



COMMUNITY BULLETIN

December 2023

Welcome to your December 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

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



SEASON'S GREETINGS

COMMUNITY ACTIVITIES



Join us at our

Christmas Party

Friday 1st December

at Rawtenstall Cricket Club

fun and games, songs and surprises

all starts at **7.00p.m.**



Tickets are **£10** including supper and ticket contacts are:

Shirley – 07719733993 / shirleysuthers@gmail.com

David – 07452984899 / david.hollows@gmail.com

In support of **Kids in Rossendale**



organised by the Rossendale Methodist Church

www.rossendalemethodistcircuit.co.uk

BACUP NOW
Community Group

BACUP NOW'S CHRISTMAS FESTIVAL

**MEET THE NAUGHTY ELVES
LIVE ENTERTAINMENT ALL DAY
FESTIVE MARKET
FUNFAIR**

**SAT 2ND
DECEMBER
10AM-4PM**

**BRITANNIA COCONUTTERS
THE GRINCH
ROSSENDALE RADIO
FOOD & DRINK
GAMES AND RAFFLES**

Join us for a day of family fun and live entertainment!
Meet our mischievous elves as they take over Santas Grotto!

R ROSSENDALE
BOROUGH
COUNCIL

CROWTHER
optometrists

metisHR

The Bacup Natural History Society & Museum
Presents

A Dickensian Christmas



Toast the Christmas Spirit with a glass of mulled wine
and explore the festive traditions of Christmas past

Visit Mr Plummer in his Christmas Toyshop

Meet Elsa and her friends in a Frozen wonderland

Free Christmas crafts and goody bag for children under 13

December 2, 10, 17, 23

Adult Non-Members £3.00

Children Free

12:00

-

4:00pm

Bacup Natural History Society & Museum 24 Yorkshire Street Bacup, OL13 9AE



CHRISTMAS AT BACUP CRICKET CLUB



SANTA'S GROTTTO

**Free entry and gift
for every child**

**Saturday
2nd
December**

**Give your letter
to Santa himself**

**Decorate your own
Christmas card and
decorations**

Christmas cards & decorations £1

Come and visit Santa in our Christmas Grotto see if you made the Naughty or nice list this year! Take a photograph with Santa. Enter via Rochdale Road, Bacup. 10am till 3pm 2nd December.

BACUP ROYAL COURT THEATRE 10am till 3pm



Bacup Cricket Club

Christmas Fair



**SUNDAY 3RD
DECEMBER
10.30AM-2.30PM**



**LOTS OF STALLS/
SANTA'S
GROTTO/
COCONUTTERS/DANCE
WORLD/TOMBOLA/FACEPAINTERS/
FOOD**



FREE ENTRY



CHRISTMAS FAIR



SATURDAY 16TH DECEMBER 23

AT BRIGHT FUTURES EARLY
LEARNING, FUTURES PARK, BACUP
OL13 0BB

- Christmas crafts
 - face painting
 - Christmas games
 - raffles
 - Tombola
 - Santas Grotto
 - tuck shop
- And lots of festive fun.





**Together we are
beating cancer**



Bacup Local Committee

Christmas Fayre

Saturday 2 December 2023

Central Methodist Church, 32 Burnley Rd, Bacup, OL13 8AB

10am - 12pm

£1 for adults, 50p for children - mince pies and refreshments included.

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247).
Registered address: 2 Redman Place, London, E20 1JQ.





Bacup Family Centre invites you to our Christmas Quiz, Games & Carol Evening!

Please join us for a night of festive, family fun!

Friday 15th December

Central Church, Burnley Road,
Bacup, OL13 8AB

6pm - 8.30pm

Please note this is a ticket only event.



Tickets are £3.50 Adult / £2.50 Children & include pie & pea supper!

Tickets can be purchased from our office Mon - Fri 9am - 2pm
or reserved via email enquiries@bacupfamilycentre.co.uk



Saturday 16th December
Haslingden & Helmshore
Brass Band

Haslingden Cricket club

Private Lane, Haslingden, BB4 6LX

Christmas Concert

Tickets

Adults £10.00 Concessions £7.50



- * All your Christmas favourites * Christmas Carols *
- * Free parking * Well stocked bar * Raffle Prizes *
- * book online with no booking fee *

