

# COMMUNITY BULLETIN

February 2024

Welcome to your February 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

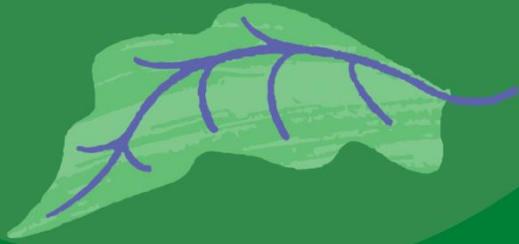
[communitiesteam@rossendalebc.gov.uk](mailto:communitiesteam@rossendalebc.gov.uk)



## BEACON DEMENTIA & WELLBEING

### Whitewell Bottom Group

A special place to meet others enjoy craft making & having a chat, always plenty of tea & biscuits on hand



Free group every month supporting people living with dementia & their carers



### UPCOMING DATES

- ✓ Thursday 8th February 2024
- ✓ Thursday 7th March 2024
- ✓ Thursday 4 April 2024

Whitewell Bottom Community Centre  
Burnley Road East  
Rossendale  
BB4 9LB



 [www.beaconrossendale.org.uk](http://www.beaconrossendale.org.uk)



Join us for

# Music for Memory

at Rossendale Hospice  
the Hub, Rawtenstall

Every  
Wednesday  
2pm - 3.30pm



Starting  
Wednesday  
1st November

This is a NEW free service starting at Rossendale Hospice.

We will provide a safe place for people living with memory issues to create music together and socialise, whilst at the same time having fun. Carers may stay and join in, or have a quiet space in the Hospice where they can sit with other carers to have a cuppa and a chat – a break from their caring role.

A regular, familiar creative activity helps build resilience to the stress of living with memory issues and can extend the time needed for 24-hour care.

**For more info please contact Catherine or Yvonne:**

**01706 393870**



CELEBRATING 35 YEARS  
OF SERVING OUR COMMUNITY

Registered charity: 1008228





## SPRING 2024

**Mondays** 11am - 1pm **Blokes Breakfast**

ABD Centre, Burnley Rd, Bacup

**Tuesdays & Wednesdays** 10am - 4pm **Men Shed Session**

The Shed, Haslingden Community Link, Bury Rd, Haslingden

**Wednesdays** 4pm - 6pm **Men Shed Social**

Haslingden Community Link, Bury Rd, Haslingden

**Thursdays** 1pm - 3pm **Men Shed Social**

Rossendale Golf Club, Ewood Lane Head, Haslingden

**Fridays** 10am - 12pm **Accessible Shed Session**

Jubilee Court, Jubilee Rd, Helmshore



To get involved, call  
**Andy Robinson**  
07517 118526



Scan to see  
more Men's events  
around Rossendale!



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



# **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**





St Anne's Church  
lets build together EDGESIDE



# BabySense

Tuesday 10-11:15am

16th January-26th March

(No session on 13 & 20th Feb)

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@stannededgeside.co.uk](mailto:wellbeing@stannededgeside.co.uk)

£1 donation per week

Booking essential to join the waiting list

email:

[wellbeing@stannededgeside.co.uk](mailto:wellbeing@stannededgeside.co.uk)

It would be lovely to see you here!



COMMUNITY  
FUND



# Craft & Chat

**A social group for adults.  
St Anne's Church, Edgeside  
Thursdays 10-11:30am  
18th January-28th March  
(No session on 15th Feb)**

**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



**12-2pm Every  
Tuesday**



**KAYS  
FRIENDSHIP  
LUNCH**

**Funded By The  
NHS/ICB**



**From Tuesday 23rd Jan  
2024 for 12 weeks**

**A**

**NO CHARGE**

**Light Lunch with Tea  
or Coffee**

**BOOKING REQUIRE.**

Made with PosterMyWall.com

Contact Us

**01706 489449**



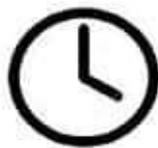
**HARE & HOUNDS  
391 NEWCHURCH  
RD STACKSTEADS  
OL13 0NB**

St Mary's Church invite you to

*DROP IN - KEEP WARM*

# SOUP & SANDWICH

**2<sup>nd</sup> Wednesday Monthly**



12:00pm – 1:30pm



Soup and Sandwich  
Tea / Coffee and Cake

ST MARY'S CHURCH

RAWTENSTALL

BB4 8SQ



# ST ANNE'S

## BABY & TODDLER GROUP

Wednesday 17th Jan-27th March  
(No session on 14th February)  
10-11:30am

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- to join the  
waiting list please email:  
[wellbeing@stannedgeside.co.uk](mailto:wellbeing@stannedgeside.co.uk)



COMMUNITY  
FUND



# Election Cycle Consultation



How often should you  
vote for our Councillors?

Have your say and complete  
our survey before **5th March  
2024!**

Scan the QR code for more information  
and to complete the survey or visit  
<https://www.smartsurvey.co.uk/s/RBCElections/>





# DONATIONS NEEDED

The Unity Fridge Rawtenstall  
We are in need of donations of dried food  
& pet food & toys 🧸

We are a community fridge food scheme  
helping support people in need.

A donation point is located at side of  
Unitarian church, please access via Ormerod  
Street car park 🚗

We are open Tuesdays 10-12pm  
We welcome any donations kindly.

Please Help us build community kindness.



