

COMMUNITY BULLETIN

July 2022

Welcome to your July Community Bulletin. We are continuing to produce a monthly bulletin with our heath 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 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





COMMUNITY INFORMATION













DIGITAL INCLUSION PROJECT

Are you 18 + ?

Are you from a low income family?

And you qualify in at least one of the following statements:

1. Has no access or insufficient access to the internet at home

2. Has no or insufficient access to the internet when away from the home 3 Cannot afford your existing monthly contact or top up



Maybe we can help you with Shiva Trust digital inclusion project. We can provide you with free data, free calls and texts for 6 months or more.

Get in touch for more information on how to sign up. Email info@shivatrust.org



The national campaign to tackle this hugely invasive species

The Big Balsam Bash takes place from the 4th -18th July 2022. We want as many people as possible to get involved in this fortnight of action. Can you host a balsam bashing event? Send details of your event to groundwork.org.uk/bigbalsambash2022/

- 1. Identify a balsam 'hot spot'
 - a. If you're a landowner/or have permission from the landowner, and you know a location where balsam grows

NOTE: WHEN SHARING ON SOCIAL MEDIA PLEASE USE THE HASHTAG BELOW SO WE CAN MEASURE TOTAL CAMPAIGN REACH

#BigBalsamBash

How you can help in July

- Promote your own events and any listed at https://www.groundwork.org.uk/bigbalsambash2022/big-balsam-bash-2022-events/ on social media, in newsletters etc
- 2. Encourage people to balsam bash in their own time
 - a. Direct people to view the 'Hot Spot' map if they're not sure where to go to find balsam
 - https://www.groundwork.org.uk/bigbalsambash2022/diy-balsam-bash/
 - b. Post on social media/ website/ email etc using the 'how to' Big Balsam Bash graphics from the google drive to encourage safe bashing
 - c. Plus encourage people to record their results on this survey: https://survey123.arcgis.com/share/b5f6c2fb9e374f4da27e10fb https://survey123.arcgis.com/share/b5f6c2fb9e374f4da27e10fb
- 3. Share our 'fact cards'
 - Help raise general awareness about the problems with balsam by sharing the key messages/ graphics from the google drive on social media, in newsletters etc

Discretionary housing payments

Do you receive housing benefit or universal credit, but struggle to pay your rent? Check if you're eligible for help.



Did you know the Council operates a Discretionary Housing Payment Scheme?

If you receive Housing Benefit or Universal Credit, you could get extra money from the Council to help if:

- You're struggling to pay your full rent
- You do not have enough money for a deposit, moving costs or rent in advance

You do not have to pay a DHP back.

For further information visit https://www.rossendale.gov.uk/DHP







Baby Sense

Tuesday 7th June-Tuesday 19th July 10-11:15

A relaxed, friendly baby group where parents/carers can socialise with others and bond with their baby. With props, massage, music, a brew and bubbles!

Location St Anne's Church, Edgeside, Ashworth Road, BB4 9JE

To book, please email: wellbeing@stannesedgeside.co.uk

Places are free. It would be lovely to see you there!













ROSSENDALE VALLEY ENERGY

Bringing our community together to tackle climate change

COME TO OUR ENERGY OPEN DAY

3pm-7pm, Thursday 7 July

ABD Centre, Burnley Road, Bacup, OL13 8AB

Anxious about soaring energy bills?
Concerned by climate change and fuel prices?
Want to find out about Community Energy?
Wonder what your carbon footprint is and how to reduce it?

Free impartial information and advice on:

- energy efficiency, suppliers and bills
- green energy, heat pumps and solar panels
- how to get your home warm for winter
- install small efficiency measures that make a big difference
- measure your carbon footprint
- financial support and grants

Drop in at the ABD Centre to talk to experts.

No appointment needed.

Any questions?

Please email info@valleyheritage.org.uk













Victoria Park Haslingden- Master Plan for Improvements



The Haslingden Community Partnership group and Rossendale Borough Council are working alongside Community Interest Company Proffitts – Investing in Communities on a project to improve Victoria Park in Haslingden.

