



COMMUNITY BULLETIN

January 2023

HAPPY NEW YEAR

Welcome to your January 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, grants 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



WARM AND WELCOME IN ROSSENDALE THIS WINTER



There are lots of Warm Hubs across Rossendale that individuals and families can go to get warm, have a brew and a chat. Some are also offering food, games, wifi, free computer use and device charging.

These warm spaces will provide you with somewhere to keep warm, access information and advice or spend time with others.

1. Partnership between Trinity Baptist church, Christ Church and ABD Centre. Bacup -
Starting 3.30 – 5.30pm, Monday, Wednesday, Friday

Monday – Trinity Baptist

Wednesday – Christ Church

Friday – ABD Centre

2. The Maden Centre, Bacup – Thursdays 9 – 12, families

3. TVLA – the Valley Leadership Academy Living room 5 – 7pm every Wednesday

4. St. Anne’s Edgeside, Waterfoot Mondays and Wednesdays – 2 – 4pm

5. Rossendale Methodist church – Longholme, Rawtenstall. Thursdays – The Haven – 9.30 – 1.30 – games, company, coffee, lunches available

6. Haslingden Community Link, Bury Road. A warm, friendly atmosphere, a free brew & crafts. Food available (check price of food and Xmas closures). Lancs County Council initiative. Mondays, 9.00am-12.00noon

7. Haslingden St James’ Church, Church Street - Sit, drink, eat, chat, read the paper. Free brews and biscuits. Pay-what-you-can lunch available. Check Xmas closures. Monday’s 11.00am-2.00pm

8. Haslingden Library, Higher Deardengate. - A free warm drink, a space to sit, free computers, wifi and charging. Monday- Saturday opens 9.00am (Closes on Mon, Thurs & Fri at 5pm; Tues at 7pm; Wed & Sat 1pm) Closed 24th-28th December & 31st. Reopens 3rd Jan.

9. Helmsore - Refectory, St Thomas' Church, Helmsore Road. Sit, drink, eat, chat, read the paper. Free brews and biscuits, Pay-what-you-can lunch available. Wednesdays, 11.00am-2.00pm

10. Methodist Church Manchester Road (down the right side of the church, thru' blue double doors) A warm place to sit and chat, with all food & drink free (brews, toast, soup and a roll) Thursdays 10.00-12noon (Closed 22nd & 29th December.)

(Friday café 10am-2pm for warmth and reasonably priced food.)

11. Helmsore - Community Café at Helmsore Textile Museum Holcombe Road - Relax and chat with board games, cards, jigsaws, free wifi & occasional activities. Reasonably priced Thursdays, 12noon-4.00pm

12. St Peter's Church Haslingden St Peter's Avenue. Warm, welcoming, and with free brews and toast. Fridays 9.30-11.30am (Closed 23rd December.)

13. St Nicholas Church, Church Lane, Newchurch, Warm and welcoming with free brews and cakes, people to chat to and board games. Thursdays 9.30am to 12noon

Other Warm Welcomes from existing projects

1.Haslingden Men's Shed - The Link Centre, Bury Road. Just turn up. Free. Wednesdays, 4-6pm. Free brews, social and activity group. Meet new friends, learn new skills. Everyone welcome. Booking required: David on 07539 264279. Free. Donation £5 welcomed.

2.Friends & Food, St Thomas Church Hall, Helmsore Road- Craft, games, workshops, chat and afternoon tea. Two Thursdays a month, 2-4pm

Volunteer-run cafés provide reasonably priced hot food & drink, social contact and no pressure to leave. They run at:

1. Eat & Meet, St James Church lounge, Church Street - £5 for 3 courses + drinks. 12 noon
Two Tuesdays a month

2) The Refectory, St Thomas Church, Helmsore Road - Soup, hot mains, sandwiches, cakes.
two Thursdays a month.

3.Community Lunch, Community Link Café, Bury Road - £3.95 for 2 courses. Everyone welcome. Just turn up. Fridays.

Café also open Monday - Friday 9am-2pm for reasonably priced full menu. Dementia friendly.

Every time you come to a warm space you will be given a warm welcome from the friendly staff and volunteers.

