



## Our Lancashire Update – Pendle, Ribble Valley & Blackburn – 05/02/2021

### Hello!

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

February is already here and has brought lots of themes along with it. This has been Children's Mental Health Week, and Sexual Abuse & Sexual Violence Awareness Week, along with the beginning of National LGBT History Month, and there are resources to reflect all in this week's edition.

But there's something of a men's theme too this week as we share an NHS appeal for male plasma donors, Shine Coaching's support offer, and a new resource from the Samaritans to help better engage with men.

As ever, there is a quite a lot of content this week. Please do let me know if it's useful. And if there's anything different you'd like to see in the way we share information.

### OL Events

On Thursday 18<sup>th</sup> February, our Preston Engagement Officer Gemma will be Co-Hosting a **funding clinic for community groups**. Along with the NHS Community Prevention & Engagement Team and [www.thebalanceapproach.com](http://www.thebalanceapproach.com) they'll be looking at what funds are currently open to community interest companies, charities, and community groups, and how best to apply for them.

[Central Lancashire Funding Clinic for Community Groups \(Feb 2021\) Tickets, Thu 18 Feb 2021 at 13:00 | Eventbrite](#)

And Blackpool Officer Jonas has his **weekly zoom quiz**, in partnership with Blackpool Coastal Housing at 11am every Monday. Normal geographic limitations no longer apply and everyone across the county is welcome to join.

<https://zoom.us/j/97933139824?pwd=NTlaTjRRaXMzdINZR2lxcmlYSnlEZz09>

**Meeting ID:** 979 3313 9824

**Passcode:** 925404

**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](http://ourlancashire.org.uk) website.

# WANTED

- The NHS **urgently need those who have had Covid-19**, especially men, to be blood donors. We are interested in hearing from you if you:
  - are a man
  - are over 35
  - are from an Asian community
  - were treated in hospital for coronavirus

If you are in one of these groups, you are more likely to have higher levels of antibodies in your plasma which can help fight infection. [Who can donate plasma? - COVID-19 research and trials - NHS Blood and Transplant \(nhsbt.nhs.uk\)](#) *Please do share this appeal among your contacts*

- Do you know any **pen pal schemes** running? We know that AgeUK have a scheme which is currently oversubscribed and not taking additional participants. Please get in touch if you can suggest any alternatives!

## WHAT ELSE IS HAPPENING ACROSS OUR AREA?

### Community Radio

Chipping now has its very own community radio station. Accessible via this webpage, [Chipping choons & chatter Radio - Free Internet Radio - Live365](#) is broadcasting daily with songs and features chosen by local residents. Listen along, or if you'd like more information about getting involved with this, or fancy starting something similar in your own area contact James at [ChippingChatterRadio@outlook.com](mailto:ChippingChatterRadio@outlook.com)

### Lancashire Careers Hub - Volunteer Enterprise Advisers

The Lancashire Careers Hub works with 156 secondary schools, sixth forms, colleges, SEND and Alternative Provision institutions across Lancashire with the aim of supporting them to create the best careers provision for their pupils as possible, and we do this by engaging them with local businesses and employers.

We are seeking to recruit additional volunteer Enterprise Advisers - employers or employees from across Lancashire who can work with an individual school. More detailed info can be found here:

<https://enterpriseadviser.careersandenterprise.co.uk/>



**Rewrite  
The Story**

Your experience matters

Help schools and colleges shape futures

**Become an  
Enterprise Adviser**

Find out more >

THE CAREERS &  
ENTERPRISE  
COMPANY

# Anger can be controlled - you just need to find the right moves.



**Do you struggle with your temper?**  
**Do you want to understand what pushes your buttons?**  
**Do you want to feel more in control?**

Shine Coaching can help you to reduce your anger and improve your health and wellbeing.

- NO DWELLING ON THE PAST
- NO GROUP THERAPY
- NO FACE-TO-FACE MEETINGS
- NO JUDGEMENT

All sessions are **FREE**, exclusively for men in East Lancashire, and take place in confidence, over the phone with a qualified life coach.

