



COMMUNITY BULLETIN

October 2023

Welcome to your October 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 and wellbeing 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



COMMUNITY ACTIVITIES

Stronger Together in Whitworth

STRONGER TOGETHER CARERS GROUP

EVERY MONDAY 11-2PM AT SUNNYSIDE COMMUNITY HUB
MARKET STREET

WE SUPPORT UNPAID CARERS, CARERS, PAST CARERS AND
CARED FOR. WE ARE A VOLUNTARY NON PROFIT GROUP WITHIN
THE LOCAL COMMUNITY

WE PROVIDE A WARM SAFE SPACE IN WHICH WE PROVIDE LUNCH,
CAKE AND DRINKS NO CHARGE BUT DONATIONS WELCOMED
WE OFFER SUPPORT AND ADVICE AND HOPE TO BE THAT PERSON
TO LEAN ON WHEN THEY ARE FEELING LOW
TO GIVE PEOPLE THE CHANCE TO TALK TO LIKE MINDED PEOPLE
WHO CAN EMPATHISE AND UNDERSTAND.

CARING CAN BE SO HARD, MANY UNPAID CARERS FACE SOCIAL
ISOLATION, STRESS, DEPRESSION AND FIND LIFE A STRUGGLE. WE
WANT TO TRY AND MAKE THINGS A LITTLE EASIER AND LESS
STRESSFUL.



strongertogethercarers@gmail.com



Stronger Together Carers Group



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

PHOTOGRAPHY BY OWEN DETERS



THE GREATEST ROBOT EVER

AN EXCITING, INTERACTIVE FAMILY PERFORMANCE FOR
CHILDREN 3+ & THEIR GROWNUPS.

GLITCH THE LITTLE ROBOT DOESN'T FEEL SPECIAL LIKE ALL THE OTHER
AMAZING ROBOTS LIVING IN THE JUNK YARD. WITH THE HELP OF THEIR
BEST FRIEND, SHIFT, THEY GO ON A QUEST TO FIND THE PIECES TO
MAKE THEM STAND OUT! FULL OF FUN, ADVENTURE AND SELF
DISCOVERY; WILL GLITCH FIND WHAT THEY WERE SEARCHING FOR ALL
ALONG?

USING PROJECTION, DANCE AND STORYTELLING, CHILDREN INTERACT
WITH THE PERFORMERS THROUGHOUT THE SHOW AND
TAKE PART IN AN ENGAGING WORKSHOP.

Whitworth Library

Date: **Saturday 28th October, 2.30pm**

Tickets: **£5 each**

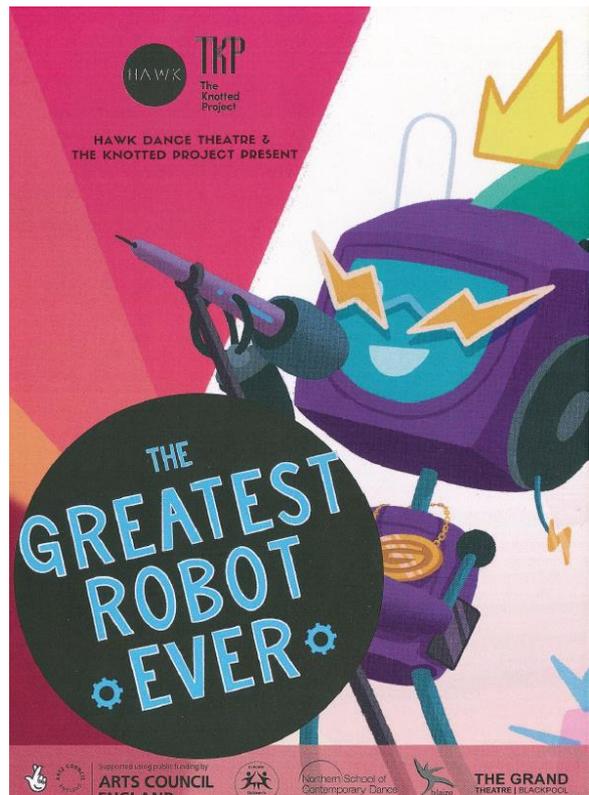
Purchase over the counter or book online:

www.ticketsource.co.uk/spot-on-rural-touring/t-xmzxrop



SPOT ON

#GRE



HAWK TKP
The Knotted Project

HAWK DANCE THEATRE &
THE KNOTTED PROJECT PRESENT

THE GREATEST ROBOT EVER



Supported using public funding by
ARTS COUNCIL
ENGLAND



Northern School of
Contemporary Dance



THE GRAND
THEATRE | BLACKPOOL



ACTIVITIES AT WHITEWELL BOTTOM COMMUNITY CENTRE

+ MONDAY

9am – 11am	BREAKFAST CLUB Bacon butties	Donations welcome
6pm – 7pm	CHILDRENS JIJITSU Enso Martial Arts	Contact Enso for price
7:30pm – 8:30pm	TANI KAI KARATE	£4

TUESDAY

10am -11am	KEEP FIT TO A DVD	£2
10:30am -12pm	GUIDED WALKS With Newground	FREE
1pm – 2pm	LIGHTHOUSE TAI CHI With Helena	£6
6pm – 7:30pm	ROSSENDALE DRUM MAJORETTES	£3
7:30pm – 9pm	VALLEY ALOUD CHOIR	Contact Valley Aloud for more information

