



# COMMUNITY BULLETIN

November 2023

Welcome to your November Community Bulletin. We produce a monthly bulletin with our health and community partners to keep you updated about community activity across Rossendale. This will include information on community group activities, events, health information, grants and community training opportunities. We hope you will find the bulletin useful.

All published Community Bulletins are available at [https://www.rossendale.gov.uk/downloads/download/11317/coronavirus\\_community\\_bulletins](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](mailto:communitiesteam@rossendalebc.gov.uk)



## COMMUNITY ACTIVITIES

# WHAT'S COMING UP AT THE WHITAKER

### November

Thursday 2<sup>nd</sup>

Film Night: The Fablemans

Saturday 4<sup>th</sup>

Family Antics at the Museum

Thursday 9<sup>th</sup>

Figuring Out... Arts Council England funding

Thursday 9<sup>th</sup>

Cottonshed Theatre Company: Beware of the Doll

Thursday 16<sup>th</sup>

Film Night: Barton Fink

Saturday 25<sup>th</sup>

Modes of Looking: Object Discussion

Thursday 30<sup>th</sup>

Blackburn Chamber Choir Performance ❄️



**THE WHITAKER**  
MUSEUM & ART GALLERY



# Craft & Chat

**A social group for adults.  
St Anne's Church, Edgeside  
Thursdays 10-11:30am  
3rd October - 20th December 2023  
(no session 24th October)**

**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](mailto:wellbeing@stannedgeside.co.uk)  
or speak to Natalie



5

3

Friday 1st December

Christmas Special

**BARMY**

**BINGO!**

PRIZES TO BE WON!

SINGALONGS

DANCING

£11 a ticket

Doors 7.00pm | First game 8.00pm

THE ASHCROFT  
EVENTS | WEDDINGS | CELEBRATIONS



**Join Us!**

To book for our events online  
[www.ticketsource.co.uk/the-abd-centre](http://www.ticketsource.co.uk/the-abd-centre)

Or call into the centre  
 Monday to Friday 9 am to 4 pm

To attend any of our activities or  
 for more information, please ring  
 the centre.

Like our Facebook Page

The ABD Centre  
 Burnley Rd, Bacup, OL13 8AB

Tel: 01706 874111  
 m: 07447 960045

Email: [pdunn@abdcentre.org.uk](mailto:pdunn@abdcentre.org.uk)

Facebook:  
 @ABDcommunitycentre

Web Site  
[www.abdcentre.org.uk](http://www.abdcentre.org.uk)

# WHAT'S ON

Autumn / Winter 2023



FOR THE COMMUNITY



[www.abdcentre.org.uk](http://www.abdcentre.org.uk)  
 01706 874111



## ACTIVITIES (weekly)

<b>Monday</b>	Tai Chi Dansworks Ballroom Dancing	2:00 pm 4:00 pm 7:00 pm
<b>Tuesday</b>	Homestart—family session Computer Classes Slimming World Rossendale Chess Club	12:30 pm 1:00 pm 5:00 pm 7:30 pm
<b>Wednesday</b>	Slimming World Dansworks—EDN Let's Get Moving Zumba Bacup Camera Club Rossendale Acoustic	9:00 am 10:00 am 2:30pm 4:30 pm 6:30 pm 7:30 pm
<b>Thursday</b>	Bacup Crafters & Art Thursday Lunch Club Dansworks Karate Club	10:00 am 12:15 pm 4:30 pm 6:00 pm
<b>Friday</b>	Tai Chi Friday Club Dansworks Line Dancing (fortnightly)	11:00 am 1:30 pm 4:30 pm 7:30 pm
<b>Saturday</b>	Dansworks Stich In Time	9:00 am 10:30am

*We have special school holiday activities!  
 Please check our Facebook Page*

*Please ring to check classes are running*

*\*\*\*\*\*rooms available to rent\*\*\*\*\*  
 Rates from £12 per hour*

## TENANTS (Services)

<b>BPRCVS</b>	Social Prescribing	Willow Room
<b>Salt &amp; Stone</b>	Massage Studio	Birch Room
<b>Let's Talk</b>	Mental Health Project	Pine Room
<b>Bacup Family Centre</b>	Family Support Services	Second Floor
<b>Lancashire Police</b>	Neighborhood Police Team	Ash Room
<b>CAST</b>	Community Assets Standing Tall	Beech room

## EVENTS

<b>Music Showcase</b>	All genre live music	October 2023
<b>Bacup NAT</b>	Talk—'Owd Stacksteads'	28th October 2023
<b>Music Showcase</b>	Live music open mic	11th November 2023
<b>Christmas Craft Fair</b>	Run by Bacup Crafter's	19th November 2023
<b>Group Christmas Parties</b>	All groups have their own Christmas party	December 2023

*Our licenced bar is open for all appropriate events.*

# BALLROOM DANCING

*Lessons* for beginners

*You don't need to bring a partner!*

*Learn:*

Ballroom  
Latin  
Sequence  
Much more



Only £5.00

***Starts: Monday 23rd October***

7:00pm - 8:00pm

The ABD Centre, Burnley Rd, Bacup

St Anne's Church  
+5 244 1000+110  
EDGESIDE

# ST ANNE'S

## BABY & 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 grown up to socialise and  
grow, together  
£1 per family per week

Booking essential:  
[wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)



A festive poster for 'Winterfest at the Whitaker'. The background is a dark teal color with a string of warm white lights at the top. On the left and right sides, there are decorative wreaths made of holly leaves and berries. In the top left, a white banner says 'FREE EVENT' with 'Donations welcome' below it. In the top center, there is a logo for 'Bar & Kitchen AT THE WHITAKER'. In the top right, a red circle contains the text 'VISIT SANTA AT THE WHITAKER!' and '\*booking required'. The main title 'WINTERFEST' is in large, white, bold, sans-serif letters, with 'at the Whitaker' in a smaller, white, cursive font below it. Underneath, the text 'Choirs \* Music \* Mulled Wine \* Makers markets' is written in a white, sans-serif font. A grey horizontal bar contains the dates 'Friday 2nd December - Sunday 4th December'. At the bottom, the address 'Haslingden Rd, Rawtenstall, Rossendale BB4 6RE' and the website 'thewhitaker.org' are listed in white text.

