



SEPTEMBER 2024

COMMUNITY BULLETIN



FIND OUT WHAT'S HAPPENING IN ROSSENDALE ...

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

Welcome to your September 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



BARMY BINGO THE ASHCROFT

Barmy Bingo, a night of fun, where the bingo cards are just the beginning.

Expect a high-energy evening filled with music, dancing, singalongs, and of course, the chance to win some amazing prizes!

The Ashcroft, Whitworth
Friday 6th September
Doors open at 7:30am, starts at 8:00 pm



MEET - MOVE - MINGLE BACUP SOCIAL

2:30pm - Movement, Dance, Music
3:20pm - Refreshments and Chat

Great for beginners, improves mobility and stamina, feel good and meet new people.

1st Class Free
Minimum Donation - £3.50

Just turn up or call Rebecca from inspire Motivate Transformation for more information.



PARTY IN THE PARK HASLINGDEN

FREE ADMISSION

Sunday 15th September from 12pm - 2pm

Greenfield Memorial Gardens/War Memorial
Gardens, Manchester Road, Haslingden



Face Painting - Magician - Balloon Man - Story Telling - Shoot Out Net - Tombola - Raffle
- Entertainment - Drummers - Ice Cream Van - Food Stall - And More!

WOMEN OF WHITWORTH WHITWORTH



The WoW Project AGM

Wednesday 25 September 2024
7pm at The Red Lion Inn, Whitworth

Come along, grab a brew and have a catch up.

Support our local causes this year



SUPPORT THE



PINK TRAIL 2024
WHITWORTH
1ST - 18TH OCTOBER



WoW and Witches

Wednesday 30 October 2024
7pm at The Red Lion Inn, Whitworth

Join us for a Halloween Themed
WoW and Witches event!

Tickets £5 including entertainment and prizes
Email thewowproject2018@gmail.com

Support our local causes this year



THE RAMSBOTTOM FESTIVAL

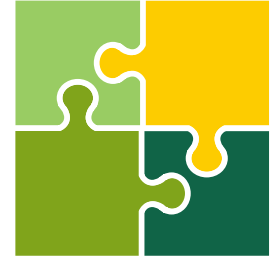
RAMSBOTTOM

10TH
FESTIVAL

Wednesday 4th September until Saturday 7th September 2024

Hundreds of assembled jigsaw puzzles on display and for sale. See on you want to buy they'll break it up for you to take away.

Wednesday to Friday - 10am - 5pm
Thursday will be open for an additional 2hrs at 6:30pm - 8:30pm
Saturday - 10am - 4pm



ADMISSION - £2
ACCOMPANIED CHILDREN UNDER 16 - FREE

 RAMMYJIGSAW@AOL.COM

ROSSENDALE LEISURE TRUST

ROSSENDALE



Rossendale Leisure Trust have lots to offer across Rossendale.

 [CLICK HERE TO VIEW MORE FROM RLT](#)



2024 WHITWORTH RUSHCART

WHITWORTH

1pm - Whitworth Museum

Procession feat.

Whitworth Vale & Healey Band

Whitworth Rushcart Dancers

Britannia Coconut Dancers & more!

1:30pm - 4:30pm: The Ashcroft
Hot & cold food, arts and crafts fair,
stalls, morris dancing, entertainment,
rides and bar!



WHITWORTH TOWN COUNCIL

ROSSENDALE SEWCIAL NETWORK

BACUP



Book your place via DM to avoid disappointment.

**First Saturday of every month
10am - 1pm**

Brews and cake and company provided.

Bring your own machine or borrow ours.

Please note, these aren't lessons, bring your own project and sew with friends.

COMMUNITY INFORMATION

FUN PLACES

LANCASHIRE LIBRARIES, MUSEUMS AND ARCHIVES

Fun Palaces is an annual weekend of events where arts, crafts, science, tech and digital are a catalyst for community engagement and full participation for everyone, from the grassroots up.



Friday 4th October to Sunday 6th October 2024

Fun Palaces in Lancashire

Lancashire Libraries, Museums and Archives will be holding 19 brilliant Fun Palaces this year.

If you'd like to be involved, we need creative, technical, arty, scientific people, individuals or groups, from the local community to join in with us and share their skills and show how things work to create a free fun filled day. Please email your local venue by if you are interested in getting involved.



FUN PLACE - LANCASHIRE

LANCASHIRE ADULT LEARNING HASLINGDEN LIBRARY

Free training event for adults over the age of 19.

Witches and Witch Trials in the 1600s

Tuesday 10th September

1:30pm - 4pm

[BOOK NOW](#)

Express yourself with Paint

Tuesday 17th September

1:30pm - 4pm

[BOOK NOW](#)



FORUM MEETING

VOLUNTEERING FOR WELLBEING & COMMUNITY HUB

The theme for this month is:

FOOD NETWORKING

This event is open for all - organisations, groups, volunteers, staff, and the wider community.

