



**BURNLEY PENDLE & ROSSENDALE**  
**COUNCIL FOR VOLUNTARY SERVICE**

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



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

# SMALL GROUPS GRANTS PROGRAMME

**BURNLEY**  
**PENDLE**  
**ROSENDALE**  
**HYNDBURN**  
**RIBBLE VALLEY**



# 2025 - 2026 INTERIM REPORT

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# INTRODUCTION

There is an abundance of evidence to show that patients and clients are more likely to improve and sustain their health and wellbeing if they can do so with people they know, in a place they know and at a price they can afford. No jargon, no complicated medical explanations, no 'professional speak' just people. This is where the community groups come in, and this is why the ICB continues to invest in those small groups by providing a funding programme to support their activity, and a Social Prescribing Team who work directly with the patients.

Managing community centres and project work brings its own challenges and this is compounded by the financial worries individuals and charities are facing in the current climate. Our resilient communities continue to rise to these challenges, pulling together to support each other, and to help those in need of community-based support.

This year's grants programme was launched in August 2025, with projects to be completed by the end of July 2026. Following a slow start, a late push gleaned extra interest, and support provided to groups ensured a full allocation of the grants.

The interim reports indicate the groups are working well and are on track to meet outputs and outcomes predicted in their original bids. All groups are completing the Wellbeing Forms (ONS4) with their beneficiaries. Requesting interim reports enables us to determine the level of support needed to evaluate projects in full. All groups are offered on-going support by BPRCVS.

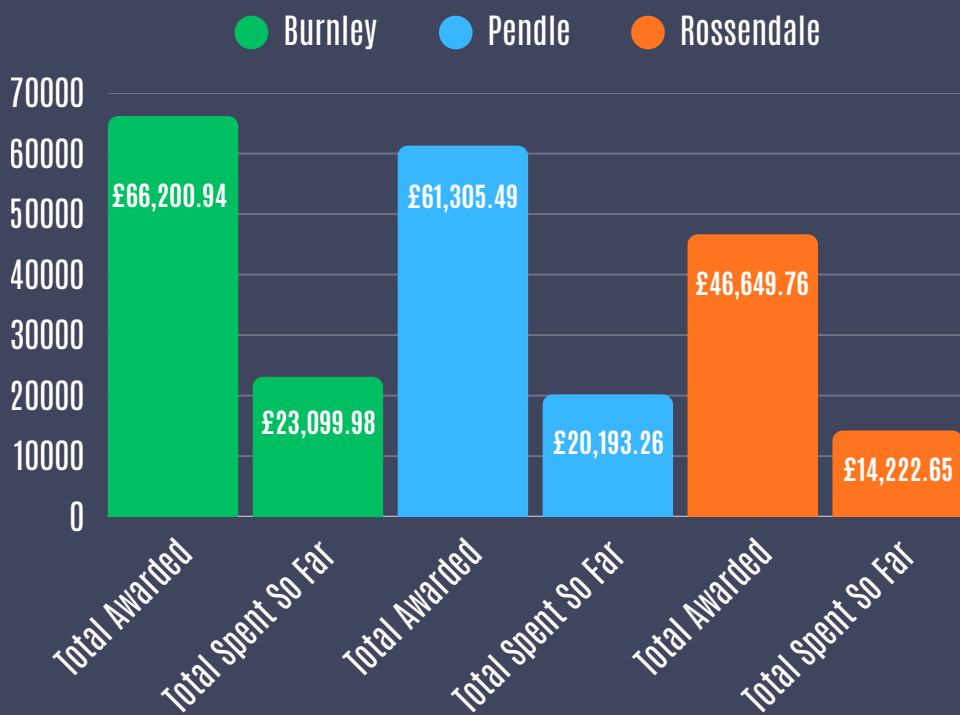


Statistics are collated from information submitted by the groups at mid-way point of the programme delivery. The groups anticipated outcomes and spend are on target to be completed in full in line with their applications and the small grants programme conditions.

38 Projects have been awarded grants this year. A variety of activities were applied for, including outdoor activities, mental health and wellbeing support, and social inclusion.

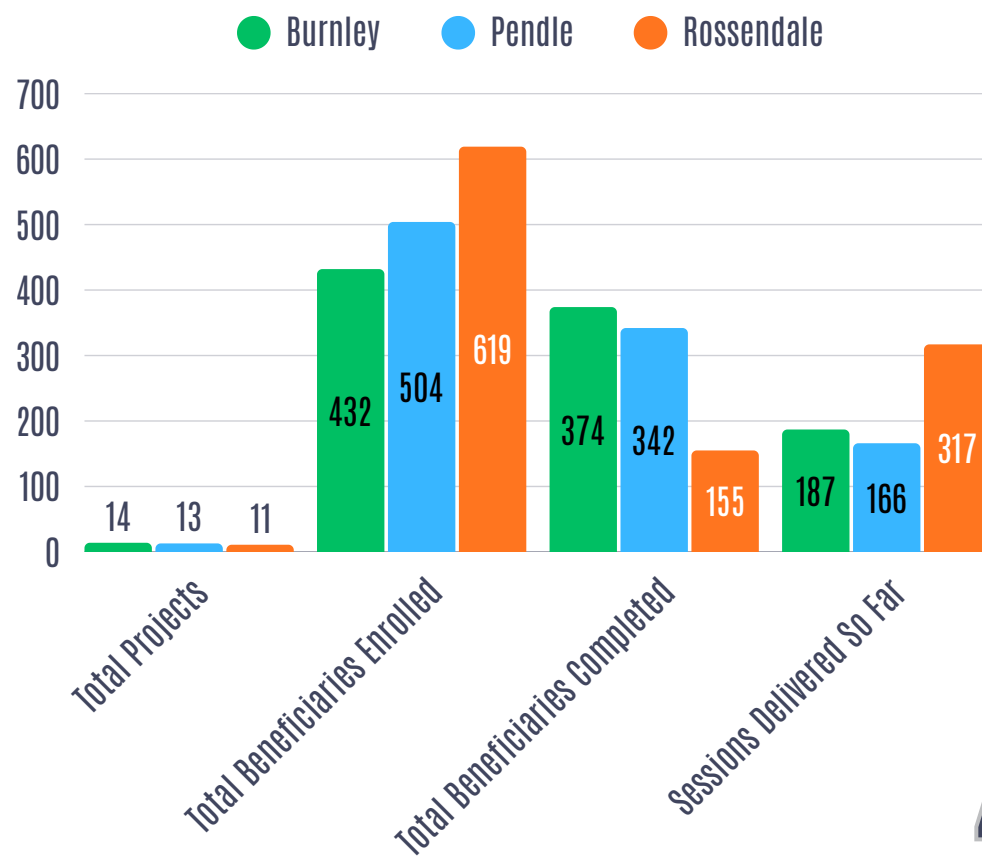
A late flurry of interest has achieved full allocation of the funding and several organisations have only just commenced their funded projects or will be getting underway soon. We look forward to hearing about their delivery later in the year.

## AMOUNT AVAILABLE & AWARDED



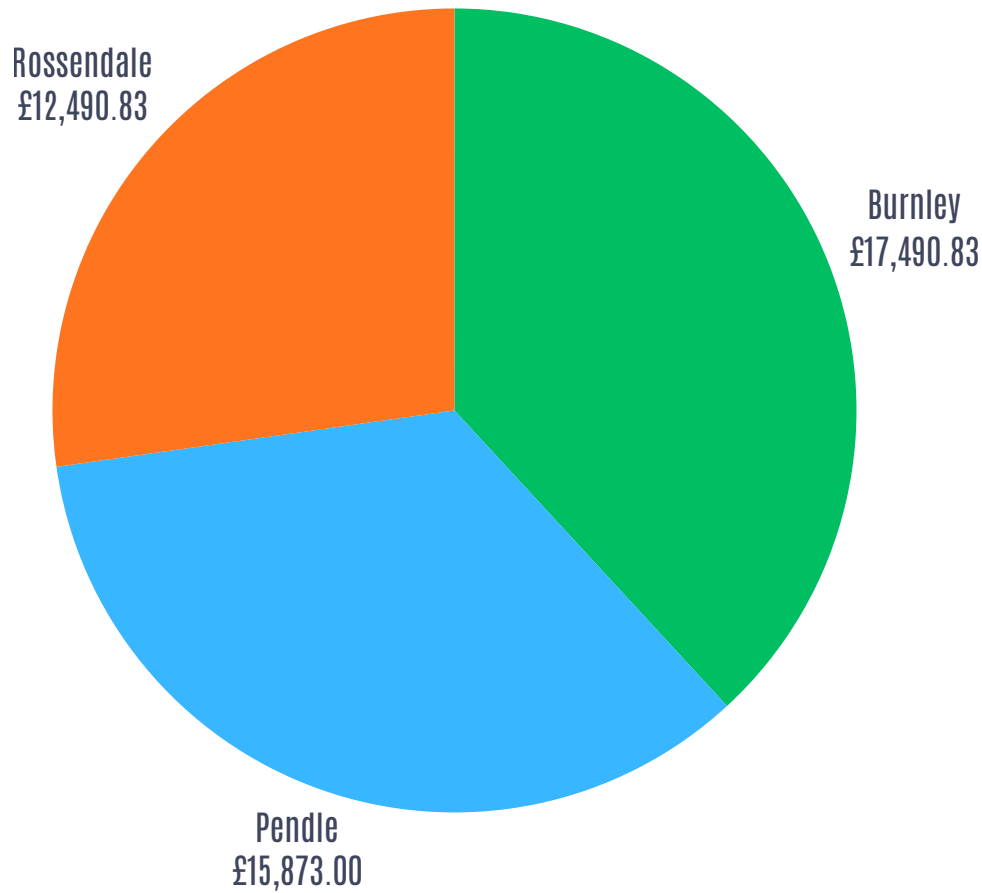
## STATISTICS

### TOTAL PROJECTS, BENEFICIARIES & SESSIONS

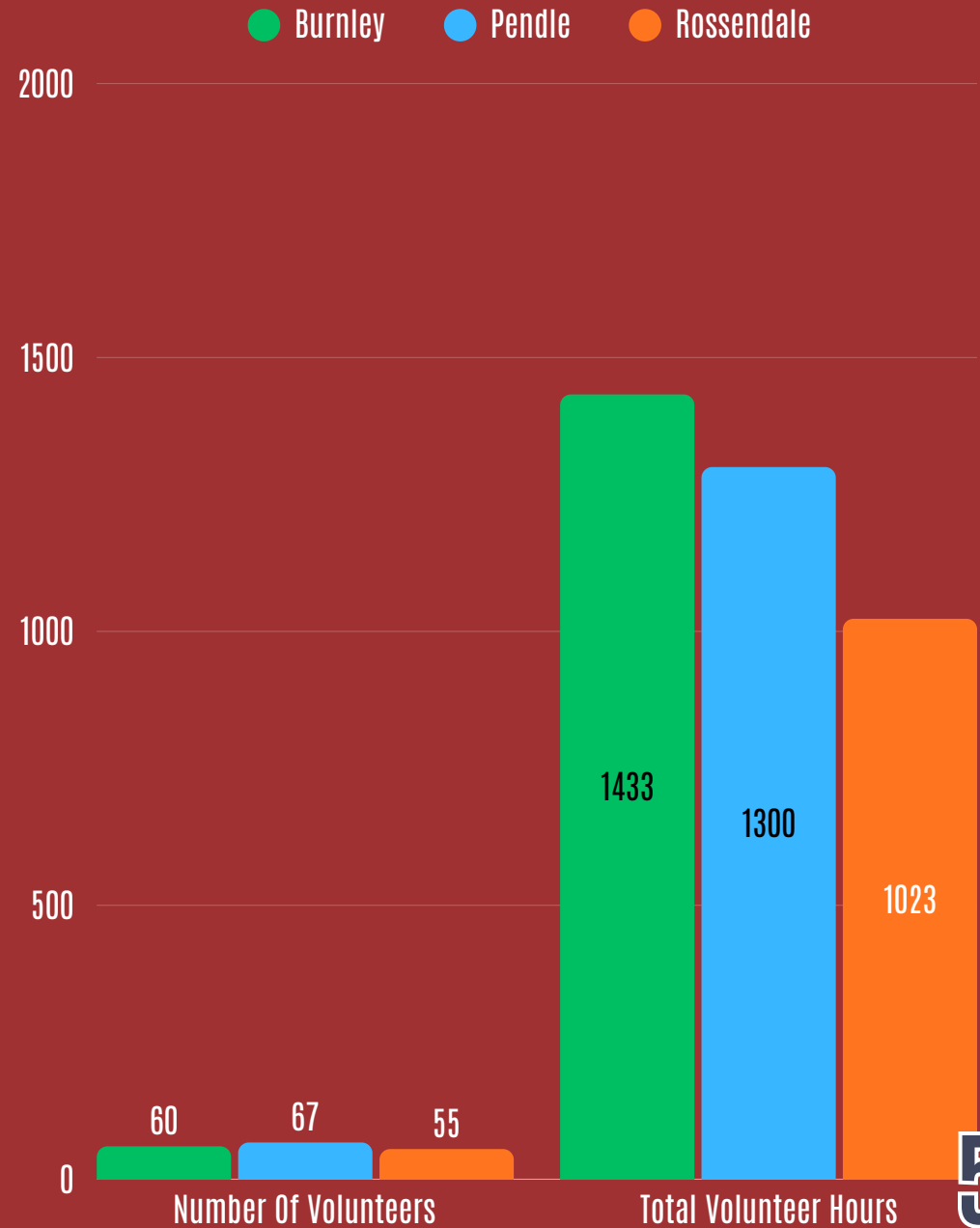


# VOLUNTEERING

# VOLUNTEER NUMBERS & HOURS SPENT SUPPORTING PROJECTS



**ADDED VALUE TO THE LOCAL ECONOMY**





**£66,200.94  
AWARDED**



**14  
PROJECTS**



**187  
SESSIONS**



**432  
BENEFICIARIES  
ENROLLED**

# BURNLEY

Each recipient of the Small Groups Grants Programme in Burnley have provided a case study and client comment based on their interim performance and successes.