Contact us at [enquiries@shine-coaching.com](mailto:enquiries@shine-coaching.com) to book an initial consultation.

 [shine-coaching.com](http://shine-coaching.com)  
[@shinecoaching1](https://twitter.com/shinecoaching1) 

It all began around 7 years ago, with our aim of offering men a way to reduce anger and conflict in their lives. We saw the devastating consequences it could have and wanted to make a difference. As Life Coaches we recognised that by offering the right tools and techniques, these men could approach their anger in a different way. Being based in East Lancashire, we wanted an easily accessible service in the area, for agencies and for people to self-refer.

At the heart of it all, was our desire to make this service free, so we created a Community Interest Company and generated our own funding. Our first year pilot was a success and we received recognition by being awarded further funding. We have found that by listening to our clients and tailoring our services to their needs, we have been able to enhance what we can offer, and it's taken us from strength to strength.

Our journey now continues with Reaching Communities Funding during Covid-19 and we have connected with over 91 men since July 2020. We are continuing to grow, and now have 5 freelance coaches, as well as our own blog and podcast available via our website. It's been a whirlwind of achievements for our team so far and we are looking excitedly at what the future might bring!

Visit Our Website [www.shine-coaching.com](http://www.shine-coaching.com) Contact Us [enquiries@shine-coaching.com](mailto:enquiries@shine-coaching.com)

## Radio Lancashire – Make A Difference Awards

The Make a Difference Awards are to recognise unsung heroes from across the county, with entries being sought in a variety of categories. They are designed to reflect everything from good neighbours to voluntary work. Nominations can be made between now and Tuesday 6<sup>th</sup> April 2021. See the full details and list of categories at [BBC - BBC Radio Lancashire Make a Difference Awards](http://BBC - BBC Radio Lancashire Make a Difference Awards)

## In-Situ - Bandlab



Know an 11-16 year old who wants to make music? Join us for a series of free online sessions as we learn how to use music software and create our own songs!

These sessions are for beginners and you don't need to download any software, so come along and, with the help of musician James Baxter, have a go at making music. Bandlab is free online music production software, all you need is an email address to create an account and you don't need to download any software, it all runs from their website (you will need Google Chrome as your browser).

Join our free Zoom session with musician and songwriter James Baxter Rhodes to

learn how to use Bandlab, learn the fundamentals of music production and create your own tracks from scratch from hundreds of free loops and samples.

If you're interested in songwriting, James can also help you develop your own music and lyrics during these sessions. Delivered in collaboration with More Music8

Dates - Every Tuesday from 5:00 pm - 23rd February / 2nd March / 9th March / 16th March / 23rd March

Register on Eventbrite to receive your Zoom invitation link. [Learn Bandlab Tickets, Multiple Dates | Eventbrite](#)

## Facebook – Ribble Valley Walking Forum

2,500 members can't be wrong... [Ribble Valley Walking forum | Facebook](#)

## 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](http://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.

## Lancashire Adult Learning



**Lancashire Adult Learning**

### Community and Volunteering Courses

Do you work in your local community? Whether you are currently employed, volunteer your time, or looking to find work in this industry - we have FREE courses to help you upskill, retrain or further develop yourself.

- Introduction to Mental Health Awareness**  
10th February | 9.30am - 11am | 1 Week
- Introduction to Equality and Diversity**  
11th February | 9.30am - 11.30am | 1 Week
- Introduction to Conflict**  
22nd February | 9.30am - 11.30am | 1 Week
- Volunteering into Employment**  
22nd February | 1pm - 3pm | 2 Weeks
- Bitesize Risk Assessment**  
25th February | 9.30am - 11am | 1 Week
- Get into Mentoring**  
25th February | 1.30pm - 3pm | 1 Week

These programmes are delivered as online classes, but can also be made available as flexible online packages to suit you.

To enrol please click the course title above or to find out more please visit: [www.lal.ac.uk](http://www.lal.ac.uk).

