



# COMMUNITY BULLETIN

April 2024

Welcome to your April 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)



Cwm Reservoir, Whitworth

## COMMUNITY ACTIVITIES



JOIN US FOR THE ANNUAL

# Bacup Now Easter Festival

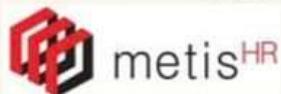
Saturday 30th March 2024

Britannia Coconutters	Imperial Alliance Stormtroopers
Rossendale Radio	Rossendale Ukulele Band
Ukulele Band	Wise Owl Birds Sanctuary
Pete Sweetmore	Water Village Band
Punch & Judy	Ski Band
Mischief Events	Easter Market
Funfair	Boisterous Bunnies
Face Painter	Easter Trail

IRWELL TERRACE | BACUP MARKET



WITH THANKS TO OUR SPONSORS



Rossendale  
BOROUGH COUNCIL

CROWTHER  
optometrists

WANT TO SPONSOR AN EVENT? CONTACT US ON FACEBOOK!



**FIND A GOLDEN EGG TO WIN PRIZES!**

Lookout for clues on RLT's Facebook & Instagram, to help you find the eggs hidden around the valley.

**SCAN THE QR CODE, TO FIND OUT HOW TO TAKE PART!**

**FREE EVENT**

T&C'S APPLY



PRIZES TO BE WON BY



# **SING MOVE LAUGH**

*A Singing Session with a difference!*

Starting April 2024

Every Monday 10am-11.30am

St Peters Community Centre Haslingden

Contact [catheddisford1@gmail.com](mailto:catheddisford1@gmail.com) to register

your interest



# WHITWORTH SKYLINE 9



ALL AGES WELCOME

FREE  
Downloadable  
audio  
commentary

## Sunday 12th May

### 14 mile circular moorland walk

9 mile Western Skyline or 3 mile Sunday Stroll options available

Start between 7.45 and 9am at Lobden Golf Club

Refreshments en route and meal at finish

Entry forms available across Whitworth

Organised by Whitworth Sports Council



Whitworth  
Town Council



**Yr 7-11**

# **Targeted Youth Support**

## **Easter HAF Activities April 2024**

**Wednesday 3rd April**  
**Climbing wall &**  
**Archery**  
**Whitworth -**  
**Leavengreave Sports**  
**Field, OL12 8NU**



**Wednesday 10th April**  
**Climbing wall &**  
**Archery**  
**Victoria Park**  
**Haslingden BB4 4BY**

**Thursday 4th April**  
**Climbing wall & Archery**  
**Rossendale Youth Zone**  
**BB4 8EW**

**Thursday 11th April**  
**Climbing wall &**  
**Archery**  
**Bacup Town Centre**  
**Irwell Terrace**

**12PM**  
**-4PM**



[cfwrossendaleyouthwork@lancashire.gov.uk](mailto:cfwrossendaleyouthwork@lancashire.gov.uk)

# 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](http://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**





# EASTER PICNIC

Thursday 4th April

12.30pm - 2:00pm  
entertainment at 1:00pm



SCAN TO BOOK

entertainment by



\*price includes breakfast & entertainment

Tickets  
Child £6.50  
Adults £4.00



# FEEL GOOD FASHION SHOW

Join us for a night of live music, fashion and fun as we host our Feel Good Fashion Show Fundraiser!

We will have live music, a 'fashion through the decades' catwalk showcasing vintage items from our charity shops and other local clothing boutiques, a buffet from our very own Carers Link Community Cafe, and various stallholders providing wellbeing services!



Soft, hot and alcoholic drinks also available at the bar.

Just £10 a ticket (plus booking fee when bought online).  
All funds raised will go directly back into helping unpaid carers!

**Thursday 16th May 2024 7pm - 10:30pm**

**Colne Town Hall**  
Albert Road, Colne, BB8 0AQ

Call us on  
01254 387444  
or book online:



 **Carers Link**  
Lancashire  
IMPROVING LIFE FOR CARERS





# **MAYOR'S** **SPRING** **PARTY**

**+ THE ASHCROFT, WHITWORTH.  
OL12 8DP**

**SAT 27TH APRIL @ 7.30PM**

## **FEATURING**

- ROSSENDALE DRUM MAJORETTES**
- HARRIET WILLIAMS**
- KYLE & RODGEN**

**LIGHT REFRESHMENTS**



**Whitworth**  
Town Council

**TICKETS ONLY £6**  
**AVAILABLE FROM THE COUNCIL OFFICE @**  
**THE ASHCROFT OR [WHITWORTH.GOV.UK](http://WHITWORTH.GOV.UK)**





