health and Wellbeing Courses this December

Courses may even be FREE!

Fun Health and Wellbeing courses taking place this December, perfect for those looking to get creative while improving your health and wellbeing!

[Click here to book!](#)

Relaxation for a Stress-Less Christmas
2nd December | 1.30pm - 3.30pm

[Click here to book!](#)

Relaxation for a Stress-Less Christmas
6th December | 9.30am - 11.30am

[Click here to book!](#)

Make Your Own: Christmas Pamper Hamper
6th December | 1pm - 3pm

[Click here to book!](#)

Make Your Own: Eco Crafts for Christmas
7th December | 1pm - 3pm

[Click here to book!](#)

Make Your Own: Christmas Pamper Hamper
7th December | 10am - 12pm

[Click here to book!](#)

Edible Gifts for Christmas
7th December | 6pm - 9pm

[Click here to book!](#)

Homemade Christmas
8th December | 6.30pm - 8pm

[Click here to book!](#)

Make Your Own: Eco Crafts for Christmas
9th December | 6pm - 8pm

[Click here to book!](#)

Make Your Own: Christmas Pamper Hamper
9th December | 1pm - 3pm

[Click here to book!](#)

Edible Gifts Christmas
9th December | 9am - 12pm

[Click here to book!](#)

Edible Gifts Christmas
16th December | 9am - 12pm

📞 0333 003 1717 ● www.lal.ac.uk





Lancashire
Adult Learning

Community and Volunteering Courses

Do you work in your local community?
Whether you are currently employed, volunteer
your time, or looking to find work in this industry
- we have FREE courses to help you upskill,
retrain or further develop yourself.

[Click here to book!](#)

Introduction to Autism - Online
16th November | 9.30am - 12pm

[Click here to book!](#)

Introduction to Advice and Guidance - Online
17th November | 9.30am - 12pm

[Click here to book!](#)

Introduction to Mentoring - Online
26th November | 9.30am - 12pm

[Click here to book!](#)

How to write a mission statement - Online
2nd December | 10am - 12pm

[Click here to book!](#)

How to write a project proposal - Online
9th December | 10am - 12pm

📞 0333 003 1717 🌐 www.lal.ac.uk



VACANCIES

SUPPORT YOUR LOCAL COMMUNITY

Do you have an interest in mental
health?

Associate Hospital Managers (AHMs) are an independent group of lay people from the local community who review whether detained patients should continue to receive care or be discharged from detention.

We are now recruiting to this group and welcome applications from all communities.

For more information please visit:

[https://www.lscft.nhs.uk/current-vacancies?
ts=1959918#!/](https://www.lscft.nhs.uk/current-vacancies?ts=1959918#!/)

[job/v3673972](https://www.lscft.nhs.uk/current-vacancies?ts=1959918#!/job/v3673972)

or email MHLT@lscft.nhs.uk

A fee is payable for each session undertaken, and training will be provided.



Lancashire &
South Cumbria
NHS Foundation Trust

Applications close 8th December 2021

Application information at : <https://www.lscft.nhs.uk/current-vacancies?ts=1959918#!/job/v3673972>