

COMMUNITY BULLETIN

March 2024

Welcome to your March 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



Weavers cottage, Rawtenstall

COMMUNITY ACTIVITIES

Bacup Family Centre After School Club

Running Wednesdays (Termtime) 3.30pm – 5.30pm

Suitable for 8–11-year-olds. Entrance is £1 a week. The sessions include drinks & snacks with a selection of games, craft & fun activities.

Limited spaces available. To register your interest in a place for your child / children please email enquiries@bacupfamilycentre.co.uk or call 01706870683

"PROVIDING A SPACE THAT IS SAFE, WELCOMING & SOCIALLY INCLUSIVE WHERE CHILDREN CAN EMBRACE THEIR INDIVIDUALITY, HAVE FUN & BE KIDS!"



REGISTERED CHARITY 1129644

MONDAY DROP IN 12.30PM – 2.30PM

BACUP FAMILY
CENTRE

•
TOP FLOOR OF THE
ABD CENTRE

Fancy meeting new people?

Getting out of the house & a change of scenery?

Our drop in is a safe space for people to pop along for a few hours, chat & have a brew & biscuit!

With games, quizzes, bingo, cards, crafts & more. Join in as much or as little as you wish.

All welcome (adults 18+) & completely free! For more info contact us 01706870683 / enquiries@bacupfamilycentre.co.uk





BACUP FAMILY CENTRE TODDLER & BABY GROUP

Mondays (Term time) 9 - 10.45am

Bacup Family Centre, Top Floor ABD Centre.

Burnley Road, Bacup, OL13 8AB.

£1.50 per family - first session free of charge.

Ages 0 - pre-school

A chance to meet other parents.

Support your child to interact with others through play.

Refreshments & snacks provided



Registered Charity 1129644

enquiries@bacupfamilycentre.co.uk



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
or speak to Natalie

Carers Meetups

Monthly / 11-1pm

Rossendale - 1st Thursday

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

Come and join us for a cuppa and delicious lunch!



For more information contact us at
01254 387444

 **Carers Link**
Lancashire
IMPROVING LIFE FOR CARERS

ST ANNE'S

BABY & TODDLER GROUP

Wednesday 21st February-27th March
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 aged
0-5 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





INCREDIBLE EDIBLE ROSSENDALE

Seed Share

Get some seeds, make some wildflower bombs with us and learn about what we do!

Tesco Hasligden
16th March
11-3pm



Unitarian Church

We will be holding a stall at the Unitarian Church on Bank Street. We will have crafts and plants!

Unitarian Church
Bank St
30th March
11-3pm

Make your own wildflower seed bombs!



Find yourself something to scoop with. You will need 5 scoops of compost,

3 scoops of flour and one scoop of wildflower seeds. Mix together in a bowl and add water until it combines like dough. Form in to balls. You can dry them for later or go and throw them!

Ingredients:

Peat-free
compost
Flour
Wildflower seeds
Water



THROW

The VIC choir is recruiting.....



Scan QR code to
look at our website



VIC CHOIR

The VIC Choir was formed in 2014, and performs to raise money for VIC to support those who have served in the Armed Forces and Emergency Services.

The Choir meet and practice every Thursday at the VIC Centre in Haslingden from 7pm.

For more information. Please contact Ronnie Barker or Barry Hyde at the office on 01706 833180 or info@vic.org.uk

www.veteransincommunities.org

THE LINK
CENTRE

MONTHLY MEETUP



MONDAY 20TH MARCH

10-11AM

HASLINGDEN COMMUNITY LINK

JOIN US FOR A COFFEE AND
A CHAT. ALL ARE WELCOME!