WEDNESDAY

11am – 12pm	CHAIR-BASED KEEP FIT With Diana Askew	£4
12:30pm – 2pm	SOUP SOCIAL Every 2 nd Wednesday	£5

THURSDAY

1pm – 3pm	MAKE DO AND MEND With Penny	Donations welcome
1pm – 3pm	BEACON DEMENTIA AND WELLBEING GROUP Every 1 st Thursday	FREE
6:30pm – 7:30pm	ZUMBA With Cat	£5

FRIDAY

10am – 12pm	BOARD GAMES MORNING	FREE
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METHODIST CIRCUIT

Harvest

FESTIVAL

Join us for a interactive Harvest Family Service
Followed by homemade soup and a sandwich



Sunday
1st
October
10:00am



Rossendale Methodist Church at
Crawshawbooth (Rakefoot)
York Street Crawshawbooth BB4 8NL





This is Alan your Digital Health Navigator

NHS Digital Health Navigators can help you with your laptop, tablet, smartphone or computer and can help you get online, with **FREE support**, in your time at your pace.

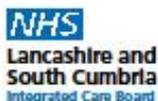
They can help with:

- Loading NHS & Other Apps
- Manage your medical or health appointments
- Self manage your own health and wellbeing
- Making video calls
- Online banking/shopping
- Emails
- Protect against scams

Call us to book your free appointment

0300 303 1234

or email your contact info to:
helptogetonline@ageuklancs.org.uk



39%

of people who were supported have saved time through carrying out health transactions online

Scan the QR code with your phone camera here to register your interest



IT'S FREE · IT'S LOCAL · IT'S FOR EVERYONE OVER 18



Tuesday 26th September

Lytham, St. Anne's

Wednesday 18th October

Harrogate

Monday 6th November

Salford Quays

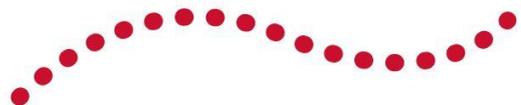
Saturday 25th November

Ulverston Dickensian Market

Friday 8th December

Leeds Christmas Markets

More details and the booking forms are available from
David Hollows: 07452984899 or david.hollows@gmail.com
or visit the website www.rossendalemethodistcircuit.co.uk
Competitive prices and local collection points



BEACON DEMENTIA AND WELLBEING



In Partnership with Whitewell Bottom Community Centre, we are hosting a FREE new monthly group supporting people living with dementia and their carers.

A special place to meet others, enjoy craft, gardening, making and having a chat.



**First Thursday of the month 1-3pm
Starting 5th October 2023**



**Whitewell Bottom
Community Centre
Burnley Rd East, Rossendale
BB4 9LB**



**For more information please
contact the Beacon team on:
hello@beaconrossendale.org.uk**



www.beaconrossendale.org.uk



Let's Get Moving in Autumn

Don't let the seasons get you down!

Come and join this **unique movement to music class** where you can help co-create (if you want) beautiful choreography using movement patterns based on topics of nature. No prior experience necessary and adults of all abilities are very welcome. This is an **accessible and inclusive** gentle movement class, where you can sit or stand and is perfect for your physical and mental health.

Wednesdays
2:30-3:45pm
from 11th October

(50 min class and optional brew and chat afterwards)

First class FREE
£3 per class thereafter
Attend 5 classes and receive 50% back

ABD Community Centre,
Burnley Road Bacup OL13 8AB

(Central location, next to the post office and bus stop nearby)

With huge thanks and gratitude to
Reaps Moss Community Benefit Fund for funding this
project, delivered by Rebecca at **Inspire Motivate Transform.**
Tel: 07510187211 Facebook @inspiremotivatetransform



We are a social group for men.

Our Milner St. shed is a place where you can:

- make & repair things
- reach out for open and friendly support
- get involved in community activities
- access tools and work on your own projects
- share your knowledge & experience
- come and have a brew and a chat

See our website for more details.

6 Milner St. Whitworth, OL12 8RQ

email: info@whitworthmenssheds.org.uk

<https://www.whitworthmenssheds.org.uk>



@whitworthmensshed



@whitworthMIS



**INDOOR
CAR BOOT
SALE**

£5 Table hire
(table provided)

