Helping people to help others

QUARTERLY REPORT JULY 2025 -SEPTEMBER 2025



Beat the Street Burnley 2025

Congratulations and Thank You!

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Helping people to help others



CHIEF OFFICER OVERVIEW



Once again the report gives an insight into the incredibly busy world of BPRCVS, and the things we are working on to support the many hundreds of VCF (voluntary, community and faith sector) groups across our area.

The CVS as a local infrastructure organisation continues to celebrate its 90th year, planning our Annual General Meeting to ensure compliance, and our bi-annual conference – both to be held on 26th November. This year we are holding the events in Burnley Town Hall.

Our CVS "family" continues to support each other, identify gaps in services, look at and develop opportunities in line with the 4 principles of local infrastructure.

An existing development is the community lottery which will provide funding for many good causes across our 3 districts.

The report highlights the huge amount of fantastic activity facilitated by our amazing staff team and volunteers. My grateful thanks as always go to each and every one of them for their contributions.





From Roots To Fruits: The Tree Of VCFSE Life

BPRCVS supports people and families in the local communities of Burnley, Pendle and Rossendale. We do this through a wide range of services and by working on projects with partners in the VCFSE sector. Many of our projects and services are funded, but we also fund some ourselves to allow us to support as many people, families and communities as possible.

Our projects and services bear fruit only because of the partners we work with, our excellent staff and trustees and their compassionate, dedicated and enthusiastic support, and the vital funders who enable us to deliver important services to the communities, people and families of Burnley, Pendle and Rossendale.

Volunteers and volunteer-led groups are a hugely vital resource and of significant importance to BPRCVS as they are the shining light in our local communities. It is absolutely vital that these groups get the support they need to succeed and that's what we're here to do. Whether supporting a group to develop and grow, providing access to new volunteers, or by referring and signposting new clients and beneficiaries, we're always here to support local VCFSE groups.

After all, *helping people to help others* is our mantra





BPRCVS Staff Values

We asked our dedicated staff to come up with 3 values which they believed represented BPRCVS.

Out of a large list of values, the following 5 values were the most common:

Professional

Reliable

Inclusive

Diverse

Empowering

These 5 values create a 6th organisational value:

PRIDE

Pride in our work

Pride in our communities

Pride in helping people to help others

Project & Service Performance







Media & Communications Support

GROUP SUPPORT

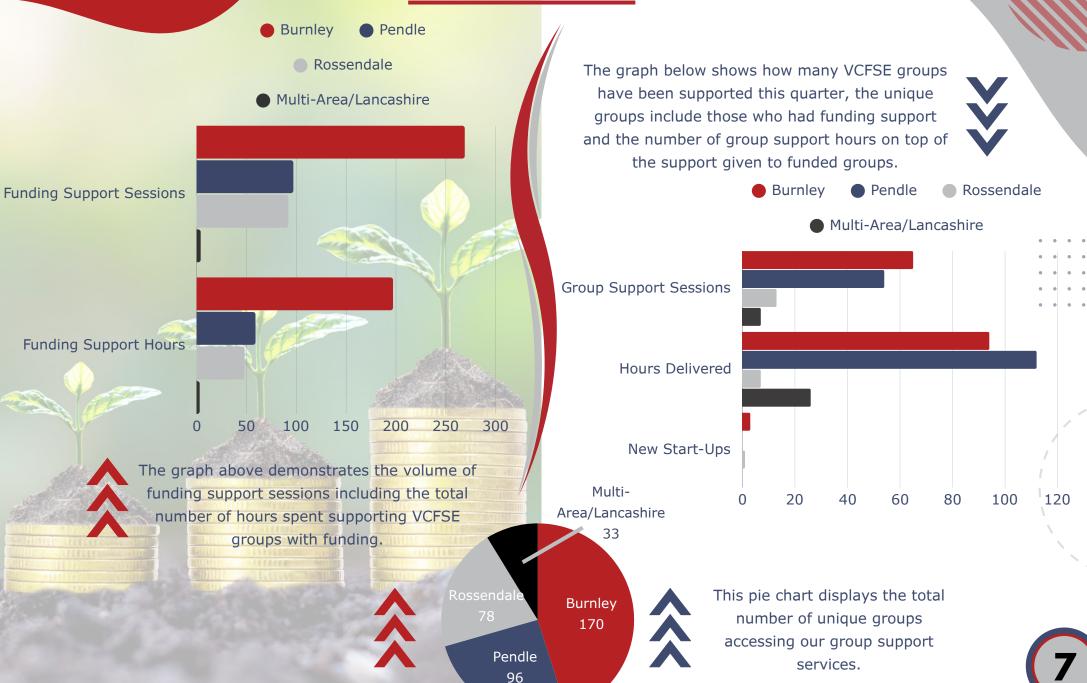
The BPRCVS Group Support Team provides support to VCFSE groups and organisations with policies and procedures, governance, best practice, funding and grant bids, DBS checks and much more.

377 groups have received support this quarter - that's an average of **126** groups every month!

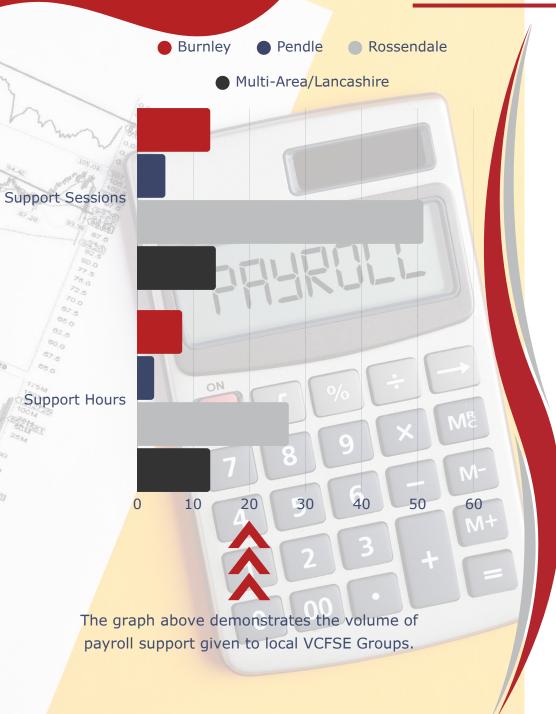
462 sessions of funding support given to groups this quarter - that's equal to **154** sessions of funding support delivered each month!

62 DBS enquiries were received which resulted in the team processing **59** DBS applications.

GROUP SUPPORT



GROUP SUPPORT



Memberships

2 New Membership Enquiries

A Total Of 7
Membership Suppor
Sessions Delivered

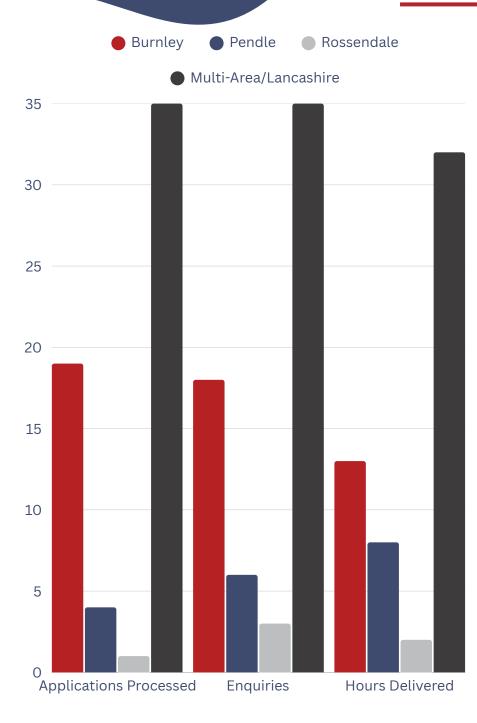
With 8:30 Of Support Hours
Provided

Media & Communications Group Support

282 Pieces Of Content Received

Of These, 161 Groups Were Unique 137:05
Hours Spent
Supporting
These Groups

GROUP SUPPORT





The DBS team underwent a very intense review of our processes and procedures in September 2025, and passed with 100% compliance.

Over 55 hours of support was delivered from 62 enquiries, and 59 applications were processed.



Form Ref FU1154P

PO Box 3961 Wootton Bassett SN

keep your DBS certificate up to date why not also join our Update Service at www.gov.uk/dbs ased to apply for a Disclosure and Barring Service (DBS) check. APPLICANTS MUST COMPLETE CY. DO NOT COMPLETE SECTIONS d, w, x, y OR z. If you require help in completing the form, you of 200 190 , visit our website on www.gov.uk/dbs or talk to the person who provided you with this form

aplete this form correctly will delay your application. Applicants need not enter names relating to the must contact the Sensitive Team on Sensitive@dbs.gov.uk if this option is to be exercised.

YOU MUST NOT

- Write over the edges of each box.
 - Place stamps or stickers on the form.
- plete all sections marked in YELLOW if you do not, your form Staple anything to the form.
 - Use correction fluid.
 - Strike out a section that is not applicable. Please le

proving your identity

LACK INK throughout.

Mark choices in the box with a cross (X). Keep your signature(s) within the box provided.

fter you have completed sections a, b, c and e please return Before you pass this form to the person who pr

Provide all addresses where you have lived in the last 5 years. If you have lived overseas within this period please include these addresses

be returned unprocessed and this will delay your application.

ite clearly and insert only one character in each box.