# FOOTBALL WORKS

FREE FOOTBALL AND SUPPORT SESSION



- Free football session open to all abilities
- 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 Wednesday  
starting 27th March

 1pm - 2pm

 Marl Pits Leisure  
Centre, Rossendale,  
BB4 7SN

For information, contact [PBecouarn@ActiveLancashire.org.uk](mailto:PBecouarn@ActiveLancashire.org.uk) or call 07732156060





Funded by  
UK Government

# Ladies Yoga



Free



📅 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





Funded by  
UK Government

# Free Weekly Activities

For more information visit  
[rossendaleworks.org.uk](http://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
- 2.00pm - 3.00pm



## 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



## 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 Melcon Gym.



# The Write Time

Weekly Creative Writing Workshops

1pm-2.15pm

St Peters Community Centre  
Haslingden  
BB4 6NZ

Everyone welcome

Free refreshments

Suggested donation £3

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



Contact Cath on 07727 180164 or email  
[catheddisford1@gmail.com](mailto:catheddisford1@gmail.com) for more info or to  
book your place.





# Help us to raise funds

We are seeking help with donations household items, toys, food to paper plates.

We are reaching out to Rossendale for help.

We help those in need every week who are struggling with food parcels.

We have a donation point at side of church access via Ormerod Street.

Location Unitarian Church,  
rawtenstall, BB4 7QY  
Drop inside contact  
[emmajaneuk@yahoo.co.uk](mailto:emmajaneuk@yahoo.co.uk)

# 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

## ROSSENDALE LADIES CHOIR

We are actively recruiting new members for our friendly and welcoming choir. If you would like to join us for a free trial period of 2 months, please come along to St Peter's Church, Haslingden. BB4 6NZ at 7:30pm any Wednesday evening. For more information please email [rossendaleladieschoir@gmail.com](mailto:rossendaleladieschoir@gmail.com)

*RECRUITING NOW*

Improve  
your  
Confidence

Make New  
Friends

Improve Your  
Mental  
Health

Improve  
Your Health

Learn New  
Singing Skills

5 BENEFITS OF JOINING A CHOIR

# **SPRING FAIR**

**SATURDAY APRIL 6TH, 11AM-2PM**

**CENTRAL CHURCH, BURNLEY ROAD, BACUP**

**STALLS, GAMES, TOMBOLA, RAFFLES,**

**REFRESHMENTS AND LOTS MORE!**

**FREE ENTRY**

**ALL PROCEEDS**

**WILL GO TO**

**BACUP FAMILY CENTRE**



**ROSSENDALE  
TEAM**

Making Jesus Known

## COMMUNITY INFORMATION



**Lancashire County Council are delighted to launch the 2024 Lancashire Choir of the Year competition. The competition is now open to find the best community choirs in Lancashire, and you could be one of them!**

To get involved in the competition complete the initial Lancashire Choir of the Year 2024 entry form at [www.Lancashire.gov.uk/choir-of-the-year](http://www.Lancashire.gov.uk/choir-of-the-year)

Once we've received your form we will contact you with more details on how to submit your video recording of your choir.

Entry is free and open to any community choir based within the postcode boundaries of Lancashire County Council, Blackburn with Darwen Council and Blackpool Council.

Entry is open to school choirs whose members are all aged 12 and over.

All video entries must be received by 12 noon on Tuesday 16 July 2024.

Six shortlisted choirs will be invited to perform at the celebration concert in November.

What are you waiting for? Warm up your voices and we look forward to hearing from you! Good luck!





**EASTER**  
*Movie*  
**WISH**

**THURSDAY 11TH APRIL**  
**10:00 AM**

**SCAN ME  
TO BOOK**



**ADULTS  
GO FREE!  
KIDS £3**



**SOFT PLAY & SNACKS  
THROUGHOUT THE FILM**

[www.the-ashcroft.co.uk](http://www.the-ashcroft.co.uk)

@ [team@the-ashcroft.co.uk](mailto:team@the-ashcroft.co.uk)

Whitworth, Civic Hall OL12 8DP





**Gazebo style stall holders wanted for a street food fair, 6th April, Haslingden Hall Care Home, Haslingden.**

**£20 paid upfront to secure stall space**

**call Haslingden Hall Care Home**

**01706 214403, ask for Natalie**



The Women of Whitworth Project

Join us to celebrate

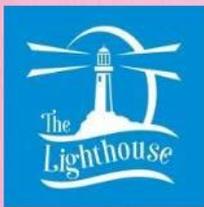
## The ROSE Awards 2024

Saturday 29 June 2024 from 7pm

Venue TBC

Tickets £20 inc meal and prize draw

This year we will be raising funds to support  
local causes.