**ANNOUNCING...**

**PRIDE IN THE PARK 2024!**

**WE ARE THRILLED TO ANNOUNCE THAT WE WILL BE HOLDING ROSSENDALE'S FIRST PRIDE IN THE PARK IN CONJUNCTION WITH THE WHITAKER ON SATURDAY 20TH JULY 2024. MORE DETAILS WILL FOLLOW BUT WE'RE SO EXCITED!**





## **ROSSENDALE**

*Activities at the VIC Centre, Bury Road, Haslingden, BB4 5PL, unless otherwise stated.*

*Outreach Service*

**MONDAY-FRIDAY**

9am-4.30pm

*For a home appointment call 01706 833180*

**MONDAY**

*Crafty Chatters*

10am-12 noon

**TUESDAY**

*Art Group*

10am-3.30pm

Cost £6 places limited book on

01706 833180

**WEDNESDAY**

*Allotment*

Help on the allotment in Holcombe Road,

Helmshore. Contact 01706 833180

**THURSDAY**

*Greggs RV*

1pm-3pm

**THURSDAY**

*VIC Choir (weekly)*

6.30-8.30pm

**FRIDAY**

*Art Group*

10am-3.30pm

Cost £6 places limited book on

01706 833180

**SUNDAY**

*Drop-in*

10.15am-12.30pm

**SECOND SATURDAY IN THE MONTH**

*Rossendale Armed Forces and Veterans'*

*Breakfast Club*

10am-12.30pm

Haslingden Community Link Cafe, Bury

Road, Haslingden BB4 5PG (book in advance)

**EVERY MONTH**

*Painting in the Style of Bob Ross art*

*classes* Contact Darren 01706 833180

*Walking Groups/ Social Inclusion trips*

*see Facebook or website for details*



### **What happens at the cafe?**

Every Monday between 10am and 12.30pm we open our lounge up to those who wish to join us.

Refreshments will be provided and as well as providing a safe space for people to open up and talk or share helpful resources, we also offer activities such as:

- Relaxation
- Mindfulness
- Self care
- Tai Chi
- Crafts
- Mindful colouring and Mandalas

These are open sessions. You do not have to book to attend, though you are free to contact us in advance should you wish to. Our only requirement is that you are registered with a Rossendale GP and need help with loss.

You may wish to consider wearing comfortable clothes in case you wish to partake in any of our gentle wellbeing exercises.

There is no charge to attend and refreshments are free, though if you wish to make a small donation it would be welcomed. Any questions, please email [susan.smith@rossendalehospice.org](mailto:susan.smith@rossendalehospice.org) for more details.

We are located inside the Hub (Rossendale Primary Health Care Centre - BB4 7PL) and can be accessed via the lift to the rear of the building. We are a wheelchair accessible space.

**SAVE THE DATE**

Free to all

# **CYCLING SUMMIT**

**Tuesday 27th February**

Interested in cycling, active travel and campaigning for a better Rossendale? Join us for a day exploring how to make Rossendale a safer place for anyone to cycle, walk and wheel; a Rossendale that's greener, cleaner and healthier.

10am – 2pm  
The Ashcroft  
Whitworth, Civic Hall  
OL12 8DP



For more info & how to book please email:  
[NatalieAtkinson@rossendalebc.gov.uk](mailto:NatalieAtkinson@rossendalebc.gov.uk)

## EVENTS AND INITIATIVES COMING UP AT WHITWORTH LIBRARY



### ***A Taste of Italy: Language and Lifestyle with Lancashire Adult Learning***

***Tuesday 27<sup>th</sup> February 2024-1:30 to 4pm***

Suitable for beginners, this course will introduce you to the arts and culture of Italy, including the language, lifestyle, and food. You'll learn to say a few words and phrases and you'll have the opportunity to learn about the way of life in the country, the main traditions and festivals.

Tickets are free, but booking is essential. To book email [Whitworth.library@lancashire.gov.uk](mailto:Whitworth.library@lancashire.gov.uk), call on 0300 1236703 and ask to be put through to Whitworth Library, or just pop in.

### ***Suffragettes - Celebrating International Women's Day at the Library***

***Fri 15<sup>th</sup> March 2024 -3pm to 4:30pm***

Don't miss 'Suffragettes' an engaging and informative talk about the suffragette movement and how two local women were involved in it. This informative talk, with a chance for discussion afterwards, will celebrate International Women's Day.

It's free, no need to book, just drop in.

### ***Graffiti Classics - The Comedy String Quartet by Spot On Lancashire***

***Thursday 2<sup>nd</sup> May 7pm to 9pm***

16 strings, 8 dancing feet and 4 voices with 1 aim: to make classical music wickedly funny and fantastically exhilarating for audiences everywhere! Graffiti Classics bursts the elitist boundaries of the traditional String Quartet with its hilarious all-singing, all-dancing musical comedy show.

This Spot On Lancashire production is a classical concert, a gypsy-folk romp, an opera, a stand-up comedy set and a brilliant dance show, all rolled into one! This world-class show never fails to get audiences laughing, clapping and singing along.

Booking is essential, all tickets £10. To book email [Whitworth.library@lancashire.gov.uk](mailto:Whitworth.library@lancashire.gov.uk), call on 0300 1236703 and ask to be put through to Whitworth Library, or just pop in.