GROUP SUPPORT CASE STUDY

HELPING HANDS LOTTERY GETS GREEN LIGHT

Burnley, Pendle and Rossendale CVS (BPRCVS) is delighted to announce the launch of Helping Hands Lottery, an exciting new fundraising initiative for good causes in our local communities. The lottery will be a great way for people to support local good causes and get the chance to win fabulous cash prizes!

Leading lottery management company, Gatherwell, has been appointed by BPRCVS to run the scheme, having already launched similar lotteries elsewhere.

When the lottery launches in just a few weeks' time, people will be able to purchase tickets online and support the good cause of their choice. Tickets will cost £1. The weekly draw has a fantastic jackpot of £25,000, with other prizes being £2,000, £250 and £25.

Local good causes will soon be invited to register to raise funds through the Helping Hands Lottery and keep 50% from every ticket they sell. A further 10% from every ticket will go into a Central Fund that will be distributed to more good causes, with the remainder being put towards prizes, operating costs and VAT. It's a no risk option because it's absolutely free to set up! BPRCVS Chief Officer, Christine Blythe, said: "When I learnt about the possibilities with this community lottery scheme I was immediately interested. It has the potential to help so many of the hundreds of very small voluntary, community and faith sector groups that we as a Local Infrastructure Organisation exist to help. When the opportunity was presented to the CVS trustees who are all drawn from our member groups, they too saw the exciting opportunity and agreed to fund the development. Our strapline is 'helping people to help others' - hence the name for our lottery.

These groups right across our three districts do some amazing work with very little resource, supporting and helping many thousands of people in so many ways. Funding is increasingly difficult to find and the demand on our sector is growing. This is a wonderful opportunity to support these groups in a different way and any income they receive through the community lottery scheme would provide unrestricted funding to help them do what they do so brilliantly well." Regular updates on the progress of Helping Hands Lottery will be posted on the BPRCVS website and on social media.

For more information, please contact BPRCVS by emailing info@bprcvs.co.uk



NETWORKS & EVENTS

BPRCVS attends strategic and community networks regularly so that we can stay informed on future plans and developments, and in turn provide the relevant representation and support to communities and residents.

Community networks include: *Burnley Linked, People of Pendle, and Rossendale Connected.*

Locality meetings within areas include: SW Burnley Together, Bradley Big Local etc.

Strategic networks include: East Lancashire VCF Leadership Group, Primary Care Network meetings, Integrated Neighbourhood Teams meetings, domestic abuse forums, partnership meetings, etc.

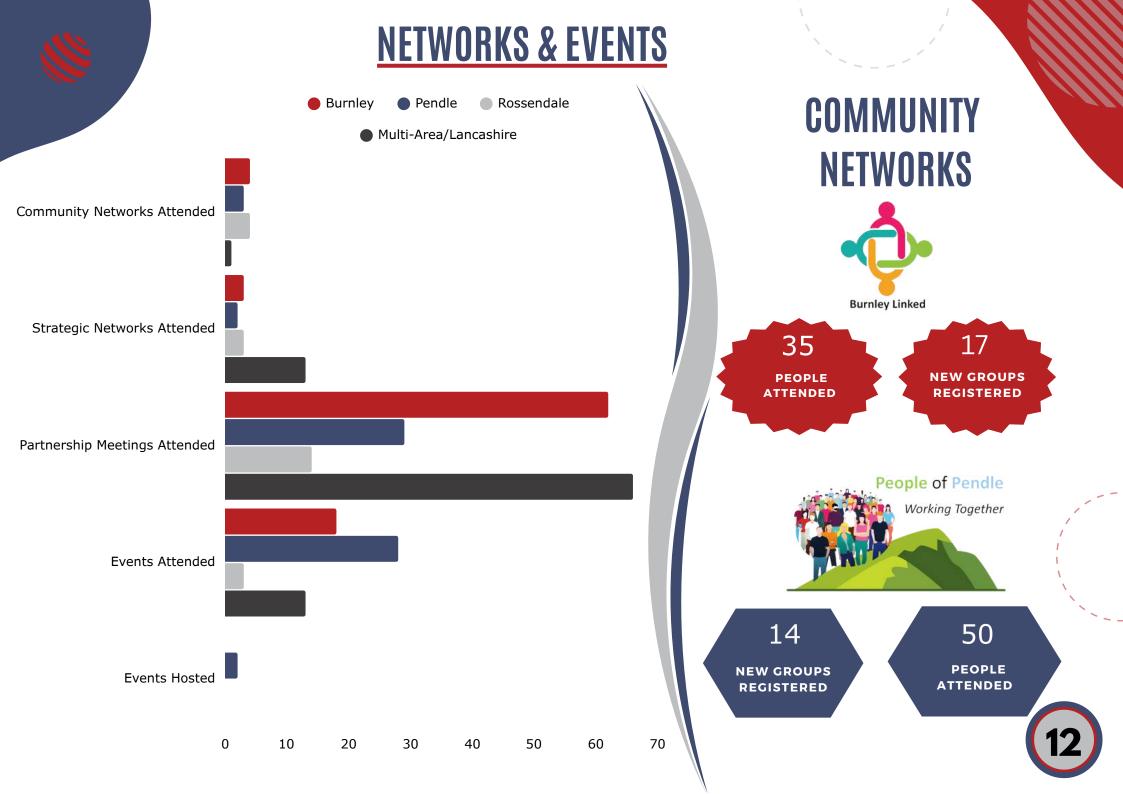
Events attended include: *Macmillan Coffee Morning, Park Social Launch Event, Rossendale Sixties In The Park,* to name just a few!

our Volunteering Needs
Ind Out How To Volunteer
Discover Opportunities
Access Our Brokerage



Funding

Child



NETWORK & EVENTS PHOTOS











NETWORK & EVENTS PHOTOS









NETWORKS & EVENTS CASE STUDY

MACMILLAN COFFEE MORNING

Macmillan Coffee Mornings have become an annual fundraising event at Gannow Community Centre.

This year we had 28 local people come along to the centre and show their support for the Macmillan cause and help raise money.

8 volunteers helped prepare for and support BPRCVS staff to run the event on the day.

Several BPRCVS staff were also in attendance.

Money was raised through a raffle, tombola and homemade cakes from volunteers and staff.

We have raised a total of £167.30 which has been sent to Macmillan.





SOCIAL PRESCRIBING



The Social Prescribing Team has 16 members of staff comprising an Operations Manager, Team Manager and Project Support.

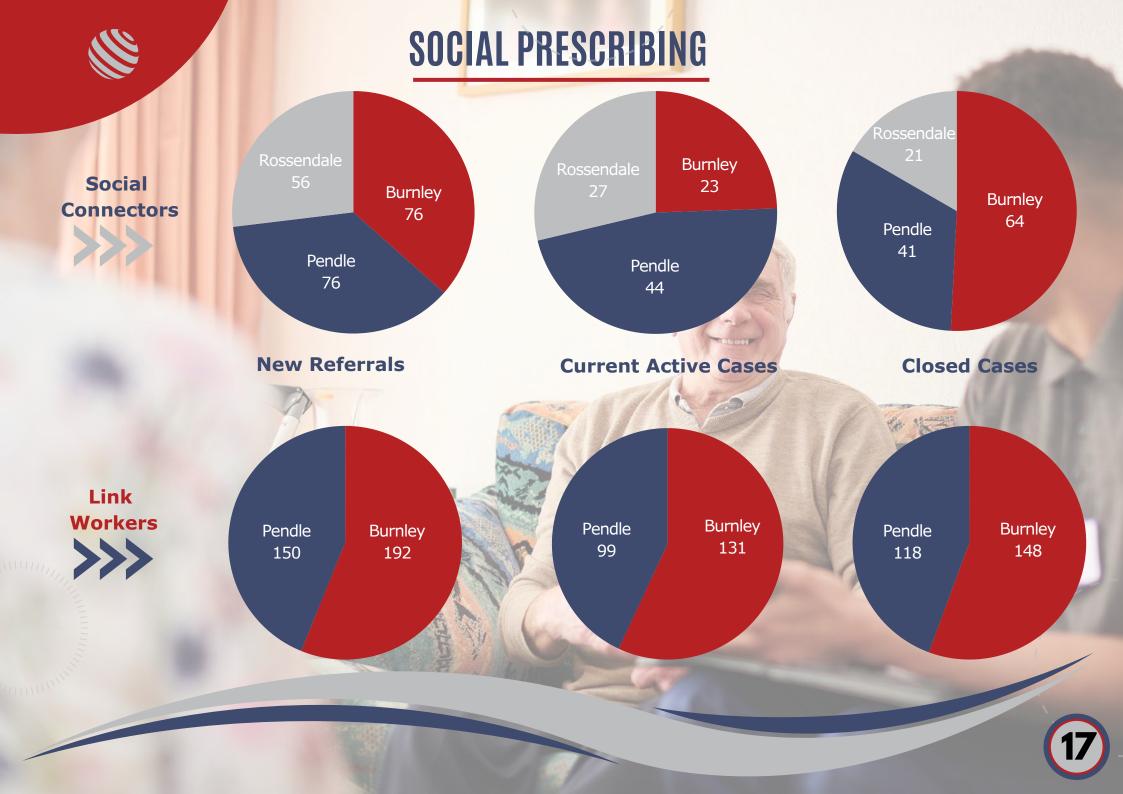
We have 6 full time and 6 part time Social Prescribing Link Workers (SPLWs) & Social Connectors.