Tickets available now

Online Tickets: www.ticketsource.co.uk

Terry Phelan 07948 429 813

www.facebook.com/haslingdenband.co.uk

www.instagram.com/haslingdenband





MONTHLY DROP IN 2024 DATES



**EVERY SECOND SATURDAY OF THE MONTH AT
RAWTENSTALL LIBRARY BETWEEN 11AM & 1PM**



**OFFERING A RELAXED, ACCESSIBLE, SAFE
SPACE FOR PEER SUPPORT AND
INFORMATION FOR FAMILIES WITH LGBTQIA+
YOUNG PEOPLE**

JANUARY 13TH

MARCH 9TH

FEBRUARY 10TH

APRIL 13TH



SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM



SPECTRUM INCLUSION ROSSENDALE



Baked A La Ska



**HORSE
+ BAM
BOO**

Fri 15th December
Bar 6pm | Event 8pm

To Book tickets: <https://www.ticketsource.co.uk/horseandbamboo/live-music-baked-a-la-ska/exlxaa>



To Book: <https://www.ticketsource.co.uk/horseandbamboo/family-theatre-the-squirrel-the-cake-the-cabinet/e-jgdrax>

JUBILEE COURT



BREAKFAST CLUB

Come and join us in our warm, welcoming environment.

OPEN TO THE PUBLIC

DISABLED ACCESS AND DEMENTIA FRIENDLY



Activities

BOARD GAMES
DOMINOES
CARDS
DARTS
JENGA

Location and Meeting Time

FRIDAYS 10AM - 12PM
JUBILEE COURT, JUBILEE RD
HELMSHORE
BB4 - 4DD



SUPPORTED BY ROSSENDALE MEN'S SHED

Join in with one of our dementia friendly woodworking activities, hosted by a qualified teacher - Andy from **Rosendale Men's shed**

For more information:

Contact: Andy Robinson
Tel: 07517 118 526

Parent, Baby and Toddler Group

Come along and join our Parent, Baby and Toddler Group every **Thursday morning** at

St Joseph's R.C Primary School

9am - 10:30am

Everybody is welcome to join us.

There is a **£1** charge per child.

We provide lots of fun activities and a small snack.

We also provide tea and coffee for parents/carers.

If you need any more details please call -

01706 873177



Help us reshape the future of
**RAWTENSTALL
TOWN CENTRE**

**JOIN ONE OF OUR
DROP-IN SESSIONS**

**Thursday, November 30th 11am- 2pm
at Rawtenstall Market, Newchurch Road**

**Wednesday, December 13th 1pm- 4pm
at Sophie's Boutique, Bank Street**

***We want to hear your thoughts
on the Valley's regeneration.***

Alternatively, please email all opinions and ideas to
economicdevelopment@rossendalebc.gov.uk



Revitalising Volunteering

YOU'RE INVITED TO JOIN BPRCVS TO CELEBRATE THE LAUNCH OF A BRAND NEW...

**DISCOVER THE
NEW HUB**

**LEARN ABOUT
BROKERAGE**

**MEET NEW
VOLUNTEERS**

**PROMOTE YOUR
OPPORTUNITIES**



**NETWORKING
OPPORTUNITIES**

**RIBBON
CUTTING**

**SET YOUR
STALL OUT**

**MEET THE HUB
TEAM**

A Volunteering Event You Don't Want To Miss!

THURSDAY 14TH DECEMBER 2023 | 10 AM - 3:30 PM

GANNOW COMMUNITY CENTRE

ADAMSON ST | BURNLEY | BB12 6RB

REGISTER YOUR PLACE HERE:
[HTTPS://WWW.TICKETSOURCE.
CO.UK/BOOKING/T-VVPOQKN](https://www.ticketsource.co.uk/booking/t-vvpoqkn)

OR SCAN
THIS QR
CODE



**BURNLEYPENDLE
& ROSSENDALE
COUNCIL FOR VOLUNTARY SERVICE**
Registered Charity Number: 1082448 Company Limited By Guarantee: 3228219





Funded by
UK Government

Free Employment and Health Advice Sessions



- Professional guidance and support to improve your health and wellbeing
- Access to free training and employment opportunities to improve your skills and help you find work
- Access to information on mental health and emotional support



- 📅 Every Monday
- 🕒 2pm-4pm
- 📍 Futures Park, Bacup, OL13 0BB

For information contact Sarah.Armitage@lsctf.nhs.uk or DjangoBack@rossendalebc.gov.uk



Free Sim Cards



National Databank

Lancashire libraries are helping tackle digital poverty as part of the National Databank scheme.

The National Databank provides free SIM cards from Virgin Media O2, Vodafone and Three.

The SIM cards have mobile data, minutes and text. This scheme works with Good Things Foundation's network of local community partners including our libraries.