## ***Home Library Service***

### **Do you know someone in Whitworth who can't get to the library and is missing their books?**

The friendly library team can bring the library home to them with the fabulous, **free** Home Library Service.

They can bring the library home for residents who can't get to the library themselves, maybe due to age, disability, poor physical or mental health, caring responsibilities, or mobility problems.

Customers can have books, or audio books, handpicked by the friendly, helpful staff to suit their choice of genres and authors and delivered to their home every four weeks, by our brilliant volunteer.

Customers can choose from a whole range of resources to borrow, including books and audiobooks, DVDs, large print books and information books. All to suit their reading tastes, in genres they prefer, including family saga, historical, romance and crime, to name a few, and by the kind of authors they like to read.

Joining the service is easy, a Library Officer will arrange an appointment to create a detailed reader profile, which the library team will use to choose books that match the Home Library Service customer's interests. Then our volunteer will deliver the books or audiobooks, totally free of charge.

People can use the service all the time, or for a short period, for example just during winter, or when recovering from an illness or operation. There are no fines for overdue items and all the delivery volunteers have been checked by the disclosure and barring service.

So If you, a relative, or someone you care for, would like to join the Home Library Service, just get in touch by calling 0300 123 6703 and ask to be put through to Whitworth Library, or email: [Whitworth.library@lancashire.gov.uk](mailto:Whitworth.library@lancashire.gov.uk). The friendly team will be happy to tell you more about the service and get you joined up.

# *Rossendale Valley Energy*

Do you need help to spend less on energy?  
To understand the bill?  
To find out if you're eligible for any grants?

## We can help!

*We'll be at  
Bacup Library on  
Mon 5th Feb 2024  
1:30pm to 3:30pm  
See you there!*



Department for  
Energy Security  
& Net Zero

## HEALTH AND WELLBEING



Did you know your GP practice now offers much more than just an appointment with a GP?

When you ring the surgery you will be asked if you could provide some information about your illness. There is a reason for this- many services are now available that may make getting support and treatment much easier and quicker for you.

We will be sharing a series of these services and roles with you in this and future community bulletins.

This month's featured service/role is: **Physician Associate**

Here is a message from Victoria



Hi, I'm Victoria

You can book directly in to speak with me or other PAs in any Rossendale practice, rather than going through a GP.

We can help with most new and ongoing complaints including but not limited to infections, new pains, headaches, rashes, allergies, changes to your bowels, water works, women's health, appetite or weight problems.

The NHS website can provide you with good advice if you're unsure whether you need to speak to someone.

Most PA's like myself studied an undergraduate degree for 3 years in a bioscience subject. For myself I studied biology. Then I did 2 years postgraduate masters course in physician associate studies.

I have been qualified and working in general practice as a PA for 3 years now.



# Let's Get Moving through Winter



Don't let the season get you down!

- **unique movement to music class** weekly themes, help be creative with movement
- **no prior experience necessary** adults of all abilities are very welcome
- **accessible and inclusive** gentle movement, sit or stand, spacious venue
- **benefits** good for aches and pains, stretch, meet new people, be creative, laugh, sing



**Wednesdays**  
**2:30-3:45pm**

(50 min class, optional social brew 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: 07510 187211 Facebook @inspiremotivatetransform

# BREAST SCREENING

## HAVE YOU BEEN SCREENED?

Women aged from 50 up to their 71st birthday are invited to attend free NHS Breast Screening every three years.



Your local NHS Breast Screening service is **FAST**,  
**FREE** and can diagnose breast cancer **EARLY**



Eligible women registered with the following GP Practices will be sent an appointment letter:

- Irwell Medical Practice
- Waterfoot Medical Practice



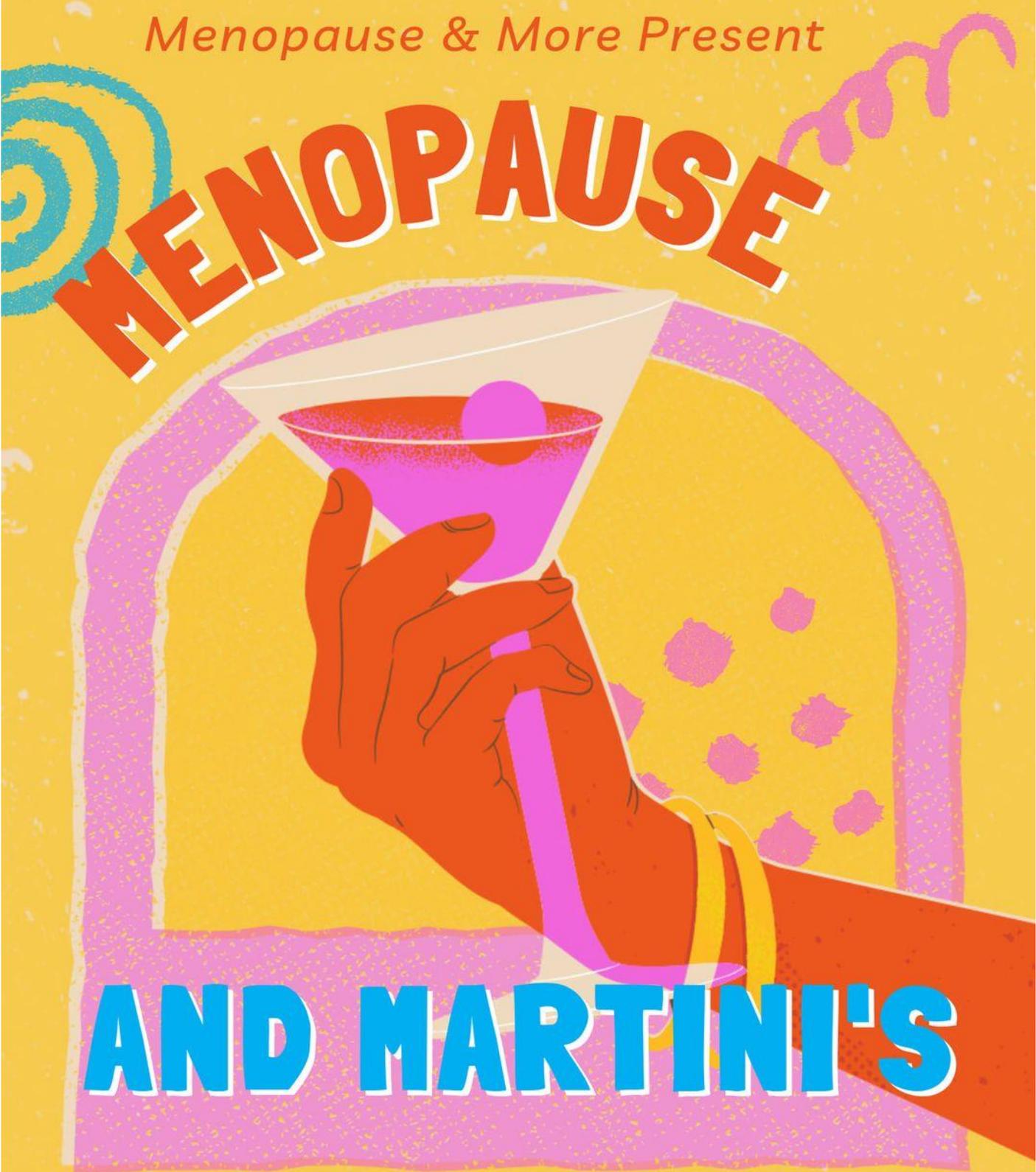
(Please note: appointments are by invitation only)

Safe Personal Effective

T: 01282 805301  
E: [breastscreening.elht@nhs.net](mailto:breastscreening.elht@nhs.net)  
W: [www.elht.nhs.uk/services/breast-imaging-screening-service](http://www.elht.nhs.uk/services/breast-imaging-screening-service)  
#bescreened  
Facebook: @EastLancashireBreastScreeningService

*Menopause & More Present*

# MENOPAUSE

A hand holding a martini glass with a red liquid and a red cherry. The background is yellow with a purple archway and a blue spiral.

# AND MARTINI'S

*Join us on 2nd Feb at The Whip & Kitten*

Talking Menopause, HRT, Mental Wellbeing and 'Ask the GP'

**Specialist skincare demonstration with Emily Guerin**



Join Ramblers Wellbeing Walks Rossendale for short, local and accessible walks to help you get more active.



### **It's Free!**

Join your Wellbeing Walks Group

- Walks are over easy ground and taken at steady pace to suit everyone
  - Walks range from 10 to 90 minutes in length
- At least one short walk a week, starting at the same time and place every week
  - All walks are accessible on foot or by public transport
  - You only need to join a group once to access all future walks

More information at <https://bit.ly/3vYe7i4>





## Weekly Mindfulness Now meditation classes

Thursdays 5:30pm - 6:30pm.  
£5 per class; pay on the day!  
At the A.B.D Community Centre, Bacup.

To book your place please email  
[help@theletstalkproject.org](mailto:help@theletstalkproject.org)

# Lighthouse Tai Chi®



**Adrenaline Centre**

## Tai Chi & Qigong



**Join Anytime** - included in memberships

**Mondays: 1pm & 2pm**

**Wednesdays: 2pm & 7pm**

**Fridays: 10.45am**

For prices and bookings please call 01706 227016 or ask at reception

SPRING 2024

# MEN'S HEALTH AND



SCAN ME



# WELLBEING

SERVICES IN ROSSENDALE



# Rossendale Men's Shed



## **Mondays - Starting 8th January 2024**

11am - 1pm Blokes breakfast club

ABD Centre, Burnley Rd, Bacup

## **Tuesdays and Wednesdays**

9:30am - 4pm Men Shed Woodworking Sessions

The Men Shed, Haslingden Community Link

Bury Rd, Haslingden



## **Thursdays - Starting 11th January 2024**

1pm - 3pm Social group

Rossendale Golf Club, Haslingden



## **Wednesdays**

4pm-6pm: Social Group

Haslingden Community Link, Bury Rd, Haslingden



## **Fridays**

10am - 12pm Men Shed session (mixed)

Jubilee Court, Jubilee Rd, Helmshore

**Tel: Andy 075 171 18526**

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# The Greater Good

## **Mondays**

12pm-1:30pm: Come Together Coffee Afternoon

Unitarian Church, Bank Street, Rawtenstall



## **Tuesday**

10am - 11:30am Free & Easel Art Workshop, St Peters Community

Centre, Haslingden

## **Thursday**

1pm - 2:15pm The Write Time, Creative Writing Workshops

St Peters Community Centre, Haslingden



<https://bit.ly/gretergoodprojectcic>

# Whitworth Men's Shed



Whitworth Men's Shed is a community group for men. It is a social space where men can come and get involved in practical activities or just have a chat over a brew!