Inside St Peter's
Community Centre.
Saturday 7th October

9 am - 12 pm

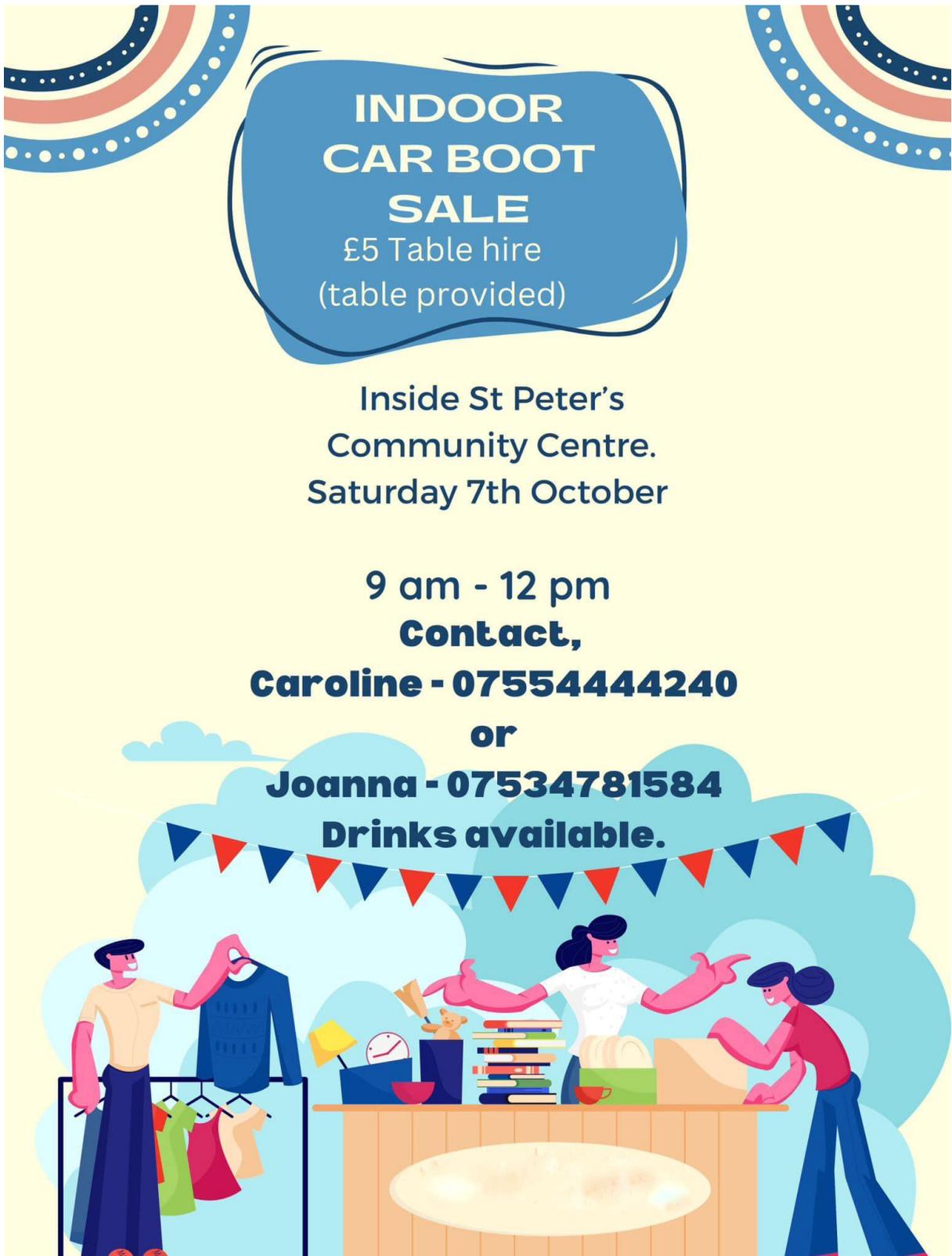
Contact,

Caroline - 0755444240

or

Joanna - 07534781584

Drinks available.



The Haven

is open every



Thursday

9.30a.m. to 1.30p.m

For coffee and chat, meet and make new friends



Craft activities, table top board games and indoor bowling

At the **Rossendale Methodist Church** in **Rawtenstall** (next to Fitzpatrick's)



Lunches available

Come and join us – it will be great to meet you



Winter Health & Wellbeing Day

Worried about the cost of living or being scammed?
Need a new smoke alarm or home fire safety check?
Need help with Attendance Allowance forms?
Need some support with digital devices?
Fancy a mini health check?
Interested in learning more about services or will writing?

Age UK Lancashire & other local organisations will be on hand to offer information and support at Longholme Methodist Church, Rawtenstall, BB4 7NE.

Stop by for a tea, free lunch buffet and friendly chat.



Wednesday 11th October
11am - 3pm

t: 07807 338783

e: aoliver@ageuklancs.org.uk

What a difference a donation makes!



Thanks to a donation from the family of the late Tom Daniels, Stacksteads Countryside Park Group have been able to install hopscotch pitches in Western Park in Stacksteads, Stacksteads Recreation Ground and Waterfoot Playground.

Chair of the group, Elaine Potts, commented 'We've been really fortunate to receive a donation from Tom's family, and to have been able to match that from our own fundraising efforts which enabled us to install three pitches for children to enjoy. Although Waterfoot Playground isn't in Stacksteads, our group worked with Proffitts CIC to obtain the grant for the playground originally, so we're happy to improve the facility.'

Jessica Freedman and her Mum, Jane Earnshaw, joined the group on one of their weekly clean ups and Jessica tested out the new pitch!



newground
together

ACTIVE
TOGETHER

FREE GROUP WALKS

Please wear some suitable footwear/clothing and bring everything you need for walking. Remember some of the walks may be muddy in places.