No judgement

Every warm space is a non-judgemental space. Whatever the reason you have for needing to come in, you'll be treated fairly and never judged.

Respect and dignity

Everyone has a right to be warm. Staff, volunteers and those visiting warm spaces will be expected to treat everyone with respect and dignity.

Everyone must respect this, or they will be asked to leave.

Accessibility

Warm spaces will aim to be accessible to all. Where physical features reduce accessibility warm spaces will aim to make you aware of this through their publicity and if possible, signpost to alternative venues locally.

Safety

Warm spaces will be responsible for having safeguarding and food hygiene policies which will always be followed. They will have a commitment to health and safety and have appropriate risk assessments in place.

Confidentiality

If you want to share the reasons you need a warm space, someone will listen. Staff and volunteers won't tell anyone else unless you give them permission, or they are required to because of their safeguarding policies.

Information

If you need to access information, advice or support the staff within the warm space will be able to signpost you to organisations that can help, if you so wish.

COMMUNITY INFORMATION



ROSSENDALE JOBS FAIR

View vacancies | Meet employers | Find out about training



Tuesday 31 January 2023, 1pm - 3pm
The Business Centre, Bacup, OL13 0BB



If you're over State Pension age, you may be eligible to get **Pension Credit** to help with the cost of living.



The Department for Work and Pensions recently revealed that although 1.4 million older people in Britain receive Pension Credit, many are still not claiming this extra financial help – with an estimated £1.7bn currently left unclaimed.

Pension Credit, is a vital financial boost that can be worth over £3,300 a year. It gives you extra money to help with your living costs if you're over State Pension age and on a low income.

Pension Credit tops up weekly income to a guaranteed minimum level of £182.60 a week for single pensioners or £278.70 for couples.

Pension Credit is separate from your State Pension, and you can get Pension Credit even if you have other income, savings or own your own home.

The DWP has a [Pension Credit Calculator](#) in case you think you or anyone you know may be eligible, please encourage them to check.



BabySense

Tuesday 10th January - Tuesday 7th
February 2023 10-11:15am

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@stannedgeside.co.uk

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



Craft & Chat

St Anne's Church
lets build together EDGESIDE



**A social group for adults.
St Anne's Church, Edgeside**

**Thursdays from 5th January-9th
February 2023, 10-11:30am
Come along to a friendly and
informal group to make friends,
have a brew, try new skills and
have a natter! All welcome!**

For more information, email
wellbeing@stannedgeside.co.uk
or speak to Natalie



Blokes Walks

- Meet new people
- Get fitter
- Socialise
- Get out in the fresh air

Walks around Haslingden Waterfoot
Whitworth Bacup

The group will gather at 1pm and the
meeting point will be ANNOUNCED weekly

By signing up, you are responsible for your
OWN safety



Monday's 1pm

**For more info
ring Andy on**

01706 230116

07517118526

Haslingden Community Link

Bury Road, Haslingden, Rossendale, Lancs BB4 5PG
Community Tel: 01706 230116 Childcare T
el: 01706 224848 Fax: 01706 238354

Haslingden Community Link—Company Limited by Guarantee No. 3612468—Registered Charity No.
1075926

St Anne's Church
10-15 Blvd 100011 EDGESIDE

ST ANNE'S TODDLER GROUP

Wednesdays 10-11:30
St Anne's Church,
Ashworth Road,
Edgeside

Come to join us for free play,
craft, story time song time
& snack time plus tea/coffee

A lovely chance for children and
their carer to socialise and grow,
together
£1 per child per week

Booking essential:
wellbeing@stannedgeside.co.uk





Hosted by

Bicycle Maintenance

Do you need a place to fix your bike?

Do you need help and advice on
maintaining your bike?

COMING SOON!!! at the
Haslingden Community Link. Use our
space, tools and knowledge to help
keep your bike in working order



Donations welcome
User needs to cover
the cost of parts.

at: The Haslingden
Community Link
Bury Rd, Haslingden
BB45PG

**For more
info ring**

07517118526

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BACUP CINEMA

WEDNESDAY SOCIAL

CLUB

2 hrs of socialising from 1pm till 3pm with a classic film included, in the warm and welcoming atmosphere of The Circle Café .

