



FEBRUARY 2025

COMMUNITY BULLETIN



FIND OUT WHAT'S HAPPENING IN ROSSENDALE...

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

Welcome to your February Community Bulletin!

We produce a monthly bulletin with our health and community partners to keep you updated about community activity across Rossendale. This will include information on community group activities, events, health information, grants and community training opportunities. We hope you will find the bulletin useful.

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

Feel free to share the bulletin with friends, community groups and on community group social media. If you have some information that you would like to share in the next bulletin, or you would like to be added to the e-mail distribution list, email us at

communitiesteam@rossendalebc.gov.uk

COMMUNITY ACTIVITIES

THE LINK CENTRE

Bicycle Maintenance



Do you need help and advice on
maintaining your bike?

WEDNESDAYS 10:00am 12:00pm

Come to the **Men s Shed, Haslingden Community Link,**
Bury Rd, Haslingden BB4 5PG

We can teach you how to adjust seats, handlebars,
brakes, gears, replace brake pads, gear and brake cables
and fix punctures

For more info ring: 07517118526



Rossendale Men Shed



"At Rossendale Men Shed, we aim to enhance positive mental health by involving individuals in enjoyable projects. We provide opportunities for people to come together and share experiences through group activities"



WEDNESDAY

Social Group

HASLINGDEN COMMUNITY LINK
BURY RD, HASLINGDEN

Every Wednesday
4pm - 6pm

FOLLOW US ON
FACEBOOK



HASLINGDEN COMMUNITY LINK
BURY ROAD, HASLINGDEN, ROSSENDALE, LANCOS BB4 5PG
COMMUNITY TEL: 01706 230116
HASLINGDEN COMMUNITY LINK—COMPANY LIMITED BY
GUARANTEE NO. 3612468—REGISTERED CHARITY NO. 1075926

THE LINK CENTRE



What's On

Monday 10:30—12:30 **Bacup Blokes**
ABD Centre, Burnley Rd, Bacup

Tuesday until Friday 9am—4pm **Woodworking**
Men Shed, Haslingden Community Link
Bury Rd, Haslingden BB4 5PG

Wednesday 4pm—6pm **Men's Social**
Haslingden Community Link
Bury Rd, Haslingden BB4 5PG



To get involved, call
Andy Robinson
07517 118526



Scan to see more Men's events around Rossendale!



Haslingden Community Link
Bury Road, Haslingden, Rossendale, Lancashire, BB4 5PG
Community Tel: 01706 230116 • Childcare Tel: 01706 224848
Email: info@hcl.org.uk • www.haslingdencommunitylink.org.uk
Haslingden Community Link - Company Limited by Guarantee No. 3612468
Registered Charity No. 1075926



Supported by
Rossendale Men Shed



WHITE HORSE COMMUNITY GARDEN



FORTNIGHTLY, STARTING:
MONDAY
24TH FEBRUARY
1PM - 4PM

Calling men of Rossendale "Get involved"

Newchurch Community Space, Turnpike, Rossendale BB4 9DU

Contact **07517118526**





What is a Men's Shed?

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

The difference is that garden sheds and their activities are often solitary in nature while Men's Sheds are the opposite.

They're about social connections and friendship building, sharing skills and knowledge, and of course a lot of laughter.

Rossendale Men's Shed

Work to improve men's mental health and wellbeing through practical and social activities, in order to reduce isolation and boredom by providing a space where men can meet, make, chat and socialise