Explore the important of volunteers supporting food projects and discover how you can support and help as a volunteers, or to find volunteers for your own food project.

Join this wonderful opportunity to connect, learn, and contribute to your community.



FREE parking is available at Cornerstone Church, Netherfield Road, Nelson, BB9 9AW.



LANCASHIRE ADULT LEARNING HASLINGDEN LIBRARY

For parents/carers and children in KS1 and KS2.

An introduction to coding with Ozobo, a tiny robot with big technology!

Ozobot Coding

Tuesday 24th September
4:30pm - 6:30pm

[BOOK NOW](#)



PEER SUPPORT MIND LANCASHIRE

A range of wellbeing services available to support the wellbeing of those aged 10 - 25:

- Support to access existing community groups
- 1-1 virtual wellbeing coaching
- Signposting to specialist support
- Peer support training
- Establishing new groups for young people



HEALTH AND WELLBEING

ROSSENDALE DEMENTIA INFORMATION EVENT BEACON DEMENTIA

Are you a community group, charity, dementia café, care home or business providing services or products for people living with dementia?



As part of World Alzheimer's month, Beacon Dementia and Wellbeing are holding the third Rossendale Dementia Information Event. This free 'marketplace' event will promote services, activities and aids available for people living with dementia, their carers and families.



The event will bring services and organisations together in one place to help people living with dementia, their carers and families easily find the help and information they need.

For more information and to reserve a stall please email:



RSV VACCINE NHS



Have your RSV vaccine to help protect you against pneumonia.

Your GP will invite you for your free RSV vaccination if:

- You turn 75 years of age on or after 1 September 2024
- You are already aged 75 to 79 years old on 1 September 2024





JOIN US FOR

FAMILY HEALTH DAY

ALL DONATIONS WILL BE
GOING TO THE AB&D
CENTRE AND KIDNEY
CANCER UK.

LUCKY DIP,
TOMBOLA,
RAFFLE, ARTS
AND CRAFTS,
HEALTH CHECKS
AND VACCINES,

14TH SEPT,
2024
9AM-2PM

BUY RAFFLE TICKETS AT THE RECEPTION DESKS
IRWELL MEDICAL PRACTICE, OL13 9NR

FAMILY HEALTH FAIR

BACUP

Help raise money for charities close to Irwell Practice by providing raffle prizes such as:

- Gift cards
- Food vouchers
- Bottles - for the tombola
- And anything else you would like to donate.

All money raised will be going to the AB&D Centre and Renal Cancer UK.

For more information:



CALL 01706 335340
OPTION 2



VACCINATIONS FOR YOUR BABY

NHS

Protect your baby from **RSV Bronchiolitis** with your RSV vaccine from week 28 of your pregnancy.

Speak to your midwife, maternity service or GP practice about your RSV appointment today.

Help protect your baby with the **whooping cough** vaccine.

There is a lot of whooping cough around at the moment. Babies are at most risk, especially in their first weeks of life.

If you have reached 20 weeks of pregnancy or later and have not yet been offered the whooping cough vaccine, talk to your midwife or GP practice and make an appointment to get vaccinated.



TRAINING

ACCROSS - BOOST YOUR CONFIDENCE WITH TEAM PRINCE'S TRUST

Aged 16 to 25 and unemployed?

Join Team, our 12-week personal development programme, for the chance to gain new skills, earn a qualification and meet like-minded people.



When you join the Team programme, you'll be challenged to:

- Take on your own group community project
- Have the chance to take part in a fun-filled residential trip
- Get two weeks work experience
- Develop your English, maths, communication and teamwork skills
- Have the opportunity to achieve a qualification
- Developing your interview and CV skills

The programme is completely free and won't affect your Jobseeker's Allowance.

Whether you are looking to build your confidence, need help getting a job or want support to start a business, we have support and resources for you. Start something with The Prince's Trust today.



PRINCE'S TRUST - TEAM SUPPORT

INSPIRE

INSPIRE DRUG AND ALCOHOL TRAINING



Inspire Drug and Alcohol Service provide all aspects of drug and alcohol treatment, including open access, structured treatment and referral to tier 4 rehabilitation. Our aim is to promote recovery from addiction and dependence and support people to make positive changes to their lives.



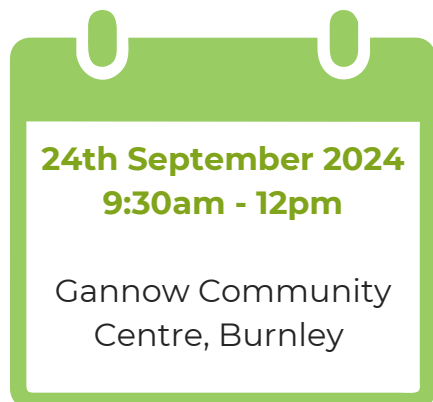
INSPIRE DRUG AND ALCOHOL
SERVICE TRAINING

INTRODUCTION TO SAFEGUARDING BURNLEY, PENDLE AND ROSSENDALE CVS



In-person training for VCFSE Groups and Volunteers covering:

- Distinguish what constitutes as a vulnerable adult.
- Examine the different types of abuse and how these may come to light.
- Demonstrate an understanding of how to act upon a safeguarding concern.
- Assess the risks when volunteering and prepare strategies for keeping yourself safe.
- Summarise what kind of information you will have access to and how to keep it safe.