FREE EVENT  
Donations welcome

Bar & Kitchen  
AT THE WHITAKER

WINTERFEST  
*at the Whitaker*

Choirs \* Music \* Mulled Wine \* Makers markets

Friday 2nd December - Sunday 4th December

Haslingden Rd, Rawtenstall, Rossendale BB4 6RE    thewhitaker.org



### WHITWORTH SCRABBLE CLUB

Traditional board games are enjoying growing popularity in our digital ages. Don't be bored, try board! Free, just drop in.

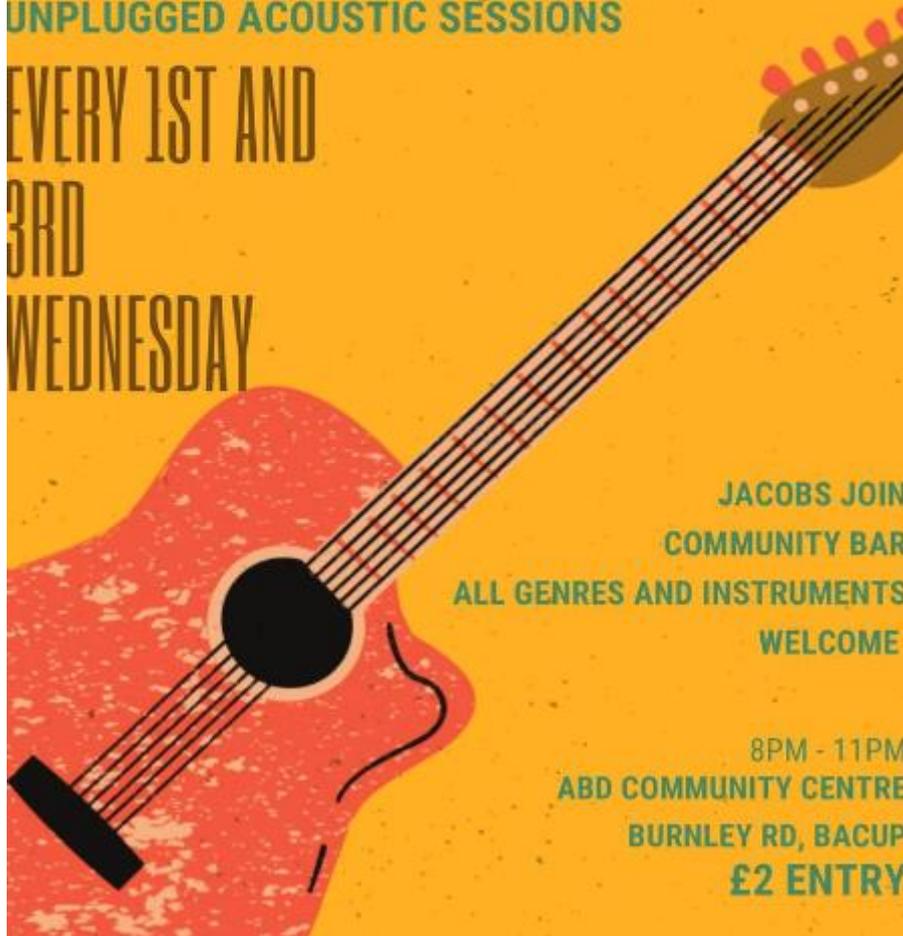
Every Tuesday, 10am to 12.30pm

Whitworth Library

# ROSSENDALE ACOUSTIC CLUB

UNPLUGGED ACOUSTIC SESSIONS

EVERY 1ST AND  
3RD  
WEDNESDAY



JACOBS JOIN  
COMMUNITY BAR  
ALL GENRES AND INSTRUMENTS  
WELCOME

8PM - 11PM  
ABD COMMUNITY CENTRE  
BURNLEY RD, BACUP  
£2 ENTRY



# BabySense

Tuesday 10-11:15am

31st October-19th December 2023

A relaxed, friendly baby group where parents/carers can socialise with others and bond with their baby. Featuring props, music, snacks, brews and bubbles!

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

For more information please email:  
[wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)

£1 suggested donation per week  
Booking essential:  
[wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)

It would be lovely to see you there!

## Cost of Living Support from your Library



### Budget boosting meals with Lancashire Adult Learning

📍 Rawtenstall Library, Rossendale

📅 Wednesday 08/11/2023 (9:30am to 12:00pm)

🕒 Next event: Wednesday 08 November 2023 9:30am

📄 Free event - booking required <https://bit.ly/46ySlcB>

Sticking to a budget can be incredibly difficult for everyone, especially if you are feeding children in the school holidays. Come along to find out more about how to cook family meals while working with a weekly budget. This event is free to all adults over 19.

### Budget boosting meals with Lancashire Adult Learning

📍 Haslingden Library, Rossendale

📅 Friday 10/11/2023 (1:00pm to 3:30pm)

🕒 Next event: Friday 10 November 2023 1:00pm

📄 Free event - booking required <https://bit.ly/48TerO3>

Sticking to a budget can be incredibly difficult, especially if you are feeding children in the school holidays. Come along to find out more about how to cook family meals while working with a weekly budget. This event is free to all adults over 19.



*In association with*



## **CHRISTMAS ON THE SQUARE**

Rawtenstall Town Square, Friday 24th November 2023. 5 - 9pm

Dear Friend,

Rosendale Borough Council, in association with the Rosendale 60s Festival Group are holding a 'Lights Switch on Event' on 24th Nov.

Following the great success of the 60s Festival Sixties on the Square event, we are inviting you to have a free stand at the Lights Switch on event on 24th November. The event will comprise stands from local Charities and Voluntary Organisations, entertainment from the Rosendale Male Voice Choir, Water Band, the Rosendale Ukelele Band & others, with the Mayor of Rosendale in attendance along with the official 'Lights Switch on' by someone special, nominated from a local school...

If you would like to book a stand ( with your own Gazebo, table, lights etc). or have any questions, or wish to discuss this, please either reply to the email address above or ring: 07963 322966 with your organisation details, contact name, number & email.

Kind regards.