ERIC WRIGHT
CHARITABLE TRUST



SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM



SPECTRUM INCLUSION ROSSENDALE

THIS IS A
SAFE
SPACE



Bacup Now Easter Festival
Saturday 30th March
For Details See the Bacup Now
Facebook page



TABLE TOP SALE



SATURDAY 30TH MARCH 2024
11AM-3PM

Beverages, sandwiches & cakes
available for donations

Tombola & kids activities

more info: emmajaneuk@yahoo.co.uk

Raising funds for The Unity Fridge

UNITARIAN CHURCH 34 BANK STREET
RAWTENSTALL BB4 7QY



What's coming up

March

Sunday 10th : Mother's Day Afternoon Tea
With BC Bakes & live entertainment from Francesca

Friday 8th March : Film Night, Barbie
With the Women of Whitworth

Sunday 31st : Easter Markets
FREE ENTRY : Food, crafts & drink stalls

April

Thursday 4th : Easter Picnic
with entertainment by Mini Me Time

Thursday 11th April: Easter Movie Wish
Adults go FREE | Soft play



WHAT'S COMING UP AT THE WHITAKER

March

-  Family activities
-  Film night
-  Adult & collections workshops
-  Seasonal events
-  Exhibitions, artist talks & workshops

March

Saturday 2 nd	Museum Antics – Seasonal Springtime
Thursday 7 th	Film Night: Rocks
Thursday 7 th	The Whitaker Artist Support Network
Saturday 9 th	Create a 'Zine Workshop
Saturday 16 th	Michael Davitt Celebration & Saint Patrick's Day
Sunday 17 th	Michael Davitt Celebration & Saint Patrick's Day
Thursday 21 st	Film Night: Scrapper
Saturday 23 rd	Mother's Day Experience - Wreath Making and Afternoon Tea
Sunday 24 th	The Sunday Boys Choir – Voices of the Polar Night



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



Haslingden Road, Rossendale, BB4 6RE



Haslingden, Helmshore and Edenfield Community Partnership

**Tuesday 5th
March 2024**

**6.30pm
Haslingden
Community Link**

**Find out more
about what is
happening in your
area**

**Meet representatives
of the Police, local
Council and
voluntary and
community groups**

More about:

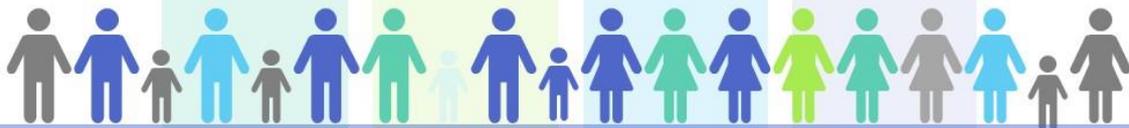
**Rossendale Valley Energy-
support with your fuel bills
and energy grants**

**Police update on local
crime statistics**

The Halo online food pantry

**Town Centre Regeneration
update**

**Partnership small grants for
community groups**



Open to Everyone

**Come and find out
more**

HAF

Rossendale
Holiday Activities & Food



In Rossendale, we are running a **free holiday club programme** for children and young people who receive free school meals.



Come and enjoy fun activities, healthy meals, meet new people and learn new skills.

Sessions run from Tuesday 2nd-Friday 5th April and Tuesday 9th - Friday 12th April

Limited spaces available on each activity.

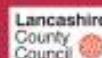
Scan me



For more information & to register visit www.rtrtrust.co.uk/haf

Parents/guardians are not required to stay for sessions unless requested to do so. All attendees to any primary school aged sessions (Reception - Yr 6), must be signed in and signed out each day