THURSDAYS @ 13:30 PM

Meet at Haslingden

Community Link

Bury Road

Haslingden

BB4 5PG

Walk Around 1 hour

Within The

Local Area



For more information and to register onto the walk, please contact Mick on 07764244766 or alternatively you can email: mick.duckworth@newground.co.uk

WHAT'S COMING UP AT THE WHITAKER



October

Thursday 5 th	Film Night: Rye Lane
Saturday 7 th	Family antics at the Museum
Saturday 7 th	British Textile Biennial: Curatorial walk through
Thursday 12 th	Hands up Who's Happy?
Saturday 14 th	Weaving Workshop with Jennifer Reid
Thursday 19 th	Film Night: Grace Jones: Bloodlight & Bami
Sunday 22 nd	Fragments of Our Time Family Textile Workshop
Wednesday 25 th	Family antics at the museum 🎃
Saturday 28 th	Pumpkin trail 🎃
Saturday 28 th	Halloween Special Curator Talk 🎃
Sunday 29 th	Pumpkin trail 🎃

To book or for any information please visit our website
thewhitaker.org



The Write Time

Weekly Creative Writing Workshops
Starting Thursday 14th September 2023

1pm-2.15pm

St Peters Community Centre
Haslingden
BB4 6NZ

Everyone welcome

Free refreshments

Suggested donation £3

(All donations go towards funding future projects that benefit the local community)



Contact Cath on 07727 180164 or email catheddisford1@gmail.com for more info or to book your place.



Helmshore Scarecrow Trail

COME AND DO THE TRAIL MAPS AVAILABLE OVER THE TRAIL WEEKEND FROM NEARY'S



DO YOU WANT TO BUILD A SCARECROW?

THEN GET A REGISTRATION FORM FROM NEARY'S OR MESSAGE US ON FACEBOOK



Saturday 28 & Sunday 29 October



Dementia Friendly

Rossendale

Invite Rossendale residents living with dementia, their families & friends to

An Afternoon Tea

With Entertainment



Wednesday 18th October
12noon—3:30pm
Marl Pits Rugby Club
Newchurch Road
Rawtenstall BB4 7SN



UKE BUDDIES

KYLE HARRISON

This is a free event. Booking is essential on a first come first served basis.

Please e mail: dementia.rossendale@gmail.com
or phone 07805 093348 during office hours.

Community Drop in

A white ceramic mug filled with a light brown beverage, likely coffee, sits on a light-colored wooden surface. Two round, golden-brown cookies with dark spots are placed in front of the mug. The background is a plain, light color.

Join us on the second Friday of the month at our friendly community drop in. Come along and enjoy a brew, a chat and good company; everyone welcome!!

2-4pm

**Beaconsfield Conservative Club,
Newchurch Road**

For more details email:
gillmorrell@rossendalecofe.church

COMEDY NIGHT

WITH

ANDY KIND

7pm, Saturday Nov 4th
Rawtenstall Cricket Club

Tickets just £5

Tickets available from [Eventbrite.co.uk](https://www.eventbrite.co.uk)

(just search 'Andy Kind Rawtenstall')

or email

janet.oneill@rossendalecofe.church



What's coming up

at The Ashcroft



October

Thursday 26th Oct: Big Screen Cinema Day, The Addams Family 2

Friday 27th Oct: Big Screen Cinema Night, Smile

Sunday 29th Oct: Family halloween party

November

Sunday 26th Nov: Christmas Markets

December

Friday 1st Dec: Christmas Special Barmy Bingo

Saturday 16th Dec: Christmas Party Night

Sunday 17th Dec: The Grinch (2018) with Mr & Mrs Claus

Sunday 31st Dec: Family NYE Party

Arranged by the Rossendale Methodist Church in support of BACUP FAMILY CENTRE

RAWTENSTALL CRICKET CLUB

FRIDAY 20TH OCTOBER

DOORS 7PM SHOW 7:30PM

TICKETS £10 INCLUDING SUPPER



CHICAGOLAND

Blues EST. 1999

Brothers

TICKET CONTACTS:

DAVID HOLLOWES

david.hollowes@gmail.com

07452 984899

SHIRLEY SUTHERS

shirleysuthers@gmail.com

07719 733993

FREE & EASEL

Community Art Workshops With Professional Artist

Learn art and crafts skills and meet new people in a welcoming, friendly environment.

Everyone welcome.

Tuesdays

10am-11.30am @ St Peters Community Centre,
Haslingden

Starting October 2023

TO REGISTER YOUR INTEREST
CALL 07727 180164 OR EMAIL
CATHEDDISFORD1@GMAIL.COM



**BURNLEYPENDLE
& ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE
Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219


GREATER GOOD
PROJECT CIC

NHS
Lancashire and
South Cumbria
Integrated Care Board



MONDAY

Free Breakfast

9.30 - 11am, 16-24 yo. Pendle Yes Hub, Scotland Rd,
Nelson, BB9 7UU

Multi Sport

12 noon - 1pm, All Seasons Leisure Centre, Water St,
Chorley PR7 1EX

Rossendale Works Skills Hub

1 - 2 pm, IT, Skills and Employment, Futures Park, Bacup.
OL13 0BB

Boxing Champions, Non-Contact Mentoring Session

1 - 2.30pm, Pendle Yes Hub, Scotland Road, Nelson BB9
7UU

Multi Activities

3 - 4pm, Blackburn Youth Zone, Jubilee St, Blackburn BB1
1EP (Except School Holidays)

Tuesday

Free Breakfast

9.30 - 11am, 16-24 yo. Pendle Yes Hub, Scotland Rd,
Nelson, BB9 7UU

Burnley FC Community 5 a side

11am - 12 noon, Marls Pits, Rawtenstall, BB4 7SN

Walk & Talk

11 am - 12 noon Moor Park, Preston, PR6 1AU

Nutrition Workshop

10.30 - 11.30 am Quit Addiction, Darwen Cafe Hub,
Foundry St, BB3 1DB

Boxercise & Wellbeing

1 - 2 pm, Cardio workout, chill and chat, employment
opportunities. The Fighting Fitness Academy Love Boxing,
Unit 3a Myrtle Grove, Lench Rd, Rossendale, BB4 7JH