Shed Hours

Tuesdays

Wednesdays

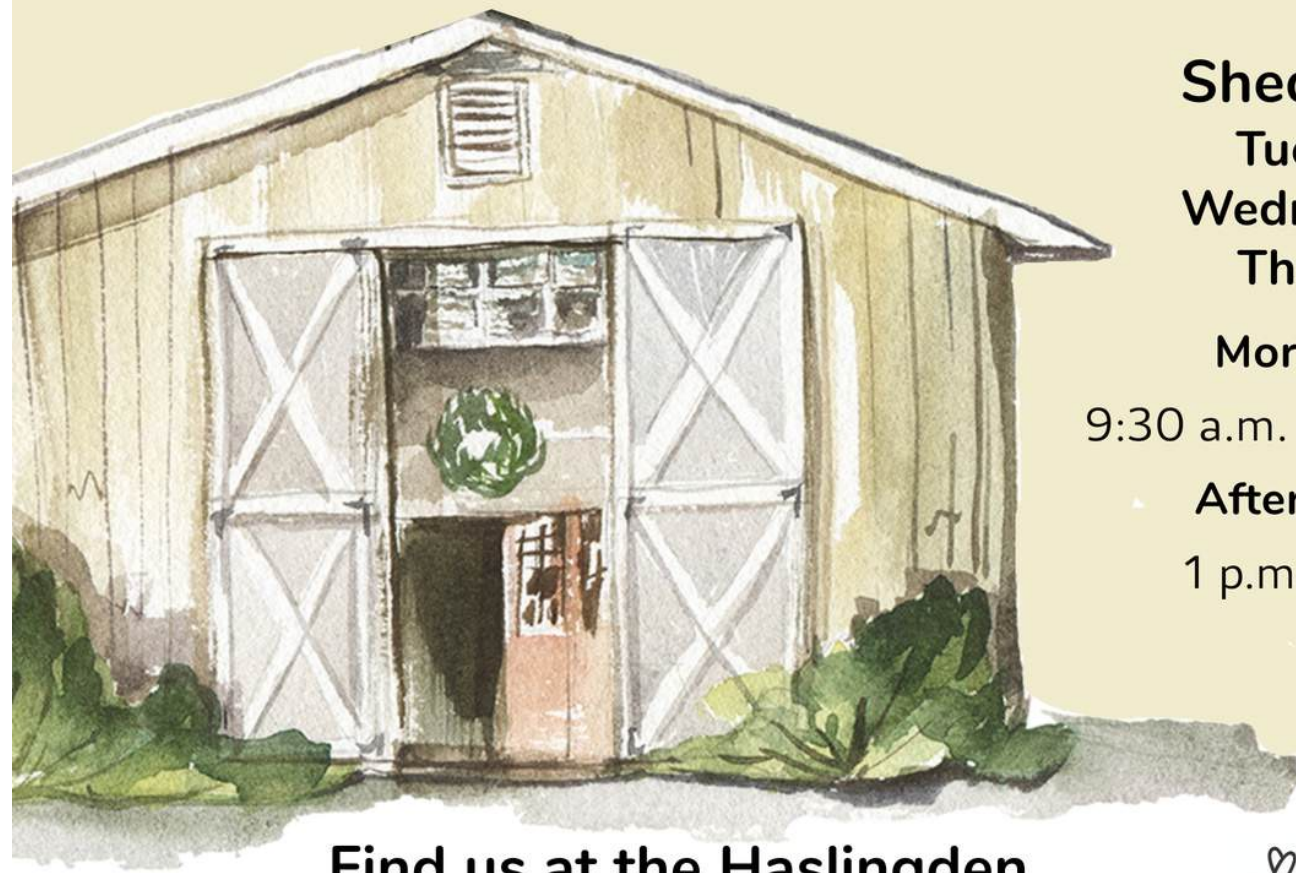
Thursdays

Mornings:

9:30 a.m. - 12:30 p.m.

Afternoons:

1 p.m - 4 p.m.

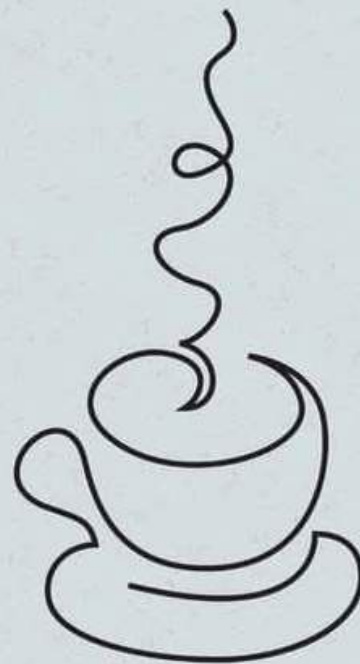
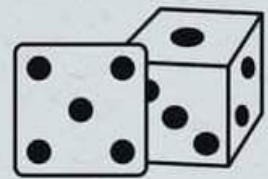


