



Our Lancashire Update – Pendle, Ribble Valley & Blackburn – 22/01/21

Hello!

Welcome to my newsletter which aims to keep you updated across a variety of community related opportunities and information.

After enjoying a month-long break from Facebook I finally logged back on this week, and was reminded that it's a great resource when it comes to finding out what's happening across our communities. New year - new start, and I came across lots of residents thinking about what they could develop locally to get people back together, whether that's developing creative online solutions for now, or face to face ideas for later. Whatever your idea, we're here to help, so if you know of anything new starting up, please do spread the word about Our Lancashire and the support we can offer.

On "Blue Monday" I braved the weather to get outdoors with Kim from the Lancashire Wildlife Trust, on a litter pick around Cross Hill Quarry nature reserve. Most of the tasks undertaken by the Wildlife Trust are through volunteers and if you're interested in finding out more then please do get in touch with Kim - kcoverdale@lancswt.org.uk

Nature is very much at the forefront this week as the BBC WinterWatch series kicked off. Take a look at what been going on; [BBC Two - Winterwatch](#) some fascinating inspiration especially for those at home with children right now.

OL Events

On Thursday 4th February at 2pm, we'll be exploring the idea of **collaborating with other groups and organisations**. Book your free place via Eventbrite; <https://www.eventbrite.co.uk/e/collaborating-with-other-groups-and-organisations-tickets-136956495565>

Please also drop me a message if there's a theme that you'd like to see us cover in the coming months.

For more events and opportunities to get involved you can find these and other events running locally on the [Our Lancashire](#) website.

WHAT ELSE IS HAPPENING ACROSS OUR AREA?

Pendle Community Safety Partnership

Pendle CSP now has its own Facebook page. Please like and share <https://www.facebook.com/PendleCSP>

CAP Money Course – Now Online



A free course to help you manage your money better and learn to budget, save and spend well.



budget. save. spend.

With many people's incomes being affected by the COVID crisis, there is never a better time for individuals and families to look at their budgets. The CAP Money course encourages participants to review their income, expenditure and savings, create a personal budget using an online tool, make the best use of bank accounts and cash, and deal with any debts.

St James Church, Clitheroe and the Clitheroe CAP Centre are now offering this free course online via Zoom over 3 Tuesday evenings: 2nd, 9th and 23rd Feb, 19:30-21:00. To book, please email cap@stjamesclitheroe.co.uk. Now we're online, there's no geographical limit on attendance!

LAL – Careers Fair 28th January

This free online Careers Fair promises to be anything but dull, with an inspiring motivational speaker, interactive workshops, and mini bites from 7 different employers about their industries. The event will also include engaging sessions for your mental wellbeing, to build resilience and confidence and create a healthier happier you.

To enrol and book your free place, click here: [Virtual Careers Fair | LAL - Lancashire Adult Learning](#)

Carers Link Lancashire - Monthly Dementia Support Hub

Join us online to share experiences, learn from expert guest speakers, get advice to help care for your loved ones, find a space to come together, make friends and support one another.

A purple banner for the Monthly Dementia Support Hub. On the left, it says 'Monthly Dementia Support Hub' in white text, with the Carers Link Lancashire logo below it. On the right, there is a photo of an elderly couple sitting together, with the text 'With guest speaker Linda Baker Progress Lifeline' below it.

Monthly
Dementia Support Hub
Carers Link Lancashire
IMPROVING LIFE FOR CARERS

With guest speaker
Linda Baker
Progress Lifeline

February's guest speaker is Linda from Progress Lifeline who will be sharing details of devices they have on offer.

1st Tuesday of every month
2.00pm - 3.00pm

ZOOM ID - 89308287579
Password -589866

Building Bridges Pendle

Rhythm Calls Digital Workshop

With Filomena Ianni
6.00pm - 7.00pm
25th, 1st & 8th Feb 2021



Shake off a few lockdown cobwebs and join the talented Filomena in three jam packed musical workshops!

Find your rhythm, groove, drum and sing to the beat whilst using instruments you can find around your home. Fun for all ages, live on Facebook @buildingbridgespendle

Workshops

With Filomena Ianni

Let's all drum! 25 Jan 6-7pm

You will not need a drum to have fun and make rhythm at home. We will make our own instruments with what we find around the house, mostly in the kitchen! Come and create your own percussion and play some amazing grooves together in no time.

Rhythm Well 1 Feb 6-7pm

We can make our percussion AND play them. Now let's feel the rhythm, move and dance in very simple ways, standing, sitting or even lying down! Bring your dance out to boost your wellness and mood and shake off a few lockdown cobwebs.