Nutritional Chats with Christine

12.30 - 1 pm Join Zoom Meeting Meeting ID: 374 793 4597
<https://us06web.zoom.us/j/3747934597>

Beach Clean (fortnightly)

1pm Morecambe Battery More information contact
Tamasin 07465 743751

Games Room

Table Tennis, Pool and Gaming. 1 - 3 pm Age 16 - 24.
Pendle Yes Hub, Scotland Rd, Nelson, BB9 7UU

Football or Badminton

4 - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH

YES and Youth Club

5.30 - 7.30 pm Aged 16 - 24. Pendle Yes Hub Scotland
Road, Nelson, BB9 7UU

Area Key

Central Lancs	Blackburn
East Lancs	Blackpool
North Lancs	Online

FOR MORE INFO VISIT: activelancashire.org.uk

IN PARTNERSHIP WITH





WEDNESDAY	THURSDAY	FRIDAY
<p>Free Breakfast 9.30 - 11am, 16-24 yo. Pendle Yes Hub, Scotland Rd, Nelson, BB9 7UU</p>	<p>Free Breakfast 9.30 - 11am, 16-24 yo. Pendle Yes Hub, Scotland Rd, Nelson, BB9 7UU</p>	<p>Free Breakfast 9.30 - 11am, 16-24 yo. Pendle Yes Hub, Scotland Rd, Nelson, BB9 7UU</p>
<p>Table Tennis & Pool 10am - 12noon Age 16 - 24. Pendle Yes Hub Scotland Road, Nelson BB9 7UU</p>	<p>Breakfast Club 10 am - 12noon (Light Activities, Chill & Chat) Trinity Hub, Bankhouse Lane Bacup OL13 OAL</p>	<p>Walk & Talk 10 - 11am Adlington Library, Railway Road, Chorley PR6 9RC</p>
<p>Rossendale Works Skills Hub 10am - 3 pm Multiply Money Management / Debt. Futures Park, Bacup, OL13 0BB</p>	<p>Walk & Talk 11am - 12 noon Avenham Park, South Meadow Lane, Preston PR1 8JP</p>	<p>Football Session 12noon - 1.30pm South Meadow Lane Preston PR18JP</p>
<p>Somatic Dance Fitness 10.30 - 11.10 am Fit Body Fit Mind - Blackburn Central Library, First Floor Room 3 BB2 1AG</p>	<p>Badminton 7 - 8 pm West View Leisure Centre Ribbleson Lane, Preston PR1 5EP</p>	<p>Rossendale Works Allotment 1 - 4 pm Place of Connection & Friendship. Stacksteads Allotment Society, Brunswick Terrace, Bacup OL13 0HE</p>
<p>Walk & Talk 11am - 12 noon Worden Park, Worden Lane Leyland PR25 3BD</p>	<p>Gym & Swim 3 - 4 pm Pendle Wavelengths Leeds Road, Nelson BB9 9TD</p>	<p>Snooker & Pool 2 - 3 pm Chalkers Snooker Club, 61 Scotland Road, Nelson</p>
<p>Football 12 noon - 1pm Fylde Sports and Education Centre, Coronation Way, Mill Farm, Preston PR4 3JZ</p>	<p>Badminton 7 - 8 pm West View Leisure Centre Ribbleson Lane, Preston PR1 5EP</p>	<p>Trinity Food Bank 6 - 7 pm Bankhouse Lane Bacup OL13 OAL</p>
<p>Badminton 1 - 2pm YMCA Fleetwood Leisure Centre, ESPLANADE, Fleetwood FY7 6HF</p>	<p>SUNDAY</p>	<p>Family Support Group 7.30 - 9pm No Labelz, Claremont Road, Morecambe LA4 4HL</p>
<p>Kickboxing 1 - 2pm Dragons, 21 Habergham Mill Coal Clough Lane, Burnley BB11 5BS</p>	<p>Walk and Talk 1pm Morecambe Battery Cafe</p>	
<p>Walk & Talk 1 - 2pm Age 16-24. Meet at Pendle Yes Hub, Scotland Rd, Nelson, BB9 7UU</p>		
<p>Docks Walk & Talk 1 - 2 pm Riversway Preston Meet by the 'Surf & Turf' van, Mariners Way, Ashton-on-Ribble, PR2 2XS</p>		
<p>Football 3 - 5 pm Accrington Stanley Hub, Higham Playing Fields, Thorneyholme Road, Accrington BB5 6BD</p>		

Area Key

Central Lancs	Blackburn
East Lancs	Blackpool
North Lancs	Online

FOR MORE INFO VISIT: activelancashire.org.uk

IN PARTNERSHIP WITH

Lancashire
County Council





FIGHTFUL FRIDAY



FRIDAY 27TH OCTOBER | 2:00PM – 8.30PM

1 TICKET 3 AMAZING ACTIVITIES


SKATE & SCOOT




LASERTAG




ADRENALINE



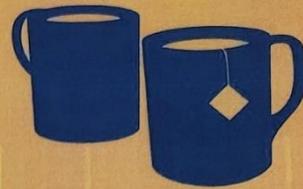

GRIP & GO

EARLY BIRD PRICE

£17

COMMUNITY INFORMATION

**Need some
Advice?**



Drop In for a Chat!