The team have created a draft masterplan for the site which includes improvements to the pathways, entrances, boundary walls, fountain, play area, bowling green and the multi use games area too. There is also an option to create a new forest school space for children and update or replace the current wheeled sports area. Woodland management works, a woodland walk route and more artwork and trails have also been proposed.

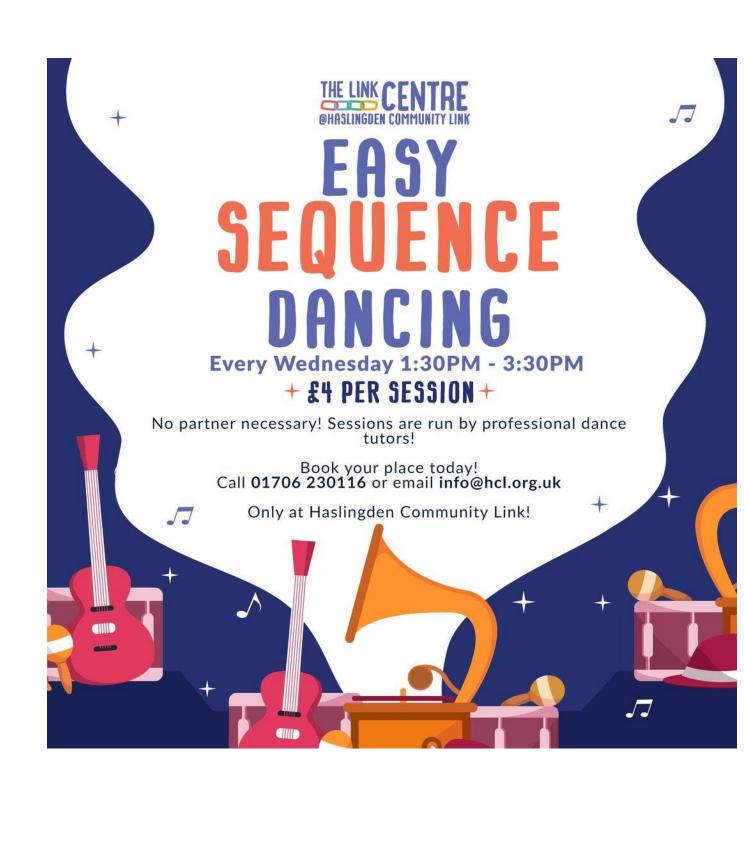
Before the masterplan is finalised, the team are giving local people a chance to feedback on the ideas presented. They're also eager to know if residents and visitors think that anything else should be included in the final plans.

Once the public have shared their feedback about the proposals, the plan will be finalised and fundraising work will begin. More information and a copy of the plan and survey can be found here: https://www.proffittscic.com/community-projects/victoria-park-haslingden/

Paper copies of the consultation are available from Haslingden Community Link, Bury Road, Haslingden.