Find out more on the Women of Whitworth Facebook Page



**ROSSENDALE**

THIS IS A  
**SAFE  
SPACE**

THE VALLEY'S LGBTQIA+ COMMUNITY.  
OFFERING SUPPORT, INFORMATION AND  
HELPING PEOPLE TO ACCEPT  
THEMSELVES AS WELL AS BE ACCEPTED

JOIN OUR FACEBOOK GROUP (SPECTRUM  
INCLUSION ROSSENDALE) FOR DETAILS  
OF WHERE AND WHEN WE MEET



PROUD  
to be ME!

OR SEND US AN EMAIL FOR  
MORE INFORMATION

SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM



THE WHITAKER  
MUSEUM & ART GALLERY



ROSSENDALE

## PRIDE IN THE PARK SATURDAY 20TH JULY

**WE ARE DELIGHTED TO CONFIRM THAT  
ROSSENDALE RADIO WILL BE THERE ON THE  
DAY PRESENTING LIVE.**

**LANCASHIRE LGBT AND THE OTHER WORLD  
BOOKSHOP WILL ALSO HAVE STALLS.  
MORE TO FOLLOW ONCE CONFIRMED!**

104.7fm  
**ROSSENDALE RADIO**  
the voice of the valley





## CRAFT SESSION & DROP IN



JOIN US FOR A CRAFTING SESSION. ALL MATERIALS ARE PROVIDED, BUT WE ASK FOR A £1 DONATION. EVERYONE IS WELCOME, EVEN IF YOU JUST WANT TO DROP IN FOR A BREW AND FIND OUT MORE ABOUT WHAT WE DO.



THURSDAY 4TH APRIL  
12-2PM  
TESCO COMMUNITY ROOM



SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM



SPECTRUM INCLUSION ROSSENDALE

THIS IS A  
SAFE  
SPACE



## CRAFT SESSION & DROP IN



JOIN US FOR A CRAFTING SESSION. ALL MATERIALS ARE PROVIDED, BUT WE ASK FOR A £1 DONATION. EVERYONE IS WELCOME, EVEN IF YOU JUST WANT TO DROP IN FOR A BREW AND FIND OUT MORE ABOUT WHAT WE DO.



SUNDAY 7TH APRIL  
12-2PM  
TESCO COMMUNITY ROOM



SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM



SPECTRUM INCLUSION ROSSENDALE

THIS IS A  
SAFE  
SPACE



## SOCIAL MEETUPS



JOIN US FOR A BREW AND A CHAT.  
EVERYONE IS WELCOME, WHETHER YOU'RE A MEMBER OF THE LGBTQIA+ COMMUNITY, AN ALLY, OR QUESTIONING.

2ND SATURDAY EVERY MONTH, 1-3PM  
3RD FRIDAY EVERY MONTH, 1-3PM

3RD WEDNESDAY EVERY MONTH, 10-11AM

*La Latté Lounge  
Rawtenstall*

THE LINK CENTRE

 [SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM](mailto:SPECTRUMINCLUSIONROSSENDALE@GMAIL.COM)

 SPECTRUM INCLUSION ROSSENDALE

**THIS IS A SAFE SPACE**



## FIRST & THIRD SATURDAY OF THE MONTH FAMILY DROP IN



OFFERING A RELAXED, ACCESSIBLE, SAFE SPACE FOR PEER SUPPORT AND INFORMATION FOR FAMILIES WITH LGBTQIA+ YOUNG PEOPLE, LGBTQIA+ PARENTS/CARERS/GUARDIANS, AND ANY LGBTQIA+ PEOPLE WITHOUT THE SUPPORT OF FAMILY



[INFO@SPECTRUMINCLUSION.CO.UK](mailto:INFO@SPECTRUMINCLUSION.CO.UK)



SPECTRUM INCLUSION CIC



**NHS**  
Lancashire and South Cumbria  
Integrated Care Board



FIRST SATURDAY -  
11AM-1PM  
THIRD SATURDAY -  
12-2PM



**Infant Massage**

9.30-10.30am

The Maden Centre

**Development Matters**

9.30 – 11.00am

The Zone.