## **Mondays**

1pm - 3pm: Guitar Session  
6 Milner Street, Whitworth OL12 8RQ



## **Wednesdays & Fridays**

10am-11:30am: Men's Shed Social Group  
6 Milner Street, Whitworth OL12 8RQ



 <https://bit.ly/WhitworthMensShed>

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# Veterans in Communities

VIC supports former ex-service men and women who have served in any of the armed forces and their families who have or are having difficulties or just want to socialise with like minded people. the V.I.C and all its classes are open to the public

## **Tuesdays & Fridays**

10am - 3pm - Art Group  
12 Bury Road, Haslingden BB4 5PL



## **Thursdays**

1pm - 3pm - Quiz  
6:30pm - 8:30pm - VIC Choir Practise   
12 Bury Road, Haslingden BB4 5PL

 **Tel: 01706 833180**  
[veteransincommunities.org](http://veteransincommunities.org)

**VIC**  
VETERANS IN COMMUNITIES  
*Return Belong Prosper*

# The Middle Men

A safe place for men to talk about their experiences, and especially their mental health and peer support to other men who are finding life difficult.

## Sundays

7:45pm - 9:30pm: Mens Mental Health Session  
ABD Centre, 3 Burnley Road, Bacup OL13 8AB

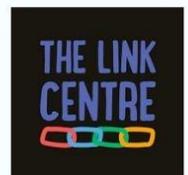


# Haslingden Community Link

## Thursdays

1:30pm – 3pm - Gentle strolls  
Bury Rd, Haslingden BB4 5PG

**Tel: 01706 230116**



# Beacon Dementia and Wellbeing

Services for people living with dementia, their Carers and those experiencing loneliness or isolation



## Tuesday & Wednesdays

Men Shed Session at the Shed at the Whitaker Museum Whitaker Park,  
Haslingden Road, BB4 6RE

## 3rd Friday of every month 2:30pm-4pm

Meet at the Whitaker Museum, Whitaker Park, Haslingden Road, BB4 6RE

## First Thursday of every month 1pm-3pm

Whitewell Bottom Community Centre, Burnley Rd East BB49LB



**email: [hello@beaconrossendale.org.uk](mailto:hello@beaconrossendale.org.uk)**

# Rossendale Male Voice

**Choir**  <https://www.facebook.com/RossendaleMVC>

**Mondays**

7:30pm–9:30pm: Men's Choir Session  
St Peters Church Haslingden BB4 6NZ



## Friends Reminisce

Friends Reminisce is a constituted volunteer group that targets older people and people in the early stages of dementia and their carers.



**Fridays**

10:30am–12:30pm: Dementia support group  
Haslingden Community Link, Bury Rd, Haslingden  
BB4 5PG



## Spectrum Inclusion

The valley's LGBTQIA+ Community. Offering support, information and helping people to accept themselves as well as be accepted



**3rd Monday of every month**

10am–11am

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

**email: [spectruminclusionrossendale@gmail.com](mailto:spectruminclusionrossendale@gmail.com)**

## Stubbylee Community Greenhouses



**Fridays**

10am–3pm: Bicycle repair workshops

10am–12:30pm: Community gardening

1pm–3:30pm: Growing for pleasure

 [thegreenhouses.org](http://thegreenhouses.org)

# RammyMen

The Den, 6 Stubbins Vale Road, Ramsbottom, Lancashire, BLO 0NT

RammyMen was set up after a couple of local men found their mental health problems too much and resorted to suicide. Now over 700 men and women get involved in the activities organised, helping to strengthen our community.

Come and join us! £2 a session Lunch available £3



## Mondays

11am-4pm: Art & Crafts  
4pm Meditation  
6pm Singing Group



## Wednesdays

11am Quiz  
2pm Scale Modelling  
7pm External Speaker & Pie with Peas



## Tuesdays

10am Games Session  
12pm Computer Programming  
1:30 Design Technology  
4pm TaiChi £6  
5:30 Ukulele Group  
7:30 Film Night



## Thursdays

7pm-8:30pm Games Night

## Friday

2:30pm TaiChi £6  
4pm Bowling/Games Session

**Tel: Rob 07944038512**

# This leaflet is sponsored by



## High quality supported living

Our supported housing services in Rossendale, Lancashire, are designed for people aged 55 and over who are looking to live independently.

We are offering 1 bedroom self-contained flats and our services have communal areas for our Customers to socialise in.

These homes are ideal for people who wish to remain independent and still be at the heart of the Community.

Our friendly Colleagues are here to help you live in a home that meets your needs and gives you every opportunity to live independently.

For more information, please visit:  
[www.placesforpeople.co.uk](http://www.placesforpeople.co.uk)



To make and enquiry about  
Jubilee Court Call 01706 830170



To make and enquiry about  
Irwell House Call 01706 211325



Funded by  
UK Government

# Ladies Yoga



Every Monday



1:30pm-2:30pm



Haslingden Community Link,  
BB4 5PG

For further information or to book a place please contact Geraldine Coogan on  
[gcoogan@activelancashire.org.uk](mailto:gcoogan@activelancashire.org.uk) or 07465755471





The HARRI bus is a community engagement vehicle covering Lancashire and South Cumbria. Its role is to promote physical and mental health services and to signpost to opportunities within your community. On board HARRI you'll find a wealth of information which our friendly team will be more than happy to guide you through. We also work with a variety of specialist partners who join us at organised events and can offer a range of expert advice and guidance.