You can qualify for data from your local library if you are over 18, are from a low-income household, and:

- have no access or insufficient access to the internet at home
- have no or insufficient access to the internet when away from home
- cannot afford your existing monthly contract or top up

To benefit from the scheme, a recipient's device must either be unlocked or, if locked, be locked to O2, Vodafone or Three.

Ask about the scheme at your local library

You will need to make an appointment at the library to collect the SIM card.

More information at:

<https://www.goodthingsfoundation.org/databank/>

[National Databank - Lancashire County Council](#)



Funded by UK Government

Free Weekly Activities

For more information visit rossendaleworks.org.uk

or use your phone's camera to scan this code.



Come along to make new friends, learn new skills, get active and have fun.



Monday

Rossendale Works Skills Hub

📍 Skills Hub, Futures Park, Bacup, OL13 0BB
🕒 9am - 4pm

Free Employment and Health Advice Sessions

📍 Skills Hub, Futures Park, Bacup, OL13 0BB
🕒 2pm - 4pm



Tuesday

Free Boxercise and Wellbeing Group

📍 Love Boxing, Unit 3a, Myrtle Grove, Mill, Lench Road, Waterfoot, BB4 7JH
🕒 2.30pm - 3.30pm



Wednesday

Rossendale Works Skills Hub

📍 Skills Hub, Futures Park, Bacup, OL13 0BB
🕒 9am - 4pm

Thursday

Free Breakfast Club

📍 Trinity Baptist Church, Bank House Lane, Bacup, OL13 0AL
🕒 10am - 12pm (breakfast)



Friday

Allotment Club

📍 Stacksteads Allotment Society, Bacup, OL13 0EH
🕒 1pm - 4pm



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

Whitworth residents can sign up to receive free gym passes at Metcon Gym.



Women of Whitworth- Thank You



The Women of Whitworth Project

The Women of Whitworth Project would like to say thank you to all the amazing females that attended the **Valley Thai Boxing Club** self defence class.

This event was organised as part of the awareness campaign with **White Ribbon UK** around tackling violence against Women and Young Girls.

1 in 4 females are assaulted during their lifetime.

Thank you to **Whitworth Town Council** and **Rossendale Borough Council** for providing funding towards this event.



NOVEMBER 2023

A GUIDE TO HEALTHY LIFESTYLE



Eating a healthy balanced diet is important for our overall well-being, both physically and mentally.

This means eating the right kinds of food in the right quantity to maintain an optimum healthy weight, and to ensure we're getting the correct amount of nutrients and have the energy we need throughout the day.

Calories refer to the energy a person gets from the food and drink they consume. Calories information is given in Kcals so 2500 calories means 2500 Kcals.

RECOMMENDED CALORIE INTAKE

by Adeela Asghar



2500 CALORIES PER DAY
no more than 6g of salt or 30g of sugar per day



2000 CALORIES PER DAY
no more than 6g of salt or 30g of sugar per day



AGE 7-10
no more than 5g of salt or 24g of sugar per day



AGE 4-6
no more than 3g of salt or 19g of sugar a day

ALWAYS CHECK THE LABEL ON PACKAGED FOOD

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/167kcal

The label provides information about the amount of calories the product contains, what you are eating as well as the nutrient in the food.

The colour-coded nutritional label also tells you if the food has high, medium or low amounts of fat/bad fat, sugar and salt. It affects how much fat/bad fat, sugar and salt you will get from it.

Green Means Low.
Amber Means Medium.
Red Means High.



For Instance, One Pack of Soft Cheese contains 85 Calories, 8.3 g of Fat, 5.3 g of Bad Fat, 0.9 g of Sugar and 0.2 g of Salt.

GOOD FATS VS. BAD FATS

GOOD FATS

- Lower the risk of heart disease
- Keep the heart healthy
- Help manage mood
- Help control weight
- Includes monosaturated fats, polysaturated fats, omega 3
- Sources include avocados, nuts, salmon and vegetable oils



BAD FATS

- Increase risk of certain diseases, such as heart disease and stroke
- Includes saturated and trans fat found in processed foods
- Sources include processed food, red meat, butter, cheese and ice cream



FOLLOW THE EATWELL GUIDE

The Eatwell Guide shows how much we need to eat from each food group to achieve a healthy balanced diet

FRUITS AND VEGGIES

Eat 5 portions of various fruits and vegetables everyday.