**HOLIDAY ACTIVITIES
AND FOOD PROGRAMME**



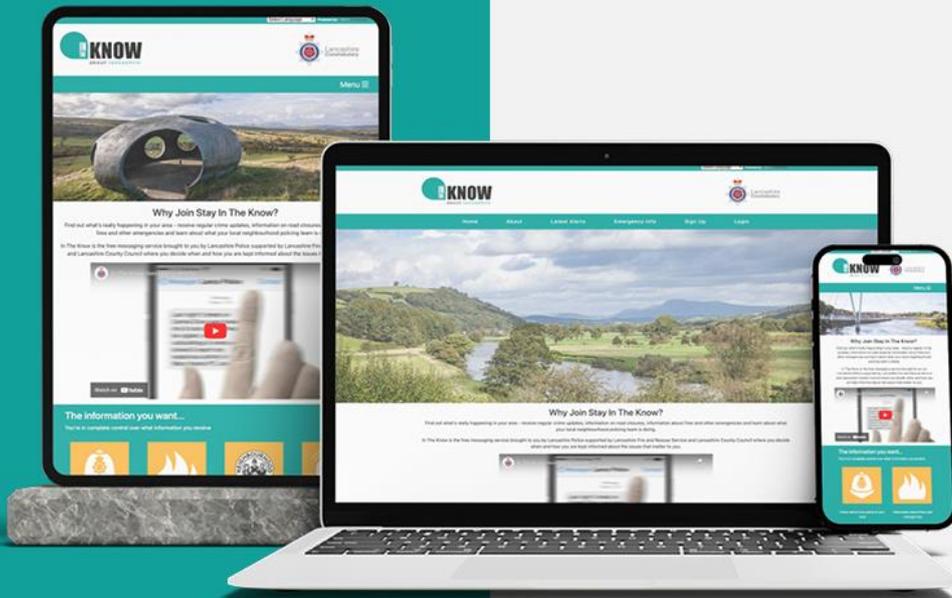


Neighbourhood
Policing

The information
you want, from
organisations
you trust.



Stay
'In The Know'
and sign up
today!



Our neighbourhood teams are dedicated to tackling crime and anti-social behaviour in your local area.

In The Know ensures that you are the first to hear about the issues which directly impact you, as our officers send out crime updates, tips for safety and crime prevention, good news stories and how they are tackling crime and ASB near you.

Don't miss out, sign up here 

<https://orlo.uk/N4K1B>



Health and wellbeing support for children, young people and families.

If you need support, just ask anywhere you see this logo or call in at one of the following centres:

- The Maden Family Hub, Rochdale Road, Bacup. OL13 9NZ
- Rawtenstall Family Hub and the Zone, Burnley Road, Rawtenstall. BB4 8EW
- Haslingden Community Link and Family Hub, Bury Road, Haslingden. BB4 5PG



Rossendale Community First Responders with Community Defibs for Rossendale

Come along to a 2 hour **'No Fear'**
familiarisation session and see what these
fantastic bits of kit can do!!!

Whitewell Bottom Community Centre

on Wednesday 27th March
7pm – 9pm

Booking essential – contact
dawntaylor_6@hotmail.com

Learn how to safely use an
Automated External Defibrillator (AED)
to help a victim of
Sudden Cardiac Arrest

You will also learn how to perform
Cardiopulmonary Resuscitation (CPR)
(Ladies, please wear trousers)

Badger Corner, 11 Brockclough Road, Whitewell Bottom,
Rossendale, BB4 9LG, 07812 303856
Email: dawntaylor_6@hotmail.com



Rossendale Primary Care Network

Supporting

INTERNATIONAL

WOMEN'S DAY

Educational talks on breast & gynaecological cancers.

