



OCTOBER 2025

# COMMUNITY BULLETIN



## FIND OUT WHAT'S HAPPENING IN ROSSENDALE...

- Community Activities and Information
- Health and Wellbeing
- Funding
- Training
- Volunteering

## WELCOME TO YOUR OCTOBER COMMUNITY BULLETIN!

We produce a monthly bulletin with our health and community partners to keep you updated on the community support and activities happening across Rossendale. This includes information from our community groups, events, health information, grants and community training opportunities. We hope you will find the bulletin useful.

All published Community Bulletins are available on our website - [Community Bulletins](#)

Feel free to share the bulletin with friends, community groups and on your own social media. If you have any information that you would like to share in our next bulletin, or you would like to be added to the e-mail distribution list, email us at [communitiesteam@rossendalebc.gov.uk](mailto:communitiesteam@rossendalebc.gov.uk)

# COMMUNITY INFORMATION

## WALKING, TALKING FOOTBALL

### BRIAN BOYS STADIUM | BACUP

Looking for a friendly kickabout at your own pace? Join our walking football sessions – open to everyone, whatever your ability. Perfect if you're retired, new to the area, a carer, self-employed, feeling isolated, or just fancy a break.

- Professional Warm Up
- Walking-paced football – fun, social, no pressure
- Tea, coffee & chat after the session
- Friendly advice and signposting to local support services

When? Every Tuesday – 2PM – 4PM

*Just turn up – or call Jane for details: 07775 730466*



## THE BEACON DEMENTIA HUB

### WHITAKER PARK

A one stop shop for information, support, and signposting.  
No need to book – just drop in!

When? Every Wednesday 10am – 12:30pm

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



## WALKING TENNIS

### PARKWOOD TENNIS CLUB NEXT TO ADRENALINE CENTRE , BB4 4DN

Tennis at your pace!

When? Starting Monday 15<sup>th</sup> September at 1:00pm

Please contact Val on 07590 772040 for more info  
or to book onto a session



## RECONNECTION 2 WELLNESS | WELLNESS EVENT

### GANNOW COMMUNITY CENTRE, ADAMSON ST, BURNLEY

Learn how the ancient practice of Zen can help you to reclaim your mind, energy and life. Taster day for the 8 Week Zen Mindfulness & Meditation programme for Health & Wellbeing – Gannow Community Centre, Adamson St, Burnley – Must attend this to secure a free/funded place. Attendance each week and the intention to practice meditation daily. You will receive a set of 8 guided meditations. These are to be done daily over the 8 week period.

When? Course to start 20 October 2025 11–1.30

Contact: Dawn at Reconnection to wellness to book your place:  
dawn@reconnection2wellness.org



[reconnection2wellness](https://reconnection2wellness.org)

## WHALLEY ABBEY REST & RESTORE CHRISTMAS RETREAT

### WHALLEY ABBEY, CLITHEROE

In this busy world, particularly before and after Christmas, many of us need to stop and take time out, especially to look after ourselves. Constant doing and overthinking are impacting our health. Now more than ever, this is the time for self care. The retreat will be a day of rest, slowing down and practising simple but beautiful meditation techniques to calm mind and body

- Beautiful and simple meditation
- peaceful walk in the grounds
- Nordic sound wave session
- Christmas lunch

When? Sunday 7<sup>th</sup> December 11:30 – 4pm

Contact Helen: 07970099917 helen@nordicshield.co.uk



## FRIDAY MORNING SOCIAL CLUB

### THE ASHCROFT, WHITWORTH

Join our relaxed Friday Morning Social Club for older adults—everyone's welcome!

No booking needed—just drop in. £2.50 gets you:

- A hot drink + freshly made toast
- Gentle games: dominoes, chess, Scrabble, cards & more
- Newspapers, music, TV + a cosy lounge
- Friendly faces and good conversation

When? Every Friday 10am till 12pm £3 (card only)

## **FREE MUSIC COURSE**

### **ABD CENTRE, BACUP**

Do you want to play in a band?

Do you want to learn a musical instrument but don't have access to one?

Do you want to make lots of noise, but don't want to annoy the neighbours?