**Home start stay and play.**

1pm-2.30pm

The Zone

**Inside Out**

3.30 – 5pm

The Maden Centre

**Baby and You**

**Post Natal Wellbeing Drop in.**

1:00-2:30pm

Haslingden Link.

**Triple P Group**

12.45-2.45

The Maden Centre

**Colourful Footsteps (Preschool)**

9.30 – 11.00pm

The Maden Centre

**Home start Group**

10:00 – 11.30am

Haslingden Link.

**Inside Out**

3.30 – 5pm

Haslingden Link.

**Home start**

12:45-2:15pm

AB&D Centre

**Freedom Programme**

For details about programmes running please email:

[RossendaleGroupWork@lancashire.gov.uk](mailto:RossendaleGroupWork@lancashire.gov.uk)

**Chat, Play and Read**

10.00 – 11.30am

Whitworth Library

**Parents to Be**

**2<sup>nd</sup> and 3<sup>rd</sup> Wednesday of the month**

10.00 - 11.30am

The Maden Centre

**Colourful Footsteps (4-11 yrs.)**

3.30 – 5.00pm

The Maden Centre

**Speech and Language Walk In**

Last Wednesday of every month

9:30-11:30am- The Zone

**SGO Group**

1<sup>st</sup> Wednesday of every month

10.00-11.30am-The Maden Centre

**One Stop Shop**

10 - 12pm

The Maden Centre

**Baby & You**

10.00 – 11.30

The Maden Centre

**Bumps, Birth and Beyond**

13<sup>th</sup> and 20<sup>th</sup> June

5.00-7.00pm

The Maden Centre

**Triple P Teen**

1.30-3.30pm

The Zone

**Mini Move and Groove**

9:30-11.00am

Haslingden Link.



**Groups and Services delivered**

**in schools and settings.**

**For further information please contact:**

[Rossendalegroupwork@lancashire.gov.uk](mailto:Rossendalegroupwork@lancashire.gov.uk)

Follow us at:  
Rossendale Family Zone



**Our Neighbourhood Centres**

**Where we are:**

**The Maden Family Hub**

Rochdale Road, Bacup OL13 9NZ

01706 237780

**Rawtenstall Family Hub and The Zone**

The Old Fire Station,  
Rawtenstall BB4 8EW

01706 237788

**Haslingden Community Link and Family Hub**

Bury Road, Rossendale BB4 5PG

01706 237782

**Whitworth Library Lloyd**

Street, Rochdale  
OL12 8AA



# **New FREE Driving Theory Class Enrolment!**

**Date: Wednesday 17th April 2024**

**Time: 9:30am-12:00pm**

**Location: Scaitcliffe Communtiy Centre, Hannah  
Street, Accrington, BB5 0QX**

**If you are interested please bring Proof of ID and Proof of  
Income on the day of enrolment.**

**(Free classes are dependent on income)**

**(Spaces are limited!)**

# Have your say - care and support for people with moderate frailty.

The NHS Lancashire and South Cumbria Integrated Care Board (ICB) plans, arranges, and monitors the provision and budget for all health and care services across the region.

People are living for longer with conditions that are more complex in older age and often require specialist care from a range of professionals in a multidisciplinary team. There are people in our community who are living with multiple health conditions, may get support for day-to-day meal preparation and cleaning from family or carers and may be struggling with meeting others and completing daily tasks due to poor mobility. People who have these issues and more can be described as having a moderate level of clinical frailty.

People who are admitted to hospital during episodes of moderate frailty (caused by a fall or infection) can, due to their frail condition, be worse off following this experience. The ICB is seeking to reduce the number of people with moderate frailty attending urgent and emergency care and being admitted to hospital.

We want to put in place the right assessment, self-care and support for people with moderate frailty so that they can continue to live independently at home without needing to be admitted to hospital.

Our frailty project seeks to encourage our communities, families and carers to tell us their experience of people who have frailty and what their needs are. We want to understand these needs and use this to help shape future service delivery and the type of care we should provide. We are particularly interested in hearing from people who are frail and/or their carers and those who work with them.

Please help us by completing the survey at:

<https://www.smartsurvey.co.uk/moderate.frailty>

Please read the data protection statement that explains how we will use the information we are collecting from you.

Only demographic detail is requested in order to monitor responses in accordance with the protected characteristics. No personal data is requested and the survey is anonymous and confidential. The information shared with decision-makers relates to themes and trends in responses and points of view on the services under discussion.