0333 003 1717 | [www.lal.ac.uk](http://www.lal.ac.uk)



**Lancashire Adult Learning**

### Sow and Grow

Saturday 13th February, 10am - 11.30am

Do you fancy giving 'grow your own' a go but not too sure how to get started? It doesn't matter if you are a seasoned planting pro, or have a balcony or window box to get your seeds shooting! Our course will give you top tips to make the most of your space. Join us on our live sowing sessions and get your seedlings started with practical advice and support from our teachers. Resource packs are provided with compost pellets, seeds, and more!

[Click here to enrol.](#)

### Sow and Grow Together

Saturday 13th February, 1pm - 2.30pm

Want to join in as a family? Join our Sow and Grow Together! Perfect if you have primary school-aged children. This session will include seed planting and sowing, as well as arts and crafts activities using natural materials you can find in your garden or while out on a walk.

A free resource pack is provided before the event.

[Click here to enrol.](#)

[www.lal.ac.uk](http://www.lal.ac.uk) | 0333 003 1717

[Our Events](#) | [LAL - Lancashire Adult Learning](#)

## Carers Link Lancashire

If you are a registered carer providing personal care to someone else (particularly if they are not in your household), you might want to consider using PPE to protect yourself and the person you are caring for.

We are pleased to be able to offer a range of Personal Protective Equipment (PPE), if you need it. This includes protective gloves, disposable face masks and a face shield.

Information on when to use PPE and using it correctly can be found in [this Public Health England guide](#).

**How to order PPE** - If you are an unpaid carer and registered with our service, and you need PPE for your personal use we will arrange for a pack to be delivered to you or it can be picked up from our community centre in Accrington, please:

- email [info@carerslinklancashire.co.uk](mailto:info@carerslinklancashire.co.uk)
- make sure the title of the email is "Carers PPE"
- include your name and address (in order that PPE can be posted to you) and the glove size that you require.
- Or call 01254 387444 with all of the above information and we will arrange for PPE to be sent out in the post or picked up from our centre.

# Virtual Carers Book Club

FREE BOOKS FOR CARERS

After a year when reality has often seemed stranger than fiction, taking time to share a good book with others is just the tonic we need.

The club will meet up every Tuesday afternoon at 2.30pm on Zoom to share thoughts and have a fun chat about one of the chosen four books below.

\* Places are subject to availability.



Contact us on our website to book your place and get your books delivered to your door for free!  
[www.carerslinklancashire.co.uk/contactus](http://www.carerslinklancashire.co.uk/contactus)



Pick a FRIDAY in February or March and join us on ZOOM for a special Carers Cafe 2.00pm - 3.30pm  
 A chance to chat and take a well earned break!

Free for registered carers

# Afternoon Tea & Carers Cafe



"A most delicious afternoon tea and so beautifully presented" - Carer  
 Contact us on our website to book your place and get a delicious afternoon tea delivered to your door for free!  
 Kindly funded by the Carers Trust.



01254 387444  
[www.carerslinklancashire.co.uk/contact](http://www.carerslinklancashire.co.uk/contact)



Free **BENEFITS** Support & Advice

Every year, over **£740 million** of carers' benefits are unclaimed!

The benefit system can be complicated and finding out what you are entitled to can be difficult, however, help is available.

Carers Link Lancashire has a dedicated Benefits & Welfare Worker who can help run a benefits check for registered Carers or the person you are caring for to see if you are claiming all the benefits you are entitled too.

We can also assist you to complete the benefit forms once you have requested them. For more information or to make an appointment with our worker, please call 01254 387444 or contact us at [www.carerslinklancashire.co.uk](http://www.carerslinklancashire.co.uk)



## Free Carer Awareness Training

Free virtual training for professionals, charities, groups and businesses!

Included is a Certificate of Recognition for everyone that completes the Carer Awareness session to recognise the importance of supporting unpaid Carers in our community.