Find us at the Haslingden
Community Link, Bury Rd, BB4 5PG



BACUP BLOKE'S AT THE ABD CENTRE

Cards, Dominoes, Board games,
Newspapers, Banter



Butty and a brew included



MONDAYS 10:30AM-12:30PM
ABD CENTRE, BURNLEY RD, BACUP
SUPPORTED BY ROSSENDALE MEN'S SHED



ROSSENDALE BUSINESS AWARDS
AWARDS 2024
www.r-awards.co.uk
Winner



Find out more

ACADEMY

Of Performing Arts

DANCING | ACTING | SINGING | MUSIC

www.dansworks.co.uk <https://linktr.ee/dansworks>

CLASSES WE RUN...

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

Keep watching to find out more!



Our classes...

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

GROUP & ONE-TO-ONE Classes available.



Some of our

EXCITING OPPORTUNITIES!



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

& so much more...



Like what you see so far?

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

Scan me to enter your details!



Want to know more?



Use our linktr.ee to find out more...

<https://linktr.ee/dansworks>



#dansworksfamily

Where to find us

Trinity Baptist, Bankhouse lane,
Bacup, OL13 0AL



Sponsors Seeking Sponsors Seeking

TWINKLE BALL

Dedicated to Rachel Bargh

SATURDAY

MARCH

1

ARRIVAL 7PM

What's included:

By becoming a sponsor for this event, you can increase the success of the Ball. In return, we will shine a spotlight on your business. You could even include goodie bags for guests to promote your products/services.



**TRANSFORM YOUR BODY,
TRANSFORM YOUR LIFE.**

NEW CIRCUIT TRAINING CLASS

EVERY MONDAY STARTING 3/2/25 6.30PM-7.30PM

AT **THE ABD
CENTRE**

Start Your Fitness Journey

£6 PER SESSION OR 4 WEEK BLOCK FOR £20

Email: abbieshealthandfitnessUK@hotmail.com

FORTNIGHTLY MEET 11AM

BLOKES ON BIKES

RIDE OUT
AT 12PM
BACK
AT 4PM



1ST AND 3RD
WEDNESDAY
OF EVERY MONTH

BREW
AND A BUTTY £4



THE MEN SHED
HASLINGDEN COMMUNITY LINK
BURY RD
HASLINGDEN

LADY RIDERS AND PILLION ALSO WELCOME

BACUP

LADS

BAND

FRIDAY EVE

£2 INCLUDES PIZZA



AGE
16-21



COMING APRIL TO THE
ABD CENTRE
CALL: 07517 118 526 TO GET INVOLVED

Brought to you by

ROSSENDALE MEN SHED



Come and join us for a

“Big Winter Wander”

In aid of

St Thomas church repair fund and
the



6 klm. Guided route over rough track and
field (appropriate clothing essential)

Sunday 23rd Feb

Starting and finishing St Thomas church, Helmshore
BB4 4JR

REFRESHMENTS available at the finish

start 1.30pm - allow 2 to 2 1/2 hours

Suggested donation £5

COMMUNITY INFORMATION

HOMEWISE

REPAIRS, IMPROVEMENTS & ADAPTATIONS

Free security checks

for residents over 65 or living with a disability who live in Hyndburn, Ribble Valley, and Rossendale.

Our trained small repair officers will carry out an assessment around your home and discuss small interventions (listed below) that can be installed as required.

New locks and bolts

Window locks

Door chains, viewers, and mirrors

Door and window alarms

Checks to back gates

Scheme
funded by



To enquire about this service you can call Homewise on 01254 232249 or email us at info@homewisesociety.org.uk





P.E.P ENTERPRISE
PEOPLE EMPOWERING PEOPLE

We're Hiring: Project Co-ordinator (30 hours/week) –
£28,000 pro-rata

Are you passionate about creating equity and driving meaningful change?
PEP is looking for a dynamic Project Co-ordinator to join our team in Lancashire
(Rossendale & Hyndburn).