***Pete Sweetmore, Barry Hyde & Tony Nixon.***

**Rosendale 60s Festival Group.**

# COMMUNITY INFORMATION

## Remembrance Events in the Borough of Rossendale



### November 2023

#### FRIDAY, 10<sup>th</sup> November 2023

##### **STACKSTEADS**

10.45 a.m. Peace Garden, Toll Bar, Stacksteads. Annual Remembrance Service

#### SATURDAY, 11<sup>th</sup> November 2023

##### **EDENFIELD**

10.40 a.m. Memorial Gardens, Market Street, Edenfield. Remembrance Service conducted by The Rev Richard Selby, followed by refreshments at the community centre, off Exchange Street.

#### SUNDAY, 12<sup>th</sup> November 2023

##### **HELMSHORE**

9.15 a.m. Service and Parade participants meet at Broadway shops at 9.15 a.m. for parade to St. Thomas's Church for a 9.45 a.m. service start. On completion of the church service, the parade will assemble on Helmshore Road and march to the Memorial Gardens, where a service of commemoration and wreath laying ceremony will be held at 11.00 a.m. Following this, the parade will then form up at Bridge End on Helmshore Road and march up to Sunnybank Social Club where refreshments will be provided. End time approximately 11.40 a.m.

##### **CRAWSHAWBOOTH**

10.00 a.m. Rakefoot Methodist Church – Service led by Reverend David Burrow  
Followed by Act of Remembrance at the War Memorial at 11.00 a.m.

##### **WHITWORTH**

10.20 a.m. Assemble at the corner of Tong Lane and Market Street, then parade along Market Street to the Cenotaph in Whitworth's Memorial Gardens.

10.40 a.m. Service of Remembrance, including a two-minute silence at 11.00 a.m.

## **WHITWORTH**

10.20 a.m. Assemble at the corner of Tong Lane and Market Street, then parade along Market Street to the Cenotaph in Whitworth's Memorial Gardens.

10.40 a.m. Service of Remembrance, including a two-minute silence at 11.00 a.m.

Following the Service of Remembrance, everyone is welcome to cross the road for light, warm refreshments outside the Civic Hall (The Ashcroft).

## **COWPE**

10.45 a.m. Service at Cowpe Sunday school

## **WATERFOOT**

12.30 p.m. Trickett's Memorial Ground, Burnley Road East, Waterfoot.

## **HASLINGDEN**

1.00 p.m. Assemble at the War Memorial in Greenfield Gardens for a Service of Remembrance and Wreath Laying Ceremony.

1.30 p.m. Form up outside Memorial Gardens. Parade down Manchester Road, turn left at the junction onto Bury Road (after Green Squirrel), along Bury Road (passing Veterans in Communities), left onto Deardengate and dismissing on Higher Deardengate (outside Cissy Greens)

## **RAWTENSTALL**

2.25 p.m. The parade will assemble and form up on the Town Square, then exit on to Kay Street and proceed into Bank Street before crossing Burnley Road and Mount Terrace to the Cenotaph.

3.00 p.m. Service and Wreath Laying. Following this, the parade will return via Mount Terrace, Bacup Road and James Street to dismiss on the Town Square.

On completion, guests will be welcomed at St Mary's Church and Rawtenstall Cricket Club for refreshments.

## **BACUP**

2.30 p.m. Assemble at the Fire Station (Pennine Road / Rochdale Road) and parade along Rochdale Road and Burnley Road to the Cenotaph for the Service of Remembrance and Wreath laying at 3.00 p.m.

Following the service the parade will return to the Maden Centre car park.

## Our Charity Shop & Information Support Hub in Haslingden is OPEN!

Carers Link Lancashire supports unpaid carers across East Lancashire.

If you have a couple of hours free a week or even a month, you could be a **volunteer** at our Haslingden charity shop, and help raise funds to support unpaid carers and give back to a charity within your local community!

Or, we are always gratefully accepting **donations** of clothing, handbags, footwear and household goods!

We are also accepting **wedding dresses** and occasion wear as we look to open our brand new specialist bridal boutique charity shop in Colne.

**Open 9.30am-4pm Mon-Fri**

**13, Deardengate,  
Haslingden,  
BB4 5QN**

Registered Charity: 1156275





## Adrenaline Centre 3G Football Turf Pitch Consultation October 2023

### Introduction:

Rosendale Borough Council is launching consultation with the local community and partners with a view to enhancing the leisure facilities in Haslingden; by upgrading the current all-weather surface to a 3G.

Helmshore Road,  
Haslingden,  
Rossendale,  
Lancashire BB4 4DN

The consultation will enable us to determine the sports and activities to be played on the pitch which will then ensure that the surface and markings are in line with the users needs.

### Proposal:

It is proposed that the existing pitch surface is replaced by a 3G surface suitable for a variety of sports, the existing floodlights would also be upgraded to energy efficient to LED floodlights, utilising potential funding from the Football Foundation.

In relation to this project, key priority areas for the council are:

- **Women & Girls provision**
- **Working with culturally diverse communities**
- **Engaging people with long term health conditions, disability users,**
- **Engaging people from lower socio-economic groups.**

### Next steps

The Council is working with a variety of other sports bodies to secure their support and we need to evidence the need for the pitch and the benefits it will bring. We encourage everyone to take part in the consultation process which runs from October 10<sup>th</sup> to November 30<sup>th</sup> 2023 via this questionnaire (which can also be completed online via the following link:

<https://forms.office.com/r/Q3HQrp4ZaC>

As part of the consultation process we want to meet with local organisations, across the community, to:

- **Understand your aspirations**
- **Outline what you want to see delivered at the site**
- **What usage of the pitch looks like**
- **How the pitch can help your organisation grow and deliver its outcomes**

Feedback received from this engagement will be taken into consideration as part of funding application to the Football Foundation.

If you would like to discuss this proposal in person, please contact either

**Project Consultants** - Facility and Sports Club Development Services Limited

Mark Woodhall - [mark@facilityandsportscds.co.uk](mailto:mark@facilityandsportscds.co.uk) – 07818 557311

Tony Kirsop - [tonyfscds@gmail.com](mailto:tonyfscds@gmail.com) – 07886 274532 or

Lee Boyer (Lancashire County Football Association) – [Lee.Boyer@lancashirefa.com](mailto:Lee.Boyer@lancashirefa.com)

# ONE STOP SHOP

Drop in and find out how we can support you.

Find out  
about our  
groups.

Smoke free  
Lancashire  
(from 30/11/23)

Chat to local  
Police

Baby and You  
play group.

Information  
about Early  
Help

Midwifery  
(Appointment  
only)

Help with  
housing  
issues.