A variety of activities were applied for and successfully obtained grants to deliver, but not limited to:

**outdoor activities**  
**mental health and wellbeing support**  
**employment support**  
**and healthy eating**

One group has only recently commenced the delivery of their project and therefore haven't been able to provide an interim summary of performance and successes. In this instance, a brief about the project delivery has been provided.

We look forward to hearing about their delivery later in the year along with case studies and client comments.

# MS ANGLING & EDUCATION AWARDED £5,000.00 FOR FISHING FOR WELLBEING/HEALTHY LIFESTYLES

'Fishing Therapy Sessions' and mindfulness opportunities help continue to improve the health and wellbeing of community members of East Lancashire. Sessions provide opportunities for participants to receive support and help to improve mental health and wellbeing, self-confidence/self-esteem and resilience, as well as enable individuals to socialise with others and therefore reduce social isolation.

Participants build new connections and positive relationships through the sport of fishing and with other members of the community whilst participating in physical activity and learning new skills.

## CASE STUDY

**Background:** Female suffering with stress, anxiety and depression. Referred in by Burnley social prescribing link worker.

**Needs:** They require social interaction, time away from home/work/family to relax with like-minded people.

**Action Taken:** Group discussions around improving mental health and wellbeing. Fishing Therapy Sessions. Learning new fishing-related skills.

**Outcomes:** Made new friends. Learned new skills. Found a new hobby. Now goes out fishing regularly with partner. Feels much better in herself.

*"I really look forward to these sessions each week. They're brilliant and really help me a lot!"*





RECONNECTION  
TO WELLNESS

# RECONNECTION TO WELLNESS AWARDED £4,920.00 FOR THE SEASONAL WAY

The Seasonal Way is a 26-week health and wellbeing programme designed to support adults experiencing stress, low mood, social isolation, and/or long-term health conditions through a gentle, practical blend of mindfulness, movement, and seasonal living.

The programme includes: 8-week meditation and mindfulness course, 18 weeks of “yoga for people who don’t do yoga”, and seasonal healthy lunches after each session

## CASE STUDY

**Background:** 46 year old female. Diagnosis of autism. 4 children – challenging situation as one child has SEN and is at home.

**Needs:** Wanted to do the programme as she was feeling stressed, suffering with anxiety and not working.

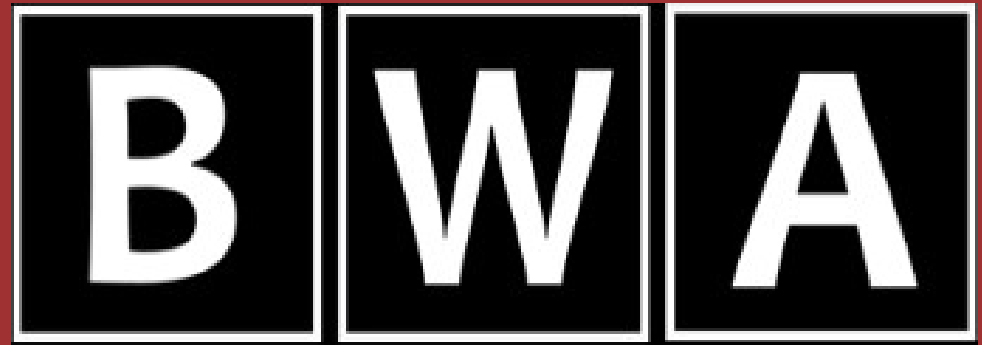
**Action Taken:** Attended the full 8 week meditation and mindfulness course including the taster day the week before. Each week the group are taught something on how mindfulness and meditation helps with all aspects of stress.

**Outcomes:** Quality of life improved, and stress decreased. Improved attention, and reduced forgetfulness.

*“For the first time ever in my life, I actually feel safe in my body.”*



# BANGLADESH WELFARE ASSOCIATION AWARDED £4,850.00 FOR HEALTHY MINDS, HEALTHY WORK



The Healthy Minds, Healthy Work programme creates a safe, welcoming space where participants meet regularly and take part in activities designed to improve health, wellbeing, and workplace resilience. Weekly sessions combine group discussions, 1-to-1 mentoring, and targeted workshops. A key focus is placed on mental health awareness, reducing stigma, and encouraging open conversations in a culturally sensitive environment.

Additionally, access to practical resources including digital skills, health and hygiene courses, and work-related qualifications tailored to the catering sector and beyond creates a dual approach improving personal wellbeing and professional skills.

## CASE STUDY

**Background:** Male 20+ looking for catering work. English as second language. Newly Arrived. Young Family. Low confidence and motivation.

**Needs:** Support to get into work, create a CV and job search profile. Further need to create a friend circle. Isolated within the community. Needs to find secure and long term employment.

**Action Taken:** Attended sessions to meet new people. Created CV and job search profile. Worked with staff to conduct job search, benefit check and UC profile. Enrolled onto L2 Food and Hygiene - finished the course and exam, now awaiting pass and certificate.

**Outcomes:** This has been a lifeline for this client. Created new friends and a place to come back for further support. Gaining confidence in UK society. Looking to secure employment and is optimistic. Will enrol onto ESOL and IT classes and sessions.



*"Thank you for allowing me these opportunities and chances. I feel like I can come back whenever I get stuck or want to participate further. Thanks for all your help."*



# ASPIRE BURNLEY COMMUNITY DEVELOPMENT AWARDED £5,000.00 FOR PROJECT PILATES: A WOMEN'S WELLNESS PROGRAMME

Delivering a much-requested Project Pilates - A Women's Wellness Programme, aimed at improving the physical and emotional wellbeing of women in Burnley, particularly those from BAME and underserved backgrounds.

The project offers regular, low-impact, gentle exercise sessions in a safe space where they feel supported and seen.

Weekly sessions are held at Olive High, where the women already feel comfortable and connected, and are led by a qualified female instructor with one or two assistants. Pilates is gentle, but effective, helping improve strength, flexibility, posture and breathing, while also supporting mental health, emotional balance and stress reduction.

## CASE STUDY

**Background:** A single diabetic female who recently moved to the area.

**Needs:** To reduce isolation and improve physical health.

**Action Taken:** Regular exercise and meeting new people.

**Outcomes:** Became more active through regular exercise and now has a sense of social belonging too.

*"Amazing new people. I have moved here from Bolton due to domestics, and this has been a life saver for me. So glad I came to learn about it."*

# ROSEGROVE NEIGHBOURHOOD WATCH AWARDED £4,725.44 FOR WELLNESS WARRIORS

Running different workshops including Nurturing Change, Healthy Eating, Art Workshops, and Get Creative community arts over 46 sessions in our new Youth and Community Hub to address community needs post consultation. Residents access activities in a safe environment which offer different art forms to tackle loneliness, isolation, and obesity in young people. Involving young people and adults together, and building better relationships, we're supporting families to care for each other and lead healthier lives, to develop skills and confidence and raise aspirations, improve mental and emotional wellbeing, and learn about healthier lifestyles in a fun and enjoyable way. This will pull families together.

## CASE STUDY

**Background:** A local resident in sheltered accommodation, with family living down south; missing them so much. Saw our leaflet at the GP surgery and the receptionist advised them to attend.

**Needs:** Looking for support and friendship.

**Action Taken:** Offer of friendly chats and different type of workshops during the day allowing to meet new people.

**Outcomes:** Making new friends and now also attending the River Trust on a Tuesday morning.

*"I have enjoyed attending RNW sessions. I have made some new friends and this has stopped me feeling lonely and depressed."*





**Burnley Play Partnership**



# BURNLEY PLAY PARTNERSHIP AWARDED £4,462.50 FOR SUP, YOGA, WALK, TALK & BREATHE

We're delivering Yoga Walk & Talk sessions, Stand Up Paddleboard (SUP) Yoga sessions and breathing workshops across Burnley and Padiham in local parks. Yoga Walk & Talk sessions involve walking around the park and being shown yoga positions throughout the walk linked to the natural environment, and provide opportunities to talk to other people with a social meeting to end the session. SUP Yoga sessions will involve a basic introduction into stand up paddle boarding and basic yoga moves, and then time on the water to practise both - led by qualified SUP and Yoga instructors.

Breathing workshops involve practicing regular breathing, meditation and relaxation which increases emotional stability, reduces stress and builds resilience, improving levels of happiness and mental wellbeing.

All sessions are aimed at improving wellbeing, as well as giving people self care tools to help them deal with low level mental health issues. These sessions also build on peer support and improving social networks which in turn build confidence and other employability related skills.

## CASE STUDY

**Background:** South Asian lady attended Yoga Walk & Talk during Ramadan, referred in through Burnley FC in the Community.

**Needs:** Long term health conditions and some social isolation. Social connections to reduce isolation and improve mental wellbeing.

**Action Taken:** Welcoming friendly space for her to come and talk to new people, supported by the walk leaders. Group helped her relax in the outdoors in a time that is difficult and busy for her.

**Outcomes:** Gave her some time to herself, made new friends and saw new places.

*"Thank you so much for letting me attend. I don't get time to myself to do things like this. Being on a Sunday morning during Ramadan meant I could attend."*

# ENTERPRISING HABITS

## AWARDED £3,920.00 FOR MOVE TO WORK

We're helping Burnley residents build healthy routines and work-readiness through a 10-week, referral-friendly programme combining gentle physical activity with healthy cooking on a budget—a practical stepping stone into work or further support.

We will run two cohorts across the year. Each cohort completes:

- Move & Breathe (weekly, 60 minutes): chair-based/low-impact circuits, walking drills, breathing and stretching, with progressions for different abilities.
- Cook & Budget (weekly, 60 minutes): hands-on cooking, label reading, batch-cook take-home, portion planning and simple swaps to cut costs and salt/sugar.
- Light-touch work-readiness is woven in: habit trackers, CV check-ins, confidence coaching, signposting to WorkWell/Working Well advisers, and employer tasters.

## CASE STUDY

**Background:** Safia joined the Move to Work project because she was out of work and wanted to improve her health and daily routine.

**Needs:** Increased employability and health improvements.

**Action Taken:** She attended almost every session, showing great commitment from the start. The mix of light exercise, healthy cooking, and wellbeing talks really motivated Safia.

**Outcomes:** As the weeks went by, confidence grew. Instead of just attending sessions, she started thinking about her future, feeling a new sense of energy and purpose. She enjoyed the sessions so much she encouraged her mum and aunt to join, turning the project into a family activity helping Safia feel more supported and less isolated. The biggest success came when Safia took the initiative to ask about volunteering in the cafe at the Chai Centre. This is a huge step forward.



## CASE STUDY

**Background:** Older lady who had been caring for her mum. Mum passed away and the person felt that they had become isolated from friends and activities.

**Needs:** They have become very isolated. Daughter lives abroad and the person feels that they no longer have a sense of purpose.

**Action Taken:** The group invited them to come along to the Lunch Club and share a meal. The group then suggested that the person might like to become a volunteer and help. The person became much more outgoing and confident and has become a regular volunteer.

**Outcomes:** The person was away visiting family over Christmas but returned to the group in February and has said she is looking forward to coming every week. She has made friends in the group and has a lot in common with other volunteers – today she realised that she and another volunteer had trained as nurses together and she had been a year above another one at school. She is much more happy and confident.

*"Thank you for making me feel so welcome."*

# ALBION STREET LUNCH CLUB AWARDED £4,503.00 FOR ST. MATTHEW'S WITH HOLY TRINITY LUNCH CLUB

A free Lunch Club project in the Trinity Ward of Burnley bringing people together for a weekly meal made from healthy, home-cooked ingredients. It isn't just about food, it's much more than a place to have lunch; it helps people eat well, meet new friends, and feel a sense of belonging. Meals are balanced and nutritious using simple recipes, and people can learn more about healthy eating and cooking.

Volunteers supporting the project are local and it helps them gain experience and feel more confident. They are involved in every aspect from planning to cooking and serving, and chatting with attendees. Volunteers have the opportunity to complete accredited food hygiene and first aid training too which builds skills and personal development, and improves job prospects.



# FOOTY ZONE AWARDED £4,740.00 FOR SPORT ZONE



The Sport Zone project provides regular, structured physical activity sessions to promote healthy lifestyles and support people in or returning to work. Sessions include walking football, basketball, dodgeball, table tennis, and hybrid games – activities are designed for all ages and abilities.