This unique role involves working with GEM communities, refugees, and those seeking asylum to provide services, guidance, and support while advancing our mission. Together, we aim to build stronger communities with better leadership and representation.

Key Responsibilities:

- Plan and deliver impactful community and digital projects.
- Engage and support refugees/those seeking asylum by addressing their unique needs.
 - Build and empower communities, promoting leadership and representation.
 - Drive PEP's mission to amplify GEM voices and create equity.
- Collaborate with stakeholders to develop meaningful partnerships.
 - Lead social media and digital initiatives, including ****Our Voice****.

About You:

- Have lived experience and a deep passion for social change.
- Experienced in managing and engaging diverse communities.
 - Passion for driving impactful outcomes through leadership.
- A confident communicator and networker with the ability to inspire.
- Organised, proactive, and committed to shaping a more equitable future.

What We Offer:

- A chance to make a tangible impact on GEM representation and leadership.
- Opportunities for professional growth in a supportive and inclusive environment.
 - Flexible working arrangements tailored to your needs.

✉ How to Apply: Send your CV and cover letter to:

hameeda.pepenterprise@gmail.com

Closing Date: 21st Feb 2025

HEALTH AND WELLBEING

NHS
Lancashire and
South Cumbria
Integrated Care Board



inspire | motivate | overcome
It's my opportunity



EMPOWER

Take control of your Diabetes



EMPOWER is a free education programme for people living with Type 2 diabetes.

The course is designed to help you understand what Type 2 diabetes is, the effect it has on your body and how to make small, achievable changes to the food you eat in your everyday life.

ONLINE DELIVERY IN URDU

Tuesday 12 February 2025

or

Wednesday 13 February 2025

10:00 am - 2:00 pm

Log in from the comfort of your own home !



IMO are offering EMPOWER training at the above venues. To register onto one of the courses, scan the QR code or visit the link.

<https://empower-diabetes.co.uk/book-a-course/>

EMPOWER

Rosendale
Primary Care Network

Pendle West
Primary Care Network



Sophia Karolia- Diabetes Practitioner
01254 781310 / 07708 193520
sophia.karolia@imocharity.org

@imocharity

www.imocharity.org

NHS

Lancashire and
South Cumbria
Integrated Care Board



inspire | motivate | overcome
It's my opportunity



ایمپاور

اپنی ذیابیطس پر قابو پالو



ایمپاور ٹائپ 2 ذیابیطس کا ایک مفت تعلیم کا پروگرام ہے
اس کورس سے آپ سمجھ جائیں گے:

- ٹائپ 2 ذیابیطس کیا ہے
- اس کا آپ کے جسم پر کیا اثر ہے
- آپ اپنی زندگی میں کس طرح چھوٹی تبدیلیاں لا سکتے ہیں

آن لائن ڈیلیوری اردو زبان میں

Tuesday 12 February 2025

یا

Wednesday 13 February 2025

10:00 am - 2:00 pm

گھر بیٹھے لاگ ان کریں



IMO مذکورہ مقامات پر ایمپاور فراہم کر رہے ہیں
کسی ایک کورس میں رجسٹر ہونے کے لیے، QR کوڈ اسکین کریں یا لنک پر جائیں

<https://empower-diabetes.co.uk/book-a-course/>

EMPOWER

Rossendale
Primary Care Network

Pendle West
Primary Care Network



Sophia Karolia- Diabetes Practitioner
01254 781310 / 07708 193520
sophia.karolia@imocharity.org

@imocharity

www.imocharity.org

Network Newsletter

Rossendale PCN

JANUARY 2025



Jack gives back

Growing a moustache every November has helped Irwell Medical Practice's Operations Co-ordinator Jack Morris raise almost £7,800 for Men's charity Movember.

He began raising money in 2019 and this year added a further £2,554 to bring his total so far to £7780.

Each year he raises money every year in support of prostate cancer.

He said: "I raise money for men's health, and in November 2020 we got the news my Dad was diagnosed with stage 4 prostate cancer.

"Now, my sole aim is to raise money to go to prostate cancer research and help those in the future to have more of a chance."

New Clinical Director

Rossendale Primary Care Network has a new Clinical Director in experienced Dr Ahmed Ismail.