Survey results and data will be securely held. Paper copies will be held in a locked room. Survey material will be kept for a 5-year period.

**UP** **AND**  
**active**

# 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



For more information on our free organised walks:  
You can scan the QR code or visit [www.rltrust.co.uk/walks-in-rossendale](http://www.rltrust.co.uk/walks-in-rossendale)



# Cowm Reservoir Circular

Free organised walking group

Every Monday at 11:15am

Meet at Cowm Reservoir, Whitworth car park.

## What to expect?

- A warm welcome
- Scenic walks throughout the park
- A relaxed pace with some inclines, benches are situated around the reservoir.



For more organised walks visit:  
[www.rtrtrust.co.uk/walks-in-rossendale](http://www.rtrtrust.co.uk/walks-in-rossendale)





# Let's Get Moving

**It's time to start putting your health first!**

I know that can be a big step. So we created a flexible class with a mix of exercise and movement.

Sit or stand, do as much or as little as you wish and don't feel guilty about, choose the music and help create our exercise routines if you want.

We are very flexible in our approach because we know it's what you need.

First class FREE  
just turn up  
then £3

## Wednesdays

Exercise: 2:30 – 3:20pm

Social: 3:20 – 3:45pm

**Where:** ABD Community Centre,  
Burnley Road, Bacup OL13 8AB  
(Central location, bus stop nearby)

**Benefits** – good for aches,  
mobility, feel good, meet  
new people, be creative,  
laugh, sing

Creative,  
Beginner friendly  
Accessible,  
Inclusive



Questions? Call **Rebecca** from **Inspire Motivate Transform** on 07510 187211 or through Facebook @inspiremotivatetransform



## 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 features service/role: **First Contact Physiotherapist (FCP)**

Here is a message from Daryl Thorpe:



Hi, my name is Daryl and I am the Lead Musculoskeletal Practitioner employed by the GP Practices, working as part of a small team of First Contact Physiotherapists covering each of the GP Practice in Rossendale.

I have been a practicing Physiotherapist for over 10 years working within East Lancashire hospitals and the past 3 years have been based in GP practice. In addition to my degree, I have undergone further Masters Studies at university enabling me to request specialist imaging when indicated, to become a registered prescriber enabling me to write prescriptions specifically for pain and i am also qualified as a injection specialist which allows me to perform corticosteroid injections in my clinic.

Musculoskeletal (MSK) health attribute to 30% of all GP appointments and is the second largest cause for sickness absences. The benefit of having a MSK practitioner within your GP practice means speedier effective appointments specific to your need when you need it most, which can be directly booked into without the need to see a GP first.

In becoming a Physiotherapist, all the team undergo a minimum 2 year Masters or a 3-year Undergraduate degree to become highly specialised and trained, with skills and knowledge we use to screen for serious pathologies. We can assess and treat strains, sprains, injuries and arthritic changes as well as problems with joints, muscles, ligaments, tendons including spinal pain such as neck, mid and lower back and even nerve pain for example sciatica.

Our team of MSK practitioners are here to assess and diagnose your problems, give advice on the future management of the condition and if it is not something we can manage at the GP practice, we can direct and even refer on for further specialist services for you.

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



# 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](http://www.nhs.uk/mmr)

# FREE LISTENING SUPPORT SERVICE

The Let's Talk Project is a community interest company offering free mental health support services for the community of Rossendale and beyond.

Through our free Listening Support Service:

- ✓ Have weekly appointments on the same day/time with a Listening and Mindfulness Support Practitioner.
- ✓ Have a confidential place to talk and someone who will listen.
- ✓ Learn and go through our courses on Mindfulness, Self-improvement and Self-empowerment.
- ✓ Access the service for as long as you need it; there are no set amount of sessions!



[help@theletstalkproject.org](mailto:help@theletstalkproject.org)



[@TheLet'sTalkProject](https://www.facebook.com/TheLet'sTalkProject)



01706 558 022



*"I feel safe here and I feel welcome. I can talk about whatever I want and you listen."*





# MEN'S MENTAL WELLBEING PEER SUPPORT GROUP

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**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





Supporting new and expecting mums with a focus on health and strength in a nurturing environment.

# CALLING ALL MUMS

Crèche Classes | Buggy Fit | Adaptive Classes | Support



Find out more, [www.rltrust.co.uk/new-mums](http://www.rltrust.co.uk/new-mums)



Supporting new and expecting mums with a focus on health and strength in a nurturing environment.