We're running 37 two-hour sessions from September 2025 to July 2026. Sessions focus on improving both physical and mental wellbeing, reducing isolation, and building confidence and resilience necessary to seek and sustain employment. Sport Zone is a safe, inclusive space which works closely with Burnley FC in the Community to support participant recruitment, provide specialist coaching input, and to connect with additional wellbeing and employability opportunities.

## CASE STUDY

**Background:** BP is a 44-year-old male from Burnley who had become physically inactive and socially isolated after redundancy 18 months ago.

**Needs:** To rebuild physical fitness and healthy lifestyle habits, improve mental wellbeing, reduce isolation, and receive practical employment support.

**Action Taken:** BP joined Sport Zone sessions at Dean Mill and has attended all sessions. He particularly loves the fast-paced 3v3 football format, which has become a favourite – it keeps him highly engaged and motivated to return each week. We've provided 1:1 employment mentoring (CV updates, job-search tips, confidence building). We've also improved his IT skills, teaching him how to use AI tools effectively for job searching.

**Outcomes:** BP's ONS4 scores have improved across all four measures (life satisfaction +3, worthwhile +2, happiness +4, anxiety reduced). He reports higher energy and self-confidence, and feels ready to start applying for jobs.



*"Football Zone has been a game-changer. The sessions get me moving, the lads are sound, and Neil has taught me a lot."*



## CASE STUDY

**Background:** A is an 18 year old student with little social skills and suffers from many allergies and asthma. Her confidence was very low and she struggled with her mental health.

**Needs:** She had very little confidence, low skillset and learning disabilities. Our volunteer programme in particular felt suitable to her family as did the activities focusing on improving mental health.

**Action Taken:** We offered her a volunteering opportunity at our community shop. She participated in our Sound Therapy sessions and mentioned improvement in her sleep, anxiety and overall mental health. A is also signed up for the walks we will be doing to help improve health and wellbeing. Volunteering has been extremely beneficial to her. You can see the difference it has made, she is a lot less nervous, anxious and her confidence has grown. She reports a sense of purpose and less stress; hence control over her asthma too.

**Outcomes:** She feels more skilled and confident, her mental health feels improved now she has a sense of purpose and is working with like-minded people. She is looking forward to continuing with the project and improving her skills and mental health. She now feels focussed and more determined.

*"I really enjoy volunteering, as it helps me learn new skills and I feel more confident. I hated leaving the house before this."*

# LANCASHIRE FIRST CIO AWARDED £5,000.00 FOR WALKS, THOUGHTS & NEW SKILLS

This project aims to provide 35 individuals the opportunity to take part in volunteer training, health and fitness activities, arts and crafts, and mindfulness. The volunteer training programme aims to benefit at least 5 people giving adults with learning disabilities and young people the chance to gain new skills, confidence and a purpose in life. Volunteer training takes place in the Gladrags community shop providing experience in shop floor organisation, displays, tagging, pricing, steaming, till operation and product photography, aiming to provide a variety of transferable skills and increase their confidence around people.

We're running 5 organised walks around Burnley to help improve mental health and fitness, and 5 arts and crafts sessions too. 8 Sound Therapy sessions with a qualified instructor help volunteers and service users demonstrate mindfulness, feel more relaxed and improve social skills.

The aim of the project is to support vulnerable people, in particular those with learning disabilities, to feel fulfilled in life and to improve their mental and physical health, as well as improve their skillset.



# LIFE RECOVERY FELLOWSHIP CIC

## AWARDED £4,566.00 FOR LIFE RECOVERY GROUP

Life Recovery Group works with people recovering from eating disorders, supporting them to remain physically and mentally well.

Weekly meetings of up to 10-12 individuals come together, share honestly, and support one another in a structured, but informal environment. Trained volunteer facilitators, many with lived experience, ensure the group is effective, safe and consistent. Sessions blend structured reflection and open discussion, providing practical tools for recovery and encouraging members to set small, achievable goals. The focus is on peer support, recognising that people are more likely to sustain recovery when they are not doing it alone.

A key element is establishing pathways into wraparound support: employment, volunteering, cooking and nutrition, ensuring members address not just their immediate recovery, but also wider issues of employment, financial stability and healthy lifestyles that underpin long-term wellbeing.

This project directly benefits adults in Burnley living with or recovering from eating disorders. Indirectly, it also benefits families, workplaces and the wider community, as participants build healthier relationships with food, improve mental health and move closer to employment or education.



## CASE STUDY

**Background:** A middle-aged lady who has an unhealthy relationship with food. Was told about the project by her sister.

**Needs:** Self referred after the idea was put in her head by her sister. To try and get healthier and to have a better life.

**Action Taken:** Helped her to refocus onto something else other than food. Being with other like-minded people is helping and being able to talk about her feelings now in a place she won't be judged.

**Outcomes:** Helped to learn how to act normally around food and stopped eating chocolate. Learning to understand why she acts unhealthily around food.

*"Without the support of this group my diabetes and arthritis could have gotten worse due to weight gain. I am now pre-diabetic and trying to eat healthily. I feel more positive and slowly losing weight."*

*"This group is enlightening, friendly and supportive. I recommend this for other people in the same situation as me."*

# VB

**VOLUNTEER  
BURNLEY**



*"I've really enjoyed the sessions and learned a lot. Thank you for helping me feel more confident and motivated to stay active."*

# VOLUNTEER BURNLEY AWARDED £4,525.00 FOR SATURDAY NIGHT FOOTBALL

Delivering weekly football sessions for young people to participate in and help improve both physical and mental health. Additionally this is helping to build positive relationships, reduce boredom, increase self-esteem, and provide a positive outlook to their personal development.

During sessions we provide advice and guidance around healthy diet, nutrition, and weight management.

We're aiming to see behaviour change through physical activity sessions and improved fitness levels.

## CASE STUDY

**Background:** A young adult male who is looking to become more physically active and improve his weekend eating habits.

**Needs:** Wants to increase physical activity, manage weight, and reduce reliance on takeaway food at weekends. Needs support in building healthier habits and finding enjoyable ways to stay active.

**Action Taken:** The group introduced participants to healthier eating habits by using nutrition cards that displayed a range of balanced food options. They also supported the group through practical, activity-based sessions. The physical activity element focused on football-based fitness, helping participants stay active, build confidence, and enjoy exercise.

**Outcomes:** Helped him become more active, improve his fitness, and feel more confident taking part in regular exercise. He also developed a better understanding of healthier food choices, which supported reductions in weekend takeaway habits. Overall, he left the programme feeling more motivated, more informed, and better equipped to maintain healthier routines.

# ST. CATHERINE'S PLAYGROUP AWARDED £4,994.00 FOR ACTIVE LIVES

Active Lives links up our existing youth groups: Playgroup and Boys & Girls Brigade, and looks at making good food choices, getting active, healthy minds, strong relationships, avoiding dangers in and out of the home, etc. Sessions include healthy snacks to encourage healthy eating, but also help alleviate food poverty. The project involves children of all ages, their parents or carers, and volunteers.

Playgroup spreads the message through play, crafts, encouraging movement, and healthy snacks. Parents are included through leaflets, chat and display boards.

Brigade has age-appropriate activities, discussion, crafts, cooking and preparing healthy food with physical activities at every session and in summer months access to an outdoor area, community allotment and local park.

## CASE STUDY

**Background:** Young father who is new to the area.

**Needs:** The family is new to the area and wanting to make friends. Dad was worried two-year old son's speech was delayed and wanted to ensure he had the chance to socialise with children his age.

**Action Taken:** We welcomed the father and son. We interacted with the child, introduced him to the toys and activities available, and to the other children. We signposted the dad to other groups in the area and chatted to him about his concerns and how we might help.

**Outcomes:** Both the dad and the little boy visibly relaxed during the time they spent at the playgroup. The son, who was very shy and clingy at first, soon started to play and interact both with our support worker, other volunteers and children. They left with big smiles on their faces and new friends.



*"I enjoyed the session and watched my son come out of himself in just a short space of time."*

# RECENTLY STARTED/LATE STARTING PROJECTS

One group has only recently commenced their funded project and therefore have not been able to supply their interim performance and successes for this report due to the submission deadline and project start date conflicting.

We have provided a project brief for this award including the amount awarded.

We look forward to hearing about their performance and successes in the future and will provide full details in the final report.

# BUILDING BRIDGES BURNLEY AWARDED £4,995.00 FOR BOX2HEALTH BURNLEY



This project will deliver a 5-week programme combining non-contact boxing and healthy lifestyles, and mental health mentoring to young people aged 14-16 in Burnley. The programme aims to improve physical fitness, emotional wellbeing, resilience, and social skills while promoting healthy lifestyle choices.

We will run three groups, each consisting of 10 participants, for 1-hour boxing sessions followed by 1-hour mentoring sessions per week. Sessions will be delivered at Ringside Fitness/Northlight, providing a safe, neutral, purpose-built environment.

Boxing sessions will teach discipline, teamwork, emotional regulation, and confidence, while mentoring sessions will cover emotional awareness, diversity, resilience, goal-setting, and healthy lifestyle choices. By combining physical activity with structured mentoring, participants develop skills that support both physical and mental wellbeing.

This project commenced a week prior to the interim reporting deadline and as such the group had very little to report at present.

# PENDLE

Each recipient of the Small Groups Grants Programme in Pendle have provided a case study and client comment based on their interim performance and successes.

A variety of activities were applied for and successfully obtained grants to deliver, but not limited to:

- education**
- physical activity and exercise**
- mental health and wellbeing support**
- and social inclusion**

Two groups are delivering their projects later in the year as being outdoors they require better weather, and one group started their project as this report was compiled, and as such interim performance and successes are not available in time for this report. In these instances a brief about each project has been provided.

We look forward to hearing about their delivery later in the year along with case studies and client comments.



**£61,305.49  
AWARDED**



**13  
PROJECTS**



**166  
SESSIONS**



**504  
BENEFICIARIES  
ENROLLED**



*"I want to keep coming back with my friends. The snack time is very healthy and I like fruits."*

# HARRINGTONS LEARNING CENTRE

## AWARDED £4,878.00 FOR TOP UP

Top Up is a high-impact, open-access learning programme supporting children aged 5-11 across Pendle who face multiple barriers to education. Many of the children supported come from underprivileged families, are new to the UK with English as a second language, and live in low income households.

Top Up provides group sessions bringing together children from a wide range of schools across Pendle. This diversity not only broadens social horizons, but also fosters a sense of community and shared learning experiences. Sessions are open access meaning all eligible children can benefit regardless of their school or background.

## CASE STUDY

**Background:** Young person (5-11yrs), newly arrived to the UK with English as a second language. Low Attainment in core subjects and referred via schools' network.

**Needs:** They had low attainment, low confidence and needed 1-to-1 support and more focus in language skills.

**Action Taken:** The sessions have been amazing for them. They are building so much in confidence. Making new friends and peers. They are now making positive steps towards their attainments.

**Outcomes:** Based on attendance and progression, sessions are proving successful. They are monitored each week with many showing achievements in areas that previously showed weakness or struggle. Confidence levels are increasing each time they attend. The nurturing environment is making them feel at home and relaxed in a learning environment.

# WE EVOLVE CIC AWARDED £4,444.99 FOR WE EVOLVE

A 12-week physical fitness programme for children and teenagers across Pendle, combining structured physical activity with open, meaningful discussion to support both physical and mental wellbeing.

The weekly group fitness session is designed to improve strength, stamina, coordination, and overall physical and mental health. Sessions are inclusive, accessible, adapted to meet the needs and abilities of participants, and focus on building confidence and teamwork. Physical workouts not only promote healthier lifestyles, but help develop discipline, resilience, and a sense of achievement. Making this programme unique is the 30-minute facilitated discussion at the end of sessions, providing a safe, non-judgmental space for young people to talk about real issues affecting them. Topics are shaped by the participants including mental health, identity, self-esteem, peer pressure, relationships, social media, bullying, body image, and future aspirations guided by trained youth mentors and facilitators who understand the local challenges faced by young people in Pendle.



## CASE STUDY

**Background:** Jay is a 15-year-old young person who was permanently excluded from school following ongoing behavioural challenges.

**Needs:** Increasingly isolated and disengaged from any meaningful daily activity. Spent most of his time indoors, had very low mood, and lacked confidence in social situations.

**Action Taken:** Jay started to experience the physical benefits of being active. He reported feeling “less stressed” and “more positive” after sessions and began to recognise the link between exercise and his mood.

**Outcomes:** He noticed improvements in his energy levels and sleep, and started reducing his reliance on energy drinks. By connecting with positive peer role models Jay felt understood and supported. These relationships helped him feel less isolated and more confident in group settings. Informal wellbeing chats alongside training sessions opened up conversations about self-care, healthy routines, and looking after both physical and mental health.

By the end of the 12 weeks, Jay showed increased confidence, improved mood, and greater engagement with others. He developed a clearer understanding of how being active, connected, and supported positively affects his mental health and wellbeing. The programme provided Jay with a sense of belonging, routine, and a more hopeful outlook on his future.

# CASE STUDY

**Background:** 12 year-old male.

**Needs:** Family were worried because he rarely leaves the house outside of school. He has few friends in the area, and has not been physically active, leading to weight gain.