You can get in touch to book your training here:

<https://www.carerslinklancashire.co.uk/contact>

# CULTURAL — NAVIGATORS

TUESDAYS: 3:30 PM - 5:30 PM

FROM: FEB 23 - MARCH 23

TAKE AN ACTIVE ROLE TO HELP  
AND IMPROVE YOUR  
COMMUNITY WITH THIS FREE  
FIVE WEEK ONLINE COURSE

**REGISTER NOW!**

LEARN VITAL SKILLS AND  
UNDERSTANDING OF  
COMMUNITY WORK

## THE COURSE

- 1 Understanding Volunteering
- 2 Increase your confidence to engage in cross cultural activities
- 3 Equality, Diversity & Handling Conflicts
- 4 How to hold a community conversation
- 5 Learn the requirements for setting up your own project

For further info and details  
on how to enrol, please contact:  
[shabaz@buildingbridgespendle.org.uk](mailto:shabaz@buildingbridgespendle.org.uk)

# WE'RE STILL HERE FOR YOU

**DID YOU KNOW BLACKBURN WITH DARWEN'S RE:FRESH TEAM AND THE WELLBEING SERVICE ARE STILL HERE OFFERING A RANGE OF 121 TELEPHONE SUPPORT, MOTIVATION AND GUIDANCE, INCLUDING:**

Health Coaching which includes support to make positive changes to your lifestyle and wellbeing.



Condition specific healthy living and exercise advice for Cardiac, Pulmonary (COPD) and Stroke Rehabilitation.



Support for older adults on home exercises to maintain strength, balance and mobility and prevent falls.



Personal, targeted support for weight management and exercise advice.

**ACCESS TO ALL THIS AND MORE IS MADE BY CONTACTING THE WELLBEING SERVICE:**

**CALL** 01254 682037 **EMAIL** [wellbeing@blackburn.gov.uk](mailto:wellbeing@blackburn.gov.uk)

For further information, resources and services to help you stay active, stay well and stay connected visit [www.refreshbwd.com](http://www.refreshbwd.com)

Follow us:

**FACEBOOK** @refreshblackburnwithdarwin

**TWITTER** @refreshbwd

**re:refresh**  
your health and wellbeing

Blackburn with Darwin  
**WELLBEING  
SERVICE**





## BwD Carers Service

Read the full [Carers Service February Newsletter \(mailchi.mp\)](#) here.

# February Activities 2021

<u>Day &amp; Time</u>	<u>Activity</u>	<u>Joining Instructions</u>
<u>Every Monday</u>  11am – 12pm	<u>Asian Carers Group</u>  Take part in a variety of activities on zoom, including beauty and make up, hijab styling, health talks and guest speakers, confidence building and techniques to help with your mental health.	<u>Email - <a href="mailto:Office@bwdcarers.org.uk">Office@bwdcarers.org.uk</a></u>
<u>Monday</u>  2pm – 3pm	<u>Creative Mind Group and Coffee Afternoon</u>  A writing club for all levels including beginners. This will give you the opportunity to express your thoughts in writing. Whatever suits you.  If you want to learn a new skill, make friends and support your wellbeing in a creative way then join us	<u>Email - <a href="mailto:Kulsum.Chishti@bwdcarers.org.uk">Kulsum.Chishti@bwdcarers.org.uk</a> for zoom link.</u>
<u>Every Tuesday</u>  11am – 12 noon	<u>Meditation hour using Reiki</u>  Techniques. Energise your 7 chakras in your body to empower and help you through the week.  <a href="https://zoom.us/j/6490275541">https://zoom.us/j/6490275541</a>	<u>Email - <a href="mailto:office@bwdcarers.org.uk">office@bwdcarers.org.uk</a></u>
<u>Every Tuesday</u>  1pm – 2pm	<u>TALK – group</u>  Needing to talk and connect Call in for a chat bring a cuppa, meet other carers, a time to off load or just to listen and offer/get peer support.	<u>Email - <a href="mailto:Kulsum.Chishti@bwdcarers.org.uk">Kulsum.Chishti@bwdcarers.org.uk</a> for zoom link</u>
<u>Thursday</u>  11am – 1pm	<u>Walk in the Park (weather permitting)</u>  Meet at the Pavilion in Witton Park, well wrapped up with a hot drink. A social distance walk and talk. (as soon as the lockdown eases)	<u>Email - <a href="mailto:office@bwdcarers.org.uk">office@bwdcarers.org.uk</a></u>
<u>Thursday 4<sup>th</sup> February</u>  2pm – 3pm	<u>Crochet and Knitting</u>  Samara will give a demonstration on easy crochet and knitting. She will give easy wool craft ideas. This course will run for six-week.	<u>Email - <a href="mailto:office@bwdcarers.org.uk">office@bwdcarers.org.uk</a></u>
<u>Tuesday 9<sup>th</sup> February</u>  2pm – 3pm	<u>Be Scene Be Heard</u>  Therapeutic scene drawing with lines, a very easy way to learn how to do beautiful drawings. Art based wellbeing support for carers.	<u>Email - <a href="mailto:Kulsum.Chishti@bwdcarers.org.uk">Kulsum.Chishti@bwdcarers.org.uk</a> for zoom link</u>
<u>Thursday 11<sup>th</sup> February</u>  5.30pm – 7pm  6 weeks	<u>Lyndsay's Craft Corner</u>  Join Lyndsay for 6 weeks of scrapbooking, using a variety of craft techniques. Focus on wellbeing and mental health whilst enjoying a relaxing fun filled class creating something dear to treasure and use	<u>Email - <a href="mailto:office@bwdcarers.org.uk">office@bwdcarers.org.uk</a></u>