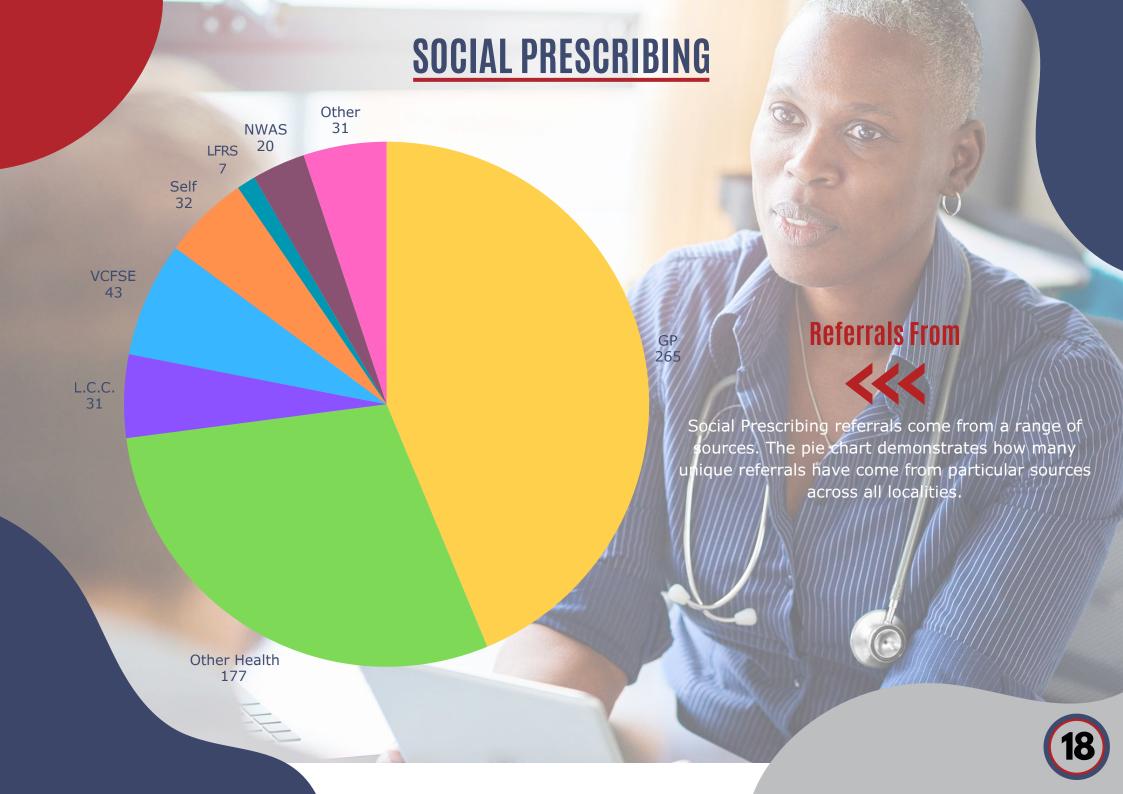
Each locality team are meeting and integrating well with health care professionals as part of the PCN process.

Co-location of Health and Wellbeing Teams is now being considered across all areas due to the successful integration of the SPLWs with Integrated Neighbourhood Teams and other healthcare teams in some areas.

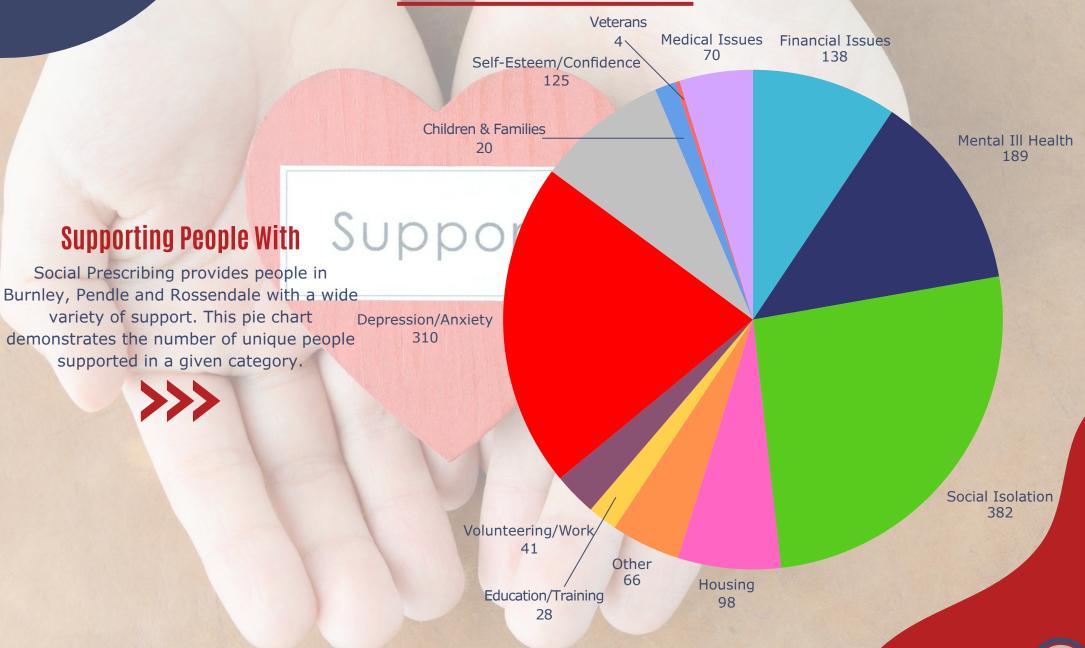
Cases are increasingly complex - the cost-of-living crisis is impacting on our communities and so increasing referrals substantially. BPRCVS' Chief Officer continues to be the voice of the sector on a local, regional and county level as a trustee of NAVCA (National Association of Voluntary and Community Action).

Teams are regularly engaging with the community at various events, which is proving successful in building relationships with other services and raising community awareness of the service available.





SOCIAL PRESCRIBING





Memory Cafe Group Session

Have a cuppa and chat, and meet new people.

Farrah attended a fun session with games and a coffee, full of laughter and getting to know others.

The memory cafe is joined by all including carers and loved ones to assist.

Each session is hosted, with games, music, and seated exercise programs.

Park Social

Our Park Social group members enjoyed a 'Try a Bike' session this week supported by Claire from Limitless Cycling.

We had a leisurely ride around the park in the sunshine, followed by hot chocolate and a game of BINGO.

The next meet up on Tuesday 7th October, will be a crafty activity, where we will be making Autumnal pressed flower tealight holders, followed by a fun quiz. Come along and meet new faces, have fun and try something new in a beautiful setting. Park Social meet every Tuesday 10am-12pm at the Pavillion in Thompsons Park, Burnley.



SOCIAL PRESCRIBING CASE STUDY

MAKING SENSE OF THE SYSTEM

Reasons Indicated On Initial Referral

The client was referred due to difficulties with mobility, falls, and ongoing housing challenges. He also reported significant pressure from the Department for Work and Pensions (DWP) regarding work capability despite complex health issues.

Background Of Client

Client (A) is an older male who lives alone but receives regular support from his daughter (N) and son. He has multiple long-term health conditions, including bulging discs, arthritis, and spondylitis after decades of heavy manual work. These cause severe pain and frequent falls, which he cannot always recover from independently. He has received some support from Adult Social Care (e.g. rails and adapted furniture), but his current upstairs housing is unsafe given the fall risk. A receives Personal Independence Payment (PIP) and Universal Credit but has been receiving monthly DWP calls that feel like pressuring him to return to work, which he finds highly stressful. He would like to work but recognises this is no longer possible. His main goal was to move to a ground floor or adapted property through Together Housing.

Initial Assessment, Findings & Support Provided

At first contact, A described his pain and mobility issues, and the emotional impact of repeated falls. He expressed frustration at the lack of suitable housing and fear of further accidents.

Key actions:

- Housing: Worked with his daughter (N) to contact Together Housing and ensure medical evidence was included on his file. Encouraged resuming bidding for
 ground floor properties and advised on contacting Adult Social Care to increase his housing banding.
- Benefits: Explored his Universal Credit status, encouraging discussion with Citizens Advice to review his Work Capability Assessment and challenge unnecessary
 work demands.
- Health & Safety: Referred A into the Steady On! Falls Prevention service. Signposted to the Samaritans for emotional support given his low mood. Encouraged
 consideration of careline alarm options.
- Family Support: Coordinated with N, who helped manage communication with services on A's behalf due to his difficulties with technology and paperwork.

Client Outcomes

A was linked in with Steady On! for falls support and provided with clearer pathways for housing and benefits advocacy. Housing and Adult Social Care discussions are ongoing. He has more consistent support from his daughter in navigating services and now has details for emotional support (Samaritans). Although his surgery and recovery remain uncertain, A expressed relief that someone had helped him to make sense of the system and begin moving things

forward. The case is now closed with the option of re-referral once he is further along in his recovery.

Client Comments

"I feel like I'm being listened to, and I know where to go if I need more help later."