**Action Taken:** Welcoming, low-pressure introduction to reduce anxiety about joining a group activity. Development of a flexible, multi-sport plan aligned with interests and abilities. Inclusion of gradual exposure strategies to build comfort with group settings. Regular sport sessions to improve endurance, coordination, and fitness. Structured warm-ups, skill drills, and small-sided games to promote engagement and gradual skill development. Group activities that foster teamwork, communication, and positive peer interactions. Ice-breakers, team-based drills, and partner activities to build friendship opportunities. Activities chosen to reduce anxiety about social settings and increase mood regulation (e.g., fun, non-competitive games; moderate-intensity activity). Ongoing encouragement for self-esteem and resilience through achievement milestones.

**Outcomes:** Notable improvements in stamina, endurance, and basic motor skills from regular participation. Weight management support through consistent activity and structured sessions. Reduction in anxiety related to social settings; more confidence in trying new activities. Improved mood and energy levels, with fewer episodes of withdrawal from other activities. Development of peer relationships and a sense of belonging within the group. Skills in teamwork, communication, and sharing space with others. Family report of improved at-home interaction, motivation to be active, and support for ongoing participation. Greater parental confidence in managing and encouraging healthy lifestyle changes. Growing sense of achievement from milestone goals (e.g., completing drills, scoring in mini-games, mastering new skills). Positive shifts in self-perception from "someone who doesn't participate" to "someone who can contribute and lead in activities."

*"Since attending I have made lots of friends and enjoy the sports sessions, especially dodgeball. I feel healthier and always look forward to the sessions."*

# WALK & TALK NW CIC AWARDED £5,000.00 FOR KICK ABOUT

Delivering regular, safe football sessions for under-12s. During half term and when the weather isn't great, indoor activities such as badminton and paddle board take place. We're also taking young people on walks as extra sessions, so as not to disrupt the football sessions.

A qualified football coach facilitates the sessions which include a mix of skill development, small-sided matches, and fun activities to promote teamwork, resilience and physical activity.

The project is reducing the opportunity for anti-social behaviour by providing constructive activity and supervision.



# CHATTING CHIMERS CIC AWARDED £3,953.50 FOR FAMILY HEALTH & WELLBEING

We're working with families from marginalised communities (predominantly Pakistani communities), but welcome anyone who has the need and wishes to attend. The project is aimed at women, but addressing the health and wellbeing of children and young people. Weekend activities are for families, and weekday sessions are for women only.

We're delivering exercise and healthy eating sessions for 10 weeks split into 1 hour of exercise, and 1 hour of learning about healthy eating. Reading/storytelling sessions also run for 10 weeks (women only) and encourage women to reduce isolation, develop literacy skills, and encourage creativity and mindfulness.

## CASE STUDY

**Background:** A woman, early thirties, from the Pakistani community. She is very thin and appears she has an eating disorder, and caring for her husband who is not well.

**Needs:** Wants to attend a place where she goes out of the house to learn new things and meet new people. She is struggling, because she cannot eat properly and is seeing doctors. She is also looking after a sick husband, creating a lot of stress because there is no one working to bring in money - wants to work, but struggling to find work.

**Action Taken:** Helped to create a CV and search for jobs online. Through positive language and an open, caring atmosphere she opened up. If she agrees we will signpost to other organisations who can help with her eating disorder. Support is ongoing.

**Outcomes:** Gained some confidence - activities have helped her feel comfortable enough to open up. She is attending sessions and showing enjoyment mixing with peers and making friends, thus reducing isolation.



CHATTING  
CHIMERS CIC



*"Thank you for listening to my problems. I am much happier that you will help me to create a CV."*



# FEMALES FRIENDSHIP FORUM

## AWARDED £5,000.00 FOR HEALTH & WELLBEING & EDUCATIONAL ASPIRATIONS

The project works with "mothers and daughters" (cross-generational women and girls) to encourage improvement in physical and mental health and wellbeing as well as their educational aspirations.

We undertake activities to improve health and well being including exercise classes i.e. yoga, Pilates, dance, box-fit, and aqua aerobics, walk and talk sessions, healthy eating and cooking classes, group mindfulness sessions, coffee mornings, arts and craft sessions, and self-care sessions. All activities cater for women and girls together of different ability levels.

Educational aspirations are raised through university visits, guest lectures from inspirational speakers, and mentoring of young women and girls. Visits involve meeting educators and students at universities, and sampling activities on campus.

## CASE STUDY

**Background:** Woman, late 40s, with 5 daughters and separated from her husband. Suffering severe depression and obesity, and only leaves the house to do household chores and drop daughters off at school.

**Needs:** Physical and mental wellbeing was deteriorating. Was becoming increasingly isolated. She needed to become more active and meet new people.

**Action Taken:** Took part in the regular coffee morning attending regularly, making new friends and enjoying the Mandela Art. Also taken part in the walk and talk sessions as well as attending the Pilates and yoga classes. She has also joined the arts and crafts class and attended cooking classes.

**Outcomes:** Become more active and continued the classes. She is looking after her nutrition. Her confidence has improved and she has now undertaken the volunteer level 1 training with the group.



*"My daughters are so proud of me for joining in the activities. I'm feeling so much better and made lots of new friends. I'm fitter and healthier and love the exercise classes. Thank you so much for getting me out of the house."*

# PENNINE OAKS

## AWARDED £4,966.00 FOR

# NATURE NEXUS

The project provides two weekly sessions at our 18-acre site between Colne and Barrowford, with woodland and waterways offering both green and blue prescribing opportunities. The morning sessions (11am-1pm) focus on creative and developmental outdoor play such as eco-printing, nature crafts, sensory play, forest school, and art therapy. These activities support emotional regulation, creativity, bonding, and reduce isolation among families. The afternoon sessions (2pm-4pm) focus on adventurous, skills-based activities such as archery, den building, fire lighting, orienteering, and supervised axe/knife throwing. These sessions build resilience, confidence, teamwork, and trust, while offering practical bushcraft and personal development.

A Human Library element will also help bridge social and cultural gaps.



## CASE STUDY

**Background:** Young person, 14, feeling bored, disconnected from nature, and unsure of their abilities in group or practical activities.

**Needs:** Very limited experience of outdoor environments beyond school settings and spent most of their free time indoors.

**Action Taken:** Over several sessions, the young person took part in a wide range of outdoor and nature-based activities including: bush craft and survival skills, fire-lighting and campfire cooking, den and shelter building, axe and knife throwing, woodland exploration and discovery, orienteering and problem-solving challenges, and team games and group tasks.

**Outcomes:** The young person demonstrated: increased confidence and self-belief, greater willingness to try new activities, improved teamwork and communication, increased physical activity outdoors, stronger sense of belonging, positive connection to nature.

She has expressed a clear desire to continue attending Pennine Oaks sessions and would recommend them to other young people. She is also interested in progressing to more advanced activities and leadership opportunities in future programmes.

*"Before I came here I didn't really go outside much. I didn't think I'd be good at any of this. Now I can build fires and shelters and do loads of things."*

*"It makes me feel confident and happy. I like being with everyone and being in the woods. I'd definitely come back and want to do more."*

## CASE STUDY

**Background:** Mr B is a young adult. He has a neurodiversity diagnosis, but has not received emotional or mental wellbeing support with this. He presents as very anxious and isolative, and has few to no friends.

**Needs:** Very little opportunity or volition to engage in meaningful activity or maintain a healthy sense of identity. displayed anxiety and had not engaged well previously in the school setting. Also, due to his home environment and lack of supporting social groups, his mental well-being was not deemed to be good. Mr B lacks self-esteem and confidence meaning he struggles to initiate social engagement, leading to increased social isolation. Additionally, due to his anxiety of failure, he lacks the volition to try new tasks or learn new skills, again increasing the detrimental life balance, resulting in low mood and antisocial behaviours.

**Action Taken:** Mr B was advised of the facilitator's experiences and recommendations regarding neurodiversity challenges. It was reiterated that this was a space of inclusion and openness without judgement. Mr B was supported in using the photography equipment and drones to capture the session as media content. Although he had not done this before, Mr B thoroughly enjoyed the photography and spent the majority of the session utilising the opportunity to enhance his skill with the camera.

**Outcomes:** Once he began interacting with support from the facilitator, he engaged more. With positive reinforcement and reassurance that there was no pressure to perform, only to learn, he gained the confidence to engage. Throughout this programme, Mr B has not only engaged in the sessions, but also stepped out of his comfort zone by taking on tasks such as lighting a fire, chopping wood, and whittling his own fork to toast marshmallows. Although he still verbalises anxiety that he will do it wrong or injure himself, he is now engaging in these tasks with minimal coaching.

*"Thanks. I actually really enjoy it, and it gives me something to do rather than just wandering around."*

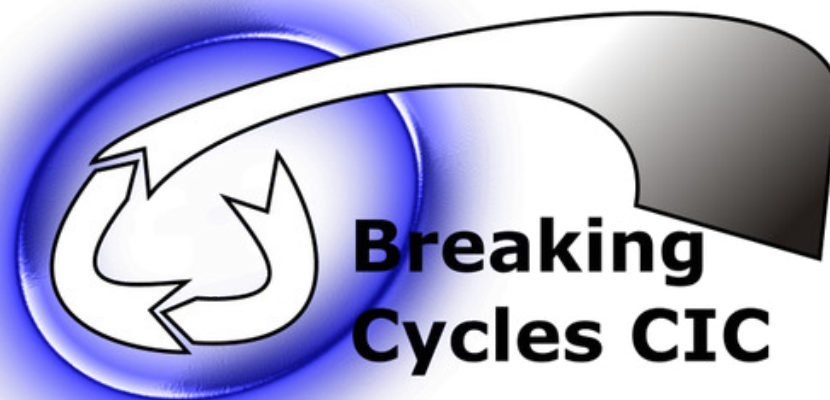
# BREAKING CYCLES CIC AWARDED £4,820.00 FOR CAMPFIRE CONVERSATIONS

Sessions are facilitated by a professional, who is well equipped to manage conversations about mental wellbeing, neurodiversity, addiction, etc. and lead activities encouraging human connection, and facilitate the making of new positive relationships around a campfire.

These sessions provide support for young people ineligible to attend a group such as Men Talk due to their age, yet have outgrown the offer that is intended for children and teenagers.

Our aim is to support the development of mental wellbeing, confidence and social skills through engaging in positive conversations and activities around the fire. This supports an increase in engagement with education and/or training, and therefore attainment.

Participants will practice and secure skills around camp fires as well as being able to engage in meaningful conversation with others.



# BOOST WELLBEING CIC AWARDED £4,316.00 FOR BOOST FAMILY YOGA

Providing a weekly programme of family and child friendly yoga classes in the Pendle West area, aimed at filling a gap in this type of age-appropriate provision which improves physical literacy for young children whilst enabling their parent/guardian to be active too. This is mainly offered to primary-aged children and their parents/guardians, and delivered in partnership with Pendle West Primary Care Network.

Classes are delivered at Hodge House in Nelson, scheduling these after school time and taught by BOOST's yoga teacher who is qualified in delivering yoga for children and will be delivered in 5 blocks of 6 weeks. Classes will be specifically designed to provide playful activities and to be enjoyable, encouraging sustained participation, whilst teaching children and adults the benefits of breathing exercises and mindful practices.

## CASE STUDY

**Background:** Young lady who suffered from very poor mental health and low mood.

**Needs:** To improve mood and increase participation in physical activity. Aim to be more active through yoga.

**Action Taken:** The gentle yoga session has enabled the young lady to access a welcoming small group, to be more active and to build on her self-confidence and improve socially and physically.

**Outcomes:** The young lady attended all of the 3 first sessions, improving her confidence already. She seems to be really enjoying the social interactions and seems more confident weekly.

It is still early stages, but the classes are having a positive affect.

# BOOST

WELLBEING CIC



# Brain Health Breakthrough<sub>CIC</sub>

## CASE STUDY

**Background:** An older lady with arthritis who sustained two spinal fractures and awaiting spinal fusion surgery. Also has long covid. Frustration at limited mobility, and also experiences high anxiety around social interaction.

**Needs:** Mental health has been significantly affected. Connecting with like-minded people could provide valuable emotional support and help reduce isolation. Mobility difficulties left her socially isolated and unable to participate in activities outside the home; disconnected and unable to engage with the community.

**Action Taken:** Attended peer support sessions where people got to know one another in a relaxed and welcoming environment. Spent time outdoors with walks in nature, sharing coping strategies, personal experiences of living with long-term health conditions, and offering mutual understanding and encouragement. Practised gentle breathing techniques to support nervous system regulation to promote a sense of calm and wellbeing.

**Outcomes:** Socialising significantly improved mental health. Being with like-minded people helped her feel understood, accepted, and less alone.

Sessions created a relaxed, supportive atmosphere where she felt empowered to listen to her own needs. Access to nature and the outdoors had a calming and restorative effect on wellbeing. Participation helped to reduce social isolation and increase feelings of connection.

*"I've not been able to socialise - this session helped my mental health. Option to be able to say at any point if I needed a break or some quiet time was a breath of fresh air."*

# BRAIN HEALTH BREAKTHROUGH

## AWARDED £4,118.00 FOR NATURE BASED SESSIONS FOR PEOPLE WITH COMPLEX LONG TERM CONDITIONS

This project is delivered in collaboration with Pendle Plant Craft, an award-winning community project based at Lomeshaye Marsh Nature Reserve specialising in nature-based wellbeing, land connection, and simple, seasonal craft practices.