**All of our activities are currently on zoom please contact the office to register and receive the links – [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)**

# Lancashire Recovery College Planner - February 2021

Download the whole month here: [Recovery College Planner February 2021.pdf \(lscft.nhs.uk\)](https://www.lscft.nhs.uk/recovery-college-planner-february-2021.pdf)



## Lancashire Recovery College Timetable



February Week 2

Sunday 7th	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th
<p>Remember to #BeaWinterFriend to yourself by connecting with some of the great activities on offer. This week we have everything from mindfulness to nutrition and exercise via mental health awareness. So whether you are looking to be more active or simply looking to build on your knowledge, there really is something for everyone.</p>	LAL: Intro to Home Exercise (4/4) 10:30am	Divine Days Man-archy Support Group 9:30am	N-Compass Connect 5 (1/3) 9:30am	N-Compass Connect 5 (3/3) 9:30am	PERMA Accomplishment 11am	Menhear Face to Face Peer Session 2pm
	Volunteer's Workshop 10:30am	BWD Round My Way - Online (4/4) 10am	Divine Days Man-archy 1 to 1 Befriending 10am	Mental Health Family Hour (Post-partum psychosis) 10am	BWD Creativity for Wellbeing (3/4) - Audley 10:30am	
	PNECET Supporters Social 11am	Divine Days Man-archy Gardening Club 11am	PNECET Nutrition & Exercise 11am	PNECET Socially Distanced Walks 11am		
	Menhear Gardening Project 1pm	BWD 5 Ways to Embrace Winter -Online (4/4) 12pm	N-Compass Connect 5 (2/3) 1:30pm	Menhear Boat Project 12pm	An Inclusive Future - Wonder Woman 12:30 & 2pm	
	Coffee Pods 1:30pm	LAL: Mindfulness Techniques for Everyday Living (2/2) 1pm	MH Awareness 1:30pm	Self-Compassion (2/2) 1:30pm	PNECET Forces Social Hour 5pm	
Divine Days Man-archy Support Group 7:30pm						

Lancashire Recovery College L&SCT

@collegelcft

01772 695365

[www.lscft.nhs.uk/lancashire-recovery.college](http://www.lscft.nhs.uk/lancashire-recovery.college)

[recovery.college@lancashirecare.nhs.uk](mailto:recovery.college@lancashirecare.nhs.uk)



### New Support Worker service at Lancashire LGBT

For help during the pandemic with:

- LGB&T+ issues
- Mental health
- Social isolation
- Other needs, support and signposting



[bethm@lancslgbt.org.uk](mailto:bethm@lancslgbt.org.uk)

07553026464

Working Wednesday afternoon, Thursday & Friday.