Health checks for women 40+

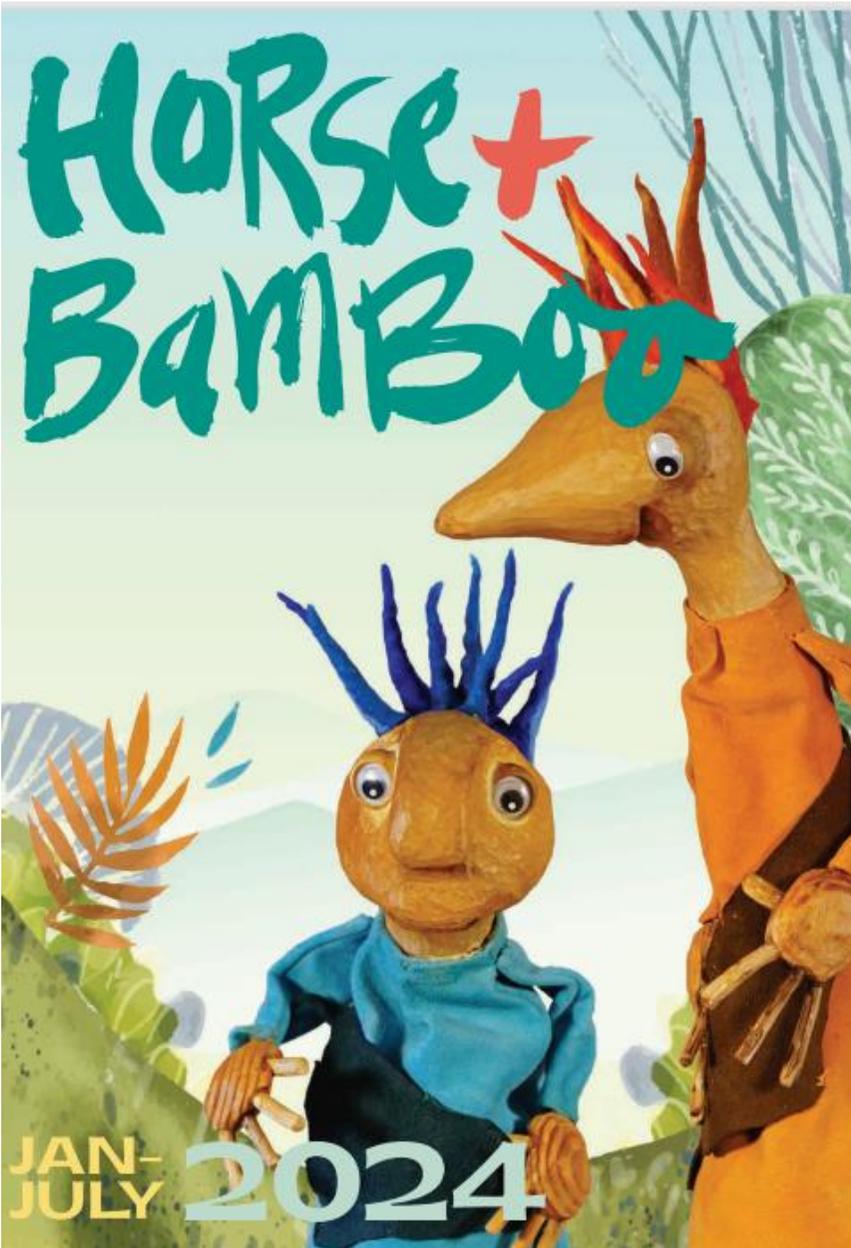
Nurses available for smears (if due)

Immunisations - childhood vaccines & adults MMR

Irwell Medical Centre 9.30 to 12 noon

Saturday 9th March





Cover Image : Snug & Grub by Garlic Theatre (Mon 8 April)

Winding into Summer!

Come down to Horse + Bamboo for an array of events. We have been busy curating a line up that will amaze young and old!

This season, Horse + Bamboo is delighted to host Indigo Giant, a drama aimed more at teenage and adult audiences - alongside our usual busy programme of family theatre. Indigo Giant is a gripping, new production inspired by Dinabandhu Mitra's trail-blazing Indigo Mirror, coming on tour to Rossendale for three nights only. This one is definitely not to be missed!

Look out for our Waterfoot Wakes' festival announcements coming soon in 2024 - and get the date saved now, Parade Day is Saturday 13th July.



HorseandBamboo

HORSE + BAMBOO

Venue Information



Our venue is wheelchair + pushchair friendly.



Free road parking is available in front + behind the venue.

Key



Craft activity - We open an hour before family shows for craft activities



Deaf-friendly performance



The production is supported by the Big Imaginations Network

Spring/Summer 2024

679 Bacup Road
Waterfoot
Rossendale BB4 7HB
Call: 01706 220241

EVENT CALENDAR

January

Sun 21	Family Theatre : Make Some Noise	3pm	£8.50	5+
Thurs 25	NT Live : Dear England	7pm	£15/£13	Adults

February

Fri 2	Live Music : Soma	8pm	£6	Adults
Tues 6	Film Club : Tish (15)	7:30pm	£5.50	15
Fri 9	Rossendale Board Games Night	6pm	Free	All Ages
Sun 11	Family Theatre : The Little Prince	11am & 3pm	£8.50 / £6.50	5+
Tues 13	Family Film : Elemental (PG)	3pm	£3.50	PG
Tues 13	Family Film : Elemental (PG) SUBTITLED	6pm	£3.50	PG
Wed 14	Valentines Craftersnoon	11 - 3pm	Free	All Ages
Thurs 15	Family Board Game Day	11 - 3pm	Free	All Ages
Fri 16	Open Decks	7pm	Free	Adults
Tues 20	Baby Boo : Musical Special	10am & 1pm	£3.50	0 - 4yrs
Thurs 22	NT Live : Vanya (15)	7pm	£15/£13	15
Fri 23	Live Music : Matt Walklate & Dr Tom Attah	8pm	£10 / £8*	Adults