Flagpole request to install flagpole within the park to be used on Grade II Listed Gateway to be gently Doff cleaned to remove lichens and create welcoming entrance to park important occasions entrance to Park Missing mosaic in ground to be waymarkers / trail Woodland Understorey replaced with more robust feature created in resin bound gravel or Increase biodiversity of existing existing / new artwork wooded areas by underplanting with woodland shrubs and native Low walls at edges of entrance to proposed • be rebuilt/repaired new litter bin opportunity to create outdoor learning facilities for schools and nurseries, incorporating tree trunk seating and informal mud kitchen in wooded area for seating Boundaries xisting boundary walls to be repaired new paths & and repointed where required new patris surfacing ORIA PARK MAS Assess costs for reinstating railings on top of stone copings along Helmshore existing seating to be made good and repainted New seating to be installed at 100m intervals around the park as well as new seating in key areas such as play area and wheeled sports area **Clock Tower** path surfacing to be upgraded where required around the entire park and all drains made good new path to be created leading to newly refurbished clock back into working order tower Band Stand 9 new path and surfacing installed to and around existing band stand to give better access for all as well as space for events to take place West Entrance entrance to be formalised with CLOCK Existing trees around the band stand to be crown BANDSTAND decorative signage or archway and shrub planting within entrance replaced with colourful lifted to create more light in and around the area Woodland Walk low maintenance ornamental existing desireline through wood area to be formalised with better planting Informal Paths potential to create informal meandering path surface and better management of trees and shrubs paths between existing trees and areas (8) of woodland New bird and bat boxes to be Drainage tackle drainage and plants and bulbs planted Opportunity to mark each end of the walk with a timber or willow water run off issues archway Existing inspection chambers and affecting wheeled sports drains to be made good/safe Fountain assess potential to repair existing fountain - repair/replace missing RECENT panels and columns; repair/replace circular paving which surrounds the TREE ORCHARD PLANTING fountain Cycle Track potential to create a pump track/safe cycle track for children to learn to ride bikes off road, in and amongst existing trees MULTI Artwork/Trails existing artwork and mosaics to be USE AREA GAMES cleaned and repaired Opportunity to install new artwork WHEELED OODLAND SPORTS AREA and a trail through the park to ncourage exploration. Could include (4) carved timber totem poles or BOWLING benches; posts that allow for brass rubbings etc (6) **Bowling Green** Multi Use Games Area June 2022 suggested works includes: resurface path at edge of Green carry out repairs to existing MUGA including fencing and 252/MP01 (9) and stabilise retaining banking. Assess potential for permanent surfacing where required, including new line marking DRAFT Play Area ramped access to be created installation of new pieces of play equipment such as an Repairs to be carried out to ossendal Wheeled Sports bowling hut including new window South Entrance replace existing wheeled sports facility with new concrete facility boards and repainting fascias planting additional evergreen embankment slide, larger new decorative signage to climbing frame and trampoline to cater for older roffitt be installed to original incorporating pyramids, plazas and ramps shrubs around boundary to discourage cut-throughs railings to welcome visitors children to the Park







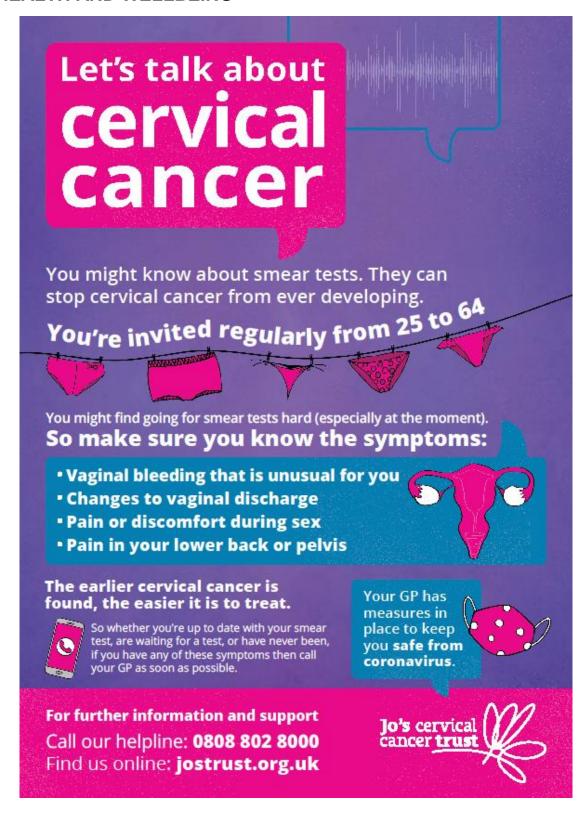
The Lancashire Encounter Festival will run from the 16 - 18 September 2022

Preston City Council would like to hear from groups who would be interested in either participating in the torchlight procession or performing during the programme.

There is no specific theme and a budget of £200 - £500 per group to support travel and performance costs.

Interested? Check our link in bio!

HEALTH AND WELLBEING





Stay safe in the sun

We all love a sunny day, but it's important to protect yourself and those in your care. Here are some top tips:



Look out for those who may struggle to keep themselves cool and hydrated. Older people, those with underlying conditions and those who live alone are particularly at risk.



If you live alone, ask a relative or friend to phone to check that you are not having difficulties during periods of extreme heat.



Stay cool indoors, close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors.



Drink plenty of fluids and avoid excess alcohol.



Try to keep out of the sun between 11am to 3pm, when the UV rays are strongest.