# NEWS

## COVID-19 vaccine comms pack

The Home-Office have produced a **COVID-19 vaccine comms pack**, which has been produced to support voluntary, community and social enterprise organisations disseminate key messages on vaccines.

It includes:

- **Guidance** and **basic explanations** they can use answering 'What is a vaccine?'
- Comms **assets and resources** on vaccines they can **use and share**
- **Vaccine resources for British Sign Language users**
- Key messages on **COVID-19 Vaccine Scams**
- **Misinformation** - assets and copy they can use to **tackle misinformation on vaccines**

We would advise you **not to send the pack** to others in your community but to simply share the messaging from the pack. [Access the pack here.](#)

## Neighbourhood watch – Student Survey

Could you help us reach students in your area by sharing this student survey encouraging students to take part? You could share the survey via email, WhatsApp or social media - whatever works best for you. Neighbourhood Watch Network recognise that currently we do not offer student-specific resources or activities, and we want to change that. Through this short survey, students can help us make sure their needs are included in our future work. This survey will help us understand what students think about safety and the community they live in, what types of crimes they are most concerned about, and how safe they feel in their community. We will share the anonymised survey findings with all our members. The survey runs for one week only from the 3rd to 9th of February and can be accessed by clicking here or typing in this link: <https://www.surveymonkey.co.uk/r/5SSNMHC> . Completing the survey should only take 5 minutes, and students who complete the survey will have a chance to enter a prize draw and win one of six gift cards worth up to £30. Please contact Aga on [aga.korfel@ourwatch.org.uk](mailto:aga.korfel@ourwatch.org.uk) if you have any questions about the survey.

## TV Channel for People With Dementia

Poppy Sharples from the charity My Life Films has asked us to make you aware of a new dementia-friendly TV service they have launched, and the offer of free access to the service for a 3 month period. This can be used by people with dementia anywhere in the UK either in care homes or private residences. Poppy's message is below, followed by a BBC News item about the service. Please pass on this message to any contacts to whom it may be of interest. Poppy writes:

"My Life films has just launched the first video-on- demand dementia friendly tv channel. My Life TV has content specifically curated for the cognitive needs of the viewer, it's basically Netflix for people living with dementia. There's a variety of content including animal and nature programmes, gardens, feelgood programmes, lots of quizzes, archive news, popular tv shows from 1960s & 1970s and more. **This is a not for profit service** and launched by charity My Life Films who specialise in using filmmaking to improve the lives of people affected by dementia. Please take a look: <https://mylifefilms.org/my-life-tv/> we are offering this service free for three months and then a £4 per month subscription.

## **Hollie Guard app – location tracker**

"Hollie Guard" is an app which young people can download on their smart phone and use to alert their chosen contacts if they are in a potentially risky situation, the app is said to pinpoint their location using GPS so somebody is aware of their whereabouts and call for help if needed (it does not automatically call emergency services). The app gives young people assurances in travelling somewhere alone, or if meeting somebody new for the first time. The YP is able to select a start and end destination before setting off and if they do not get to the final destination within the time parameters the young person has set (with the app also tracking the YP's walking time etc), it will automatically trigger an alert to the selected contacts. There are other features to the app too. It is a free app, but for special features it does cost money. Have a look on the website for further info - <https://hollieguard.com/>

## **The Samaritans - Engaging Men Earlier**

The Samaritans have published this useful new handbook - Engaging men earlier: a guide to service design. This handbook addresses three key questions that successful wellbeing initiatives for men must consider:

1. How can wellbeing initiatives engage less well-off men on a preventative basis earlier in their lives?
2. How can those wellbeing initiatives be seen as relevant to less well-off men earlier in their lives?
3. How can wellbeing initiatives maximise their impact for less well-off men by increasing meaningful connections and providing a sense of purpose.

[Samaritans Handbook for mens wellbeing services 2021.pdf](#)

## **Redeeming Our Communities – 101 Ideas**

Want to reach out to your local community but fed up doing the same old thing? Need some fresh ideas to support families, older people or even prepare for the next seasonal event?