Sing the beat! 8 Feb 6-7pm

We don't have to be professional song writers to create our own beautiful simple song, accompanied by our own beat. We have the instruments, we have the rhythm, let's create our own lockdown drum song, to light up our heart and those around us!

To join in watch live on Facebook @buildingbridgespendle

Or from our website www.buildingbridgespendle.org.uk/coming-up

[Building Bridges Pendle - Home](#) | [Facebook](#) or [What's On](#) | [Building Bridges \(buildingbridgespendle.org.uk\)](http://Building Bridges (buildingbridgespendle.org.uk))

LAL - Wellbeing

There is a suite of **free wellbeing courses** with Lancashire Adult Learning (LAL), free to all residents of Lancashire. Topics include;

- Finding Positives in Challenging Times
- Introduction to Home Exercise
- It's a Man's Life
- Simple Relaxation Techniques
- Mindfulness Techniques for Everyday Living
- Creative Ways to Improve Your Well-being
- Introduction to Microwave Cookery

To see the full list and book a place go to [Health and Wellbeing | LAL - Lancashire Adult Learning](#)

Townley Hall Virtual Tours

While we're all stuck at home (not that I mind too much in this weather) why not take a look at the virtual ways we can visit local attractions. Head over to the Towneley Hall website to take a virtual tour and check out the online exhibitions. [Virtual Tours - Towneley Towneley](#)


Age UK retirement planning workshops

Age UK retirement planning workshops are being delivered free over Zoom during Thursdays lunchtimes starting 28th January and will run on a 3-week rotational basis [Planning for Your Retirement Workshop](#) (ageuk.org.uk)

(Not) Parkrun - Introducing ParkWalk: Strive for Five


While all the organised ParkRun's remain on hold for the time being, they've come up with a new scheme to get us more confident at walking longer distances. Share this 8-week guide to building up to a 5K walk. [parkwalk is here](#) | [parkrun UK Blog](#)

Clitheroe Civic Society – February Presentation



Clitheroe Civic Society

PRESENTS
**CLITHEROE ROYAL GRAMMAR SCHOOL
1554 - 2021:
"A GOVERNOR'S PERSPECTIVE"**



A VIRTUAL PRESENTATION
BY DR. ANDY CLAYTON

Monday 1st February 2021 at 7.30 pm

Civic Society Members & Students Free
Visitors & Members Guests (£3.00)
access details via
ccstickets@btinternet.com

The History of Clitheroe Royal Grammar School

Clitheroe Royal Grammar School is a co-educational grammar school. Formerly an all-boys school, it was founded in 1554 as "The Free Grammar School of King Philip and Queen Mary" "for the education, instruction and learning of boys and young men in grammar; to be and to continue for ever."

[Clitheroe Civic Society - Meetings & Presentations](#)

Our Lancashire

Our Lancashire is a Lancashire wide initiative to bring groups and communities together under the banner – "Let's Join Together" in order to make Lancashire a greater place to live, work and play. We are funded by the Police and Crime Commissioner and joining the Our Lancashire website www.ourlancashire.org.uk is a FREE Offer available to any not-for-profit social action group/CIC/Charity etc. running activities and events in their local community.

UK TIMETABLE



SAS RIGHTS CIC

FREE VIRTUAL FITNESS

MARK YOUR CALENDAR

EVERY WEDNESDAY 6PM

DANCERCISE: WOMXN & CHILDREN ONLY

EVERY FRIDAY 6PM

PILATES

EVERY SATURDAY 10AM

HIIT CLASS

UNTIL FURTHER NOTICE.

TO REGISTER FOR ANY OF THE ABOVE SESSIONS PLEASE EMAIL
WELLBEING@SASRIGHTS.ORG



In partnership with
THE NATIONAL LOTTERY
COMMUNITY FUND



Community
Action Fund

NEWS

REACT (Relatives Education And Coping Toolkit)

An online self-help package for relatives and friends of people with mental health problems
REACT is the 'Relatives Education And Coping Toolkit'. REACT is an online self-help package (toolkit) for relatives and friends of people with mental health problems associated with psychosis or bipolar disorder. The toolkit would also help carers in general who are taking care of someone with any form of mental health difficulty. The toolkit has been put together by a team of people with expertise in this area, including clinicians, researchers and relatives of people with psychosis or bipolar disorder.