## How Do I book HARRI

Booking HARRI couldn't be easier and is completely free of charge. We are happy to travel your location and will consider the majority of community locations. To book, simply call one of our Community Roots sites (01282 628530 for Community Roots@Chai or 01772 695365 for Community Roots@Deepdale or e-mail [Community.roots@lscft.nhs.uk](mailto:Community.roots@lscft.nhs.uk).

Please Note - HARRI requires four standard parking spaces so please ensure that your venue is large enough to accommodate us before booking.

## Contact Information

### Contact

01282 628 530/01772 695 365

[Community.roots@lscft.nhs.uk](mailto:Community.roots@lscft.nhs.uk)

[www.communityroots.lscft.nhs.uk](http://www.communityroots.lscft.nhs.uk)



## HARRI



## Come On Board

## On Board HARRI

We provide a safe space for you to chat informally about any concerns regarding your wellbeing. We can signpost you to services and opportunities in your local area, whilst also providing any information that is immediately available. We always encourage our community partners to join us on HARRI on the day - they will also provide specialist information and often can make direct referrals.



On Board HARRI we also provide physical Health checks e.g. blood pressure and often have our partners on board who may well be able to offer additional checks on the day

## Meet Harri This Month

Friday 2nd February  
1:00pm/3:00pm

Trimpell Sports & Social Club  
Moss Lane, Morecambe,  
LA4 4UP

Tuesday 6th February  
10:00am/3:00pm

Tesco's  
Sykes St Haslingden, BB4 6LY

Wednesday 7th February  
12:00pm/3:00pm

Preston Flag Market  
Earl Street PR1 2JA

Tuesday 13th February  
10:00am/3:00pm

Tesco's  
Liverpool Road Burscough,  
Ormskirk, L40 0SA

Tuesday 13th February  
10:00am/3:00pm

Barrow In Furness  
(Venue to be arranged)

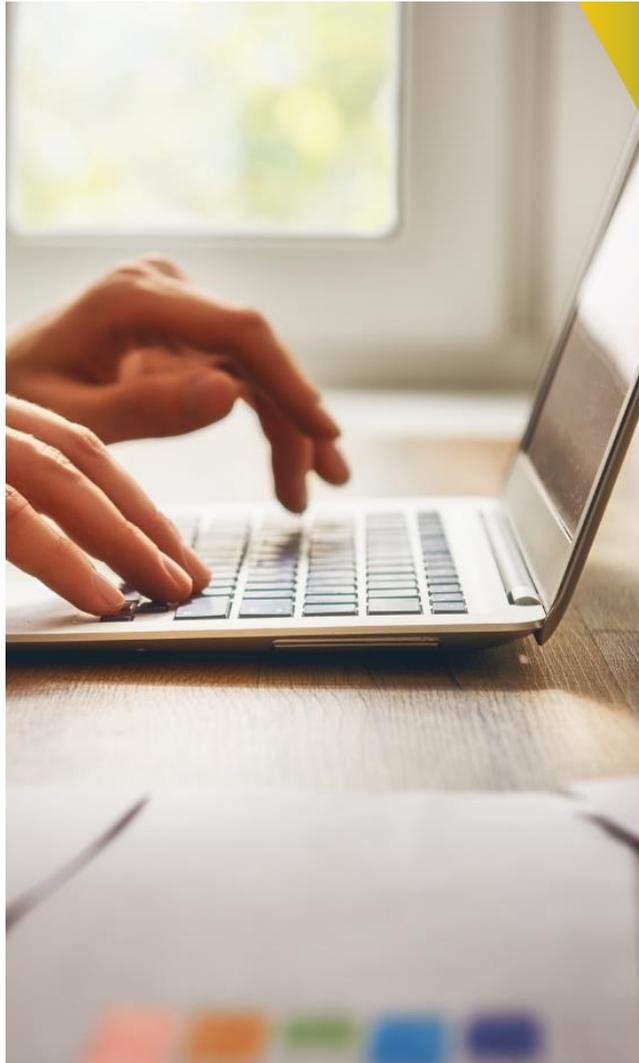
## Community Roots

HARRI is the engagement arm of our Community Roots service and will carry information about what we can offer.

Community Roots is a lived experience led, co-produced service offering a wealth of FREE health and wellbeing opportunities. We offer everything from sessions on specific diagnoses to more general sessions related to wellbeing e.g. Confidence and Assertiveness, Gratitude and Joy. We also work with a range of partners, who offer various wellbeing, vocational and training opportunities in your area.