We will be available

Lorraine WEDNESDAYS:
Next date: *4th Oct 1-3pm*
18th Oct 1-3pm

Haslingden Community Link

Community Centre, Bury Road,

Haslingden, BB4 5PG

Make appointment at office

**We will do our best to help
you find a way forward**

If we can't find the right information on the day
or you need further advice we can book an
appointment with one of our specialist advisers



East
Lancashire

Ways to Contact Us:

Adviceline: 0808 278 7975

Complete a contact form on our website:

carh.org.uk

Local Office Address:

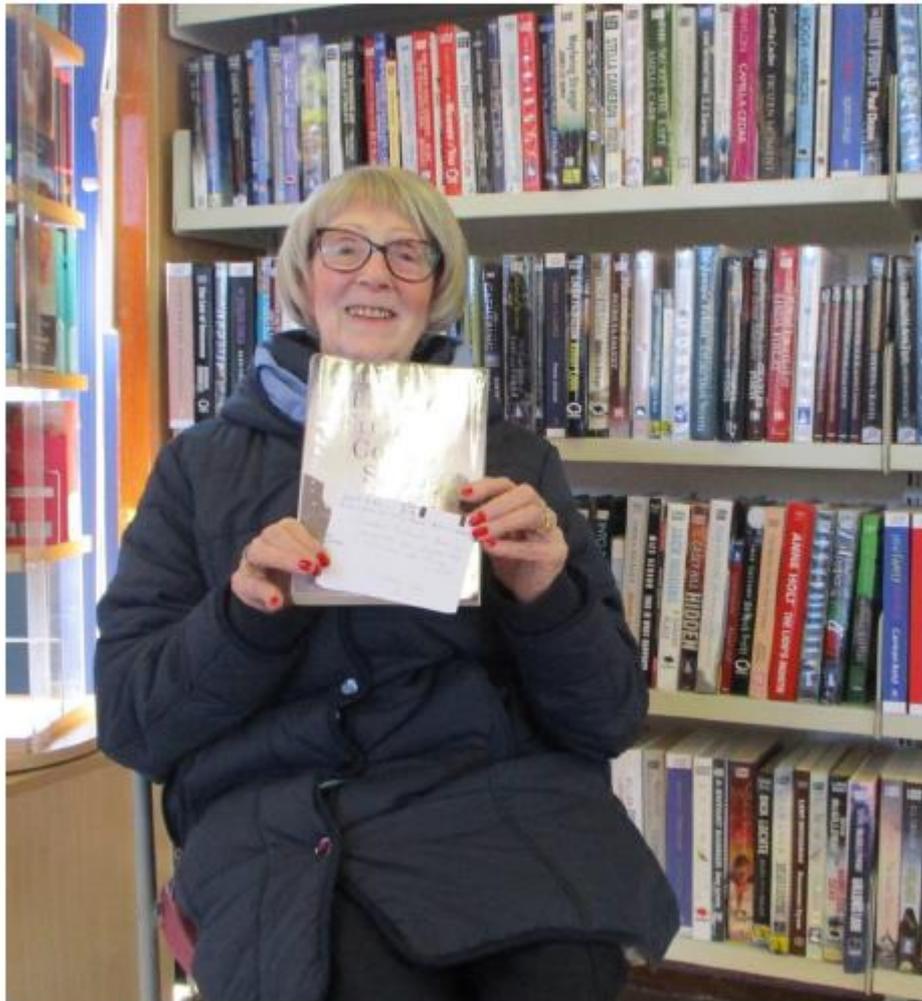
Stubbylee Hall, Stubbylee Lane, Bacup OL13 0DE



**COMMUNITY
FUND**

Home Library Service

Do you know someone in Whitworth who can't get to the library and is missing their books? The Library team can bring the library home to them with the fabulous, free Home Library Service. Marian loves getting her books delivered from Whitworth Library each month, she said; "It's a real lifeline for me, I love reading, so getting the books delivered is wonderful!" Joining is easy and there are talking books and large print books also available. For more information email the friendly team at whitworth.library@lancashire.gov.uk.





ROSENDALE JOBS FAIR

View vacancies | Meet employers | Find out about training



Thursday 12 October 2023, 1pm - 3pm

The Business Centre, Bacup, OL13 0BB

rossendaleworks.org.uk



Interested in cycling and walking?



Lancashire County Council is preparing a Local Cycling and Walking Infrastructure plan. The plan shows existing and proposed new cycle and walking routes across Rossendale.

Draft proposals have been produced but LCC would like local people to contribute their thoughts on these routes and also propose new ones if you have a great idea for a route.

The closing date for this consultation is 24th October 2023.

To find out more about the proposals use this link or QR code:

<https://bit.ly/468eiKM>



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

HEALTH AND WELLBEING

Menopause wellbeing & education event

Haslingden Community
Link
Saturday 7th October
9am - 12

Workshops, guest speakers,
GP question time & much more



SCAN ME FOR TICKETS

Hosted by GP's, nurses,
mental health practitioners
& menopause warriors

Do you know your numbers?

Do you know what the numbers mean when you have your blood pressure taken?