March

Fri 1	Scottish Falsetto Socks Present : Post Office Scandal The Musical	8pm	£10/£8*	Adults
Wed 6 - Fri 8	Indigo Giant	7:30pm	£10/£8*	14+
Tues 12	Film Club : TBC	7:30pm	£5.50	TBC
Fri 15	Rossendale Board Games Night	6pm	Free	All Ages
Thurs 21	NT Live : The Motive & The Cue (15)	7pm	£15/£13*	15
Fri 22	Open Mic Night	7:30pm	Free	Adults
Thur 28	Live Music : The Brothers Gillespie	8pm	£14/£12*	Adults

April

Tues 2	Film Club : TBC	7:30pm	£5.50	TBC
Thurs 4	Family Film : James and the Giant Peach (U)	3pm	£3.50	U

Thurs 4	Family Film : James and the Giant Peach (U) SUBTITLED	6pm	£3.50	U
Fri 5	Open Decks	7pm	Free	Adults
Mon 8	Family Theatre : Snug & Grub Catch A Bug	3pm	£8.50 / £6.50	3+yrs
Thurs 11	Bugtastic Craftersnoon	11 - 3pm	Free	All Ages
Fri 12	Rossendale Board Games Night	6pm	Free	All Ages
Thurs 18	Arts Award : Festival Puppet Making (6 week After School Workshop)	4pm - 5pm	£18	9 to 11 yrs
Thurs 18	Arts Award : Stop Motion Animation (6 week After School Workshop)	5:30pm - 6:30pm	£18	11 to 13 yrs
Fri 19	Live Music : Jaywalkers	8pm	£10/£8*	Adults

May

Fri 3	Horse + Bamboo's Quiz Night	7:30pm	£2pp	Adults
Thurs 9	Live Music : Kathryn Williams & Withered Hand	8pm	£14/ £12*	Adults
Fri 10	Rossendale Board Games Night	6pm	Free	All Ages
Fri 17	Open Decks	7pm	Free	Adults
Fri 24	Open Mic Night	7:30pm	Free	Adults
Tues 28	Baby Boo : Special Session	10am & 1pm	£3.50	0 - 4yrs
Thur 30	Family Theatre : Carried By the Wind	11am & 3pm	£8.50 / £6.50	4+
Fri 31	Live Music : The Blazing Snowmen + Jack and The Black Dog	8pm	£6	Adults

June

Tue 4	Film Club : TBC	7:30pm	£5.50	TBC
Fri 14	Rossendale Board Games Night	6pm	Free	All ages
Sun 16	Waterfoot Wakes : Open Parade Making (On 16th, 23rd, 30th June & 7th July)	11am - 3pm	Free	All the family
Fri 21	Live Music : Monique Clare + Good Habits	3pm	£10 / £8*	5+
Sun 30	Family Theatre : Fishing for Rainbows	3pm	£8.50 / £6.50*	5+

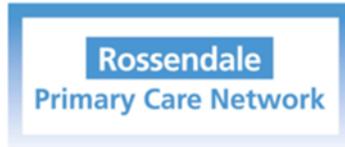
July

Tues 2	Film Club : TBC	7:30pm	£5.50	TBC
Fri 12 - Sun 21	Waterfoot Wakes Festival - check back for our full festival line up!	Across 10 days	Free	All Ages

Theatre | Music | Cinema | Join In

Book your tickets online at:
horseandbamboo.org

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.

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

Here is a message from Anna



Hi, I'm Anna Whiteoak, I am an Associate Psychological Practitioner, working across GP Practices in Rossendale East and Ilex View in Rawtenstall.

I provide mental health support through teaching psychological approaches and skills to support emotional well-being and promote good mental health.

I provide brief psychological interventions at your GP practice, through four 1-1 sessions plus a follow up session 6 weeks later.

Who can I see?

People who need extra support with their mental health; low mood, anxiety, stress etc

People whose physical health conditions are impacting on their mental wellbeing

Anyone who would benefit from basic psychological advice regarding:

- Sleep hygiene
- Healthy lifestyle
- Relaxation/breathing techniques
- Stress/worry/ low mood management

I also run an 8 week Improving Mental Health course at Stubbylee Community Greenhouses that covers many of the topics mentioned above plus many more. The course is run collaboratively with Souta Van Wick, manager of Stubbylee Community Greenhouses and is an ongoing course that runs throughout the year.