## TRAINING



# MENTAL HEALTH FIRST AID TWO DAY COURSES

## Adult Mental Health First Aid

11th & 12th December - 9:00 - 17:00 - In person - Colne  
22nd, 23rd, 25th, 26th January 2024 - 13:00 - 16:30 - Online  
26th, 27th, 29th Feb & 1st March 2024 - 09:15 - 12:45 - Online  
18th, 19th, 21st, 22nd March 2024 - 09:15 - 14:45 - Online

## Youth Mental Health First Aid

29, 30 January & 1, 2 February - 14:00 - 16:30 - Online  
12th, 13th, 15th, 16th February 2024 - 09:15 - 11:45 - Online  
11th, 12th, 14th, 15th March 2024 - 09:15 - 12:45 - Online

## For more information

Training@p-a-c.org.uk



[www.p-a-c.org.uk/mental-health-and-suicide-awareness-and-prevention](http://www.p-a-c.org.uk/mental-health-and-suicide-awareness-and-prevention)



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Funded by:



# SUICIDE PREVENTION COURSES

## SafeTalk courses available:

14th December 2023 - 09:30 - 13:00 - Rigby Street, Colne

1st February 2024 - 09:30 - 13:00 - Rigby Street, Colne

8th March 2024 - 09:30 - 13:00 - Rigby Street, Colne

## Asist courses available:

TBC



PAC training  
webpage



**ASIST**



MHFA England

Funded by:

**Lancashire**  
County  
Council



**safeTALK**

**PAC**

Positive  
Action in the  
Community



# WHITWORTH & DISTRICT UNIVERSITY OF THE THIRD AGE

## Come and join the fun!

Monthly meetings held first Wednesday of the month 1.15 for 1.30 pm at Hallfold URC, Hall Street, Whitworth, OL12 8TL.

A guest speaker every month, chance to make new friends and sign up for groups and outings.

Social events – beetle drives, quizzes, whist drives.

Outings – to art exhibitions, theatre, bird reserves, flower shows.

Special interest groups, covering a host of subjects:

- |                              |                                    |
|------------------------------|------------------------------------|
| Amblers – monthly            | Learning Italian Together – weekly |
| Art – monthly                | Luncheon Club – monthly            |
| Bird Watching – seasonal     | Philosophy – monthly               |
| Book Club – monthly          | Photography – fortnightly          |
| Craft Group—monthly          | Play Reading – monthly             |
| Creative Writing – monthly   | Senior Fun Tap – fortnightly       |
| Family History – monthly     | Ukulele—weekly                     |
| Flower Arranging – monthly   | Walking – fortnightly              |
| Garden Inspiration – monthly | Wellbeing – monthly                |

For more details contact the Group Leader overleaf or Helen Illingworth, Interest Groups Co-ordinator, on 07860 314968 / e-mail at [helen@illingworth.org.uk](mailto:helen@illingworth.org.uk)

Annual membership fee is only £15.00 per annum. New Membership Application Forms can be found on the website.

Interest Group	Group Leader	Contact
Amblers	Phil Ellis Lynne Hutton Helen Illingworth	07907 854891 07718 913131 07860 314968
Art	Lindsay Fairhurst Julie Latham	07800 820096 07801 306776
Bird Watching	George Scaife	07956 294775
Book Club	Helen Illingworth	07860 314968
Craft Group	Meg Starkey	07778 017443
Creative Writing	Kay Grayson	07903 570008
Family History	Jean Ainsworth	07790 192120
Flower Arranging	Nina Gardner	07411 520771
Garden Inspiration	Pat Matson	01706 853691
Learning Italian Together	Meg Starkey	07778 017443
Luncheon Club	Margaret Croxon	07790 891962
Philosophy	John Hall	<a href="mailto:john@firefly.me.uk">john@firefly.me.uk</a>
Photography	Doreen Brown	07813 056481
Play Reading	Mary Cawley	01706 356109
Senior Fun Tap	Paula Bradbury	07914903208
Ukulele	Deborah Whitham	07776 332666
Walking	Garry Bradbury	07486 009581
Well Being	Sheila Daly	07762 757925

Membership of the U3A (University of the Third Age) is made up of retired and semi retired people from the Whitworth area who wish to continue learning, make new friends and have fun.

It isn't about getting a qualification but provides an opportunity for members to share interests, knowledge and experiences. Members have the opportunity to pursue creative, leisure or educational activities with like-minded people. All groups are run by members for members.

For more information on when and where interest groups meet, please contact the Group Leader. For insurance purposes only members can join interest groups.

Information can also be found on the Whitworth & District U3A website: [u3asites.org.uk/whitworth](http://u3asites.org.uk/whitworth).



Stubblee Community Greenhouses  
 Stubblee Lane, Bacup OL13 0DD  
 01706 872111  
 07791245755  
 info@thegreenhouses.org

## STUBBLEE COMMUNITY GREENHOUSES COURSES

### ☺ MENTAL HEALTH ☺

Delivered in our teaching rooms

<b>Improving Mental Health</b>	A lovely informal session where we explore skills to help you look after your well-being. You will not be expected to share anything personal. <i>(Free- For patients registered with Irwell, Waterfoot, Whitworth or Ilex View Medical Practices or currently being supported by mental health or counselling services)</i>	Tuesday afternoons 1.30-3.30 From 16 <sup>th</sup> January and 9 <sup>th</sup> April  Events Space	8 weeks
<b>Psychosis Awareness</b>	An expert guide to understanding psychosis and associated conditions and practical ways of managing daily life.	Mon 13 <sup>th</sup> May 10.00am-12:00 Events Space	1 Session  FREE
<b>Anxiety Management</b>	An expert guide to understanding anxiety and associated conditions. Practical ways of managing daily life to overcome anxieties and build resilience.	Monday 19 <sup>th</sup> February. 1000am-12.00 Events Space	1 Session  FREE
<b>Autistic Spectrum Condition Awareness</b>	A wonderful session which offers a beneficial insight into the history of Autism, how to identify autistic spectrum traits and learn ways to build resilience.	Monday 8 <sup>th</sup> April 10.00-12.00 Events Space	1 session  FREE
<b>Managing Emotions</b>	Feeling overwhelmed by intense emotions can have a negative impact on your life, work and relationships. This course will increase your understanding and awareness of why we have emotions, how they can affect us, and the skills to manage these when it feels difficult to cope.	Monday 17 <sup>th</sup> June 10.00-12.00 Events Space	1 Session  FREE