Together, we are delivering 10 inclusive, nature-based wellbeing sessions for people living with complex and long-term conditions across Pendle and Burnley.

Brain Health Breakthrough CIC leads on seven of the ten sessions. These will include: relaxation and breathing techniques, education on the nervous system and simple tools for calming and grounding, strategies for planning, pacing, and self-management, gentle embodied practices to support emotional regulation, and time for connection to nature, peer support, reflection, or quiet rest.

Pendle Plant Craft is delivering three sessions focused on nature-based wellbeing: gentle, accessible walks at a pace set by participants, shared wild herbal teas and simple, seasonal plant craft, sensory awareness, grounding, and quiet nature-connection activities, and space for stillness, creativity, rest, and gentle conversation.



# HODGE HOUSE COMMUNITY TRUST

## AWARDED £5,000.00 FOR BRADLEY BELIEVES

The project provides a range of activities across the Bradley area which ensures children and young people have safe places to go and safe things to do which will impact on raising their self-esteem, health and wellbeing, improving school attendance, reducing childhood obesity, and preventing them from being involved in criminal activity.

Types of activities includes: sports and recreation, and educational and issue-based sessions which support young people to make informed choices and decisions about their lives and behaviours that will keep them safer and encourage economic wellbeing. Young people will benefit from having increased knowledge of the issues they face and how to deal with them. They will have increased opportunities for positive activities building self-esteem and creativity. Healthy eating and cooking projects as well as a healthy food service encourages young people to make healthy choices and develop independent living skills.

## CASE STUDY

**Background:** Religious group leaders in regards to a group of young people.

**Needs:** Finding it difficult to get the children into some community activities due to a lack of confidence as well as anti-social behaviour and wrong friend groups.

**Action Taken:** We engaged the young people with group/teamworking activities through various sporting activities as well as giving them a chance to take charge in certain sessions. Also we advised on healthy eating habits as well as the social groups and the dangers of the outside world in regards to anti-social behaviour.

**Outcomes:** Some went onto joining a gym, eating healthier, taking part in community group tasks with their place of worship as well as taking part and helping with weekly sessions by volunteering.



*"Thanks for the help. I feel like I wouldn't be the person I am today if it was not for the support you guys have given me. I won't forget this."*

# RECENTLY STARTED/LATE STARTING PROJECTS

One group has only recently commenced their funded project and therefore have not been able to supply their interim performance and successes for this report due to the submission deadline and project start date conflicting.

Two groups are not due to start their projects until later in the year due to their activities requiring better weather. Therefore, they have not been able to supply their interim performance and successes for this report.

We have provided a project brief for these awards including the amount awarded.

We look forward to hearing about their performance and successes in the future and will provide full details in the final report.

# PENDLE RHYTHM & SOUND

## AWARDED £5,000.00 FOR COMMUNITY AFRICAN DRUMMING WELLBEING CIRCLES



Delivering weekly Community Drumming Circles over 12 weeks; sessions blend African rhythms, group learning, movement, creativity and meditation. Each week participants learn a new rhythm, play together and take part in drumming meditations and improvisations. The programme goes beyond music - it's designed to support nervous system regulation, reduce stress, build confidence and provide emotional release in a fun and accessible way.

Participants benefit from being part of a safe, supportive space where they can connect, be creative and feel part of a community. The project reduces loneliness by building new friendships and giving people meaningful opportunities to be active and creative together. It also raises awareness of skills, talents and strengths within the community, inspiring people to continue exploring music and creativity long after the sessions.

# PENDLE & CRAVEN CROQUET CLUB AWARDED £5,000.00 FOR CROQUET FOR WELLBEING



The project uses the game of croquet as a vehicle to enhance and improve the mental health and wellbeing of attendees. It gives them local opportunities they may not otherwise have to get out of the house, meet new people, take some gentle exercise and learn a new sport.

This project is starting after this reporting period as it requires better weather being an outdoor sport.

# HARWES FARM CIC AWARDED £4,809.00 FOR SUMMER ACTIVE NATURE KIDS



## Harwes Farm CIC

Harwes Farm CIC will deliver "Summer Active Nature Kids" - a targeted 3-month intensive programme (May-July 2026) addressing Pendle's childhood obesity crisis through engaging 4-hour forest-based physical activities for children aged 8-16.

The project runs weekly 4-hour sessions combining: ACTIVE: Extended woodland obstacle courses, tree climbing, nature trails, den building requiring sustained physical exertion; CREATIVE: Healthy outdoor cooking and meal preparation, nature crafts involving movement; CONNECTED: Team challenges and group activities building confidence around active play; SAFE: Positive body image support, nutrition education in supportive outdoor environment.



# THE GREATER GOOD PROJECT CIC

## AWARDED £4,750.00 FOR

# RHYTHMS & REMINISCENCE

Rhythm & Reminiscence is a series of inclusive music and movement sessions designed for the elderly living in care homes and individuals living with dementia. These uplifting sessions blend well-loved songs with gentle, seated movement, creative props, and opportunities for storytelling, conversation, and joy. Each session will be designed to awaken memories, foster connection, and promote both emotional and physical wellbeing in a relaxed and supportive environment.

## CASE STUDY

**Background:** 93-year-old man living with dementia in a Helmschore care home.

**Needs:** To support his emotional wellbeing and quality of life while living with dementia. Limited opportunities for meaningful social interaction and sensory stimulation. Needs gentle, inclusive activities that support connection, enjoyment, and a sense of identity.

**Action Taken:** Facilitated a session within the care home using song, music, rhythm, and gentle movement to create fun moments of connection and enjoyment, adapting the pace and activities in response to the residents' mood, energy levels, and engagement. We supported the man to engage with live and recorded music from his era; participate in simple rhythmic activities; join in gentle seated movement, helping to promote comfort, circulation, and body awareness; experience shared singing mood and social connection; and take part in reminiscence moments, where music naturally prompted memories and stories.

**Outcome:** Sessions had a positive impact on the gentleman's emotional wellbeing and engagement. He showed increased alertness and presence, often becoming more animated and responsive to music and rhythm. Staff observed moments of smiling and participation, notably choosing to leave his seat and stand to dance.

This moment of self-expression highlighted his confidence, enjoyment, and connection to the music.



## GREATER GOOD PROJECT CIC



*"Thank you for dancing with me!"*



# WAVE ADVENTURE

## AWARDED £5,000.00 FOR VOLUNTEERING PROGRAMME FOR FAMILIES

Delivering a weekly outdoor-based volunteering programme targeted at families who have one or more members with lived experience of mental illness and/or neuro-divergence and activities consist of bike trail maintenance; rewilding/increasing biodiversity; indoor climbing; cycling and stand up paddle boarding.

It is developmental so individuals can progress at their own pace and be able to take up additional volunteering opportunities with our organisation and other suitable services. Participants are also able to access training/qualifications when they are appropriately experienced.

Families are able to take part in active volunteering together, gaining skills to be able to take part as a family unit independently at the end of the programme.

**Background:** Lone parent with 4 children.

**Needs:** Lacking opportunities (and funds) to take part in engaging activities as a family unit. Quality time spent in a way that engages each family member.

**Action Taken:** The family were able to take part in a group indoor bouldering session where all members were able to enjoy the activity, have fun and learn together.

**Outcome:** Strengthened the family unit and motivated them to do more activities together.

*"Really enjoyed the family bouldering session. The kids and I were fully engaged throughout the session, learnt a lot and had great fun- important family time!"*

# WHITWORTH LEISURE CENTRE AWARDED £5,000.00 FOR INTRODUCTORY FITNESS COURSES

Offering a free ten-week course targeted at those who avoid physical activity and, as a result, are unhealthy or overweight, plus two single-sex group programmes for those who want to embark on their fitness journey in a secure, comfortable and supportive environment. Each group will be offered up to three sessions a week, which will include a comprehensive gym induction, a personal training plan, supervised gym sessions, plus weekly fitness classes to best suit the group's needs. Each group can also access targeted health and nutrition advice where appropriate.

## CASE STUDY

**Background:** 42 year old female with a BMI of 38 (classed as obese). Weight is a major issue for someone of my height.

**Needs:** Help to start my improvement and wanted a supportive environment where I could share my journey with others.

**Action Taken:** Met weekly with Adele covering gym induction, guided fitness advice and help with motivation. I also attend Pilates and Aquafit sessions as part of my funded membership.

**Outcome:** I am so pleased to be part of this programme! I would not have done any of this independently. I am hoping I will be able to lose weight and get fitter.

*"Adele is an amazing instructor and motivator!  
Thank you so much for including me."*





# ROSSENDALE REFUGEE SUPPORT GROUP AWARDED £5,000.00 FOR PHYSICAL ACTIVITY, SOCIAL CONTACT & MENTAL HEALTH

We're developing the services we offer to refugees and people seeking asylum by providing new opportunities for access to exercise and social contact through a pilot cycling support project whereby refurbished bikes are purchased and loaned to regular attendees, a try exercise scheme enabling access to varied activities, and a bus to health project offering bus fare refunds to access health and wellbeing activities. We are also improving the quality of our drop-in service renting extra room space on a long term basis, and purchasing tea and coffee provisions to meet the needs of our growing numbers.

## CASE STUDY

**Background:** Male refugee. Previously asylum seeker. In the UK for 18 months.

**Needs:** Significant mental health challenges linked to a pre-existing condition. Not registered with a GP - found the process difficult. Feeling low in mood, lost and isolated. Physically inactive, and couldn't afford gym membership or transport, limiting opportunities for improving mental health. Lacked confidence to access services independently.

**Action Taken:** Helped him register with a GP. Guided him through appointment booking. Provided ongoing support to ensure he attended follow-up. Registered him for a trial of gym membership through ICB-funded scheme. Provided a bicycle through ICB-funded scheme.

**Outcome:** The interventions achieved: improved access to healthcare, prevention of further deterioration in physical health, increased physical activity, better mental health, reduced social isolation, greater independence, reduced financial stress due to reduced transport costs.



*"A basic support and guidance in my life, without this support I would have struggled greatly."*

# ROSSENDALE RUGBY CLUB

## AWARDED £3,100.00 FOR WALKING RUGBY



Launched a Walking Rugby & Social programme, supporting 25 locals aged 50+ in our community to improve their mental, social, physical health, wellbeing. We are providing 12-months walking rugby and social activities accessible for all, regardless of abilities, mobility, experience of walking rugby. Each week delivers fun and engaging 2-hour sessions split into 90 minutes physical activities and 30 minutes dedicated for informal socialising. Experienced session coaches support participants in small groups and one-to-one, providing encouragement, expert support and facilitating a friendly and welcoming environment so everyone feels valued and included throughout.

## CASE STUDY

**Background:** An older adult male who had played rugby in his younger years, but become less active and struggled with weight and minor health issues as a result.

**Needs:** Improve physical activity levels in a way that felt manageable and safe.

Traditional exercise felt intimidating due to weight and health concerns, and believed his rugby-playing days were over. Lacked regular means to socialise during the week, impacting motivation and mental wellbeing.

**Action Taken:** Attended an initial session to see what it was like. The group provided a welcoming, inclusive environment allowing him to take part at his own pace. Sessions focused on low-impact physical activity. Time after sessions for informal socialising enabled him to connect and build relationships.

**Outcome:** Attends sessions weekly, reporting high enjoyment levels and describes Walking Rugby as a fun, engaging way to be active, often achieving significant step counts without realising. The safe, supportive environment has improved his confidence and motivation to stay active, and socialising positively impacted mental wellbeing, providing regular opportunities to connect and reduce isolation.



*"It's genuinely great fun: re-bonding with old pals and bonding with lads I've never met before. An hour is just enough for my ageing bones, and the regular breaks Sam kindly inserts ensure we don't overdo it!"*



## CASE STUDY

**Background:** Man of nearly retirement age of Ugandan/Indian heritage and brought up in a very strict family having a profound, lasting impact on his mental health. He has a profoundly disabled step-daughter whose health problems are extremely distressing.

**Needs:** Undergoing counselling for some time with our in-house counsellor for his mental health and family problems. Also struggled for many years with alcohol-problems – now doing relatively well, but whenever his life (or his step-daughter's) faces a set-back, he very quickly returns to his former, destructive ways of trying to cope.

**Action Taken:** We have been providing free-of-charge counselling sessions, and persuaded him to become heavily involved in our bowling sessions. He agreed to take on running daily sessions, including undertaking coaching training once the greens reopen in March. We have encouraged him to get back involved with his local temple, which he has done and is really enjoying and benefitting from. He has also begun helping to cook for our other attendees, and regularly comes to our Wednesday sessions becoming a very welcome, well-liked participant.

**Outcome:** Although we have seen him slip back a couple of times, he is now doing incredibly well. His body language is very positive, he is smiling, and regularly attending. The hope and sense of anticipation he feels at being more involved in running the bowling sessions, and the sense of achievement he gets from being involved in cookery and our social sessions are palpable.

# RAMMY MEN CIC AWARDED £5,000.00 FOR BOWLING US OVER!

This activity has the potential to be one of the most all-round beneficial activities for our target demographics, breaking down intergenerational differences, giving people a purpose, providing some exercise, the chance to get involved and volunteer, excel and become coaches, and become part of a team. It is so incredibly simple, yet so incredibly powerful, and meets all of the 'five ways to wellbeing' without even breaking a sweat! Alongside the bowling, we are running Tai Chi sessions at our premises twice weekly and find it to be another of the most accessible forms of physical exercise that there is.