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Crèche Classes | Buggy Fit | Adaptive Classes | Support



Find out more, [www.rltrust.co.uk/new-mums](http://www.rltrust.co.uk/new-mums)

**ANNOUNCING CEF FUNDING ROUND 2**

North West of England  
**COMMUNITY ENERGY FUND**



Department for  
Energy Security  
& Net Zero



north west  
net zero hub



**NORTH WEST**  
ROUTE TO NET ZERO

- Funding for community and eligible third sector organisations to develop energy project proposals**
- Test feasibility, prepare evidence for planning, launch a crowd-fund raiser and more.
- Cannot fund the installation of technologies themselves**
- Additional support to consider the scope of your scheme
- Design of renewable and low carbon energy generation, EV charging and schemes for joint action on energy efficiency**

Apply before  
11:59pm on May 6<sup>th</sup>

Further details

**Website**

[www.localenergynw.org/page/community-energy-fund](http://www.localenergynw.org/page/community-energy-fund)

Request technical support

**Email**

[NWNZHub@liverpoolcityregion-ca.gov.uk](mailto:NWNZHub@liverpoolcityregion-ca.gov.uk)

Follow us to learn more

**Linkedin**

[www.linkedin.com/company/north-west-net-zero-hub/](http://www.linkedin.com/company/north-west-net-zero-hub/)



- Scheme scope and eligibility information available on our website
- Register interest to receive briefings introducing Community Energy

## TRAINING

# *Understanding Repair and Maintenance of Traditional (Pre-1919) Buildings*

## **NOCN LEVEL 3 AWARD**

This accredited course is an excellent addition to the Continued Professional Development portfolio of anyone who works within the construction or heritage construction industry. Through both theoretical and practical examples the course covers the most critical areas of knowledge required before working on old buildings. The knowledgeable and experienced tutors use case studies and practical demonstrations to enable candidates to put their learning into real life context.

PLEASE NOTE: THAT THIS IS OPEN TO ANYBODY WHO FEELS THAT THEY WOULD BENEFIT FROM THIS COURSE INCLUDING HISTORIC BUILDING OWNERS, COMMUNITY GROUPS OR HERITAGE RELATED GROUPS...

**ON THURSDAY 16TH & FRIDAY 17TH MAY 2024  
AT ST JAMES' CHURCH HASLINGDEN  
FROM 9AM - 5PM**

**FREE TRAINING OPPORTUNITY**



**HOW TO BOOK ON & FIND OUT MORE**

**Contact Laabiyah Iqbal**

**E: [Laabiyahiqbal@rossendalebc.gov.uk](mailto:Laabiyahiqbal@rossendalebc.gov.uk)**

**Tel: 01706 252480**

**PLEASE NOTE BOOKING MUST BE MADE BY  
MONDAY 25TH MARCH 2024**

**TO ALLOW FOR ENROLMENT TO RECEIVE THE QUALIFICATION**



Made possible with

**Heritage  
Fund**



**ROSSENDALE  
BOROUGH  
COUNCIL**



# Starting from April 2024

at the Waterside Centre

## Adult Learning

The Waterside Centre, is an Adult Education Centre in the heart of Accrington offering a range of qualifications to anyone over 19.

### Level 1 Pathways: Introduction to...

Working in Health and Social Care	Tues 16th April, 9.30am - 12.30pm	12 weeks
Working in Mental Health	Wed 24th April, 9.30am - 12.30pm	12 weeks
Working in Counselling	Thurs 18th April, 9.30am - 12.30pm	12 weeks
Working in Special Educational Needs (SEN)	Fri 19th April, 9.30am - 3.00pm	12 weeks

### Short Courses...

Award in Nutrition and Health	Mon 10th June, 9:30-12:30	6 weeks
Safeguarding Level 1	Fri 14th June, 9.30am - 3pm	1 weeks
Safeguarding Level 2	Tues 16th April, 1:00pm - 4:00pm	12 weeks

ACCRINGTON & ROSSENDALE  
**COLLEGE**



Lancashire  
Adult Learning

**Ofsted**  
Outstanding  
Provider

To find out more or to enrol  
visit [www.lal.ac.uk](http://www.lal.ac.uk), call: 01254 354423 or visit us at  
The Waterside Centre, St James Court West, Accrington, BB5 1NA

**FREE**

Courses may be free if you are  
claiming active benefits or are  
employed and earning less than  
£20,319

# Thanks for reading!

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

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

By Monday 29<sup>th</sup> April 2024