ADULT SOCIAL CARE

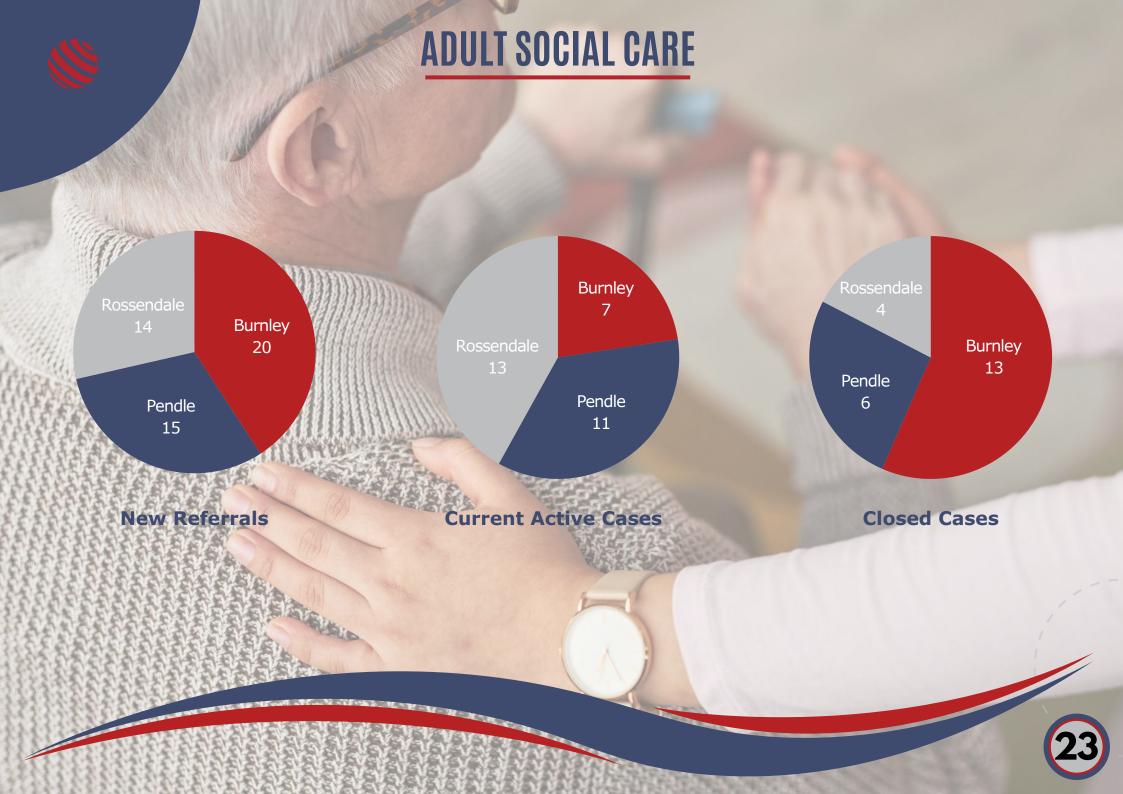
Adult Social Care is a new project funded by Lancashire County Council who send us the referrals directly.

The team consists of 3 workers; one in Burnley, one in Pendle, and one in Rossendale.

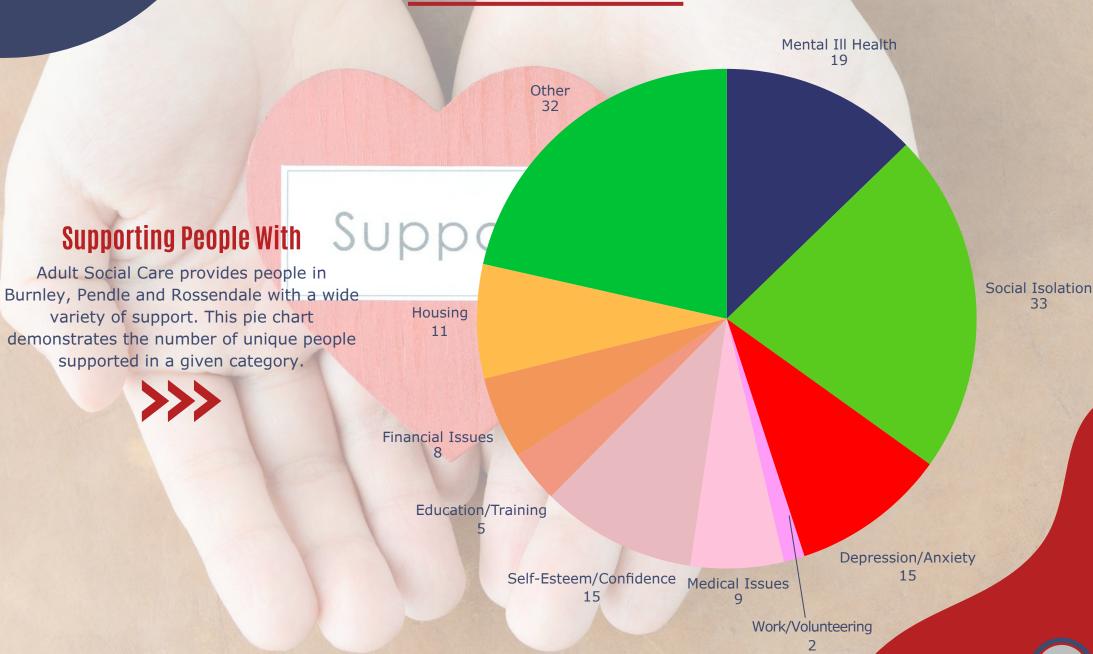
The project aims to utilise a model similar to that of Social Prescribing, but in an adult social care context.

The team provides support to people by linking them to activities and opportunities within the VCF (voluntary, community and faith) sector to address their non-medical needs.

By supporting residents in Lancashire to maintain their independence, social inclusion, and connection to their communities, we aim to improve their wellbeing.



ADULT SOCIAL CARE



ADULT SOCIAL CARE CASE STUDY

"AN AMAZING SERVICE"

Reasons Indicated On Initial Referral

Referral from Lancs County Council (LCC) stated that the client is not at the stage where she needs carers every day but is beginning to struggle managing activities of daily living and feels she could benefit from low level carer support. She also used to be very sociable but since covid has become more isolated. She does go to church, but no longer visits any lunch clubs or bingo due to her mobility, and daughter feels she may need help with social inclusion.

Background Of Client

Client is a woman in her 80's who is diagnosed with a few physical health conditions.

Initial Assessment, Findings & Support Provided

After speaking to the client and her family, referrals were made to the following services for support:

- Carers Link to refer client and daughter for the 'Peace of Mind' plan
- Community Physiotherapy Team to improve her movement and mobility
- Communicars to provide transport to social groups
- HelpingHands Services for support and household assistance

Client Outcomes

She said that all the services she was referred to had contacted her within a week and have all offered support to her and her daughter.

Client Comments

"This is an amazing service! I wouldn't have known where to start!"

SOCIAL PRESCRIBING FOR CHILDREN & YOUNG PEOPLE

We support children and young people, and their families, through a pilot Social Prescribing project in the Pendle West PCN area.

Social Prescribing for children and young people is no different to Social Prescribing for adults. We operate in virtually the same way with the only real difference being the focus is put upon the health and wellbeing of the child or young person. We look to improve health and wellbeing via non-clinical, community services.

We continue to work with parents and guardians, and schools to ensure a comprehensive program of support addressing their needs is fulfilled.











SOCIAL PRESCRIBING FOR CHILDREN & YOUNG PEOPLE CASE STUDY

SUMMER ACTIVITIES

We had a blast at Whitehough outdoor activity centre again this year thanks to the Pendleside Rotary. The children and young people tired out the high ropes, leap of faith, Jacobs ladder and crate stacking. Everyone worked really hard to push past their fear of heights and worked as a team on the activities where team work was important. We also went for a walk around the pendle sculpture trail. No one gave up and the children and young people where encouraging each other to keep going. They all did amazing and should be proud of themselves. Thank you again to the Pendleside Rotary for making this possible for our children and young people.

We went to Coffee and Crafts in Barrowford. Each child and young person was able to choose from a variety of pots that they would like to paint. We had some fabulous concentration and some great imagination. The creations have gone to the oven and we will collect these when they are ready and get them back to their owners.

We had a fab time at the food safari down at Hodgehouse Allotments. The children and families dug up potatoes, beetroot and cabbage and picked green beans, chillis and tomatoes, we tried some of the vegetables as we picked them. We talked about herbs and which herbs go well with which type of food. We had a great time. We had another great day at the food safari at Hodge house allotments where everyone got stuck in with digging, picking and pulling. The families found it educational and were excited to be able to take home what they had collected. Everyone was talking about what we could make with the vegetables, pasta, pakoras and coleslaw were all on the menu. YUM! Thank you again to the good life project for letting us come and explore the allotment. We had a great time at our DIY facial day with Carly from Tropic skin care. We learnt about whether our skin was hydrated enough and the difference in hydration of our skin after using the Tropic skin care products. We had a smell at different products and chose our favourite. We played a few games and had a few competitions and some of the young people won some tropic products. We also handed out some information sheets around puberty and periods along with different period products. The young people who joined the activity were able to take away a Tropic skin care goodie bag along with the puberty and period information sheet and period products.









COMMUNITY TRANSPORT



Communicars is a community transport service delivered by BPRCVS for the people of Burnley, Pendle, and Rossendale. The service is reliant on volunteer drivers who use their own cars to transport passengers. The service helps the socially isolated, disabled and elderly get to groups, lunch clubs, trips into town, and so much more.