When? 5 week course starting 16th October 4:30pm – 6pm

CALL: 07517 118 526 to book your place

## **ROSSENDALE JUNIOR BADMINTON**

### **ADRENALINE CENTRE , BB4 4DN**

Is your child looking for a club to join? Rossendale Junior Badminton are looking for new members, ages 9-17. First session free, then £3.

When? Every Sunday at Adrenaline centre, 10am-11:30am.

CALL Nigel on 07511811969

## **FREE FAMILY STATIONARY TRAIL**

### **HASLINGDEN MARKET**



Pick up a free pencil case and visit the stores on the map to collect items to fill it , no need to book, just turn up

When? Saturday 4<sup>th</sup> October 11am till 2pm

## **TO ROSSENDALE HERITAGE NETWORK**

Last year Bacup Pride uncovered some of the oldest gravestones in Bacup on Lane Head Lane, removing 252 stones (1,600kg) of brambles that had taken over the site. Without more work, the area will quickly revert, and this important piece of social history could be lost again. We're now working with Rossendale Borough Council and Proffitts – Investing in Communities CIC (with support from Newground Together) to improve the site, protect its heritage, and boost local biodiversity – just yards from the town centre.

We need your help: please share this project widely and encourage people to complete the short survey so local voices shape the proposals.

Project page:

[Heritage Network](#)

SURVEY:

[Survey Link](#)



## **FREE LANTERN PARADE**

### **GLOBE ARTS STUDIOS TOLL BAR MILL, STACKSTEADS**

When? Saturday 18<sup>th</sup> October 6pm

## **MEMORY WORSHIP**

### **THE ASHCROFT, WHITWORTH**

A unique Christian service for people with dementia, their carers, and anyone seeking something different. Enjoy a sing-along with songs like Coat of Many Colours (Dolly Parton), Bring Him Home (Alfie Boe), Any Dream Will Do (Michael Crawford), plus beloved hymns.

This vibrant story of Joseph explores faith, jealousy, and forgiveness, with prayers to share God's love. After the service, stay for tea, biscuits, and activities such as colouring Joseph's coat or making a bracelet.

When? Wednesday, 15th October at 2:00 pm

## **WALKING TOUCH RUGBY**

### **MARL PITS, RAWTENSTALL**



FREE sessions , all abilities welcome

When? Every Wednesday at 6pm

For more information, please contact Phil Mills : [phill@next-steps-sports.co.uk](mailto:phill@next-steps-sports.co.uk)

## **HEART TO HEART SUPPORT : SUPPORT FOR THOSE AFFECTED BY CARDIAC ARREST**

### **ST VERONICA'S CHURCH HALL, 503 HELMSHORE ROAD, ROSSENDALE, BB4 4JR**

If you've seen or supported someone experiencing a cardiac arrest, you may have questions or need someone to talk to – whatever the outcome.

At these free monthly sessions, you can:

- Learn more about cardiac arrest
- Talk with trained peer supporters about your experience
- Access basic life support training if you'd like

Contact Emma – 07425 865504 or Facebook: Heart to Heart Support





## OUR LOTTERY WIN! COMMUNITY WELLBEING SESSIONS TAKING CONTROL OF YOUR HEALTH!

HELEN - BSC HONS EXERCISE AND HEALTH SCIENCE

AUTUMN & WINTER AT THE A&D CENTRE  
JOIN US

Sunday 7th September 2-5pm

Wellbeing launch, sound bath & relaxation techniques. As the school holiday ends, we darken the room and let the candles glow

Thursday 25th September 6-7.30pm

Heart of the North, the Nordic Drumming circle. Courage, clarity and calm

Thursday 9th October 6-7.30pm

Viking sound bath, Nordic rugs and candles around you. Let breath and body be surrounded by Norse sounds and our ocean drums

Sunday 19th October 2-4.30pm

Shield Maiden. A powerful sound bath session of self-care and wellbeing using our shields

Sunday 9th November 2-4pm

"Fastelavn" a Danish theme of togetherness, treats, sounds and cosy time

Thursday 20th November 6-7.30pm

Candlelight meditation

Sunday 14th December 2-4.30pm

Our Danish-themed Hyggeligt cosytime Christmas event. Hotchocolate and cake by candlelight. We sit in our togetherness circle. Chat, meditate and throw our smiley bean bag to set intention for self-care. With our Christmas gift

In support of the energy, preparation, and hard work required to apply for this lottery win, we ask for a small exchange for these events. Book via Facebook or contact Helen on the number below. For any changes to these events please check Facebook or contact Helen.