Support you to  
get back into  
training or  
employment.



Support with Funded Childcare for 2, 3 and 4 year olds.



Extra money available. Come and check if you're eligible.

One Stop Shop is available for you to drop in between 10am and 12 noon every Thursday at The Maden Family Hub, Rochdale Road, Bacup OL13 9NZ.

Maden Family Hub – 01706 237 780



# FREE DAY PASS



**FITNESS**   
**WELLBEING**  
ROSSENDALE LEISURE TRUST

Try us before you join  
Gym, swim & classes

Apply: [www.rltrust.co.uk/guest-pass](http://www.rltrust.co.uk/guest-pass)



Saturday 4th November

Free event at The Whitaker

# CLIMATE ACTION DAY



Donations welcome



CLIMATE  
ACTION  
DAY



**10am - 3pm** | National Day of Action to Remember  
Nature workshop with Phil Barton

**11am & 2pm** | Family Antics

**12pm - 12:30pm** | Food offering - vegan canapes

**1:00pm** | Can I Live? Film Screening

**2:15pm** | Panel Discussion, spoken word & Q&A

**3:30pm** | Manifesto for Day of Action, unveiling of  
collaborative piece of tree planting



## **The VCFSE Group Transport Service**

If you are a community group, a charity, or club, we can offer you our accessible minibus with a fully trained volunteer driver to attend events ranging from lunch clubs to day trips out or trips organised by another charity.

The BPRCVS Minibus is available to groups and organisations based in Burnley, Pendle and Rossendale.

Trips are not limited to within these areas allowing you to travel to further afield locations.

- 15 Seat capacity**
- Seat belts on all seats**
- Tail lift access**
- Rubbish bin onboard**
- Volunteer driver provided**

### **How To Book The BPRCVS Minibus**

Journeys with the BPRCVS Minibus are available Monday to Friday between 8 a.m. and 5 p.m.

To book our minibus please call the dispatch office on

**01282 412096**

or

email [minibus@bprcvs.co.uk](mailto:minibus@bprcvs.co.uk)

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# HEALTH AND WELLBEING

## Health bulletin- Know your units?

Dr Kate Drysdale- Hepatologist Kingston-Upon-Thames Hospital London

Dr Emma Gladwinfield- GP Rossendale

MacMillan Cancer Support tries to raise money each October with their Sober October campaign. Did you try the challenge? If you didn't how do you think you would have got on?



Alcohol can cause a range of serious health problems. It is a risk for heart disease, strokes and many types of cancer and a cause of permanent scarring of the liver called cirrhosis. It is also addictive. As well as health problems, alcohol misuse can cause relationship problems, unemployment, domestic abuse and homelessness. The world health organisation says there is no amount of alcohol that you can drink safely.

More and more people are choosing not to drink any alcohol at all, not just because of the alcohol itself, but also because of the high calories in beer, wine and spirits. Did you know a standard glass of wine could contain up to 158 calories?



If you do drink alcohol try not to have more than 14 units a week and have at least 3 days per week when you have no alcohol. If you would like to calculate your unit this is a simple unit calculator. <https://alcoholchange.org.uk/alcohol-facts/interactive-tools/unit-calculator>

If you are worried about your alcohol intake please get help. Inspire is our local drug and alcohol service and you can self-refer <https://inspirelanacs.org.uk/east-lanacs/inspire-east-lanacs/> or speak to your GP practice.

PCN community news- We're excited that the primary care network in collaborating with The Valley Leadership Academy in the coming months. Our first joint event in 2.12.23 2-4pm at the school. We are welcoming all parents and carers to this event and hoping to improve the school community health with this partnership. Please come along.

# MEDICATION FOR YOUR MIND



Register at  
the QR code  
below!



Accrington Rail  
Station Community  
Room BB5 1QQ

Every fourth Friday  
of the month

*Do you take prescribed medication  
for your mental health?*

*If you have any questions, please contact Dawn Allen at  
dawnrisingCIC@gmail.com / Whatsapp 07561 36 24 24*

## Choosing the right support at the right time

Facts you need to know about your health and NHS services



## Which NHS service? When?

### Self-care

**Conditions that will get better themselves over time:**  
*Headaches, coughs, colds, grazes, sore throats.*

You can look after yourself at home. Ensure you have a well stocked medicine cabinet.



### Pharmacy

**Conditions that are helped by medicines:**  
*Diarrhoea, painful coughs, medicine advice.*

Pharmacy teams are experts in medicines who can help you. They all have consultation rooms if you'd prefer to talk in private.

### GP practice

**Longer lasting illnesses:**  
*Vomiting, aches and pains, fever in children, ear infections.*

Your GP practice offers a range of healthcare professionals including doctors and nurses who are available for all health concerns and can refer to other medical services when required.



### NHS 111

**Unwell and unsure where to go?**  
*Advice on more urgent medical conditions.*

**111.nhs.uk** online or over the phone can help if you have an urgent medical problem and you're not sure what to do. They can even book an appointment to some health services if needed.



### Mental health support

Wellbeing helpline: **0800 915 4640**  
or text 'hello' to **07860 022 846**.

In crisis and need support straight away, call **0800 953 0110**.

### Urgent Treatment Centres

**For conditions that are more urgent but not life threatening:**  
*Cuts, sprains, minor burns and fractures.*

You can go to these centres if you need more urgent medical attention that's not life threatening. Most can even x-ray.



### AGE or 999

**Severe bleeding, severe chest pains, strokes, breathing difficulties, loss of consciousness**

Emergency departments or AGE are only for life threatening emergencies. You may have to wait as more serious conditions are dealt with first.

if you require your dentist in an emergency or out of normal opening hours, call them as they will have answer machine messages detailing where to access out of hours service. If you have a dental emergency, but aren't registered with a dentist, call the **dental helpline 0300 1243 010** or use **NHS 111**.

Find your nearest pharmacy here:  
[nhs.uk/service-search/pharmacy/find-a-pharmacy](https://nhs.uk/service-search/pharmacy/find-a-pharmacy)



Find your nearest Urgent Treatment Centre or Minor Injury Unit here: [nhs.uk/service-search](https://nhs.uk/service-search)

# Right person... right care

Reception staff undertake training to signpost you to the correct service.

Going directly to the most appropriate professional will reduce the number of appointments you need, meaning you'll get seen quicker.