My service is accessed through referral from one of our clinicians; GPs, PA's, nurses, pharmacists, physios, mental health practitioner etc.



MEASLES

Don't let your child catch it
– get them vaccinated with the MMR vaccine

The number of young people catching measles has risen. It's never too late to be vaccinated. You need two doses of MMR one month apart to be fully protected against measles, mumps and rubella.

It's time to make measles a disease of the past.

If you have symptoms of measles, stay at home and phone your GP or NHS 111 for advice. **STAY AWAY** from GP surgeries and A&E departments – you could spread the illness to others.

Measles symptoms include: high fever; sore, red, watery eyes; coughing; aching and feeling generally unwell; a blotchy red brown rash, which usually appears after the initial symptoms.

i mmunisation
the safest way to protect your child

For more information contact your local GP surgery or visit: www.nhs.uk/mmr

HEALTH-WiSE

NHS

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.



A&E or 999

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

Emergency departments or A&E 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



Find your nearest Urgent Treatment Centre or Minor Injury Unit here: 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:
healthierlsc.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.

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.**

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.

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:

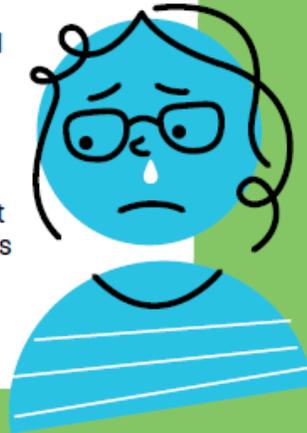
Sadly, there is no cure for the common cold. The best thing to do is get plenty of rest, eat healthily and drink plenty of fluids. Warm drinks often help.

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

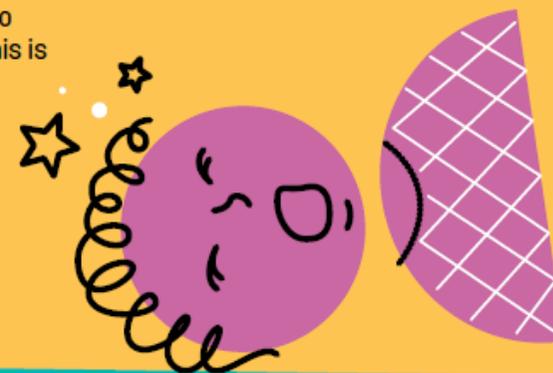
The cold weather puts a lot of people at risk of being unwell or having an accident. Stay **HEALTH-WISE** by knowing what to do.

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 under 'Self care'.



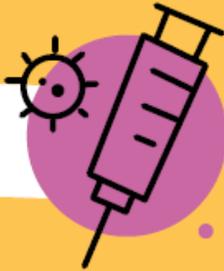
Long-term conditions

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.



Stay active if you can.



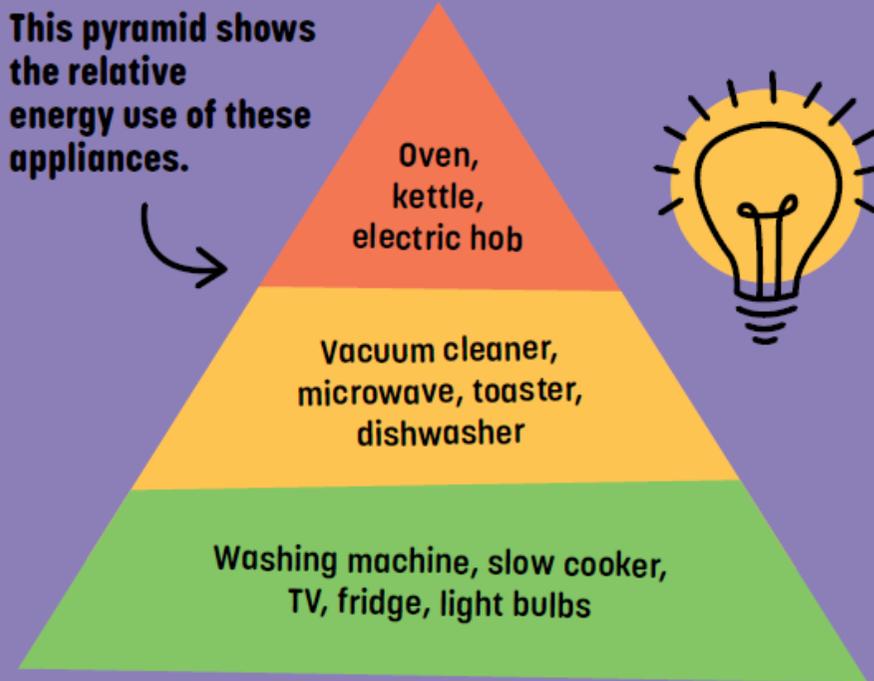
Keep warm – heat your home to 18-21°C when you can or have warm meals or drinks.