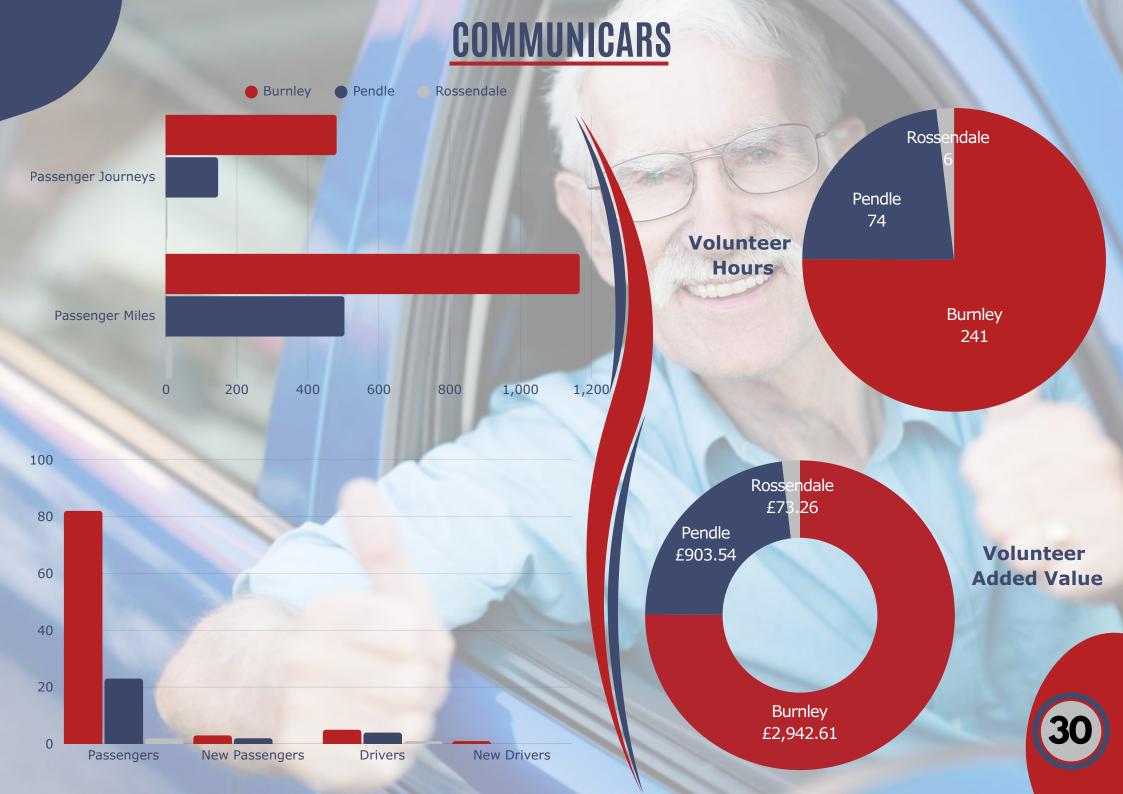
The service currently supports **107** active passengers, and completed **632** journeys covering **1,687** miles.

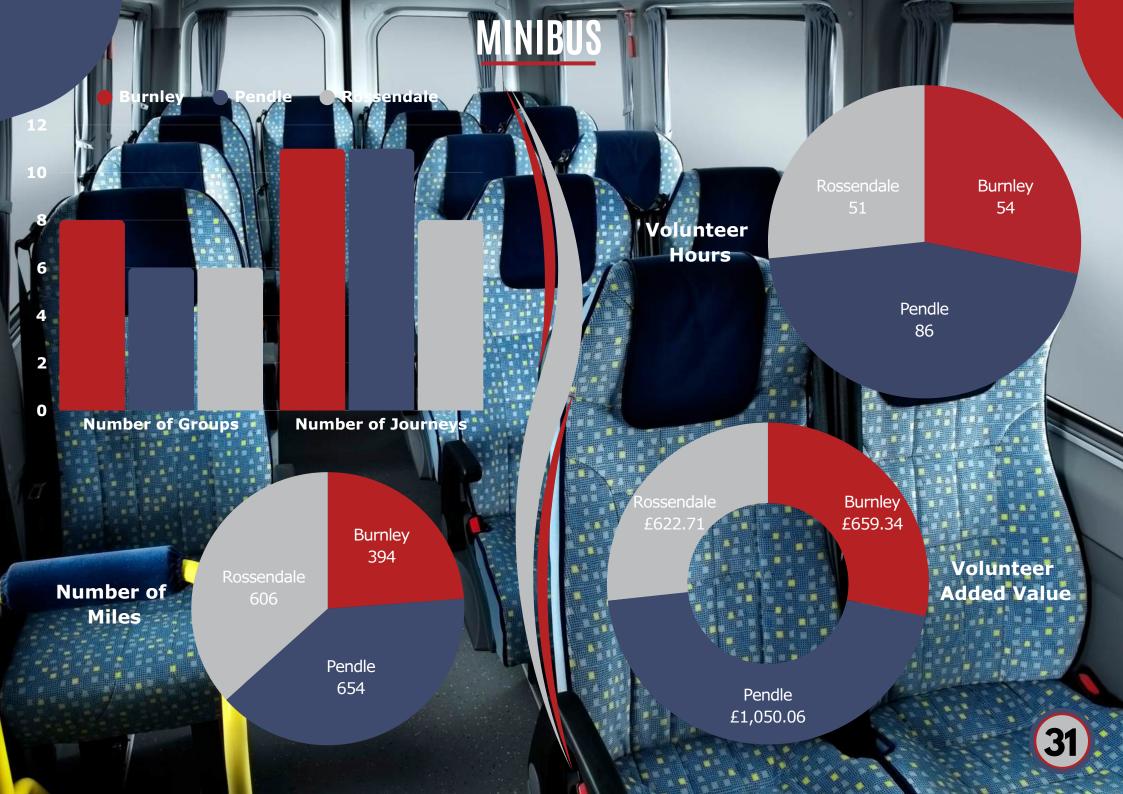


The minibus is driven by volunteer drivers and is available for hire by any of the VCFSE groups and organisations in Burnley, Pendle and Rossendale.

The day trips from Gannow Community Centre have restarted and have proved to be very popular.

20 groups have accessed the minibus this quarter for a total of 30 trips covering 1,654 miles.





COMMUNITY TRANSPORT CASE STUDY

Keeping In Contact

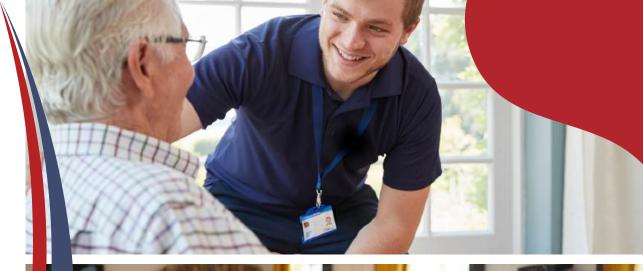
J joined Communicars originally to get transport with her husband to Pendleside Hospice for support from the groups there, but also to be able to stay independent.

Due to living in Higham transport services are limited; no buses, etc. J and her husband needed help with transport to get out and about. She registered with the scheme in 2020 and used the service weekly.

More recently J began to book Communicars to visit her husband in a care home a couple of times a week. Without Communicars she would have struggled to see him any other way.

When asked what J thought of Communicars and the service it provides, she said, "Cannot fault Communicars at all, the drivers are very polite and helpful. They are always on time."

"It would be appreciated if there were more drivers being available, so that I can book more days a week to visit my husband."









BPRCVS supports residents of Burnley to develop their employability possibilities, from help with CV writing, small business set up support, confidence building, volunteering, interview skills development or helping to work on barriers into employment.

We offer supported training and work alongside our partners offering a holistic approach to move our residents forward.

The project is open to anyone unemployed age 16+. We have specialist drop ins for over 50s, women, under 24s and BAME, as well as a track record of helping long term disabled back into employment.

This project is funded by the UK Government through the UK Shared Prosperity Fund.



UKSPF Steps Into Employment

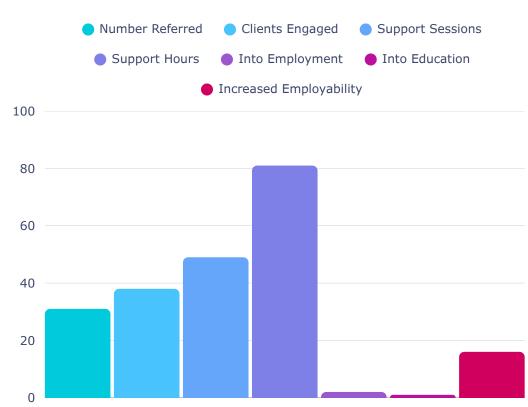
Working With Thrive

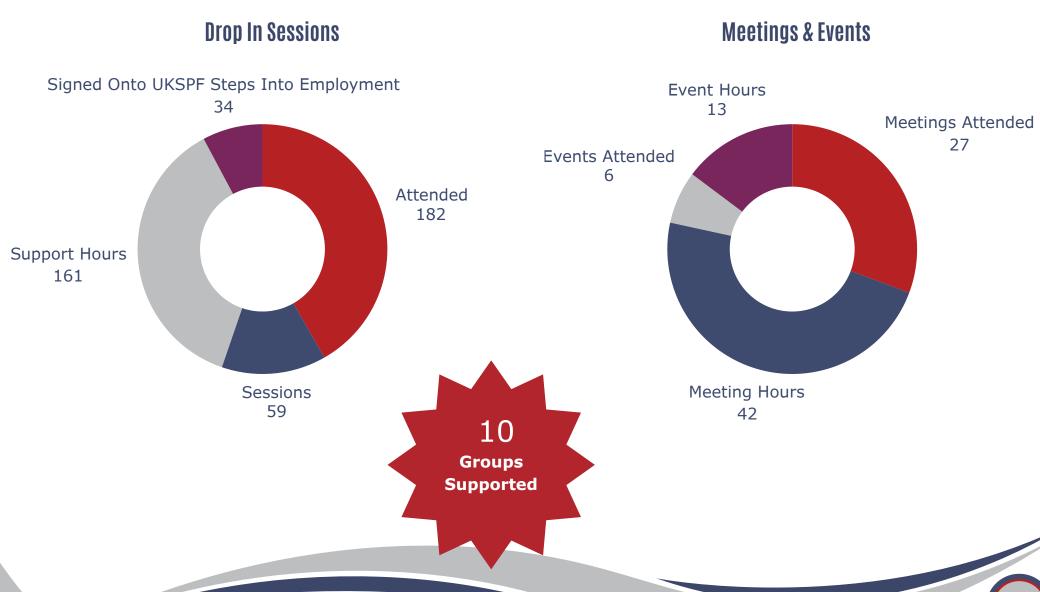


Women Into Employment Agenda



Over 50s Employment Agenda





EMPLOYMENT SUPPORT CASE STUDY

Breaking Down Communication Barriers

One of our Thrive clients, referred into us from the DWP had several barriers which became apparent on our first session. We were told by the Jobcentre he is a 'lovely young lad' who was looking to work, but with communication barriers. We know though experience this leads to issues in interview and applying for roles.