Why not come along and make new friends and greet old friends.

There are free refreshments as well as all the amenities of the superb menu at the Circle café.. There is a disability access via Fern St . If the situation becomes overwhelming we have safe and quiet spaces to relax in.

We believe that good company with music and film can give a real lift to people with various conditions.

Dementia, mental health issues, isolation and loneliness . If you are this person or know someone that is , why not bring them along

Whatever your situation there is a place for you.

There will be the occasional guest speaker

ALL FOR FREE - come and meet us at St Johns, Burnley Rd Bacup

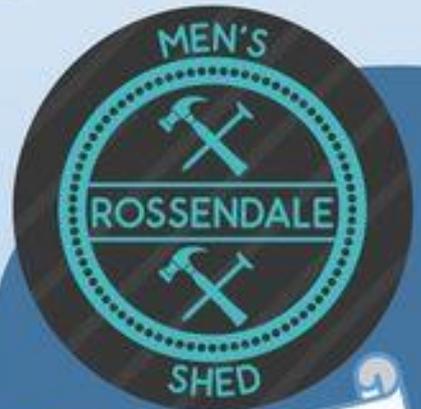
Contact Alan on 07432613664 for more details



NHS
Lancashire and
South Cumbria
Integrated Care Board




ERIC WRIGHT
CHARITABLE TRUST



Dads n Hair

Maybe you're a single dad, or maybe you want to help out more in the mornings

Sign up for our 2 FREE Saturday classes where you will learn the skills needed to style your daughter's hair

Taught by a professional hair stylist

Date



at: The Haslingden Community Link
Bury Rd, Haslingden
BB45PG

Haslingden Community Link
Bury Road, Haslingden, Rossendale, Lancs BB4 5PG
Community Tel: 01706 230116 Childcare T
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RE-OPENING



BACUP REMINISCENCE CAFE



Starting 24th November then - EVERY THURSDAY

12:00 to 2:00pm

Everyone Welcome

Visit our cafe at

The ABD Centre, Burnley Rd, Bacup

Supported by Dementia Friendly Rossendale

THE LINK CENTRE

Together
an Active
Future
»»»»

newground
together

Gentle STROLLS

Join us for a free short, guided group walk followed by a brew and biscuits. Walks will be between 30 - 45 minutes. Everyone is welcome! Please wear suitable footwear and bring a drink.

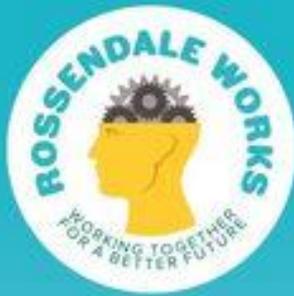
The group will gather at 1:30PM and leave from:
Haslingden Community Link, Bury Road, Haslingden, BB4 5PG
Every Thursday starting 10th November

By signing up for this walk you are responsible for your own safety.

**For more information,
please contact Haslingden Community Link on:
01706 230116, or email us at info@hcl.org.uk**



Haslingden Community Link
Bury Road, Haslingden, Rossendale, Lancashire, BB4 5PG
Community Tel: 01706 230116 • Childcare Tel: 01706 224848 • Email: info@hcl.org.uk • www.haslingdencommunitylink.org.uk
Haslingden Community Link - Company Limited by Guarantee No. 3612468 - Registered Charity No. 1075926



ROSSENDALE WORKS

FREE WEEKLY

ACTIVITIES

Tuesday

Boxercise and Wellbeing Group

(Cardio Workout Chill and Chat, Employment Opportunities)

1pm - 2pm The Fighting Fitness Academy - Love Boxing, Unit 3a, Myrtle Grove Mill, Lench Road, Rossendale, BB4 7JH

Wednesday

Rosendale Works Job Club

(Pre-employment Programme, Job Searching and Personal Development Group)

1pm - 3pm - Futures Park, Bacup, OL13 0BB

Thursday

Breakfast Club

(Light Activities, Chill and Chat)