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.

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 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

Blackburn with Darwen Council:

blackburn.gov.uk/cost-living-support/household-support-scheme

Blackpool Council:

blackpool.gov.uk/Residents/Advice-and-support/Financial-advice/Cost-of-living-help.aspx

Central Government:

helpforhouseholds.campaign.gov.uk/

Cumbria County Council:

cumbria.gov.uk/costofliving/

Lancashire County Council:

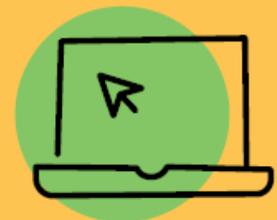
lancashire.gov.uk/health-and-social-care/cost-of-living/

NHS health advice:

Freephone 111
nhs.uk

Citizens Advice:

0808 223 1133
citizensadvice.org.uk





MEN'S MENTAL WELLBEING PEER SUPPORT GROUP

**A FREE INFORMAL GROUP SIT-DOWN AND
TALK SESSION, WHERE MEN CAN HAVE A
BREW AND TALK TO OTHER MEN ABOUT
THEIR LIVES.**

EVERY SUNDAY | 8 PM - 9:30 PM

NO BOOKING REQUIRED - JUST TURN UP

**HELD AT THE ABD CENTRE,
BURNLEY ROAD, BACUP, OL13 8PS**

facebook.com/TheLetsTalkProject
help@theletstalkproject.org
01706 558 022



**FITNESS
WELLBEING**
ROSSENDALE LEISURE TRUST

CALLING ALL NEW MUMS

Buggy Fit is at Adrenaline, Haslingden



Bring your child in the pram and enjoy using the gym equipment.

While there's an Instructor to kick things off, you'll set your own pace for a fab workout.



Every Tuesday & Thursday
10am-11am in the Hiit Studio
Members & Non members welcome

Find out more what we
offer new & expecting mums
www.rltrust.co.uk/new-mums

Healthy Walks

In Rossendale

Join our Up & Active team on one of the **Healthy Walks** around Rossendale.

- Enjoy the outdoors
- Improve your fitness
- Socialise with others



UP AND active

Healthy Walks

In Rossendale

Join our Up & Active team on one of the **Healthy Walks** around Rossendale. The walks are a fantastic way to enjoy the outdoors, improve fitness, and socialise with others.

Free organised walks in Rossendale

- Marl Pits Running Track, Rawtenstall
- Cowm Reservoir, Whitworth
- Whitaker Park, Rawtenstall



For more information:

You can scan the QR code or visit www.rltrust.co.uk/SOMETHING



A Wellness Walk for Women

Starting February 2024

When - Wednesdays 10am prompt

Where - Community Link, Bury Rd,
Haslingden. Meet at the entrance from 9.45am

Details - A leisurely walk to Victoria Park and
back. Roughly 45 minutes.



FREE!



Contact us at:

juliet.murphy@nhs.net shirley.sadler@nhs.net

Juliet and Shirley are Health and Wellbeing coaches for Rossendale
Primary Care Network

Rain or shine! Dress appropriately for the weather.
Bring water and /or snack.

Thanks for reading!

If you have any information you would like to include in the April community bulletin please email it to:

Communitiesteam@rossendalebc.gov.uk

By Wednesday 27th March 2024