Never leave anyone in a closed, parked vehicle, especially infants, young children, or animals.



Walk in the shade, apply sunscreen, and wear a wide-brimmed hat, if you must go out in the heat.



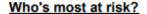
Avoid physical exertion during the hottest parts of the day.



During warm weather going for a swim can provide much welcomed relief, take care, and follow local safety advice if you are going into open water to cool down.



Check the latest weather forecast and temperature warnings – you can find these on TV, radio, <u>mobile app</u> or <u>website</u>.





- Older people, especially those over 75 and those who live on their own or in a care home.
- People who have a serious long-term illness-including heart or lung conditions, diabetes, kidney disease, Parkinson's disease, Alzheimer's disease, and some long-term mental health conditions.
- Those who may find it hard to keep cool, including babies and the very young, people who are bed bound, and those with drug or alcohol addictions.
- Those who spend a lot of time outside or in hot places, those who live in a top floor flat and people who are homeless.

Children and Infants



Keep babies under the age of six months out of direct sunlight, especially around midday.



Cover exposed parts of your child's skin with sunscreen, even on cloudy or overcast days. Use one that has a sun protection factor (SPF) of 15 or above and is effective against UVA and UVB. Don't forget to apply it to their shoulders, nose, ears, cheeks, and the tops of their feet. Reapply often throughout the day.

<u>Pets</u>



Walk your pet first thing in the morning and then in the evening when it is cooler, try to avoid taking your dog out in the midday sun.



Cats often choose to lay in cool spots, leave them be and do not disturb them.



Ensure your pets have access to plenty of clean fresh drinking water.





In partnership with





Free Men's Mental Health Support Group

A safe place for men of all ages to meet, chat and have a brew with others, seek guidance from each other or just have a place where they can share their feelings without judgement.



Learn strategies and ways of managing your mental health from staff.

Some weeks there will be guest speakers who will share their own mental health journey, and what has helped them.

Sundays 7:45pm - 9:30pm at the ABD Community Centre, Bacup. OL13 8AB.

FUNDING



Small Grants Programme

There is a limited amount of unspent funds available for small groups or projects. You can apply for up to £500.00, and it would need to be spent by 31st December 2022

Aims

Projects should strongly support specific local needs in the following key areas:

- Increasing opportunities to participate in local community action and activity.
- · Keeping people well and feeling part of their community.
- Increasing resilience and improving mental wellbeing, enabling individuals and families to cope well, overcome barriers to achieving their potential and increase their skills.
- Support people who are more vulnerable, such as those with long term conditions, who are frail and/or have complex needs.
- Promoting greater partnership working between the community and services, and other VCF organisations
- · Reduce social isolation, with a positive impact on health and wellbeing.

Who can apply to the Grant Programme?

The grants are being made available to community projects in Burnley, Pendle and Rossendale. There is a strong focus for small grassroots groups that are providing effective community cohesion programmes.

- Grassroots grants up to £250.00: for un-constituted community groups that are working with the CVS to help achieve their community engagement activities / events.
- Community grants up to £500.00: for constituted community groups.

For more information go to https://bprcvs.co.uk/index.php/news-and-events/bprcvs-news/5286-eric-wright-charitable-trust-small-grants-programme





We are expanding our team!

We are a small not for profit organisation based in Burnley supporting young people and communities

We are looking for enthusiastic individuals for the following roles

Part time Admin/marketing assistant

Sessional youth worker/driver

Sessional youth workers

For more information and an application pack contact Lynne Blackburn

lynne participationworks@yahoo.co.uk

www.theparticipationworks.co.uk

Welcome to Participation Works NW!

We're a not-for-profit organisation serving the young people and communities of East Lancashire since 2004.

As a grassroots organisation, we hold charitable values which underpin our commitment to delivering positive activities - and options for positive choices - to benefit the health, wellbeing and aspirations of young people and their families across our community.

Our passion is predominantly in working with young people to promote emotional health and wellbeing, interpersonal skills, educational attainment and career aspiration. In addition, we hope to tackle antisocial behaviour and the negative consequences this can bring.

More information at: http://theparticipationworks.co.uk/