10am - 12pm - Trinity Baptist Church, Bank House Lane, Bacup, OL13 0AL

Free Lunch

12:30pm - Trinity Baptist Church, Bank House Lane, Bacup, OL13 0AL

Multi-Sports Session

(Pickle Ball, Badminton and Table Tennis)

2:30pm - 3:30pm - Adrenaline Centre, Haslingden, BB4 4DN

All sessions are free, for further info please contact
Louise on 07859 739902 or Django on 07562 630299



**Active
Lancashire**

Rosendale
BOROUGH COUNCIL

REFUGEES AND ASYLUM SEEKERS ADVICE, GUIDANCE & SUPPORT DROP-IN



Are you from a Refugee, Asylum Seeker or Relocator background needing advice, guidance and support?

We are here to help!

We will be offering one-to-one tailored support sessions where we will listen to your needs and concerns.

GET HELP WITH:

- Welfare benefits, housing and immigration advice
- Help with education and training
- Legal advice
- Financial management (household bills, etc.)
- Employment & voluntary opportunities
- Health & well being support, and much more!

WE WILL:

- Help you achieve your goals
- Signpost you to relevant organisations
- Host valuable, informational sessions with public and private sector organisations in areas of your concern

Please contact our dedicated team to book an appointment for a 1-to-1 session with our member of staff

Ehsan - 07593247566

Ahmed - 07448043879

or Email - admin@pepenterprise.org

Time: Every Thursday 10:00am-11:30am
(Please book your appointment)

Location: Haslingden Community Link,
Bury Road, Haslingden, BB4 5PG



PEP Enterprise



@PEP_Enterprise



@PEPEnterprise



pepenterprise.org

Long COVID Wellbeing Support Group

- Do you have Long COVID?
- Would you like to meet others with similar experiences while learning tips to help improve your wellbeing?

Weekly course starting
Friday 6th January 2023
9.30am-11.30am
Rossendale Primary Health Centre

Scan to book or call:
01706 221 524



East Lancashire Hospitals NHS Trust

Our Emergency pathways have been extremely busy over the weekend, which is meaning long waits for some patients.

If you have had a slip, trip or a fall during this icy weather, then our Minor Injuries Unit at Accrington Victoria is an alternative and suitable point of care .

For more information please visit <https://elht.nhs.uk/patients/feeling-unwell>



WEIGHT

management

Sessions

Weigh-In & Education

-  **Day** Tuesday
-  **Time** 10:30am
-  **Location** Haslingden Community Link,
BB4 5PG

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



Carers Meetups

Monthly / 11-1pm

Rossendale - 1st Thursday

Haslingden Community Link,
Bury Rd, Haslingden,
Rossendale, BB4 5PG

Come and join us for a cuppa and delicious lunch!



For more information contact us at
01254 387444

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

999 ReUnite



A collaboration between the three emergency services: **Police**, **Fire**, **Ambulance** and the **NHS** to help people living with **Dementia** return home.

making Lancashire safer

Wristbands and fobs are now available from Lancashire Fire and Rescue Service for vulnerable people who may get confused and are not able to return home safely.

The 999ReUnite devices use Near Field Communication (NFC) technology that is installed in most mobile phones to read a tiny microchip inside the wristband/fob.

When the 999ReUnite device is scanned with a NFC enabled phone, it will display the vulnerable person's first name and up to two emergency contact numbers.



The 999ReUnite devices are issued as part of a Home Fire Safety Check (HFSC). To request a HFSC and 999ReUnite device, call: 0800 169 1125 or visit our website and search 'Home Fire Safety'.

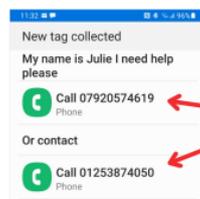
999 ReUnite How do they work?



The 999Reunite has a microchip that can transfer information to a NFC enabled mobile phone.



The device is setup by using a NFC tag writer app on a mobile phone.



Tap the back of your phone on the 999Reunite logo to display this message. Click on any of these numbers.