Register now:



KATY.THORNTON@BPRCVS.CO.UK

FREE MINDFULNESS CHAMPIONS COURSE THE VOLUNTEERING FOR WELLBEING AND COMMUNITY HUB



This Mindfulness Champions Course delivered by Inner Peak Wellbeing CIC is designed to equip participants with the knowledge and skills necessary to lead mindfulness initiatives within their workplace or communities. This course is ideal for those who are passionate about mental health and wellbeing and wish to take an active role in fostering a mindful culture.

7th October 2024

Half-day training from 9am - 12:30pm

Gannow Community Centre, Adamson Street, Burnley, BB12 6RB

Upon completion learners will receive a CPD accredited certification.

Register now:



THEHUB@BPRVS.CO.UK



MENTAL HEALTH TRAINING

LANCASHIRE

Learners must be 16 years and over to attend. To be eligible for a FREE placement, you must live/work within the Lancashire border. Excluding Blackpool and Blackburn with Darwen.

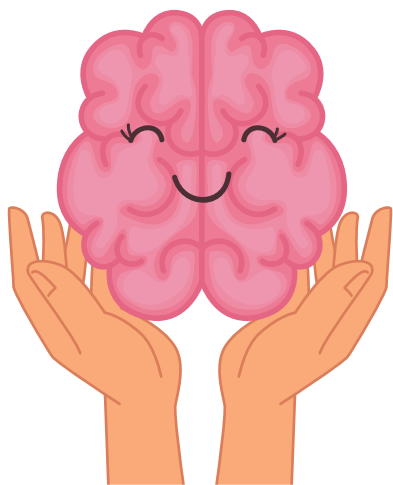
Course placements are limited be allocated on a first come first serve basis.

Youth Mental Health First Aid - Designed to help young people aged 8 to 18.

Full (2 day) course - Provides a more in depth understanding of specific mental health issues; what is mental health?, depression and anxiety, suicide and psychosis, and self-harm and eating disorders

Half day course - An introductory course designed to increase awareness of young people's mental health and some of the issues that can affect this age group.

Adult Mental Health First Aid



Full (2 day) course - A practical skills and awareness course designed to give you; a deeper understanding of mental health and the factors that can affect people's wellbeing, including your own, practical skills to spot the triggers and signs of mental health issues, confidence to step in, reassure and support a person in distress, enhanced interpersonal skills such as non-judgmental listening – Knowledge to help someone recover their health by guiding them to appropriate support

Half day course - An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

SafeTALK - Free suicide alertness training

SafeTALK participants will learn to; notice and respond to situations where suicide thoughts may be present, recognise that invitations for help are often overlooked, move beyond the common tendency to miss, dismiss, and avoid suicide, apply the TALK steps: Tell, Ask, Listen, Keep Safe, and know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.



VOLUNTEERING

PROMOTE YOUR VOLUNTEERING ROSSENDALE BOROUGH COUNCIL

Be part of Rossendale Borough Council's Staff Health and Wellbeing Day!

How to Participate? Provide us with your leaflets or flyers, and we will ensure they are distributed during the event. Please ensure your materials highlight your group's mission, volunteer opportunities, and how to get involved.

Deadline: **Wednesday 4th September 2024.**



WELLBEING@ROSSENDALEBC.GOV.UK

FUNDING

ARE YOU PENSION AGE? LANCASHIRE

Each year, millions of pounds in benefits go unclaimed by pensioners. Many older adults are unaware of their entitlements, leaving them without the financial support they deserve. Even if you're already receiving benefits, there could be more you're entitled to—often without even knowing it.

Don't Miss Out On Benefits You're Eligible For!

Lancashire County Council Welfare Rights Service and Rossendale Borough Council are offering a free, confidential, and independent telephone benefit check service for residents. Whether you're uncertain about qualifying, or want to ensure you're receiving the correct amount. Don't let the complexity of the benefits system prevent you from getting the support you deserve. Contact Welfare Right Service for a free benefit check.

"I didn't think I would qualify because I had over £20,000 in savings. But thanks to the help I received, I now get £18 a week in Pension Credit, and my Council Tax bill is gone."



CALL 01772 533321

SEPTEMBER 2024

THANKS FOR READING!

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

Communitiesteam@rossendalebc.gov.uk

By Wednesday 25th September 2024.