You will still be offered an appointment with your GP if this is most appropriate for you.

Your local GP practice is offering evening and weekend appointments at the surgery or at an NHS service nearby.

Speak to the reception team when you book or visit your GP practice's website for more details.



## Vaccinations

The flu virus can change every year.

This means that the flu (and the vaccine) may differ each year.

If you had the flu vaccine last year, then it's important that you have it again this year.

The COVID and flu vaccines can be given on the same day and some people might get both at the same time.

However, this may not always be possible, so we encourage you to get each vaccine as soon as you can.



Find out about and book your winter vaccinations:  
[healthierisc.co.uk/NHShealthwise](https://healthierisc.co.uk/NHShealthwise)

## Health facts

There are lots of different health messages out there. Get **HEALTH-WISE** as we put the story straight with these health facts.

Buying over-the-counter medicines from a supermarket is often much cheaper and means no waiting for your GP to prescribe or your pharmacy to dispense.

Antibiotics are not an effective treatment for winter symptoms such as a cough, cold, sore throat, flu or nasal congestion. These symptoms are caused by viruses and antibiotics only work on certain infections caused by bacteria.

A&E sees the sickest people first. You could face a long wait if there are people with more serious conditions. You may also be sent elsewhere that's more suitable to help you.

X-rays are available at Urgent Treatment Centres (UTCs). You will be treated for fractures or have them ruled out. If you have a serious injury that needs treatment, the UTC can assess you, and will refer you to A&E or a Fracture Clinic, if needed.

The NHS recommends that if you are pregnant, you should have both the flu and COVID-19 vaccine to protect both you and your unborn baby. It's safe to have either vaccine at any stage of pregnancy, from the first few weeks up to your expected due date.

If you no longer need your appointment at your GP practice you should always call to cancel as it can be used to treat another patient who is waiting. Tens of thousands of appointments are wasted each month in Lancashire and South Cumbria. This means over 1,000 people every day don't get seen as quickly as they would have liked or needed.

If you need a prescription for a condition you've had for a while and have been prescribed medication for it before then you do not need to see a GP first. There are lots of ways to order a repeat prescription that don't involve seeing a GP.

## Self care

Self care is about keeping fit and healthy, understanding when you can look after yourself, when a community pharmacy can help, and when to get advice from your GP practice or another health professional.

Most of the common ailments are self-limiting.

That means they will get better themselves over time. Here's some advice on some common winter ailments and how you can use home remedies and over the counter medicines to speed recovery.

### Cough

Expect to last: 3 weeks

Home remedies:

Freshly squeezed juice from one lemon and a teaspoon of honey to a mug of hot water.

Medicines:

Cough mixtures and lozenges can help loosen phlegm or ease pain caused by coughing. Paracetamol is also recommended.

Seek medical advice if:

- > you cough up blood
- > the cough lasts longer than 3-4 weeks
- > you also have chest pains
- > you find it difficult to breathe
- > you notice swelling in your neck or above the collarbones



## Colds

**Expect to last:** 1-2 weeks

### Home remedies:

Sadly, there is no cure for the common cold. The best thing to do is get plenty of rest, eat healthily and drink plenty of fluids. Warm drinks often help.

### Medicines:

There are a range of cold and flu medicines available and most of them tackle some of the symptoms such as congestion or headaches. Paracetamol or ibuprofen do the same thing.

### Seek medical advice if:

- > you have a high temperature above 38C
- > you begin to feel confused or disorientated
- > you have sharp pains in your chest
- > you cough up blood
- > you have difficulty breathing
- > you have swelling in your neck
- > your symptoms last longer than 3 weeks



## Sore throat

**Expect to last:** 3-7 days

### Home remedies:

Drink plenty of fluids. Eat cool, soft foods, suck on lozenges or hard sweets. Gargling with warm salty water may also help reduce swelling and pain.

### Medicines:

Painkillers help to relieve symptoms. Use what suits you best and talk to your pharmacy if you're unsure.

### Seek medical advice if:

- > you have a high temperature over 38C for more than 3 days
- > you find it difficult to breathe
- > you notice swelling in your neck or above the collarbones
- > you find it difficult to drink enough fluids

## Headache

Tension headaches affect both sides of the head. They usually feel 'pressing' or 'tightening' and can be caused by stress, tiredness, dehydration and loud noises.

Migraine symptoms can vary but often affect one or both sides of the head and are made worse by ordinary daily activities.

**Expect to last:** 24 hours

### Home remedies:

Try to relax and get plenty of sleep. Drink plenty of fluids. Avoid alcohol and caffeine. Eat regular meals.

### Medicines:

Paracetamol or ibuprofen can help. Seek advice from your pharmacy.

### Seek medical advice if:

- > your headaches become more frequent
- > you vomit for no apparent reason
- > you have a high fever
- > you develop a stiff neck
- > you have had a blow to the head
- > you cannot sleep
- > your headache is worse on coughing, straining or bending
- > you notice a change in your speech or personality
- > you develop weakness or numbness anywhere on your body
- > your eyes feel uncomfortable when looking at bright lights
- > you have muscle pains

## Sinusitis (blocked nose)

**Expect to last:** 2-3 weeks

### Home remedies:

Rest. Breathe the steam from a bowl of hot water with menthol in. Apply a warm face pack (you can use a face cloth) and then wash out the nose with a stream of saline solution (available from a pharmacy). Drink plenty of fluids.

### Medicines:

Paracetamol or ibuprofen can help reduce your symptoms. Vapour rubs can help babies and young people.

### Seek medical advice if:

- > you have a high temperature above 38C
- > you begin to feel confused or disorientated
- > you're at high risk of complications because you have other pre-existing medical conditions
- > you suffer pain or discomfort in your face
- > your nose produces lots of thick green/yellow fluid

## Heartburn and indigestion

Indigestion (dyspepsia) is a general term for pain or discomfort felt in the stomach and under the ribs.

Heartburn is when acid moves up from the stomach into the gullet (oesophagus) and causes a burning pain behind your breastbone.

**Expect to last:** Usually very short-term but could last 1-2 weeks.

### Home remedies:

Avoid fatty or fried meals or eating large meals late in the day. Avoid fizzy drinks, coffee and alcohol. When in bed, prop your head and shoulders up with a couple of pillows.

### Medicines:

There are medicines you can buy called antacids that can help neutralise the acid in your stomach.