REACT is designed to be easy to use at home in your own time. The toolkit is an additional resource that can be used alongside any other support you receive from mental health services or charitable organisations. It does not replace any other help. [REACT Home Page - REACT \(reacttoolkit.uk\)](#)

Rural charities celebrate 100 years of village halls

Village Halls Week 2021 will recognise the contribution England's 10,000+ halls have made to rural communities since the 1920s The campaign week – now in its 4th year – is set to take place 25 to 29 January and will feature online events, videos, podcasts, and blogs showcasing the history of village halls and the benefits they have derived for rural communities over the years.

The initiative is being led nationally by Action with Communities in Rural England (ACRE) and echoed by the 38 county-based rural development charities which make up the ACRE Network. Find the full programme at [Celebrating 100 Years Together: Village Halls Week 2021 - ACRE | Action with Communities in Rural England](#)

Wilko Helping Hands programme

Helping our local community is really important to us. That's why every wilko store has a budget to give a little helping hand to local groups and community projects. You could get wilko gift cards, products or volunteers to help with whatever you're doing for your community - whether it's a raffle prize to help with fund raising or tins of paint and extra helpers to do up a community centre - we'd love to help you! [Wilko | Corporate | Home](#)

In The Know – Lancashire Talking

Lancashire Talking asks a few online questions about what it's like to live in your area and aims to find out what issues matter most to your community. It is also an opportunity for you to raise any concerns you may have. Significantly, the feedback received via Lancashire Talking enables our Neighbourhood Policing Teams, together with partner agencies, to act on the information received and tackle the issues raised. In doing so, you are given a voice in how we prioritise our Neighbourhood Policing activity.

Members of our community messaging system *In The Know* will then receive updates from their Neighbourhood Policing Team about the action taken to tackle their community's local issues. Sign up at [Lancashire Talking \(stayintheknow.co.uk\)](#)

More News and Research

- [New research will demonstrate benefit of culture and heritage to society - GOV.UK \(www.gov.uk\)](#)
- [Expect a challenging economic environment for the foreseeable future, charities warned \(civilsociety.co.uk\)](#)
- [New report: the impact of Covid-19 on women's organisations - Rosa \(rosauk.org\)](#)
- [Government publishes tips for charities on winning public contracts \(civilsociety.co.uk\)](#)
- [The Road Ahead 2021 - Voluntary sector trends, opportunities and challenges | NCVO Publications | NCVO](#)

OPPORTUNITIES

Community Futures – Trustee

We are seeking additional members of the public to join our Board of Trustees, which oversees our charity's work. Each Trustee brings their own unique perspective to the table, to inform key decisions that shape the future of Community Futures.

As a Trustee, you will support the development of the charity's strategy, provide specialist knowledge and ensure that governance is of the highest possible standard. These roles are voluntary and reasonable travel expenses will be reimbursed. The Board meets quarterly on weekdays (remotely at present) and attend an annual general meeting usually held in September or October.

In total, trusteeship requires a time commitment of around four to five days per year, including training sessions and promotional events. Please contact 01772 717461 for an informal chat or jump straight in by completing and submitting an application form here [Trustees : Community Futures](#)

Lancashire Mind

Lancashire Mind are currently recruiting for two full-time posts

- **Coaching Lead** Closing date: 4th Feb
- **Community Development Coordinator**. Closing date: 4th Feb

Find more details at [Work for us | Lancashire Mind](#)

Active Lancashire

Finance and Monitoring Support Officer – 2 posts

We are looking for two individuals to join our enthusiastic and high performing team who have experience and understanding of what it takes to effectively monitor the performance of projects. Closing date, Monday 8th February. www.activelancashire.org.uk/jobs/finance-and-monitoring-support-officer

Marketing Manager

We are looking for a highly driven, creative and experienced Marketing professional keen to use their skills to develop and deliver the Active Lancashire Marketing Strategy to ensure that Active Lancashire has a consistently high and positive profile externally that will influence key Stakeholders and drive development opportunities across the organisation. This role will also be the lead Marketing professional for the new and highly innovative (ESIF Funded) Business Health Matters Project. Closing date, Friday 5th February.

www.activelancashire.org.uk/jobs/marketing-manager

TRAINING & EVENTS

Domestic Abuse and Elderly People (inc Carole checklist)

We currently have places available on Domestic abuse and elderly people including the Carole checklist for February and March sessions. This course is primarily aimed at Adult practitioners who have an active caseload of adults who may be at risk of domestic abuse and who wish to gain an understanding of the Carole checklist. Please also be aware you must have completed a basic domestic abuse awareness course prior to completing this. Please see the following link to apply for a place,

<https://www.blackpoolsafeguarding.org.uk/training-events/domestic-abuse-and-elderly-people-including-the-carole-checklist>

WEA - Workers' Educational Association

Founded in 1903, the Workers' Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities. With the support of nearly 3,000 volunteers, 2,000 tutors and over 10,000 members, we deliver friendly, accessible and enjoyable courses for adults from all walks of life. Some of those coming up soon are;

- [Community Interpreting: What is community interpreting? Pathways taster \(C3845412\) \(wea.org.uk\)](#)
- [History, Local History: The Social History of BAME Communities in North West England \(C3845428\) \(wea.org.uk\)](#)

As a voluntary sector organisation and a charity, we are really keen to work with partners across the country to develop opportunities and progression routes for all adults facing disadvantage in your communities. To contact us about working together please email partnerships@wea.org.uk.