At our first meeting we needed to use Google translate and both struggled a little. However, we did not let this get in the way and after a couple of sessions we decided we would get him to go to a community group to practice his spoken English. He preferred this option rather than starting to volunteer where he felt he could potentially let people down die to his level of spoken English. We signposted him to Nattershack suggesting for him to visit them for conversation English practice. He knows the academic side of English, but not the practical side of it.

He enjoyed his first session so much he attended multiple times a week, and over the weeks we saw a dramatic improvement in his spoken English which made our sessions much easier and more fruitful. We also saw his confidence and self-esteem grow during this period, as he felt part of a community and he began to believe in himself. We helped build a CV, apply for jobs and supported him with his job search and interview techniques. He could, along with us, see his confidence levels improving every session.

The more fluent in English he became he found life living in Burnley easier and enjoyed things such as shopping and found making appointments and navigating transport systems easier. We applied for a role as a shop assistant in Burnley at the discount store opposite M&S. We coached him on interview techniques and we researched the store, and he even went in to look round before his interview. He got the job and feels overwhelmed by the support he has been given, he was feeling left behind and a little lost in the system. He now feels he will be able to grow in his role and make a big difference to his life.

The support we gave him and thanked us so much, he has been struggling with feeling left behind and not being able to contribute to his family.

LACVS VOLUNTEERING FOR HEALTH

Volunteering for Health is a Lancashire footprint project with LAVCS working in partnership with NHS Charities Together and NHS England.

The project is looking to develop a Vision for Volunteering for Lancashire and put in place a tool kit for VIOs which is accessible to all (including training, policies, processes, digital dashboard).

We are working at national level to influence the policy environment and increase our understanding of the impact of volunteers and volunteering across the NHS with monthly national learning days to discuss strategy, and a newly founded Lancashire 12 Place Based Partnership involving the ICB, Local Authority, Teaching Hospitals, VCFSE Sector and Volunteer network representatives who oversee the district as a whole.

The aim is to look at the need of the area, and develop and deliver within volunteering in the local integrated care system into the community via the 10-year plan.

Also tasked with establishing new partnerships to share volunteer policies, processes and relationships, a dedicated Volunteer Managers Forum which will be open to anyone involved in the volunteer agenda in Lancashire at a place-based local level, meeting monthly, helping to create a clear and concise volunteer voice to drive forward volunteering in Lancashire.



LACVS VOLUNTEERING FOR HEALTH









VOLUNTEERING FOR WELLBEING & COMMUNITY HUB

The Volunteering for Wellbeing & Community Hub is a brand-new project funded by the National Lottery Community Fund which began in July 2023. BPRCVS is revitalising volunteering in Burnley, Pendle and Rossendale.

The Hub is the place to go for all things volunteering.

What we don't know about volunteering isn't worth knowing!

Whether you're an individual looking for voluntary opportunities or a VCFSE group or organisation looking to recruit volunteers, we can help.

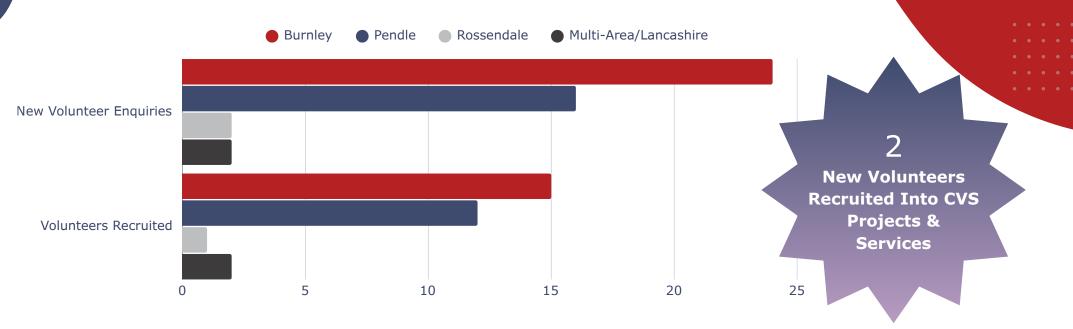
The Hub is busy getting out and about in the community at many different events. We also run forums where existing, new and potential volunteers as well as VCFSE groups and organisations are welcome to attend to discuss all things volunteering.

During this quarter we have recruited **2** new volunteers into CVS projects and services. Overall we received a total of **44** enquiries for volunteering opportunities.

The Hub has supported **28** new volunteers into local VCFSE groups via our brokerage service.



VOLUNTEERING FOR WELLBEING & COMMUNITY HUB



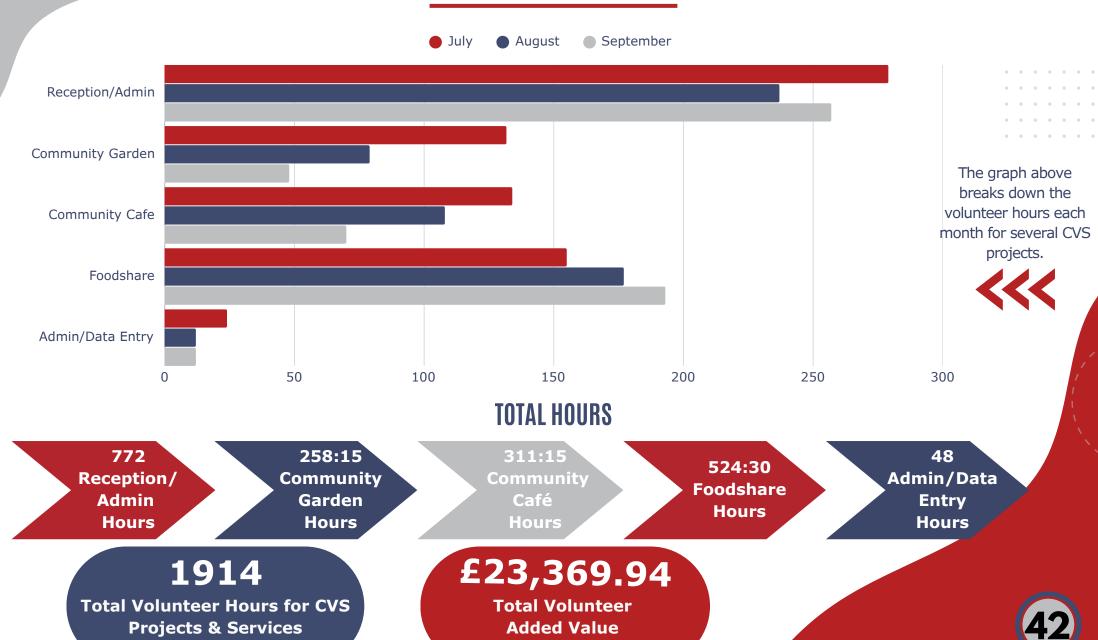
14 Brokerage Roles Filled In Burnley 12
Brokerage Role
Filled
In Pendle

Brokerage Roles
Filled
In Rossendale

Brokerage Role Filled In Lancashire



VOLUNTEERING FOR WELLBEING & COMMUNITY HUB



VOLUNTEERING FOR WELLBEING & COMMUNITY HUB CASE STUDY







Connecting To Opportunities That Matter

LH's life partner recently passed away after suffering with Dementia. They were referred into The Hub by the Social Prescribers. Contact was made regarding helping at a Dementia Cafe as LH felt that they wanted to help the cause. LH also decided to volunteer with Pendleside Hospice and provides meals on wheels. Singing for the Brain had previously contacted us regarding looking for potential volunteers.

We supported LH through their volunteer application form and signposted them to Singing for the Brain in Padiham. LH enjoyed volunteering there and when the role of Group Facilitator Volunteer arose at SFTB they decided to apply and was offered the role.

LH wanted to give something back and feel more connected to the community. LH wanted to use their skills and experience to help others, for example, organisation skills and experience with dementia. Volunteering has so far been an extremely positive experience and gives them purpose and personal satisfaction.

LH has thoroughly enjoyed volunteering to date, albeit only a short while since starting. Being able to give something back and make a difference is very rewarding and fulfilling.

LH also stated that volunteering is very much a 'feel good' factor and they feel better about themselves, feel appreciated and valued. LH's experience to date has been extremely positive and all the staff that they have been in contact with at The Hub have been extremely efficient, friendly, professional and most helpful.