Do you know why high blood pressure is so important? Read on to find out!



Around **50%**
of heart attacks and
strokes are associated
with high blood
pressure

By Dr Emma Gladwinfield

Blood pressure is a measurement of the power of blood being pushed out of your heart into your blood vessels around the body. Too high and this can cause damage to the blood vessels in our body and heart. Health care professionals often use the term hypertension, and this means high blood pressure.

Blood pressure can be measured very easily at your local pharmacist or health centre. Some people also buy their own from local pharmacies. Blood pressure is measured in millimetres of mercury mmHg and has 2 numbers. The top one is the pressure of your blood in your blood vessels when the heart contracts (systolic), the lower one is the pressure in the blood vessels when your heart relaxes (diastolic).

A single high reading from a machine doesn't mean you have hypertension it could be a result of anxiety, stress, exercise, or the food and drink you've recently consumed. However, if repeated readings are high, you will be given the diagnosis of hypertension, sometimes leading on to medication being prescribed.

What counts as a high blood pressure reading? If readings are consistently 140/90mmHg or higher over a number of weeks, or you may also have high blood pressure if just one of the numbers is higher than it should be – so if the top number is over 140mmHg or the bottom number is over 90mmHg.

Many people with high blood pressure don't know it as there are often no symptoms. For some people with high blood pressure the first sign can be catastrophic, such as a stroke or heart attack. This is why health professionals are so keen on taking your blood pressure as part of routine reviews. Rarely high blood pressure can cause symptoms of headaches, nose bleeds and visual problems.

There are several causes for high blood pressure, some of these you can't do anything about such as getting older, your genetics or ethnicity. However, there are lots of lifestyle factors that can cause high blood pressure which you could change to reduce your risk. Being overweight, eating too much salt, smoking, high caffeine intake, stress, not being active and drinking too much alcohol can all raise your blood pressure.

The higher your blood pressure, the higher your risk of health problems, and lowering it is one of the best things you can do for your health. Even a small change can make a big difference lowering the top number by 10mmHg lowers the risk of a heart attack or stroke by 20%.

Useful resources: <https://www.bloodpressureuk.org/>

<https://www.bhf.org.uk>

Did you know that more people in Rossendale are having strokes and heart attacks than in England overall?

A simple blood pressure test is available at your local pharmacy and it could save your life.



Over 40? You need to know your blood pressure



Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke.

Knowing what your blood pressure numbers mean could save your life.

To find out how to get checked and manage your risk, visit nhs.uk/bloodpressure

Your health matters
Help us help you

WORLD

Menopause

DAY

FREE ONLINE EVENT

Managing the Menopause in Life and Work

Wednesday 18th October 2023, 6pm - 8pm

Learn more about the menopause and discover some helpful tips and tricks to make the journey smoother. Find out more about the fantastic free health & wellbeing courses coming up to help you.



SCAN TO BOOK YOUR PLACE!



0333 003 1717 www.lal.ac.uk

FUNDING

We help Kids in Rossendale get the best start in life

Kids in Rossendale is a charity that aims to provide support to disadvantaged children within the Rossendale area. The realms of disadvantage may include socioeconomic, ill health, disability or simple circumstance.

Learn more and apply for funding at:
www.kidsinrossendale.org.uk





The Community Organisations Cost of Living Fund

This funding is for organisations that support people and communities in England under severe pressure because of the increased cost of living.

By community we mean people living in the same local area.

Our main priority is to fund organisations supporting low-income households and individuals.

You can apply for between £10,000 and £75,000.

To apply your organisation must already run critical services around at least one of the following:

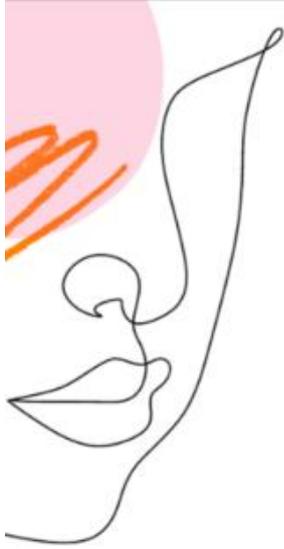
- food and emergency supplies – like food and baby banks or the provision of hot meals, clothes or toiletries
- emergency shelter – like night shelters or other accommodation for people experiencing homelessness
- safe spaces – like domestic abuse services and youth services
- warmth – like warm rooms and spaces
- financial and housing advice – like giving people advice because of the increased cost of living.

Your organisation must also be facing both:

- increased demand for these critical services
- and**
- increased costs of delivering these critical services

MORE INFO AT

<https://www.tnlcommunityfund.org.uk/funding/programmes/community-organisations-cost-of-living-fund>



ROSA
VOICES FROM THE FRONTLINE

One-year grants of up to £7,000
available for campaigning and
influencing work.

Deadline 11th Oct 2023, 4pm

Grant-making charity [Rosa](#) has launched their Voices from the Frontline fund, which offers one-year grants of up to £7,000 to support campaigning and influencing work that enables women and girls to use their voice to achieve change.

Women's and girls' organisations are at the forefront of addressing social issues, but there remains a critical need for funding for these organisations to deliver activism and campaigning to raise awareness of the issues women and girls face.

Find out if you're eligible for funding here <https://bit.ly/3sNVOdP>

TRAINING

Tennis Activator – Free training opportunity

We have new newly upgraded tennis courts in Whitaker Park, Rawtenstall and Stubblee Park, Bacup.