Dr Ismail is the lead GP at Whitworth Medical Centre and has taken over from Dr O'Malley as Clinical Director.

He is heavily involved in education and approved by the GMC as a trainer.

Dr Ismail also has surgical experience as he previously worked in an ENT department and completed his GP training in the Pennine scheme.



In your community

Link with local radio

Clinical Director Dr Abdul Mannan took to the airwaves of Rossendale Radio to discuss music, mental health, menopause and more.

He was a guest of Hameeda Khan Davey who presents a once a month Our Voice show on the station.

GP Sam Smith and Rossendale Radio's management are now exploring ways of working together to run health awareness campaigns and assisting with getting advice and guidance out into the community.



Health screening at ASDA

Clinical staff led a health screening session inside Asda in Rawtenstall.

Staff checked blood pressure, cholesterol and blood sugar levels and it was also an opportunity for those visiting the stand to have an NHS Health Check or discuss measles and other vaccines and receive general health advice.

Cookery session successes

Cookery sessions have been hugely successful as our young members, and their families, not only learnt how to make a healthy selection of meals and snacks – they also made them for others including the Stacksteads Countryside Park Group's lights switch on.

Facilitated by GP Dr Emma Gladwinfield at The Valley Leadership Academy, some sessions have been helped by various PCN staff including Karen Sillet, head of the MHST and Physician Associate Ellie Hulme.

The sessions led to a parent whose 13-year-old daughter had an undiagnosed learning disability receiving support and a parent concerned about their child's mental health being signposted to ELCAS.



PCN News and updates

Links with Link

A meeting at Haslingden Community Link, led by Dr Emma Gladwinfield and Physician Associate Andrea Fletcher, will result in closer work with nursery parents and, after meeting the refugee groups, a refugee has now been registered with an NHS dentist.

Mental health

The results of a staff survey were delivered by Clinical Director Dr Abdul Mannan to a meeting of the East Lancashire Alliance at the Dunkenhalgh Hotel, Clayton-le-Moors.

The survey was carried out by Physician Associates and the subject for the Protected Learning Time event was Practical Mental Health and Wellbeing.

Trauma session

All PCN staff are invited to attend a Trauma Informed training session at Rossendale Council's base at Futures Park on April 3. The session, aimed at upskilling staff, will be led by GP Sam Smith from Irwell Medical Practice.

Veterans

All Rossendale PCN practices are now Veteran Friendly after Fairmore Medical Practice, in Rawtenstall, completed the process.

This accreditation assures veterans that their GP Practice has an awareness of the sometimes unique health issues that veterans seek to discuss with medical professionals.

Being accredited supports the principle that the Armed Forces Community, including veterans, should face no disadvantage in accessing health services and they should receive priority care for military attributable conditions, subject to clinical need.

Video advice

A video has been produced by the East Lancashire Alliance entitled 'Living Well Over Winter'. The video has been provided to Rossendale Connected members and is available to share across the Rossendale PCN.

Events & Campaigns

4 February
World Cancer Day

6 February
Time to Talk Day

28 February
Rare Disease Day

28 Feb - 6 March
Eating Disorder
Awareness Week

8 March
International
Women's Day

16 March
Young Carers'
Action Day

12 March
National No
Smoking Day

13 March
World Kidney Day

8 March
International
Women's Day

20 March
World Oral Health
Day

Rossendale PCN Staff

Clinical Directors



Dr Mannan



Dr Ismail

Clinical Pharmacists:

Safeera Afif Nicola Zablotny Nicola Semple
Ahmad Khatab Mariam Nain Almas Ganatra

Pharmacy Technicians:

Noreen Ahmed Gina Ashworth Victoria Lindley-Canavan

Physician Associates:

Victoria Thomas-Hui Reece Phillips Andrea Fletcher
Ellie Hulme Christopher Greenwood



Victoria Thomas-Hui



Almas Ganatra

First Contact Practitioners:

Daryl Thorpe Laraeb Asghar Euan Osbourne
Mobeen Janjua Saima Malhi Musbahu Usman



Deborah Dewhurst



Daryl Thorpe

Nursing Associates:

Sam Heaton

Social Prescribing Link Workers:

Deborah Dewhurst Shahan Lais

Health and Wellbeing Coaches:

Jodie Potter Juliet Murphy Anne-Marie Fuller
Shirley Sadler Julie Balchin



Shahan Lais



Jodie Potter

Care Coordinators:

Clare Todd Georgina Dewhurst
Jane Vester-Hodgson Kellie Holt

Associate Psychological Practitioners:

Anna Whiteoak

Mental Health Practitioners:

Steven Charnley Abigail Watson Kerry Hillier



Anna Whiteoak



Kellie Holt

Trainee Nursing Associate:

Laura Shaw Kirstie Riley
Sophie Crabtree Rebecca Lyne

Help and support at GP practices

Did you know that your GP Practice offers more than just an appointment with a GP? When you ring the surgery you will be asked if you could provide some information about your illness. There is a reason for this, as many services are now available that may make getting support and treatment much easier and quicker for you. We will be sharing a series of these services and roles with you in this and future community bulletins.

Social Prescribing Link Workers

Hi,

We are the Social Prescribing Link Workers and we are employed in non-clinical role.

We connect people with local community activities and services that can help to improve their health and wellbeing.

We are recruited for our listening skills, empathy and ability to support people.

A vital part of our role is to build relationships with people and we do that by first listening carefully to what is important to them and what motivates them.

The role of a Social Prescribing Link Worker is to help to reduce health inequalities by supporting patients to unpick complex issues which affect their wellbeing.

We enable patients to have more control over their own lives and develop skills, abilities and coping mechanisms.



Debbie, Shahan and Kellie

Staff news

Congratulations to Hazelvalley Family Practice Manager Charlotte Sheikh, née Brown, on her recent marriage.

We would like to welcome Advanced Nurse Practitioner Jessica Weston to the PCN.

Rossendale PCN Practice Details

West

Hazelvalley Family Practice
7-9 Manchester Road
Haslingden
Lancashire
BB4 5SL
01706 335353
www.hazelvalley.nhs.uk

Haslingden Healthcare
Haslingden Health Centre
Manchester Road
Haslingden
Lancashire
BB4 5SL
01706 335390

<https://haslingdenmedicalgrouppractice.co.uk>

Rossendale Valley Medical Practice
27 Manchester Road
Haslingden
Lancashire
BB4 5SL
01706 335319

www.rossendalevalleymedicalpractice.co.uk

Ilex View Medical Practice
Rossendale Primary Health Care Centre
161 Bacup Road
Rawtenstall
Lancashire
BB4 7PL
01706 335400

www.ilexviewmedicalpractice.nhs.uk

Fairmore Medical Practice
Rossendale Primary Health Care Centre
161 Bacup Road
Rawtenstall
Lancashire
BB4 7PL
01706 253530

www.pwehealthcare.co.uk

West

St James Medical Centre
Burnley Road
Rawtenstall
BB4 8HH
01706 213060
www.stjamesmedical.co.uk

East

Waterfoot Medical Practice
Cowpe Road
Waterfoot
Lancashire
BB4 7DN
01706 335360
www.waterfootmedicalpractice.co.uk

Irwell Medical Practice
Irwell Medical Centre
Irwell Mill
Rochdale Road
Bacup
OL13 9NR
01706 335340
www.irwellmedicalpractice.nhs.uk

Whitworth Medical Centre
Market Street
Rochdale
OL12 8QS
01706 852238
www.whitworthmedicalcentre.nhs.uk

Rossendale
Primary Care Network

East Lancashire Young People's Mental Health

Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by ELCAS
tinyurl.com/ELCAS-LSCFT



Enter the word "ELCAS" as the first name and "drop in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

1st - 4th Wednesday of the month
2nd Wednesday of the month
3rd Wednesday of the month

1pm – 3pm
3pm – 5pm
5pm – 7pm

Mental Health Support Team

The MHST offers early support for young people from year 7 to year 13 in Hyndburn, Rossendale and the Ribble Valley. This can be through individual or group sessions with the young person or parent, workshops and information sessions. Our aim is to provide techniques to help manage mental health and wellbeing.