Administered by the BPRCVS Projects Support Team on behalf of the funders.

UK Shared Prosperity Fund

A fourth year of funding has been confirmed and has now been allocated to Burnley groups to enable them to deliver much needed projects. The first report has now also been received and submitted to Burnley Borough Council.

Lancashire & South Cumbria Integrated Care Board

The ICB funding for 2025/26 was launched in early August with the first panel meeting at the end of August and a second one in September. There have been a lot of applications for all areas; we do have some funding yet to allocate at the upcoming panel in November.

Eric Wright Charitable Trust Fund

The Small Grants Programme has been allocated as an ongoing process - most of it has now been awarded, but we do still have a small amount available for new and established small groups. Grants start at £250 for grassroots groups, £500 for small constituted groups, and up to £1,000 for those groups who have had funding previously.



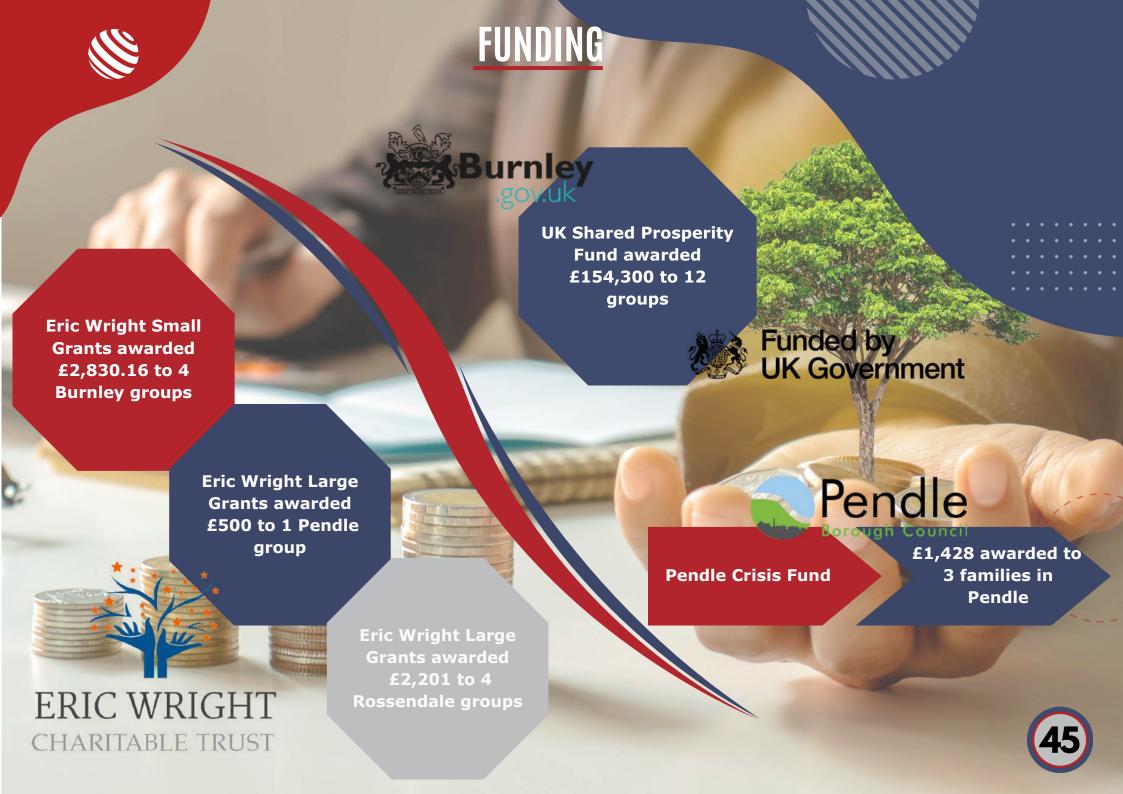












Adult's Mental Health Personal Health Budgets

FUNDING

£127.96 awarded to 2 families in Burnley

Children's & Young People's Mental Health Personal Health Budgets

£70 awarded to 1 families in Pendle £240 awarded to 1 families in Rossendale



ICB Social
Prescribing Grants
awarded
£27,545.50 to 6
Burnley groups

ICB Social
Prescribing Grants
awarded
£4,878 to 1 Pendle
group

ICB Social
Prescribing Grants
awarded
£32,806 to 6
Rossendale groups

FUNDING CASE STUDY

Men Talk

Men Talk is a supportive social group dedicated to promoting mental wellbeing among men by Walk & Talk, a Pendle-based group. The project provides a confidential and welcoming space where men can openly share their feelings, discuss personal challenges, and connect with others without fear of judgement.

Since receiving £1,000 from the Eric Wright Charitable Trust Small Grants Programme earlier in the year, Men Talk have so far spent £300 and delivered 8 sessions of 90 minutes each. The project has seen 20 men enrol and they've helped 18 of these men so far. Below is an example of the men this group is working with and supporting.

Background: Older gentleman in his 60s with mental health issues, severe back pain and knee problems.

Needs: He self-referred due to being isolated at home since the death of his wife. He wanted to meet new people and leave the house as he had found it very difficult since losing his wife. This also caused depression. The gentleman has no other family in the area. He has not been physically active for a number of years.

Actions Taken: Since attending Men Talk the gentleman has made friends and attends regularly, and looks forward to attending as this is his only form of socialising. Since we have had the extra physical activity sessions the gentleman was keen to get involved, but was struggling due to his health conditions. Stuart from We Evolve then tailored some sessions that would help the gentleman easily manage with his health conditions; this was playing darts. Darts is great for **physical health:** improves hand-eye coordination, posture, balance, and it's a low-impact activity suitable for many ages; **mental health:** stress relief, increased self-efficacy, goal setting, and focus; **social impact:** reduces isolation, fosters teamwork, supports intergenerational interaction; **skills and employability:** discipline, progression planning, data tracking, event management; and **accessibility:** low-cost, adaptable (seated throws, various spaces), inclusive.

Outcomes: The gentleman felt better about himself and felt a part of the group, and built a better connection with the group. He enjoyed darts and has since bought a dart board for his home and plays regularly at home.

Comments Received: The gentleman has thanked us for introducing him to a physical sport that he can get involved in and enjoys.





MEDIA & COMMUNICATIONS

The Media & Communications team is responsible for promoting BPRCVS and our projects and services across a variety of channels. The team also does this for VCFSE groups and organisations to help spread the word on their behalf.

The BPRCVS website is an information sharing portal similar where we publish a wide range of information relating not just to BPRCVS, but also all the groups and organisations across our localities and beyond that we engage with. Watch this space as we're always looking to develop the website to contain even more information than before!

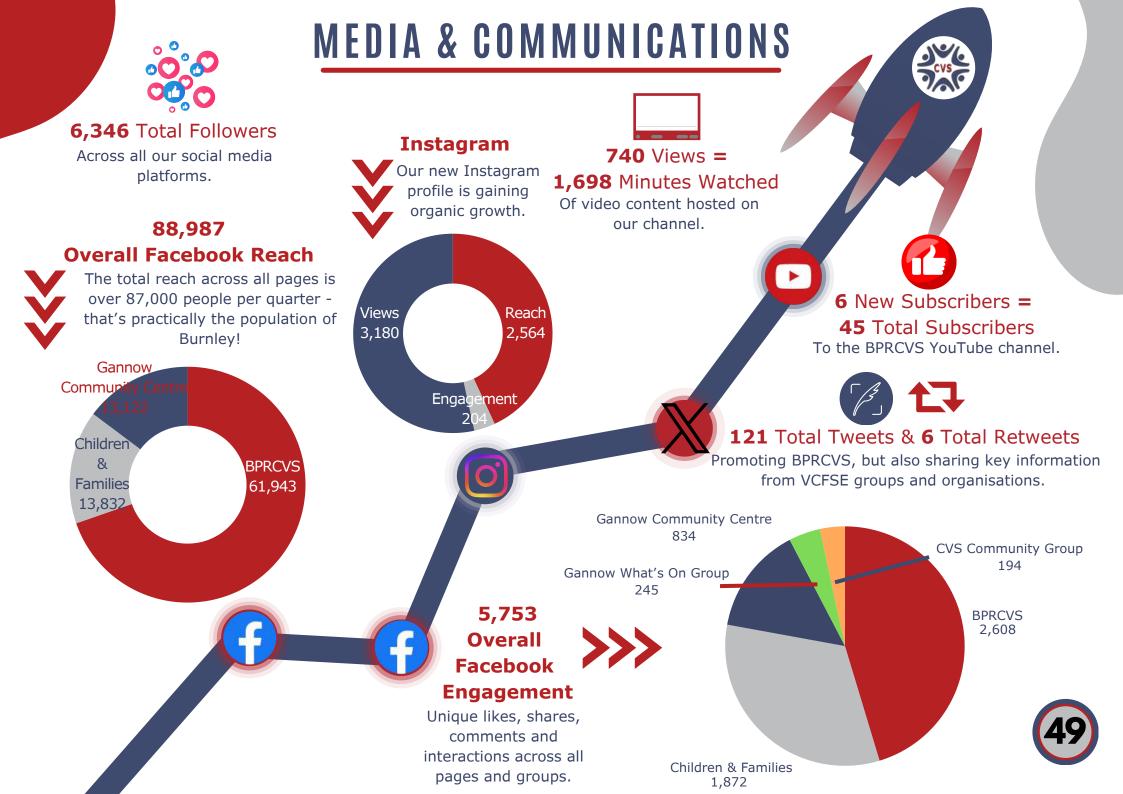
Social media performance continues to be impressive. We've amassed more than **4,700** organic 'followers' on Facebook and a total greater than **6,300** unique 'followers' across all our social media channels.