*"Without Rob and RammyMen I wouldn't still be here... He has a great way of getting the best out of people. I'm really looking forward to doing some more bowling."*

# MANCHESTER MEN'S HEALTH

## AWARDED £4,956.00 FOR

# TALL TALES FOR ALL MEN



Running a men's health event at Haslingden Community Link, which includes health checks, information stalls from local services (health, mental health, wellbeing) a chance to network, and community engagement, plus a performance of "Tall Tales for All Men" - a play written and performed by Tony Curry where he shares stories about his father and brother, who sadly both died prematurely.

We're delivering two further performances of the play at VIC and in Whitworth, and nine creative/men's health writing workshops. Each workshop explores themes from the play: identity, grief, mental health, masculinity, and resilience.

The project addresses isolation, poor mental health, and low engagement with health services by men.

## CASE STUDY

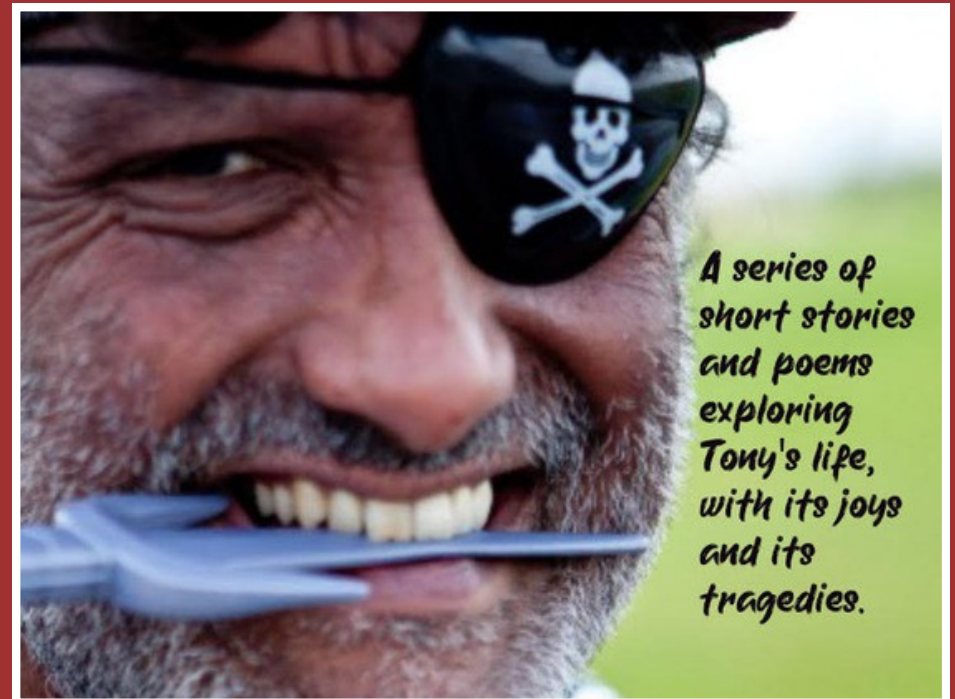
**Background:** Known this male client for some time. We first met when I was the project co-ordinator of Whitworth Men's Shed and through this current project I have once again made contact with them.

**Needs:** In need of social contact and support.

**Action Taken:** The group have been supporting the client through a relationship breakdown and a decrease in their mental health.

**Outcome:** The client has accessed his GP. The client continues to receive support from the group.

*"Really good to see you again!"*





# THE ABD CENTRE AWARDED £4,500.00 FOR KEEPING ACTIVE

Delivering five targeted physical activity sessions to promote and improve a healthier lifestyle, mental wellbeing, and nurture socialisation.

Sessions run for a total of 41 weeks: Seated Yoga is aimed at people with disabilities or mobility difficulties. Tai Chi aids core strength, mobility and breathing. Music to Movement supports older people with weight management, general fitness and reducing social isolation. Circuit training is for those who are not fit enough and/or are body conscious and struggle in traditional gyms. Zumba is aimed at those who don't like conventional exercise, but want to be active.

## CASE STUDY

**Background:** A lady in her 70's with early onset dementia and Parkinson's attends Movement to Music sessions. Isolated and increasingly detached from the world.  
**Needs:** Having early onset she still has mental capacity. Needs to normalise her life as much as possible while maintaining social contact as long as possible. She needs to steady herself using a chair.

**Action Taken:** The tutor modifies some dance moves and introduces things like scarves/ribbons to ensure everyone is having fun and helping to improve upper body movement, core strength and some mobile stability.

**Outcome:** This has been a very positive experience and is keeping some independence and social integration. Her medical condition is degenerative, but this activity is improving her current quality of life.

*"I live alone, so can feel lonely, but coming here makes me feel part of the world."*

# MORE IN THE ROOM CIC

## AWARDED £1,529.26 FOR MENOAUSE & MORE



Menopause & More delivers menopause education and wellbeing sessions to the community in Rossendale. Sessions are delivered by qualified professionals and practitioners. Sessions do vary slightly, but usually have a talk from Dr. Emma Gladwinfield, a movement session (yoga or Pilates), a wellbeing talk delivered by a qualified mental health practitioner, a Q&A, and a social food share.

We have also done specialised sessions for members of the Muslim community and we have been into workplaces to support staff too.

We also host walk and talk sessions where we lead small groups on walks in the local area to bring people together and provide a safe environment to talk about menopause.

## CASE STUDY

**Background:** Lady in her mid 60's

**Needs:** Wanted information on menopause and wanted to meet people as she was new to the area.

**Action Taken:** Menopause information and support was available at the first part of the session and the lady was introduced to other ladies who live near her. They attended the walk and talk together and have arranged to meet for coffee again.

**Outcome:** The lady feels much more informed about her menopausal journey and has made positive connections in the community. She has told us that she feels much more settled and comfortable in the area

*"I thoroughly recommend them if you want to meet lovely like-minded women & get good information on holistic approaches to the menopause and beyond."*



*"I've been to both menopause events. What could have been misconstrued as a depressing sounding event was quite the opposite. They are informative, uplifting, fun, enjoyable 'me' time sessions."*



# HASLINGDEN SQUASH CLUB

## AWARDED £3,664.50 FOR SQUASH DEVELOPMENT PROGRAMME FOR ADULTS

We're launching a squash development programme for adults and juniors having had great success with previous programmes on developing juniors and ladies. Squash participation enables people to be physically active, resulting in improved mental and physical wellbeing.

We have arranged 2 sessions on Wednesday evenings for adults, and 4 sessions on Saturday mornings for juniors, with courts and coaching provided, for 6 months. These sessions will be in a group environment, which enhances mental wellbeing. There are opportunities to participate in social and team squash following the launch and delivery of the development program. The sessions will be targeted at adults and juniors who are new to squash - our goal is to attract 10 new adults and 10 new juniors over the six month period that we will run these sessions. The sessions will be on a drop-in basis.

## CASE STUDY

**Background:** Mum of two and never played squash before.

**Needs:** To improve fitness and make new friends.

**Action Taken:** Taught the basics of squash through sessions for ladies.

**Outcome:** Has become fitter and gained confidence playing against others and in a league.

*"Thank you to the coaches for their help and encouragement."*

# PONIES FOR PEOPLE AWARDED £4,150.00 FOR RIDE FIT AND WELLBEING



**PONIES**  
• FOR PEOPLE •

Following a project over summer 2025, we are continuing to support the ladies and families we have connected with, and also opening up our services to other community members who would benefit from support in socialising and physical and mental wellbeing.

Interaction with horses and ponies is now being widely recognised as having mental, physical and emotional benefits, especially if carried out in nature. Our setting in the hills of Rossendale offers the perfect venue to take vulnerable individuals and families outside their usual environment and offer them fresh air, exercise, comradeship and a unique experience of working with a large animal. We are offering weekly one and a half hour sessions from March to July, covering two school holidays where families and children could be integrated too.

A structured "Ride Fit" programme incorporating nutrition, breathing, calming mindfulness, physical exercise, body and mental health awareness all working towards the opportunity to ride will be available. Physical exercises would include strengthening limb and core muscles, suppleness, posture, and alignment. Opportunities to groom ponies, learn more about them and how to handle them safely, as well as time to socialise over a brew will be provided.

## RECENTLY STARTED/LATE STARTING PROJECTS

One group has only recently commenced their funded project and therefore have not been able to supply their interim performance and successes for this report due to the submission deadline and project start date conflicting.

We have provided a project brief for this award including the amount awarded.

We look forward to hearing about their performance and successes in the future and will provide full details in the final report.

# SOCIAL PRESCRIBING LINK WORKERS



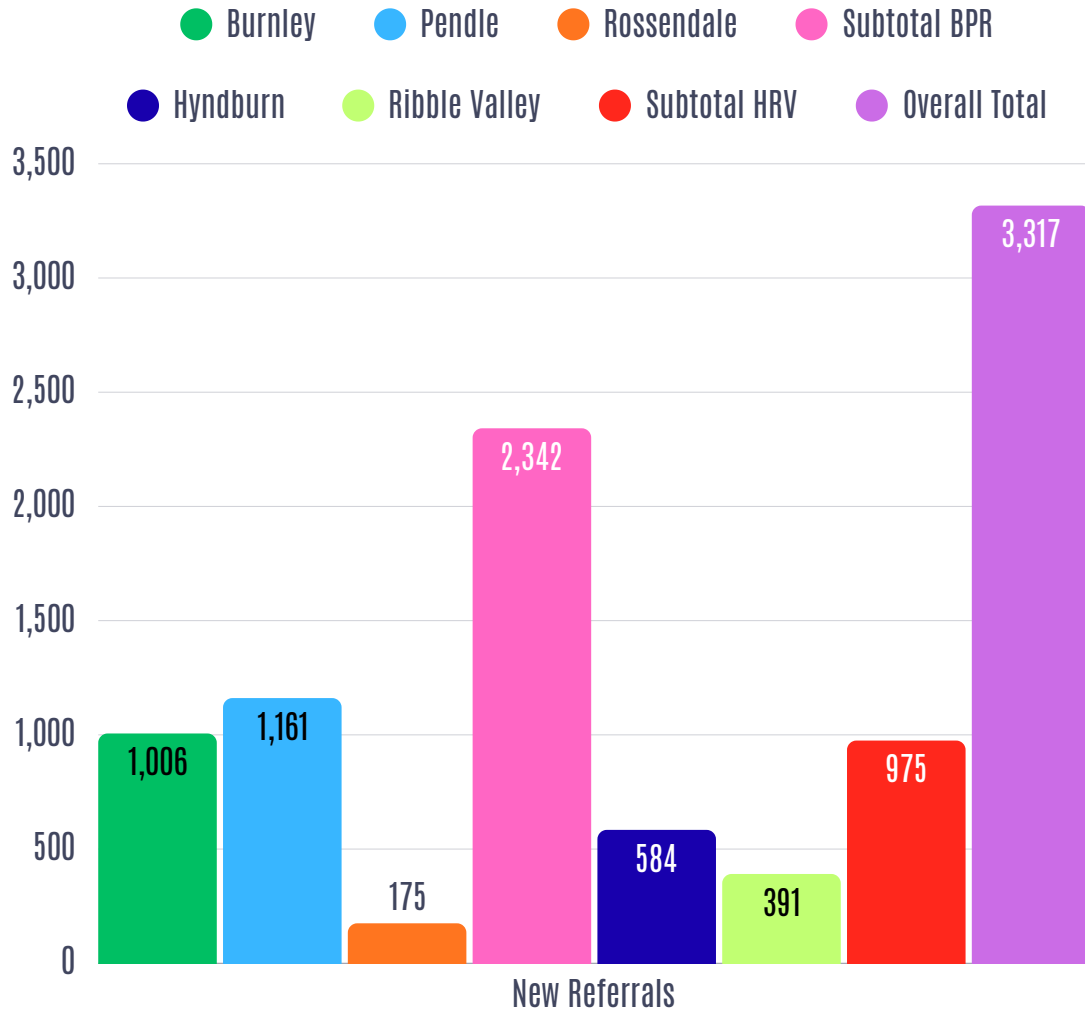
From April 2025 to February 2026, Burnley, Pendle and Rossendale employed six full time Social Prescribing Link Workers and eight part time Social Connectors across the six PCNs in the three areas.

Hyndburn and Ribble Valley had seven Social Prescribing Link Workers and one Green Social Connector across the two areas.