What is a Tennis Activator?

Tennis Activators help facilitate tennis play, helping more people discover their love for the sport. It doesn't matter how good you are or even if you play tennis - anyone can become a Tennis Activator.

You don't need to be a coach or even have that much experience playing tennis, anyone can become a Free Park Tennis Activator – we'll give you everything you need to succeed.

Our ambition In Rossendale is to offer free sessions for all ages and abilities, running for one hour every Saturday or Sunday at 10:00 that are led by our team of trained volunteers – also known as Free Park Tennis Activators.

All you need to do is complete the free online training (two and a half hours approx.) and you'll be ready to support your first session.

Free Park Tennis is a new programme that gives more people the chance to play tennis – offering fun, social tennis sessions at a local park court near you.



Why volunteer?

Not only will you be helping to grow the game and make a real impact in your community, but it's a great opportunity for you to get out, keep active and enjoy spending time out on court. Working together as a team, you'll get to meet new people.

Interested? Get in contact via email at Julie.holden@rltrust.co.uk

Free Training opportunity - Volunteer Walk leader

Would you like to become a volunteer walk leader?

Would you like to inspire others? Do you enjoy the great outdoors?

Ramblers wellbeing walks

Ramblers wellbeing walks are free short walks that take place all across England. They are designed to help people take a first step towards better health, wellbeing and happiness.

The shortest walks are just 10 minutes long and range from a slow to steady pace along tried and tested routes.



Training includes:

- An induction sheet to read through.
- E-learning.
- Half day training face to face.

Interested?

Get in contact via email at Julie.holden@rltrust.co.uk





BECOME A NORDIC WALKING INSTRUCTOR

Transform Lives, One Step at a Time

- Do you want to help your community become more active?
- Would you like to reach inactive people?
- Is reducing isolation important to you?
- Looking for a course suitable for volunteers?



Our course is the only one in the UK recognised by INWA. Nordic Walking is a brilliant way of getting people active, gently, and of bringing people together.

FEEDBACK FROM OUR OTHER PROJECTS

"Take everything you know about the benefits of walking... and double it! Nordic Walking does it all." David, Medway Council

"The use of Nordic Walking poles increases confidence in walking ability and helps maintain mobility in older age." Avril, volunteer for U3A, London

"Nordic Walking brings a multitude of health benefits and connects people in their communities." Graham, Volunteer at South Oxfordshire DC

Our next course
4th & 5th November
Newchurch, Lancashire

**SCAN TO FIND
OUT MORE**





DESIGN YOUR FUTURE

You're in control. Get help from a dedicated mentor to discover your potential, boost your personal skills and improve your confidence.

Find out more at:
Tracey.duerden@princes-trust.org.uk

[@princestrust](https://www.instagram.com/princestrust) [f](https://www.facebook.com/princestrust) [i](https://www.instagram.com/princestrust) [t](https://www.twitter.com/princestrust) [in](https://www.linkedin.com/company/princestrust) [d](https://www.tiktok.com/@princestrust)

ON THIS EXPLORE COURSE YOU'LL:

- Identify and set goals
- Work in a team and benefit from 1 to 1 support
- Take part in fun and engaging activities
- Receive support moving forward into work, education & training.

DATES FOR YOUR DIARY:

Taster day: 17th Oct

Course dates: 17th Oct - 15th Nov

Application deadline: 17th Oct

Location: Burnley BB11 1DU

Eligibility criteria: 16-25 years old and not in work, education or training.

EXPLORE

It's a new academic year, so here are Lancashire Adult Learning's FREE ONLINE health, wellbeing and horticulture courses for the Autumn/Winter term - service users can click on the links to book or you can find the courses on our website www.lal.ac.uk:

There are also lots of courses running from community venues across Lancashire, so if you would like this handy shortlist of provision in your area, then please just email me, stating what area you would like me to cover, and I will get this across to you.

Mindful Doodling	WED	20/09/23	20/09/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=36789
Lift your mood through Mark Making	WED	27/09/23	27/09/23	09:30	2.50	2.5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=36790
Get Into Meditation	MON	09/10/23	16/10/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=37016
Improve Your Mood	TUE	10/10/23	17/10/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=36640
Sleep Well	TUE	10/10/23	17/10/23	09:30	2.00	4	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=37009

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Get Into Meditation	MON	09/10/23	16/10/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=37016
Improve Your Mood	TUE	10/10/23	17/10/23	13:30	2.50	5	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=36640
Sleep Well	TUE	10/10/23	17/10/23	09:30	2.00	4	https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=37009

VOLUNTEERING AND JOB OPPORTUNITIES

SUPPORT US!



**Rossendale Men's shed are looking
for volunteers**

**Would you like to make a
difference to the lives of people
in your local area?**

**Do you like meeting new
people?**

Vacancies available:

**Person with wood working experience to help out with the
shed group**

**Person available to help out with our social sessions, either
Wednesday 4pm - 6pm or Fridays 10am - 12pm**

**Person with experience in fixing bicycles available
10am - 12pm 3rd Saturday of every month**

**Contact Andy 07517118526
to find out more**

**Or pop in to the Haslingden Community Link, Bury Rd,
Haslingden BB45PG for an informal chat**

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

THE LINK CENTRE