Distinct audiences are forming across our social media channels enabling us to target specific demographics. We're moving away from X, but still tweeting occasionally. However, we're now on Instagram so come and join us there!

Subscribing to our Info Share newsletter is an effective way of sharing information with sector colleagues, clients, volunteers, etc. as it provides a weekly round-up of the latest news, funding opportunities, volunteering information, training courses, jobs, activities, events, and more!

The department will be developing our marketing and comms practices over the next few months so watch this space for new content and promotions coming your way very soon!



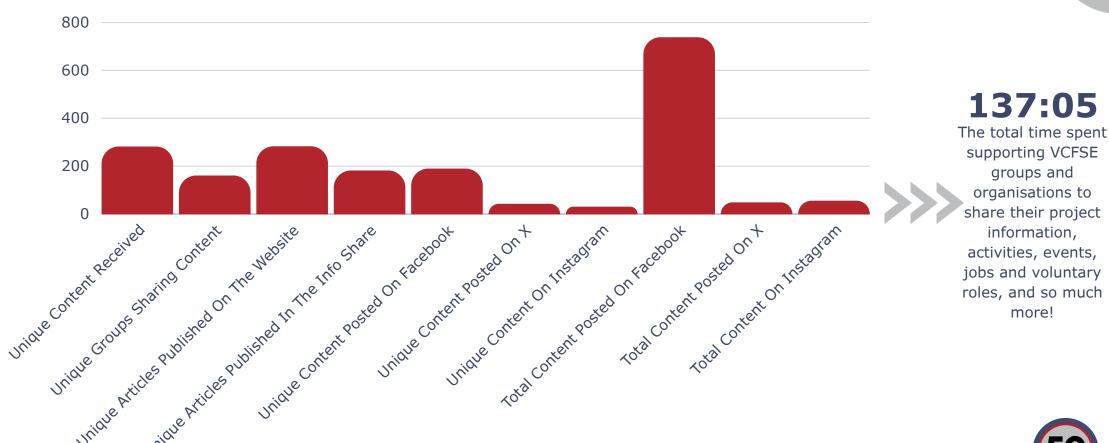


MEDIA & COMMUNICATIONS

Group Support

The Media & Communications Department spends a good chunk of time supporting not just BPRCVS' projects and services, but those of other VCFSE groups and organisations throughout Burnley, Pendle, Rossendale, pan-Lancashire, and even further beyond.

The bar chart below demonstrates how much content is received by BPRCVS and how we disseminate that information to the marketplace and target audiences.





MEDIA & COMMUNICATIONS

Newsletter Performance



408
WEEKLY
SUBSCRIBERS

36.1% OPENED & ENGAGED



424
MONTHLY
SUBSCRIBERS

36% OPENED & ENGAGED



333
WEEKLY
SUBSCRIBERS

52.6% OPENED & ENGAGED





BPRCVS BUILDINGS





Burnley, Pendle and Rossendale Council for Voluntary Service welcomes thousands of visitors per quarter to our buildings.

The CVS Centre is based in the centre of Burnley and houses **8** organisations as resident tenants.

With meeting spaces available, The CVS Centre is open to all VCFSE groups and organisations. During this quarter we've had **258** room bookings.

Gannow Community Centre is a thriving community centre serving the local people of Gannow as well as residents from all over the borough and beyond.

With a wide range of groups delivering activities and sessions, there is always something for everyone happening at Gannow Community Centre. This quarter we have had **241** room bookings.

Our Community Café is open every Wednesday and Friday morning through to lunch for a fantastic full English breakfast!

The Gannow Food Share supports individuals and families with access to food bags to provide sustenance for a few days.

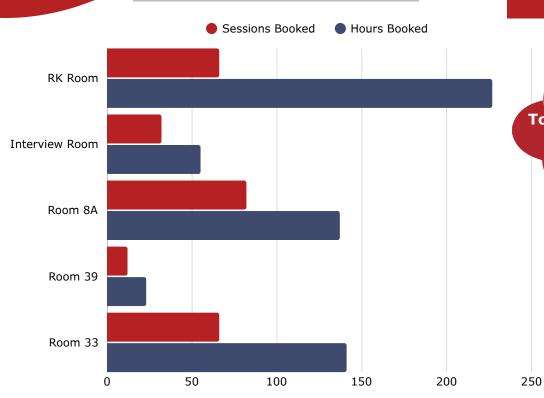


CVS BOOKINGS

Number of Volunteers

Volunteer Hours 772

Volunteer Added Value @£12.21ph



Number of Burnley Together Food Parcels Issued

56

Number of Resident Groups O

8

Number of Visitors

1,413

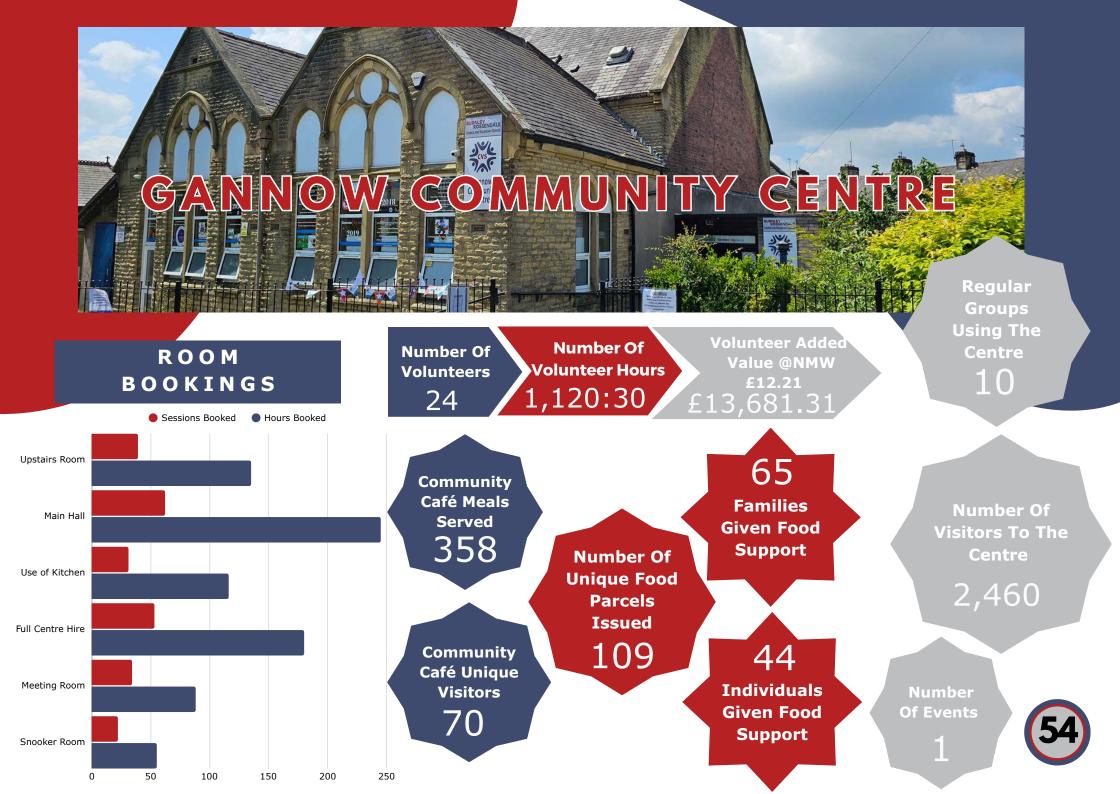
Number of Regular Groups Using The CVS Centre

3

Number of Casual Groups Using The CVS Centre

1

53





"I am most grateful to you for putting the Burnley and District u3a newsletter on your website." Peter Frost Burnley & District u3a

"Good afternoon, thank you for a great afternoon in Hebden Bridge. We were wondering when the next outing is please." Gary Thomas

"Brilliant, thank you.

Thank you, that'll be great, I will email to request joining the community network group."

Hayley McHugh Primary Care Lead / Primary Mental Health Team – ELCAS

TESTIMONIALS

"Thanks so very much.
Sounds great!
Much appreciated."

Sylvia Godfrey, EcoBarnoldswick

"BPR CVS were approachable, efficient, and incredibly helpful throughout the process of applying for the grant. Their support before submitting the application made everything feel clear and manageable. Once I received notification of success, the process moved quickly and smoothly, and I was given access to potential referrers straight away. I'm very grateful for their guidance and support."

Dawn, Reconnection To Wellness CIC

"Thank you so much for your kindness in taking the time to talk to and advise me. You provided me with a lot of really useful information, I really appreciate you taking the time and effort to do so (and to send it via email too)."

Alison Chew, Knutsford Together

"I get so nervous around new people but you're ok, you make me feel at ease, like you are really listening to me and not misunderstanding me and like you actually want to help me."

Social Prescribing Client

"That's great, thank you for your help with this and please let me know if you need any other information in the meantime.

Many thanks."
Philip Lindley
Parkinson's UK



- The CVS Centre, 62-64 Yorkshire Street, Burnley, BB11 3BT
- CVS Office: 01282 433740
- www.bprcvs.co.uk
- Gannow Community Centre, Burnley BB12 6RB
- Gannow Office: 01282 436396
- info@bprcvs.co.uk

