

Happy New Year from the Family Hubs Partners Network

Rossendale Network January 2025

Children and Family
Wellbeing
Service



Rossendale Leisure Trust - Your Free Fitness Day Pass

Start your year with a positive change! We're inviting you to experience a boost in your energy, mood, and overall wellbeing with a free day pass to Rossendale Leisure Trust. Enjoy a full day at any of our fitness facilities—whether you want to join a class, take a swim, or work out in the gym, it's all yours to explore. Visit us at:

- Adrenaline, Haslingden BB4 4DN
- Marl Pits, Rawtenstall BB4 7SN
- Pioneer Gym, Bacup OL13 0BW

Only available until 1st February 2025. Terms & conditions apply. For more details, visit www.rltrust.co.uk/guest-pass.

Quit Squad is a dedicated specialist stop smoking service in Lancashire, funded by Lancashire County Council which is free to access. It supports anyone over the age of 12 to stop smoking. The service provides advice, support and stop smoking medicines. This can be at the cost of a prescription, or free if you are on benefits. If you would like to quit call 0800 328 6297 or visit our website www.quitsquad.nhs.uk, where you will find details of local sessions and support including the free to download My



Home wise are now offering services in Rossendale. Homewise is a local charity that has been helping local people to repair, improve and adapt their homes since 1988. We work with older, disabled and vulnerable people and anyone with a long-term condition that affects their mobility or independence in the home. Some of our services – access to our contractors panel and use of our Small

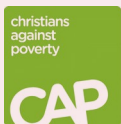
Repairs service is open to everyone.

If you want to refer anyone to our service, please contact us on info@homewisesociety.org.uk or ring us on 01254 232249.

Money and Debt Support

Free Money Advice (including budgeting, benefits & debt) This Lancashire-wide service offers FREE impartial, non-judgmental advice to women in Lancashire if you are worried about any aspect of debt. Our highly qualified Money Advice team are FCA regulated, and IMA Certified and have over 50 years of experience among us.

We are
**LANCASHIRE
WOMEN**



Our free, expert debt help will advise on the best route out of debt and offer different types of support to help you become debt free. Through a team of hundreds of dedicated staff members based in all four UK nations, and hundreds of incredible churches delivering our services, people in desperate need are discovering life-changing freedom and hope every day. Our closest branch is **Kay Street Baptist Church, Rawtenstall, BB4 7LS** or call **0800 328 0006**.

A credit union is a self-help co-operative whose members pool their savings to provide each other with credit at a low interest rate. Visit Citizens Advice's website for more information on Credit Unions and how they can help.

More advice on debt from Citizen's advice:

citizens
advice

Training Opportunities for the New Year

Early Help Assessment and Analysis Training (2 Days)

Day 1 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6972>

Day 2 - <https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6973>

Graded Care Profile 2 Training: The Graded Care Profile 2 (GCP2), a licensed tool from the National Society for the Prevention of Cruelty to Children (NSPCC).

We have committed to rolling out GCP2 across Children's Services and partner agencies who work directly with children and families.

<https://clickdelegate.lancashire.gov.uk/conferenceDetails.asp?eid=6960>