### 🌱 HORTICULTURE 🌱

Delivered in the site Greenhouses

<b>Introduction to Horticulture</b>	Delivered by Kate Wells from Lancashire Adult Learning. Gardening and growing your own plants, vegetables and flowers can bring a wide range of health and wellbeing benefits. This 4-week course is a great way to develop a wide range of gardening skills to apply in work or your own garden. The course is suitable for complete beginners, through to those who would like to further develop their existing skills and knowledge. (...continuing onto the L1 qualification- see below...)	Thursday mornings 9.30-12.00 Starts January 11 <sup>th</sup> .  Main Greenhouse	Weekly, 4 sessions
<b>Level 1 Practical Horticulture</b>		From 22 <sup>nd</sup> February	

Contact: 07933812890 (10:00-3:00)

email: [elrecovery@gmail.com](mailto:elrecovery@gmail.com)

# MHFA HALF DAY COURSES!

PAC

Positive  
Action in the  
Community

Lancashire  
County  
Council



MHFA England

## COURSES AVAILABLE:

### Adult Mental Health First Aid

7th December - 13:00 - 17:00 - Online

25th January 2024 - 13:00 - 16:30 - Online

5th February 2024 - 13:00 - 16:30 - Online

4th March 2024 - 13:00 - 16:30 - Online

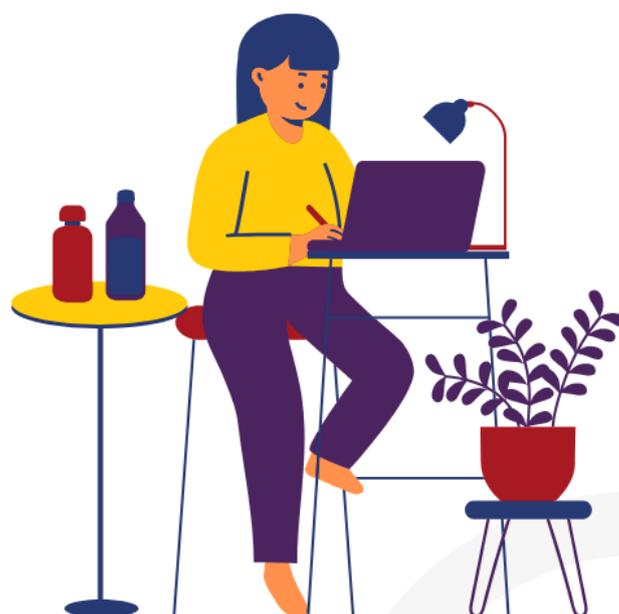
### Youth Mental Health First Aid

21st December - 09:00 - 13:00 - Online

19th February 2024 - 13:00 - 16:30 - Online

7th March 2024 - 09:15 - 12:45 - Online

14th March 2024 - 13:00 - 16:30 - Online



PAC training  
webpage



Email address - [Training@p-a-c.org.uk](mailto:Training@p-a-c.org.uk)

FREE ONLINE Health and Wellbeing course for people in  
BLACKPOOL, LANCASHIRE and SOUTH CUMBRIA  
Physical and psychological wellbeing support for people with  
long term health conditions.



**Six session course lasting 60 minutes each week**

- Combines Cognitive Behavioural Therapy (CBT), Positive Psychology and Mindfulness
- Not interactive - no discussion of personal problems
- Aims to teach new coping strategies and skills and tools
- Associated worksheets available to reinforce what has been taught

**Course Dates:**

<u>Introductory Session:</u>	Tuesday 20 <sup>th</sup> Feb 2024	1pm - 1.30pm
<u>Session 1:</u>	Tuesday 27 <sup>th</sup> Feb	1 – 2.pm
<u>Session 2:</u>	Tuesday 5 <sup>th</sup> Mar	1 – 2.pm
<u>Session 3:</u>	Tuesday 12 <sup>th</sup> Mar	1 – 2.pm
<u>Session 4:</u>	Tuesday 19 <sup>th</sup> Mar	1 – 2.pm
<u>Session 5:</u>	Tuesday 26 <sup>th</sup> Mar	1 – 2.pm
<u>Session 6:</u>	Tuesday 2 <sup>nd</sup> Apr	1 – 2.pm

All recordings available for 72 hours after the live event

To find out more or book a place: Call 01253 955700

Email [bfwh.talkingtherapies@nhs.net](mailto:bfwh.talkingtherapies@nhs.net)

Visit [www.bfwh.nhs.uk/our-services/healthier-minds](http://www.bfwh.nhs.uk/our-services/healthier-minds)

*Blackpool Talking Therapies do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems, or treatment for severe and enduring mental illness.  
Please discuss these needs with your GP.*



**for anxiety and depression**

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust

## VOLUNTEERING OPPORTUNITIES



# 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.