### Seek medical advice if:

- > you suffer from severe, persistent (longer than three weeks), worsening and unexplained pain in your upper abdomen - particularly if occurring together with other symptoms, such as pain in your chest, breathlessness, sweating, feeling sick or vomiting
- > you vomit blood or dark lumps (like 'coffee grounds')
- > you feel faint, or you've collapsed
- > you develop difficulties with swallowing
- > you suffer from unexplained fever, night sweats, weight loss, or you notice a swelling or mass in your upper abdomen

## Sprains and strains

Typical symptoms of a sprain include pain around a joint, swelling, tenderness, and an inability to use the joint normally.

**Expect to last:** 6-8 weeks

### Home remedies:

Avoid exercising the limb for 72 hours. Use ice to help swelling. Compression bandages can protect the limb and help with swelling. Keep the limb elevated.

### Medicines:

Painkillers.

### Seek medical advice if:

- > you suspect the limb is broken
- > you can't walk
- > the body part is deformed or shows lumps
- > the skin over the area feels numb
- > you notice more than only mild bruising or swelling (go to an Urgent Treatment Centre or Minor Injuries Unit)
- > your pain doesn't improve after 3-4 days

# Keeping well in winter

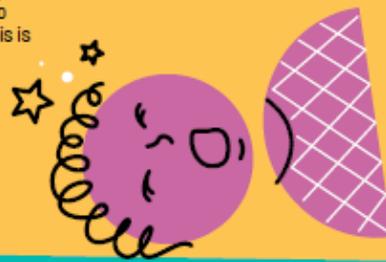
The cold weather puts a lot of people at risk of being unwell or having an accident. Stay **HEALTH-WiSE** by knowing what to do.

## Preventing falls

There are many reasons why you could be more at risk of falls so taking daily steps to reduce this is recommended for all ages.

These are exercises you can do at home to help prevent falls.

- 1 Heel raises** - raising up onto your toes slowly, holding onto a counter or back of a chair for support.
- 2 Toe raises** - as above but moving back on to your heels and lifting your toes.
- 3 Leg raises** - lifting one leg up by bending and raising the knee.
- 4 Walking heel to toe** - walking in a straight line bringing the heel of your front foot to the toe of your other foot.
- 5 Sitting and standing** - strengthen leg muscles by sitting down and standing up again without using your hands, keeping your legs together.



Aim for 150 minutes of moderate exercise with a mixture of strength and balance work spread out across each week. We have videos showing all these exercises in seven languages at [healthierlsc.co.uk/NHShealthwise](http://healthierlsc.co.uk/NHShealthwise) under 'Self care'.



## Long-term conditions

Winter can make some long-term conditions worse. Here are some of the best ways to be ready.



Manage your health condition (speak with your nurse if you have one).

Get the COVID-19 and flu vaccinations.



Stock your medicine cabinet with painkillers, antihistamines, cough and cold lozenges, bandages and plasters.



Order repeat prescriptions in time so you don't run out over bank holidays.



Depending on your respiratory condition and the type of inhaler you use, you may need to take your inhaler for preventative reasons as well as a relief when you need it. Prevention inhalers should be taken as directed by your nurse as this will help stop you from getting ill. Speak with your respiratory nurse for advice.

Stay active if you can.

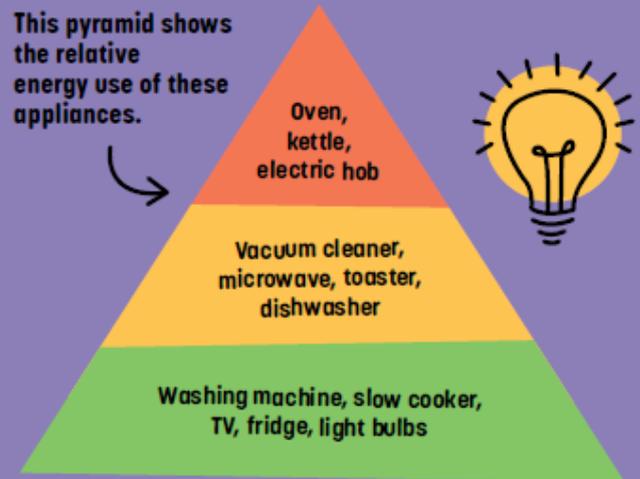


Keep warm – heat your home to 18-21°C when you can or have warm meals or drinks.



## Looking after yourself

This pyramid shows the relative energy use of these appliances.



The oven, kettle and electric hob use the most energy, so you might want to keep an eye on how much you use them. A slow cooker uses the least energy to cook a warm meal. A lightbulb uses the least, and costs less than a penny per hour to run.

## Mental health

There are many situations in people's lives that have a huge impact on mental health and not everyone feels comfortable asking for help.

Why not reach out for a chat with a friend, family member or one of your neighbours? They may also appreciate an offer to help with their food shopping or collecting medicines if they can't easily get out of the house.

If you want to improve your health and wellbeing there is lots of help and support available to you:



[healthierlsc.co.uk/NHShealthwise](https://healthierlsc.co.uk/NHShealthwise) and select 'Mental health'.

Social prescribing link workers are also available through your GP practice.

### Mental health wellbeing helpline

Call 0800 915 4640 or text 'Hello' to 07860 022846

### Mental health crisis line

Call 0800 953 0110

## Contacts and sources of more information

There are a range of services that can offer advice to help you over winter and during the cost-of-living crisis.