Nordic  
MindfulnessCIC



Contact Helen:  
07970099917  
helen@nordicshield.co.uk



NORDIC SHIELD MINDFULNESS  
WWW.NORDICSHIELD.CO.UK

## CARERS LINK LANCASHIRE BULLETIN

<https://carerslinklancashire.co.uk/so/41PZGuSuL?languageTag=en&cid=bb35a270-068f-4b07-bfb5-7d5fefe3d620>





# Ladies Pop-up Shop & Fun Fashion Show!

**SHOP YOUR FAVOURITE HIGH STREET BRANDS  
AT UP TO 70% OFF!**

**Colours.**

**[FUN]DRAISING  
FASHION SHOWS**



**Carers Link**

**Lancashire**

IMPROVING LIFE FOR CARERS

**Friday 17th October 2025  
Carers Link Lancashire**

Haslingden Cricket Club CIC, CDM Windows Bentgate Cricket Ground  
Private Lane, Haslingden, Rossendale, BB4 6LX

**Doors open 7pm, show starts 7.30pm**

**Tickets: £12** *includes a free buffet and entertainment*

*Tickets to be purchased in advance*

**Raffle: FABULOUS prizes to be won at the show!**

For tickets and more information please contact:

**Tel: 01254 387444 - Email: [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)**

**or visit Website: [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)**



## A BRIEF COMPASSIONATE-FOCUSED INTERVENTION FOR OLDER PEOPLE WITH BIPOLAR DISORDER

The University of Manchester is carrying out research involving engaging in a 9-session therapy intervention targeting negative thinking, feelings of guilt and shame, and cultivating compassion for self and others. Find out how to get involved by emailing

[imogen.young@postgrad.manchester.ac.uk](mailto:imogen.young@postgrad.manchester.ac.uk)

## EAST LANCASHIRE YOUNG PEOPLE'S MENTAL HEALTH

Concerned about your mental health? Are you aged younger than 18 or concerned about someone younger than 18?

Attend advice session online - enter 'ELCAS' as the first name and 'drop-in' as the second name followed by your date of birth. When?  
1st and 4<sup>th</sup> Wednesday of the month - 1-3pm  
2nd Wednesday of the month - 3-5pm  
3rd Wednesday of the month - 5-7pm



[tinyurl.com/ELCAS-LSCFT](https://tinyurl.com/ELCAS-LSCFT)

## NEURO-MOVES

Specialist dance classes for people living with neurological conditions and their friends and family. When?

Fridays from 1:30pm - 2:45pm at Haslingden Community Link  
Thursdays from 12:15pm - 1:15pm online.

For more information:

[www.lpmdance.com/neuro-moves](http://www.lpmdance.com/neuro-moves)





## Lancashire Young Carers Service

# Are you or someone you know a Young Carer?

We support young carers **under the age of 18** who provide **regular, ongoing care and emotional support** to a family member who has a disability, a long-term condition (physical or mental wellbeing) or misuse alcohol and/or drugs.

For more information, or to chat anything through before referring, please don't hesitate to contact us by phone **01772 641 002** or email **[lancashireyoungcarers@barnardos.org.uk](mailto:lancashireyoungcarers@barnardos.org.uk)**

You can also find our referral form, social media, service information and helpful services page by scanning our QR code.



Changing childhoods.  
Changing lives.





#dansworksfamily



# ACADEMY Of Performing Arts

Dansworks offer classes in acting, singing, dancing and music to people of all ages, including people who have additional needs. Whether you're aiming for a career in performing arts, or just to have fun!

## WE RUN CLASSES FOR:

- Parent and Toddlers
- Children's Classes from age 2 ½
- Classes for Adults
- Classes for children with special educational or physical needs (SEND)
- Classes for adults with special educational or physical needs (SEND)

## OUR CLASSES:

Ballet	Acting	Piano
Tap	Violin	Guitar
Street Dance	Woodwind	
Pre-Pointe & Pointe	Brass	Singing
Jazz	Vocal Coaching	
Contemporary		
Acrobatic Dance		
Musical Theatre		

**GROUP & ONE-TO-ONE** classes available.



Like what you see?