Worry

Phobias

Self-Harm

Low Mood

OCD

Panic



Mental Health Support Team
ELCAS | East Lancashire Child and Adolescent Services



Please speak to school if you feel your child would benefit from a referral into the service.

HOARDERS SUPPORT GROUP

Fortnightly meetings are held in Accrington which is convenient for Rossendale

[Hoarders Helping Hoarders | Support Group](#)



Consumer Alerts – January 2025

Bogus roofing work

If you are experiencing a leaking roof, do your research before employing a roofer. In one incident in East Lancashire a roofer began work after diagnosing the problem, then began to introduce other problems with the roof. The price escalated to £3000, further monies were obtained, the job was left unfinished, with poor workmanship and work paid for that had not been done.

High value household projects/builds

The Service is experiencing a spate of complaints about large home renovation/ extension projects. Issues experienced range from the trader not returning to finish or rectify work, to large amounts of monies paid for partially completed work and the traders not returning and/or being uncontactable.

Such large-scale projects are a big investment for any household. Please do your research before choosing a trader. How long has the business been trading – if a Limited company look on Companies House online, are there any reviews online, can you look at previous works the business has carried out. Make sure you get a written quote upfront and be clear about when payments are due. Check with your local District Council if there are Planning or Building Control requirements.

Scam bank 'investigator'

A retiree in Chorley received several phone calls on their landline from a number they did not recognise. On answering, the caller stated he was an investigator for the bank which the householder belonged to and he knew the name of. The caller stated the bank was having technical difficulties; therefore, the householder was required to withdraw £1,500 in cash out of their account to ensure the account was accessible. The householder was advised that once they had the money, they were to take it home and await further instructions. Fortunately, the bank prevented the withdrawal from taking place. The scam call came from a Berkshire area code.

Know your rights

When buying goods in a shop, you are not automatically entitled to a refund if you change your mind, unless the goods or services are not of satisfactory quality, not fit for purpose or not as described. Some shops do have their own return policies, so it is worth checking what these are before you buy.

When buying goods online, in most cases you have a cooling off period, a minimum of 14 days, which starts the day after you receive the order. Be aware you may be liable for the return costs. If you have bought from a private individual, you may have far fewer rights. In fact, you have no legal right to a return, so long as the goods are 'as described'.

Trading Standards advice is to always say no to cold callers. The Safetrader scheme can help you find a trader in your area, contact 0303 333 1111 or go to www.safetrader.org.uk. Contact the Trading Standards Service via the Citizens Advice Consumer Helpline on 0808 223 1133

FUNDING

Grow Wild Community Programme 2025

Deadline: 3pm, Thursday 13 February 2025

Grow Wild's Community Programme supports groups to transform urban spaces for the benefit of people and wildlife by planting and championing UK native plants, and are seeking 20 community groups from across the UK to join the programme in 2025.

Grow Wild's Community Programme will support your project with:

- A £2000 grant to transform an urban space with UK native plants, encourage wildlife and engage your local community.
- Tailored online sessions to support your project delivery, build your knowledge and opportunities to connect with other groups taking part in the programme, share experiences and learn from each other.
- The opportunity to apply for a £500 follow-on grant for spring 2026, to help support your ongoing activities.



More information at [Community Programme | Grow Wild | Kew](#)

ROSSENDALE COMMUNITY FUND

ABOUT THE FUND

The Rossendale Community Fund has been created by Rossendale Borough Council in partnership with the Community Foundation for Lancashire to offer grants to support projects that help families and children & young people engage in community activities and learning.

FUND CRITERIA

The fund can consider projects that meet the funding criteria below: Applications should enable families and young people up to the age of 25 to flourish, learn and develop skills or knowledge.

This includes education, training, sports development, arts and culture activities and also play provision for younger children.

WHO CAN APPLY?

Applicants must have a physical base and track record of delivery within Rossendale. National organisations who do not have a branch in the borough are not eligible.



GRANT SIZE

Up to £1000



LOCATION

Rossendale



DEADLINE

3rd March 2025

FEBRUARY 2025

THANKS FOR READING!

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

Communitisteam@rossendalebc.gov.uk

By Friday 21st February 2025