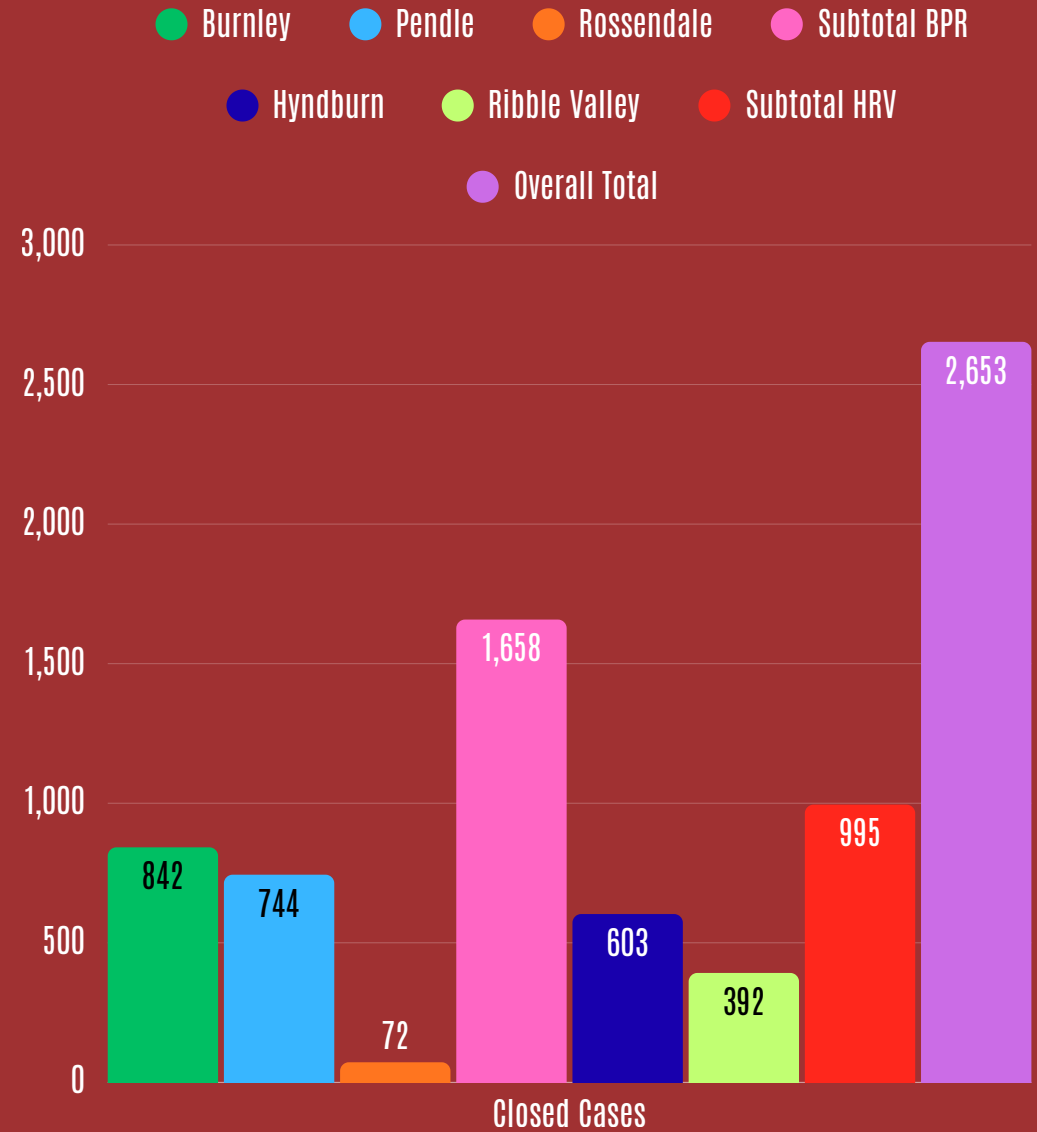
# STATISTICS

Figures are calculated from April 2025 to February 2026

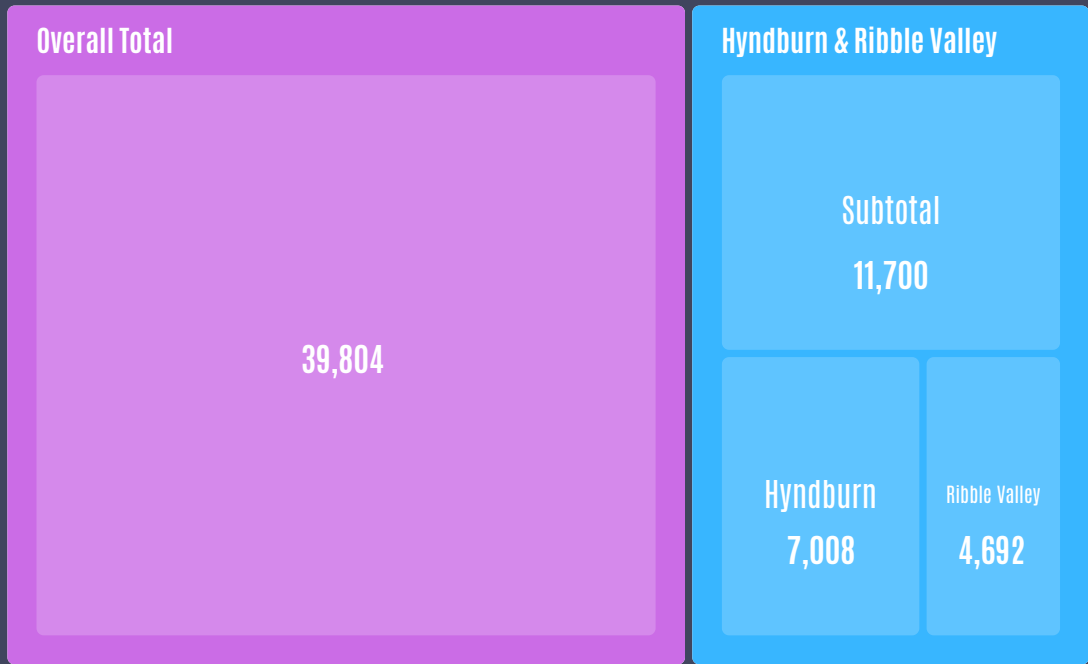
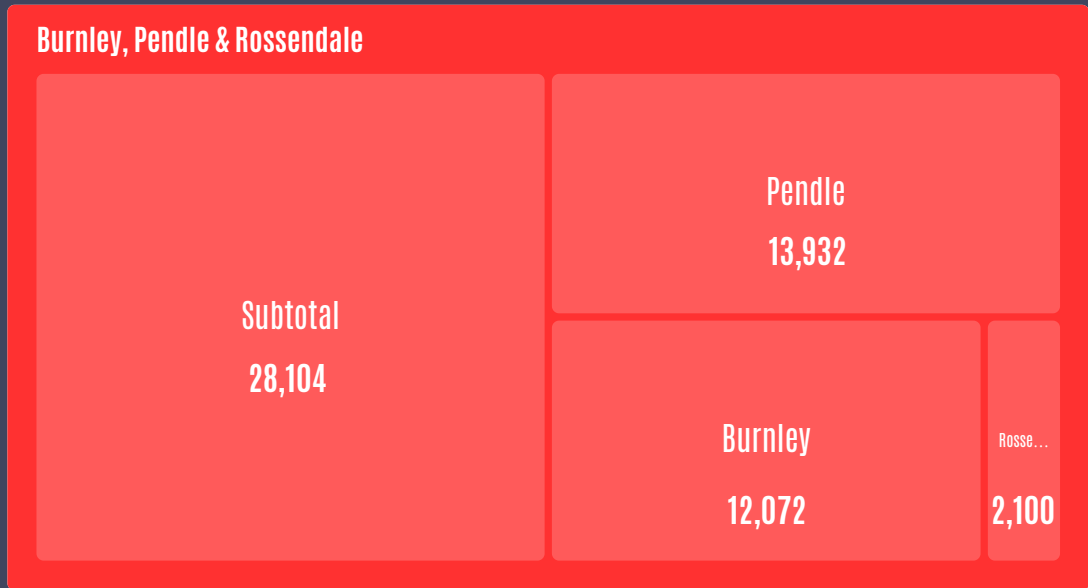
## NEW REFERRALS