**NHS Lancashire and South Cumbria:**  
[healthierlsc.co.uk/NHShealthwise](https://healthierlsc.co.uk/NHShealthwise)

### Blackburn with Darwen Council:

[blackburn.gov.uk/cost-of-living-support/household-support-scheme](https://blackburn.gov.uk/cost-of-living-support/household-support-scheme)

### Blackpool Council:

[blackpool.gov.uk/Residents/Advice-and-support/Financial-advice/Cost-of-living-help.aspx](https://blackpool.gov.uk/Residents/Advice-and-support/Financial-advice/Cost-of-living-help.aspx)

### Central Government:

[helpforhouseholds.campaign.gov.uk/](https://helpforhouseholds.campaign.gov.uk/)

### Cumbria County Council:

[cumbria.gov.uk/costofliving/](https://cumbria.gov.uk/costofliving/)

### Lancashire County Council:

[lancashire.gov.uk/health-and-social-care/cost-of-living/](https://lancashire.gov.uk/health-and-social-care/cost-of-living/)

### NHS health advice:

Freephone 111  
[nhs.uk](https://nhs.uk)

### Citizens Advice:

0808 223 1133  
[citizensadvice.org.uk](https://citizensadvice.org.uk)



## Lifestyle Hub



**Do you have ongoing symptoms related to Long COVID, Fibromyalgia, Chronic Fatigue, M.E., or Chronic Regional Pain Syndrome?**

Come and join the wellbeing groups at;  
Accrington Pals, Accrington  
Trinity Hub, Clitheroe  
Lodge House, Cow Lane Burnley,  
Rossendale Primary Health Centre,  
Rawtenstall  
Open Door, Colne  
Morrisons' Community Room, Blackburn

**To find out more and book your place,  
call your local Lifestyle Hub team**

Blackburn - 01254 682037

Burnley - 01282 447134

Hyndburn - 01254 682037

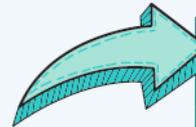
Pendle - 01282 661226

Rossendale - 01706 221524

Ribble Valley - 01200 414595



## Lifestyle Hub



**SCAN ME**

**The wellbeing groups offer 5 informal weekly sessions dedicated to sharing hints and tips for living with long term conditions like Fibromyalgia, Chronic Fatigue, M.E., and Long COVID.**

**Meet others with similar conditions, share experiences and ways to manage symptoms, improve your wellbeing.**

**A brew & biscuit are included!**



# FUNDING

## LCC Over 50s Isolation Grant

This Support Pack has been compiled by Burnley, Pendle and Rossendale Council for Voluntary Service (CVS) who have been appointed by Lancashire County Council to deliver an over 50's Social Isolation Grant. The programme is aimed at local organisations with an annual turnover of less than £150,000 within the VCF sector providing activity to address locality social isolation and make a positive difference to the lives and wellbeing of people over 50.

Projects should help to tackle one or more of the following priorities:

- Areas of high deprivation.
- Loneliness
- People for whom English is a second language.
- Men

There are no existing activities of the same nature in the area (of that the proposed project compliments or adds capacity to existing projects)

And 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.
- 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..

How much money can groups apply for?

Community grants from £500 to £3,000: for constituted community groups.

Application form available at <https://bit.ly/3tE1GXz> or ring 01282 433740



TRAINING

TO RAISE AWARENESS OF  
MENTAL HEALTH AND  
**WELLBEING**

**ROSSENDALE  
MEN'S SHED**

ARE OFFERING FREE ONLINE  
**ZERO SUICIDE  
TRAINING**

**DROP-IN**

TUESDAY 14TH NOVEMBER BETWEEN 1PM -5PM

HASLINGDEN LIBRARY COMPUTER SUITE

# inspire

## Online TRAINING UPDATE

East Lancashire

### New Training Dates

#### Drug Awareness

A brief introduction to the different types of drugs, their effects, dependency and harm reduction information.



**20th September, 1.30-3.30**  
**13th December, 1.30 - 3.30**

#### Naloxone & Overdose Awareness

Train the trainer model in administering naloxone and training others in the use of naloxone. Naloxone kits provided upon completion of training.



**19th July, 1.30 - 3.30**  
**16th August, 1.30 - 3.30**  
**13th September, 1.30 - 3.30**  
**18th October, 1.30 - 3.30**  
**29th November, 1.30 - 3.30**  
**6th December, 1.30 - 3.30**

#### Alcohol Awareness & Brief Intervention

A brief introduction to alcohol, units, short and long term effects, dependency and delivering brief interventions



**23rd August, 1.30 - 4.00**  
**8th November, 1.30 - 4.00pm**

#### Introduction to Inspire Services

A brief overview of Inspire services, what we offer as a service and an overview of a service user journey from start to finish.



**25th October, 1.30 - 3.30**

#### Open Days

Find out more about Inspire and the services we offer at our Professionals Open Days!



**Pendle**  
**11th Oct/21st Feb**  
**1.30-4.00pm**  
**Hyndburn**  
**16th Jan/14th May**  
**1.30-4.00pm**  
**Burnley**  
**25th Jan/16th May**  
**1.40-4.00pm**

“

*Very informative and useful for us to be aware of when working with vulnerable participants. Highly recommend Lisa!*

”

*If you have 6 people or more in your team we can deliver training to you at your place of work or at one of Inspires hubs free of charge for a more personal, interactive experience*



Scan here to  
book your  
training



07884613339



EastLancs.Training@cgl.org.uk

**Lisa Archer, Community & Digital Educator**





# ENGLISH & MATHS FUNCTIONAL SKILLS

Enrol on:

**Monday 20<sup>th</sup> November 11.30 – 1.30pm**

**Fully  
qualified  
tutors**

**Accredited  
courses**

**Term only  
classes**

Scaitcliffe Community Centre, Hannah Street, Accrington, BB5 0QX



# ESOL FOR DRIVING THEORY CLASSES

Starting on:

**Wednesday 22<sup>nd</sup> November**



Wednesday



10am – 12pm



Haslingden Library,  
Higher Deardengate, BB4 5QL

A minimum English / ESOL requirement is needed to join the course of entry 2 or above.

# Introduction to Gardening Skills

Free 3 week course in the grounds of  
Haworth Art Gallery with tutors from  
Lancashire Adult Learning

Free  
for residents of  
Lancashire!

Gardening and growing your own plants, vegetables and flowers can bring a wide range of health and wellbeing benefits. This Entry 3 Level course is a great way to develop a wide range of gardening skills to apply in work or your own garden.

**To book a place contact:**

**Gillian Berry on 01254 233782 or email;**

**[Haworth.ArtGallery@hyndburnbc.gov.uk](mailto:Haworth.ArtGallery@hyndburnbc.gov.uk)**



[admin.lal@nelsongroup.ac.uk](mailto:admin.lal@nelsongroup.ac.uk)



[www.lal.ac.uk](http://www.lal.ac.uk)



0333 003 1717



## Volunteer with Rossendale refugee support group

### About Rossendale Refugee Support Group

We aim to provide a space for those in Rossendale as refugees or seeking asylum have somewhere to meet people, find information and support and opportunity to practise English. We do this mainly through providing a weekly drop-in session on Wednesday mornings 10.30-12.30 in Haslingden.