Fruits and vegetables are a good source of vitamins, minerals, and fibre



STARCHY CARBOHYDRATES

Choose high fibre or wholegrain products

Starchy foods are a good source of energy and range of nutrients in our diet



DAIRY AND PROTEIN

Choose low fat and low sugar dairy options

Eat beans, peas and lentils as they are a source of fibre, calcium and protein

Avoid red and processed meat



TIPS

Do not eat excessive salt or sugar

Try to drink at least 8 glasses of water per day

Include good fats (e.g. olive oil) as they help to control cholesterol

Hospital Aftercare

Assisting you with discharge home from hospital
and following a hospital stay or period of illness



Available to all adults aged 18+

What do we do?

We provide practical and emotional support to help you remain independent and in your own home

Who we can help?

We can offer support to any adult (18+) who has had a hospital stay or a period of illness, who needs our help.

We are able to support those who are being discharged from hospital or need support at home, which may avoid a hospital admission.



How can we support you?

Transport may be provided on discharge from hospital if you need help settling in at home.

We offer support that is tailored to you assessed needs, such as;

- Help with essential shopping
- Emotional support to rebuild confidence
- Supporting you to regain independence in your home
- Signposting to other services, where requested/required



Duration of service

Support is time limited and tailored to your assessed needs.

Cost

This is a FREE service - there is no cost to you.

Benefit entitlement

Our service is designed to compliment any statutory services that you may be receiving and will not affect your benefit entitlements.

Additional services

Age UK Lancashire is a local charity providing a variety of support and services to people across the county, including:

- Benefits, Housing & Care advice
- Help with cleaning, shopping and chores
- Dementia support

For information on our other services, please contact:

t: 0300 303 1234 (local rate)
e: advice@ageuklancs.org.uk
w: www.ageuklancs.org.uk

To access our Hospital Aftercare service, please contact:

Royal Blackburn Hospital:

t: 01254 734526

Burnley General Hospital:

t: 01282 436414

Email:

haspennine@ageuklancs.org.uk

Service available:

Monday to Friday, 9.00am - 7.00pm (Including Bank Holidays)

Saturday, 9.00am - 5.00pm

This service is available across the Pennine area. Some exceptions apply across individual boroughs.

www.ageuklancs.org.uk



As a local charity, donations are always welcome

The Hospital Aftercare service is funded by NHS East Lancashire Clinical Commissioning Group, Lancashire County Council & Blackburn with Darwen Borough Council

Age UK Lancashire is a charitable company limited by guarantee and registered in England & Wales. Registered address: Wellbeing Centre, Moorgate, Ormskirk, L39 4RY. Registered charity number 1142294. Company number 7200267. All funds raised stay in Lancashire to directly support our work for older people and go where the need is greatest.

Keeping warm and well: staying safe in cold weather

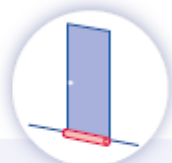
Plan ahead



Check the weather forecast and the news



Make sure you have sufficient food and medicine



Take simple measures to reduce draughts at home

Keep yourself warm



Heat rooms you spend most time in to 18°C if you can



Keep bedroom windows closed



Wear multiple layers of thinner clothing

Prepare your home



Check what financial support may be available for you



Use energy saving tips to save money on heating



Make sure appliances are safe and working well

Look after yourself and others



If you're eligible, get vaccinated against flu and COVID-19



Check on others who may be vulnerable



Get help if needed. Call NHS 111 or in an emergency 999

For more information go to:

[Top tips for keeping warm and well this winter - www.GOV.UK](https://www.gov.uk)



Learn at the Library with **Lancashire Adult Learning**

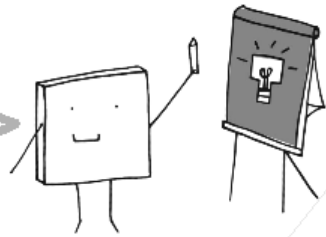
**Haslingden Library
Cards for Kindness**

Spread some festive cheer by designing Christmas cards which will be delivered to care homes across Lancashire. For adults over 19. Booking required via our website or speak to staff.

**Tuesday 19 December
1.30pm - 3.30pm**



All Lancashire
Adult Learning
events are
FREE!



www.lancashire.gov.uk/libraries



Does your work bring you into contact with unpaid carers?
If so, Carers Link Lancashire offer

Carer Awareness Training

This FREE session can be delivered at your workplace or by video call and varies between 20 minutes to a full hour.

The training will:

- Help you understand the needs and rights of carers
- Highlight how you can best support them
- Increase your awareness in identifying and engaging carers
- Understand how important a carers health and wellbeing is

For more information, or to book a training session, contact

Carers Link Lancashire on 01254 387444

VOLUNTEERING AND JOB OPPORTUNITIES



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