## CLOSED CLIENTS

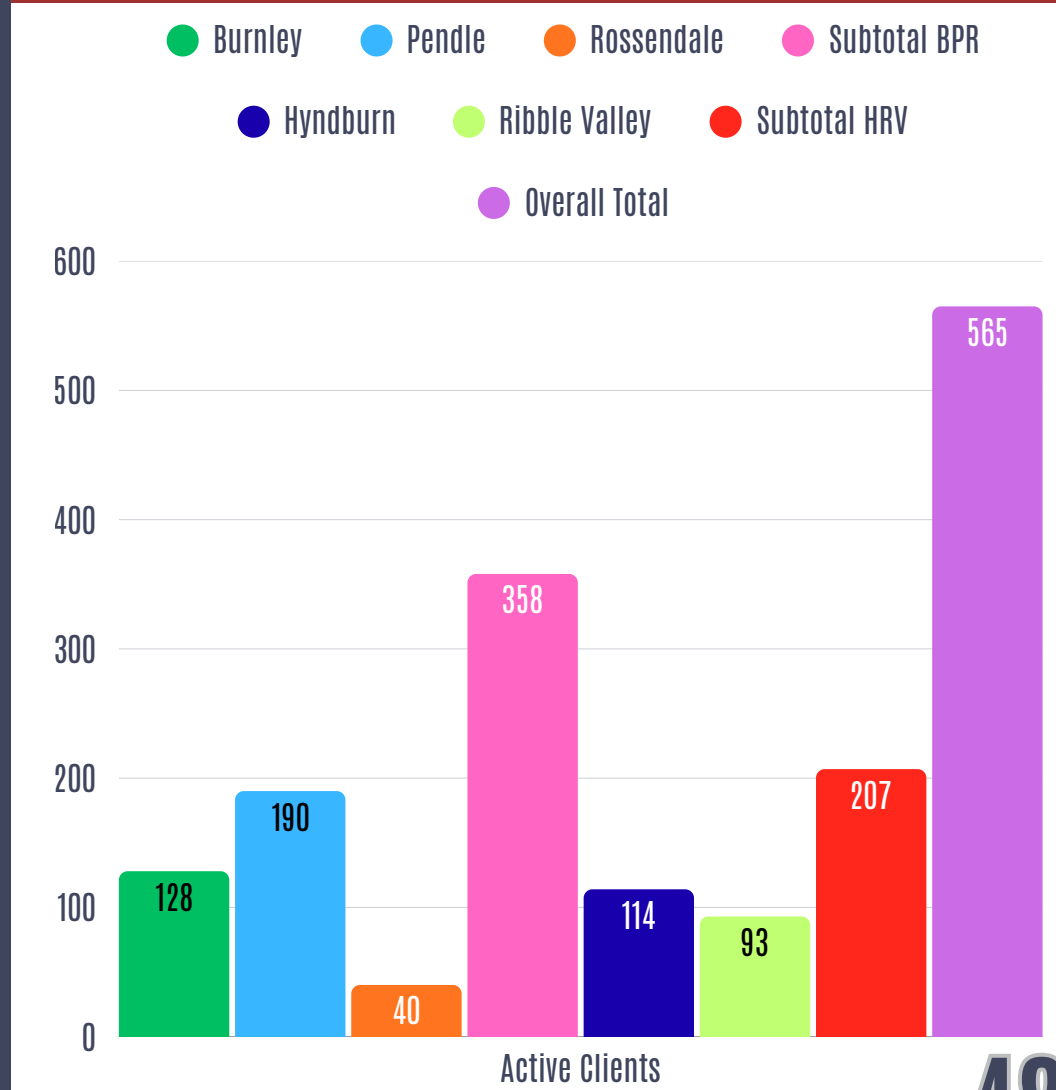


# HOURS OF SUPPORT



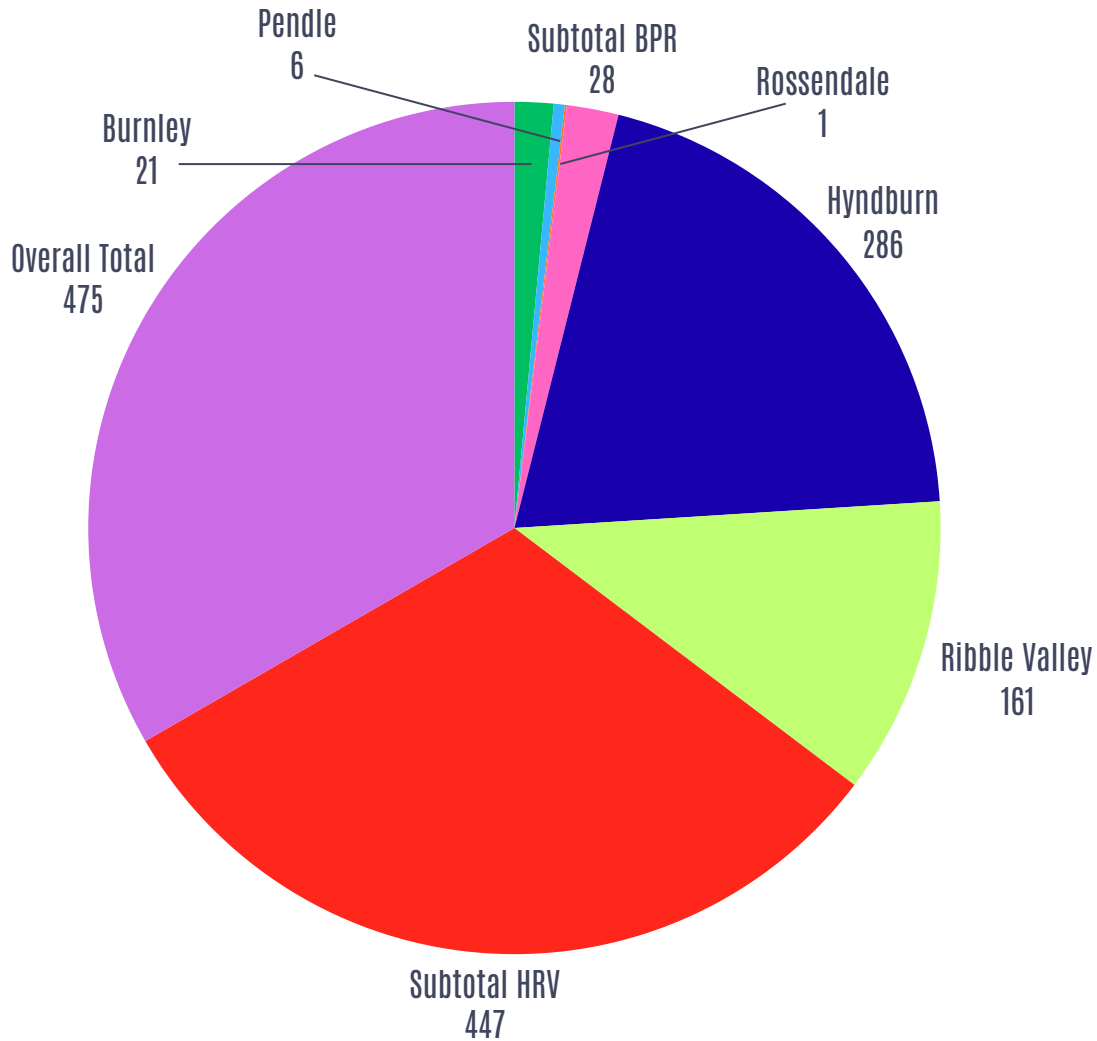
# ACTIVE CLIENTS

As of 28<sup>th</sup> February 2026

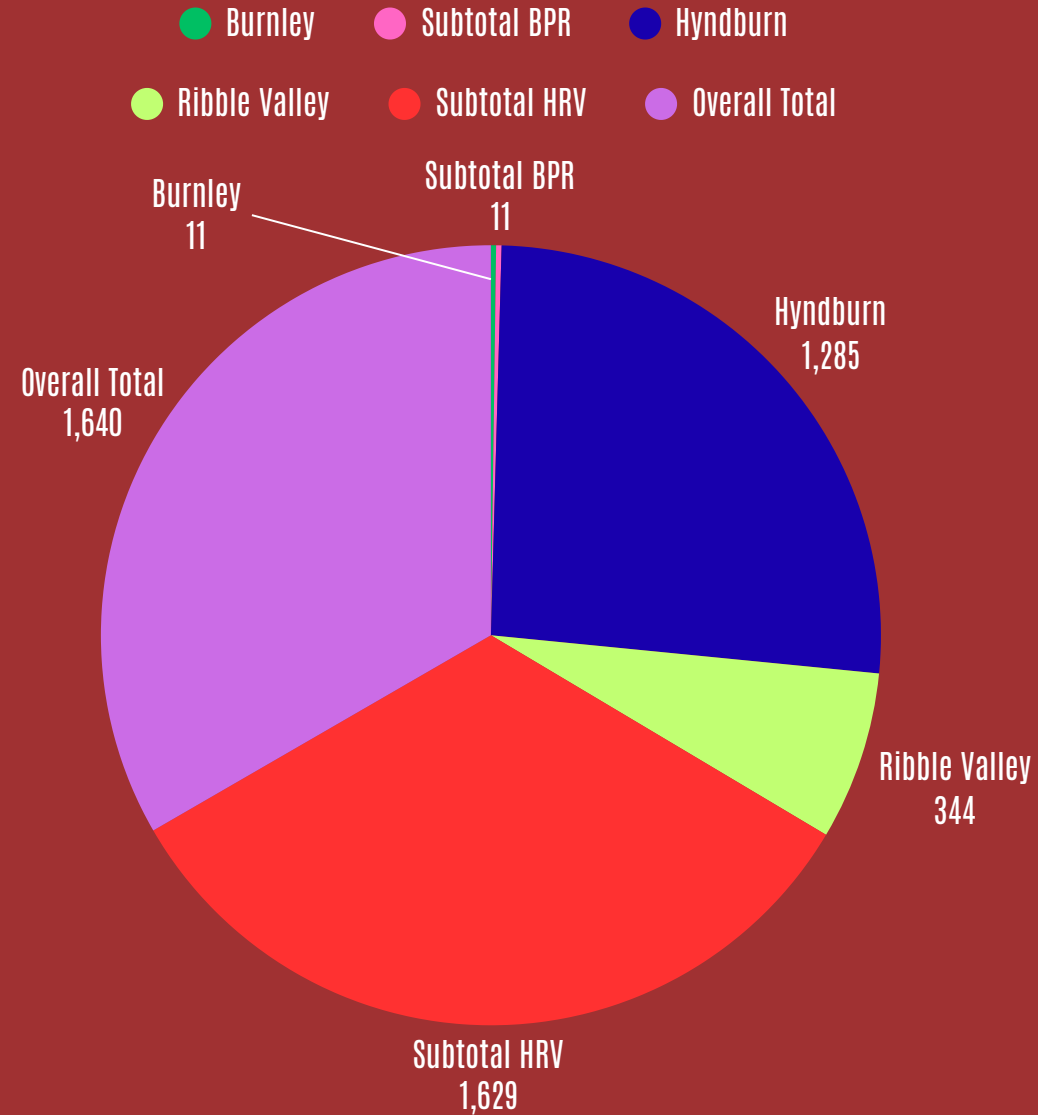


# VOLUNTEERING

## NUMBER OF VOLUNTEERS



# VOLUNTEER SUPPORT HOURS



### Reasons Indicated On Initial Referral

Social isolation, depression/anxiety, medical issues, mental health issues and self-esteem/confidence

Referral from the client's GP surgery stated the client has an expressed wish to connect socially and become involved in some activities locally. She is approaching retirement age and currently off sick from work and has struggled with the adjustment. This has made her feel very lonely and isolated. She would like to build up her confidence and social network, as being on her own is exacerbating her low mood.

### Background of Client

Client is a woman in her 60's who was receiving mental health support.

### Initial Assessment and Support Provided

I met the client and gave her some information about local groups and activities, and gentle exercise classes to look through in her own time. I also offered to attend something with her initially if she felt anxious about going on her own.

I supported the client to attend a local social group. I introduced her to the facilitators and to others attending and stayed with her until she felt comfortable for me to leave.

I then met the client at Down Town Grocery/Community Hub and supported her to register with the Community Grocery, and introduced her to the Nattershack group there, who chatted with her and told her she was more than welcome to join their weekly coffee and chat group. I also referred into Burnley Leisure's Up & Active exercise programme.

### Client Outcomes

The client got the confidence to start attending social groups on her own and was invited by other attendees to join further social groups in the community.

*"I think it's brilliant what you do. You will be literally saving lives. Loneliness is a killer. I have seen it. People sit on their own and go down and down until they die."*

# CASE STUDIES

## BURNLEY CASE STUDY



*"I don't want that to be me; I want to get out and keep moving and make friends. I'm only 65 and I want to live."*

# CASE STUDIES

## PENDLE CASE STUDY



*"Since being connected with social prescribing, I feel more hopeful and positive. I wish I'd been referred to this sooner."*

### Reasons Indicated On Initial Referral

The client would like to be supported to access various services. He is struggling to get out of the house, feels isolated, speaks Punjabi with very little English, so feels the language barrier impacts him greatly. He would like to be able to get home by using a bus pass again as this helps him to get out more which helps his mental health.

### Background Of Client

The client is 63 years old with a heart condition and other health issues, and also struggles with his mental health and anxiety. Client disclosed that he was a survivor of domestic violence from his ex-wife who used to physically and financially abuse him. He struggles to trust people regarding finances.

### Initial Assessment and Support Provided

The client required support in finding things in the community that mattered to him; looking for groups and activities in the local community that would allow him to improve his English and meet like-minded people. He was eager to start the intervention and was motivated throughout. He was unaware of groups and support services in the area that he could access for free. The client was also receiving support from Talking Therapies. Client also needed support in accessing a food bank as well as support once he moved into his new rented accommodation.

### Client Outcomes

Client was supported with his bus pass application as well as registering with a food bank which he still attends weekly. He was very proactive from the beginning of the service; he started attending support services in the area straight away. We attended Curry on the Street for support in accessing household goods for his new home. The client also started to attend men's walking group in which he met like-minded people from his own background, and started to attend English classes together. He moved into his new home and furnished it; his mood was elevated once he had achieved this. The client continues to attend things in the community and is aware of what to do if he requires further support in the future.

### Reasons Indicated On Initial Referral

Carer stress, housing instability, and navigation of health and social care systems. The client was supporting an unwell parent with fluctuating capacity and escalating care needs.

### Background Of Client

L is an adult woman with dependent children with significant caring responsibilities for her father, with deteriorating health and who intermittently loses capacity. The father was sofa surfing with the client, creating an unsustainable living situation for the household. L has her own long-term physical health conditions, including chronic pain and fatigue, further impacting her ability to manage ongoing stress. She described feeling able to manage paperwork/forms if given clear routes and guidance, but felt overwhelmed by fragmented services and unclear responsibility between teams.

### Initial Assessment and Support Provided

Focused on understanding the complexity of the caring role, housing instability, and the client's need for clarity around statutory responsibilities. Support provided included: Clarifying that Adult Social Care (ASC) was the responsible body for assessing the father's care and residential needs.

Liaising with ASC to establish progress and expected next steps.

Signposting to Carer's Link for emotional support, advocacy, and assistance with gathering evidence required for statutory assessments. Information on housing routes and homelessness registration processes given. Supporting to understand clinical teams roles, and how these interact with social care provision. Ongoing check-ins to monitor progress and reduce feelings of being "passed around" services.

### Client Outcomes

The client reported feeling that the appropriate steps were now in motion and nothing further was required from the Social Prescribing service at this time. She expressed relief at having clearer pathways and felt supported enough to pause engagement while awaiting statutory outcomes. The case was closed at the client's request, with reassurance provided regarding: How to re-access the service if circumstances change, and key contact details for ongoing support services already in place.

# CASE STUDIES

## ROSSENDALE CASE STUDY



*"I felt listened to and supported, especially when things felt confusing and I was being passed between services."*

# CASE STUDIES

## HYNDBURN CASE STUDY



*"Nobody has ever said that they loved spending time with me before; it has made me cry. Thank you so much for everything, it means such a lot to me. I am glad our paths have crossed. It has taught me that not everyone would be cruel to me'."*

### Reason Indicated On Initial Referral

Female, 33 years old. She was socially isolated having no family or friend connections and lives alone.

### Background Of Client

She would like to become more social, but finds this difficult due to childhood trauma. She has experienced significant sexual abuse from a trusted person as a child. This has had physical implications as well as a huge impact on her mental health. She finds it difficult to trust people and build relationships. She experienced high states of anxiety when she leaves the house and feels unsafe, feels like she is going to vomit.

### Initial Assessment

We have extended the support for this client from the normal 12 weeks to 24 weeks due to her circumstances and support she needed. She has needed a lot of support to get to the point where she feels she can go out to meet new groups.

### Client Outcomes

Once she had built up the trust, she has been able to access groups. She has been introduced to Brave Church and has gone to their craft group.

She has been connected to the organiser at Brave Church who has supported her one to one and she is hoping to gradually expand into going to other activities at Brave Church.

We have supported her by advocating for her at MDT meetings to facilitate her getting correct care as she was not being provided the care she was entitled to and did not know how to address it. Our links with the statutory services and the community have been really helpful to this client as she has felt she can build a relationship with community organisations who we have introduced her to so she feels confident to accept support from them.

# CASE STUDIES

## Reasons Indicated On Initial Referral

Social isolation, depression, physical health and mobility needs.

## Background Of Client

Female is 62 years old and has osteoarthritis and spinal pain. She lives with her second husband.

## Initial Assessment and Support Provided

I met the client in Café Nova at Oswaldtwistle Mills, and she was very emotional. She has two daughters, one son and six grandchildren. She would like to move house and feels her husband is often angry with her.

She takes painkillers daily and feels her mobility is compromised. She used to work at the Royal Blackburn Hospital, but had to leave due to her medical conditions.

## Client Outcomes

She agreed to a referral to "Up and Active", but doesn't feel ready to attend this now.

I met her at the "Olive Branch" Café in Clitheroe and connected her with DWP and Citizen's Advice. She wanted to check if she was eligible to any other benefits.

I have referred her to "Onward Homes" to help her to move house.

She has signed up to attend the "Roots of Resilience" course at Rhyddings Park which we will support her to attend. This is a free 6 week "nature-based mindful and wellbeing programme designed to help individuals navigate emotional challenges, manage mood fluctuations and respond to everyday stressors".

## RIBBLE VALLEY CASE STUDY



*"Thanks for being there today, it really does help. I've never had this much help off anyone before."*



**BURNLEY PENDLE  
& ROSSENDALE**  
**COUNCIL FOR VOLUNTARY SERVICE**

Registered Charity Number: 1062446 Company Limited By Guarantee: 3328219



**GROUP SUPPORT TEAM**



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**NHS**

Lancashire and  
South Cumbria  
Integrated Care Board