If you are interested in working in partnership with WEA in Lancashire contact Rehana at rmohammed@wea.org.uk. Read some case studies from Lancashire [here](#).

FUNDING

Lancashire Community Food Grant Scheme

The second round of the Lancashire Community Food Grant Scheme has gone live. During the first round of funding in December 2020 there were 35 successful applications, which received a total of £32,715 from the Community Food Grant Scheme.

There is funding of £12,285 available in Round 2. As in the first round, the scheme is aimed at local organisations within the voluntary, community and faith sector that deliver projects to tackle food insecurity.

Funding of up to £1,000 is available to support projects that provide emergency food and / or tackle food insecurity, focusing on supporting those most in need. Funding can be used on:

- Equipment
- Venue hire
- Training
- Volunteer expenses

Applicants who were successful in Round 1 are ineligible for funding in Round 2. The closing date for applications is 19th February. More information and copies of the application form and guidance notes are available at <https://www.lancashire.gov.uk/council/grants/community-project-support/lancashire-community-food-grant-scheme/> If you have any queries about the grant scheme contact communityfoodgrants@lancashire.gov.uk

Greater Manchester BAME Communities – Small Grants scheme

GMCVO has launched the Emergency Grants for GM BAME Communities – Small Grants scheme. Grants of between £1000 to £5000 are available to small BAME led VCSE organisations to respond to the needs of their communities during the COVID-19 pandemic. Organisations **must** be operating in Greater Manchester or **benefit of Greater Manchester residents**. [Emergency Grants for GM BAME Communities - Small Grants | www.gmcvo.org.uk](http://www.gmcvo.org.uk)

Canal and Rivers Trust - Tackling Inequalities Fund

Funding opportunity for community groups across Pennine Lancashire

We're responding to the Covid-19 pandemic to support our communities across Pennine Lancs to **keep active** during the early **lockdown** and **recovery stages of the Covid-19 pandemic**. The situation is evolving daily and we're shaping our project in response. **Applications** for funding bids of £500-£10,000 are **now open**, we're assessing each application as they arrive and making decisions as soon as possible to respond to the pandemic and needs of the community.

Applications received by 12 pm on a Wednesday, will be assessed on a Friday. We will then share applications with Sport England who make the final decision. For more information please contact Vicki Birch on 07484 912995 or Vicki.Birch@canalrivertrust.org.uk

CCG Key Priorities Funding 2020 - 2021

This fund is open to community groups, faith groups and voluntary organisations that operate within Burnley and Pendle and aimed at local organisations (with an annual turnover of less than £150,000) operating within the VCF sector. Groups can apply for up to £5,000 for their project which addresses one, some, or all of the key priorities for a particular locality.

This fund is being made available to small community projects in Burnley, Pendle and Rossendale. A similar scheme is available in Hyndburn and Ribble Valley and is administered by Hyndburn and Ribble Valley CVS. There is a strong focus for small groups, quality, single locality delivery i.e. Burnley, Pendle or Rossendale. Please ensure that your project clearly addresses the outcomes framework for social prescribing issued by NHS England, key priorities, strategic outcomes and ABCD criteria of the CCG.

Your project must submit a contingency plan – there is likely to be more disruption to 'normal' service delivery due to Covid-19, your group must submit a plan of how you will deliver your project or an alternative project which supports the same aims and outcomes as the original project as part of this application. If a contingency plan is not submitted your application will not be considered.

Activity must be completed within the period October 2020 to June 2021.

Monitoring will be proportionate to the amount approved and at intervals on an agreed schedule.

Please do not apply to both CVSs for funding. Only one award can be approved for each group/organisation.

For any support with the application please contact Tracey Noon by emailing tracey.noon@bprcv.co.uk

And finally...

If you have any questions, would like support with anything, or would like something sharing in my next newsletter, please contact me, Gail Barton - Our Lancashire Community Engagement Officer for Pendle, Ribble Valley and (temporarily) Blackburn with Darwen.

E-mail: gail.barton@lancashire.police.uk or Tel: 07534 242304