### Role description

- **Drop-in sessions.** Volunteers do not necessarily need to be able to attend every week, but do need to be able to come at least once or twice a month. Volunteer tasks at the drop-in include
  - Talking to those who attend, to enable people to practise English conversation, including speaking to those who speak little English
- Noting and attending to any requests for help (this doesn't require specialist knowledge or skills)
- Playing board games etc.
- Taking on additional tasks as needed (and according to volunteer's skills) e.g. taking details of new attendees, organising bus fare refunds, leading group discussion etc.)
- Many of our group don't speak a lot of English so interaction needs good interpersonal skills and a willingness to use Google translate etc.

**Tasks outside the sessions.** If possible (and according to the volunteer's skills and interests) we welcome volunteers taking on occasional ad hoc tasks for the group outside the sessions, for example dealing with digital exclusion scheme applications, organising or participating in trips, supporting refugees with tasks such as obtaining information, completing forms etc, mostly remotely.

### Essential volunteer characteristics

- Committed to the welfare of refugees and people seeking asylum
- Strong interpersonal skills (e.g. friendly, respectful manner, ability to initiate and manage conversation with people with limited English, sensitivity )
  - Able to participate pro-actively in the group
- Before being accepted as a volunteer, willing to attend the group at least twice to see if it is a good fit for the volunteer

### Desirable volunteer characteristics (not essential)

Previous experience with refugees and people seeking asylum, Admin skills

Interested? Please email [info@bprcvs.co.uk](mailto:info@bprcvs.co.uk)



[RVE Website](#)

See our animation [here](#)

### About Us

Our ambition is to bring local people together into a collective, to bring accessible, affordable, low carbon energy and warm healthy homes with no upfront cost to householders.

Rossendale Valley Energy has been awarded grant funding to train energy champions and work to deliver energy efficiency advice throughout the community of Rossendale. We are partnered with the Centre for Energy Equality who have developed the Fairer warmth Platform and app and we will be utilising and trialling this as part of our project delivery.

Rossendale Valley Energy are also pioneering the 'Net Zero Terrace street' which is a whole street, whole community approach to decarbonisation and we are developing further funding applications to work towards a demonstrator project.

We are passionate about Net Zero being accessible and inclusive and being delivered from the ground up, harnessing the jobs, skills and supply chain opportunities for the local community enabling retention and building of community wealth.

### The Role

We are looking for a Volunteer Treasury to join us on our committed Board. We are an active board driving the multiple grant funded projects to deliver our ambitions.

#### Key Responsibilities: Main Duties

- Preparation, circulation and presentation of monthly management accounts;
- Cash flow forecasting;
- Income stream & out-going expense management;
- Contribute strategic financial strategy to the business plan;
- Oversee the financial risk-management process; and
- Any other work related to maintaining the financial health of Rossendale Valley Energy (CBS RS 008956) and any subsequent subsidiaries or bodies.

### How to apply

We'd like you to send us your CV (up to 4 sides of A4 only) to reflect relevant roles and responsibilities that you have previously held. If you have any further questions, or would like to apply, please get in touch via: [Tricia@rvenergy.org.uk](mailto:Tricia@rvenergy.org.uk)

We are committed to ensuring diversity and gender equality within our organisation and encourage applicants from diverse backgrounds to apply.

Rossendale Valley Energy is a Community Benefit Society ( registration RS 008956)



# Volunteers needed!

We are a free mental health support service that provides 1-1 Listening & Mindfulness Support Sessions, and teach self-improvement courses based in Psychology.



By volunteering for us you will gain work experience & new skills in supporting people with their mental health from Mindfulness Training to Listening Support Skills.

Email [help@theletstalkproject.org](mailto:help@theletstalkproject.org) Or call 01706558023

# Revitalising Volunteering In Local Communities

Thanks to funding from The National Lottery Community Fund, a brand-new volunteer hub launched this summer. The Volunteering for Wellbeing and Community Hub is the latest volunteering project from the volunteering experts, Burnley, Pendle and Rossendale Council for Voluntary Service (BPRCVS).

BPRCVS is continuing its investment in volunteer coordination for both individuals, and local Voluntary, Community, Faith, and Social Enterprise (VCFSE) groups and organisations. The appointment of dedicated volunteer coordinators will provide tailored volunteer coordination and open up exciting new opportunities and experiences for people looking to get involved in their community.

Being the only officially accredited Volunteer Centre in East Lancashire, having recently been awarded the new Volunteer Centre Quality Accreditation (VCQA) from the National Association of Voluntary Community Action (NAVCA), the new Hub is in safe, experienced hands.

With decades of experience in volunteering to build upon, the new Volunteering for Wellbeing & Community Hub will revitalise the voluntary sector in Burnley, Pendle and Rossendale.

BPRCVS has based the Hub in the 'BBC Make A Difference' award-winning Gannow Community Centre in Burnley. The Hub is designed to be fluid and will be popping up at events, venues and other locations in communities throughout Burnley, Pendle and Rossendale.

Volunteering is vital within local communities and BPRCVS is here to help. After all, helping people to help others is our mantra. Members of the public will be able to contact the Hub to enquire about volunteering and they will be supported to find a voluntary opportunity that suits their skills, experience and time available. Local community and voluntary groups and organisations can access a brokerage service through the Hub, which helps to recruit volunteers from local communities to assist with their valuable and crucial work.

BPRCVS will be hosting regular volunteer forums to give volunteers and volunteer involving organisations a chance to share their experiences and connect with one another. New volunteers and those considering volunteering will be welcome to come along to the forums to chat with experienced volunteers and learn what volunteering is all about.

An official launch event will be held later this year, but if you're interested in volunteering or just want more information on what it may entail, don't hesitate to get in contact with the Hub on 01282 436396.





groove **n** glow

# Join Our Team!

If you're a group fitness instructor, or an organisation that supports people to be more active, we'd love to hear from you.

This is a unique opportunity to join forces, inspire, empower and lead others, to a fitter and healthier lifestyle.

**Become a Glow-getter  
and light up lives!**

**f @ groovenglow.co.uk**

To find out more contact Andrea Pollard  
on **07776 250 281** or **info@groovenglow.co.uk**

**emdUK**  
the national governing body for group exercise



**Sign Up  
this  
October!**