For further information or advice, please email: preventionsupport@lancsfirerescue.org.uk



East Lancashire Hospitals
NHS Trust

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**

Please log on using the hyperlink - <https://nhs.vc/HLSC/CAMHS>

Please enter the word "drop" as the first name and "in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

**First Wednesday of every month - 3pm - 5pm
Second Wednesday of every month - 1pm - 3pm
Third Wednesday of every month - 5pm - 7pm
Fourth Wednesday of every month - 1pm - 3pm**

Safe | Personal | Effective

Mental Health Support

LSCFT (NHS) - access urgent or general mental health support, 24 hours a day, seven days a week.



0800 013 0707



ADULTS

Christmas can be a testing time mentally, emotionally, physically and financially for many people. It's okay if you're not feeling full of joy during the festive season.

See [Mental Health - UK's Top Tips](#) on how to look after your mental health this Christmas [here....](#)

•[Samaritans](#). To talk about anything that is upsetting you, you can contact the Samaritans, 24 hours a day, 365 days a year. Call **116 123** (free from any phone), or email jo@samaritans.org

•[SANeline](#). If you're experiencing a mental health problem or supporting someone else, you can call SANeline on **0300 304 7000** (4.30pm–10.30pm every day of the year).

•[The Mix](#). If you're under 25, you can call The Mix on **0808 808 4994** (Sunday-Friday 2pm–11pm), or see their [Surviving Christmas Guide](#)

•[Papyrus HOPELINEUK](#). If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call **Papyrus HOPELINEUK** on **0800 068 4141** (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm–10pm), or email pat@papyrus-uk.org or text **07860 039 967**.

•[Campaign Against Living Miserably \(CALM\)](#). If you identify as male, you can call the Campaign Against Living Miserably (CALM) on **0800 58 58 58** (5pm–midnight every day) or use their webchat service.

•[Bereavement Support](#) Grief can be overwhelming, particularly at Christmas. Call the Cruse helpline on **0808 808 1677**. Check the Christmas opening hours [here](#).

[NHS MENTAL HEALTH CRISIS LINE](#): If you need urgent help as you are in mental health distress and you are over 16 you can call **0800 953 0110** - 24 hours, seven days a week

[NHS Wellbeing Helpline & Texting Service](#) staffed by volunteers and those with lived experience, that offers emotional support – ring if you want to chat about your mental health or are lonely etc. It can be contacted on **0800 915 4640** or by texting 'Hello' to **07860 022846**. Available throughout Christmas, though check the opening times [here...](#)

[AMPARO](#) provides emotional and practical support for anybody who has felt the impact of suicide. Tel: **0330 088 9255** Web: listening-ear.co.uk

[SOBS](#) (Survivors of Bereavement by Suicide) We exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide. Tel: **0300 111 5056** (Monday & Tuesday 9am – 5pm)

FUNDING



ERIC WRIGHT
CHARITABLE TRUST

Small Grants Programme

Up to £100 available for small community projects

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.

More information about the grants and how to apply at:

<https://bprcvs.co.uk/index.php/funding-and-grants/bprcvs-administered-funding/5718-eric-wright-charitable-trust-small-grants-programme-3?jjj=1669630313290>

Lancashire Warm Spaces Grant Scheme

To complement the LCC warm spaces offer, the county council has developed a new small grants scheme that will allow organisations in the Voluntary, Community, Faith and Social Enterprise (VCFSE) sector, as well as for parish and town councils, to create or improve their warm space offer in their local community.

Grants of up to £500 will be available through a simple application process. Groups will be notified of decisions within 10 working days.

Those organisations wishing to offer a warm space will be asked to sign up to the Lancashire Warm Spaces Charter – a set of seven core principles that every warm space should adhere to.

Organisations will also be asked to register their facilities with us so we can let our residents know how to access them.

More information about the Lancashire Warm Spaces Grant Scheme, and details on how to apply can be found on lancashire.gov.uk/costofliving

TRAINING

Lancashire Mental Health Partnership (LMHP)

Creative Photography Workshops



These workshops are based
on the 5 Ways to Wellbeing

CONNECT | BE ACTIVE | TAKE NOTICE | KEEP LEARNING | GIVE

Starting January 2023

Fridays 10am-12pm and 1pm-3pm

Upstairs in That 0282 Place

Burnley Central Library

For more information email
daniel.scanlin@cloverleaf-advocacy.co.uk