We offer **1 Month** of classes **FREE** so you can try before you commit.

Scan me to enter your details!



Some of our

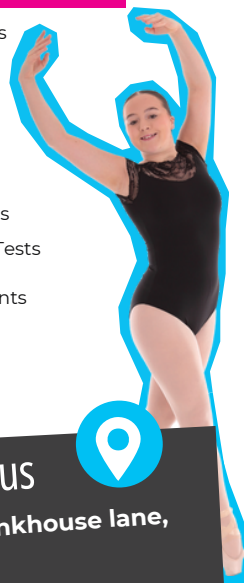
## EXCITING OPPORTUNITIES!

- Perform in annual Shows
- Public performance opportunities
- Take part in bi-annual trips to Malta
- Perform in Pantos
- Perform at local Carnivals
- Fun Rosette and Medal Tests
- up to Ofqual recognised qualification & UCAS points

& so much more...

Where to find us

Trinity Baptist, Bankhouse lane,  
Bacup, OL13 0AL



07795 165082



info@dansworks.co.uk

www.dansworks.co.uk

## LANCASHIRE YOUNG CARERS SERVICES

Providing support to young carers under the age of 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled, or misuses substances and are significantly affected by their caring role.

Their young carers have a named worker who stays with them from the first point of contact, initial assessment, support and reviews. Find out more by emailing:

[lancashireyoungcarers@barnardos.org.uk](mailto:lancashireyoungcarers@barnardos.org.uk)



## HOMEWISE REPAIRS, IMPROVEMENTS & ADAPTATIONS

Free advice and support for people living with memory loss — and their carers — to stay safe and independent at home. This project supports anyone experiencing memory loss, even before a dementia diagnosis.

Our caseworkers can help with:

- Assessing and adapting the home for safe, independent living
- Setting up emergency care plans
- Information on sitting-in and befriending services
- Assessments for formal respite
- Ensuring you receive the right benefits
- Referrals to support groups and guidance on Lasting Power of Attorney

Each case is assessed individually to provide personalised support.

Please contact Homewise Repairs on : 01254 232249

# FUNDING

## Cosy Homes in Lancashire – Your Local Council Affordable Warmth Scheme

The Little Van of Warm, handy person service offers face-to-face practical help, and the installation of simple energy-saving measures, all from the comfort of your home.

The service is available to anyone who , is aged 70+ years OR Has a household income of less than £36,000 per year OR, Is in receipt of a means tested benefit.

What could you receive?

- Draught-proofing
- Radiator reflector panels
- Hot water tank jackets
- LED light-bulbs
- Draught excluders
- Letter box brushes and more!

To book a free visit call 03306 061 488 or, visit [www.chil.uk.com](http://www.chil.uk.com)

## BRANCHING OUT FUND – TREE PLANTING

The Tree Council has reopened its Branching Out small grants fund to support a new season of community tree planting. Applicants can apply for between £250 and £2,500.

<https://treecouncil.org.uk>



**Branching Out Fund**



# VOLUNTEERING

## THE GREAT OUTDOORS TEAM

The Great Outdoors Team at Newground Together deliver an array of different outdoor related activities to improve people's social, physical and mental wellbeing. These sessions are open to all ages and abilities, they are free and are at various locations across Burnley, Pendle and Rossendale.

There are many volunteering opportunities within The Great Outdoors Team for people to get involved in, these aim to develop people's skills, knowledge and wellbeing in outdoor based activities.

Find out more information on any of The Great Outdoors Team activities and details of how to get involved, please get in touch in the following ways:

[hello@newground.co.uk](mailto:hello@newground.co.uk)

<https://www.newgroundtogether.co.uk>

## HASLINGDEN COMMUNITY LINK

Haslingden Community Link are looking for volunteers to provide a service that will help someone else's life - even just 1 hour a week can make a difference.

Volunteers are needed to spend time connecting and chatting with the elderly, lonely and isolated to make a difference to their lives. No experience is needed, they will provide full training and support. Call 01706 230116 for more information.

**THE LINK CENTRE**



OCTOBER 2025

# THANK YOU FOR READING

PLEASE SHARE

If you have any information you would like to include our November Communities Bulletin please email us by Wednesday 27th October.

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