Find out more at: <https://roc.uk.com/101-community-ideas/>

## **Friends Against Scams**

Friends Against Scams are looking to recruit as many Scam Marshals as possible in 2021 to help combat postal scams. If you, or someone you know, is affected by postal scams and would like to turn the negative experience into a positive one, consider signing up as a Scam Marshal at

[www.FriendsAgainstScams.org.uk/ScamMarshals](http://www.FriendsAgainstScams.org.uk/ScamMarshals)

Each letter received by the team is investigated and used to disrupt the postal scams from reaching victims, so each Scam Marshal signed up has a knock-on effect that helps prevent others becoming victims.

## **Buses for every community: Sign the Petition**

CPRE, The Countryside Charity, have started an online petition asking the Secretary of State for Transport Grant Schapps to invest in a reliable bus service for every community, every town and every village. [Buses for every community - CPRE, the countryside charity](#)

## Children's Mental Health Week

This year's theme is 'Express Yourself' which is about finding ways to share feelings, thoughts or ideas through creativity. This may be art, poetry, dancing, singing or other activities that make you feel good.

According to Place2Be around three children in every primary school class have a mental health problem and many more struggle with challenges from bullying to bereavement. Let's help to address this encouraging our children to talk.

There are many free resources, activities and support networks online if you search Children's Mental Health Week 2021. And some new reports just published;

- [the-state-of-childrens-mental-health-services-2020-21.pdf \(childrenscommissioner.gov.uk\)](#)
- [EPI-PT Young-people's-wellbeing Jan2021.pdf](#)

## BBC Podcast – exercise in lockdown

How to maintain your activity levels in lockdown, or if you're one of the millions recovering from Covid-19, how to get back into exercise. [Inside Health - Exercise in the time of Covid - BBC Sounds](#)

## Toiletries Amnesty

Free, local toiletries for charities and community groups in the North West

Toiletries Amnesty is a charitable organisation working to end hygiene poverty, which helped an estimated 250,000 people last year by connecting charities and community groups to local people with unwanted toiletries and cosmetics.

[Homepage - Toiletries Amnesty](#) or email [info@toiletriesamnesty.org](mailto:info@toiletriesamnesty.org)

## More News and Research

- [Covid-19 recovery and resilience: what can health and care learn from other disasters? \(kingsfund.org.uk\)](#)
- [Number of new grantmaking trusts and foundations hit eight-year high in 2020 \(civilsociety.co.uk\)](#)
- [Report: Lets-do-this--the-promise-of-fixing-social-care.pdf \(nhsconfed.org\)](#)
- [Get a personal wellbeing report free via your smart phone | Canal & River Trust](#)
- [Charity Digital - Topics - 7 email design tips for charity email campaigns](#)

# TRAINING & EVENTS

## Lancashire Adult Learning

[FREE Volunteering Into Employment \(Lancashire Residents\) Tickets, Mon 22 Feb 2021 at 13:00 | Eventbrite](#)

This is a two week course and FREE to Lancashire Residents aged 19 and above.

## We are with You

"Come and join us on the last Thursday of every month for some basic drug awareness, talk through the support we can offer, how to refer and to gain access to our new Tier 1 resources and DUST screening tool.

This can be used by all professionals to support young people".

Book your FREE place via this link: <https://www.eventbrite.co.uk/e/working-with-young-people-and-substance-misuse-tickets-139622489625>

## FutureLearn - Supporting Victims of Domestic Violence

Learn to recognise the signs of domestic violence and support domestic violence survivors as a health or social care worker. This free, three-week course has received excellent reviews.

[Supporting Victims of Domestic Violence - Course - FutureLearn](#)

## UCLan Comensus - The next Community Action Forum

We are pleased to announce that the date of the next Community Action Forum will be **Tuesday 2<sup>nd</sup> March 2-4pm** on Microsoft Teams. To book onto the next event please click here:

[Community Action Forum Tickets, Tue 2 Mar 2021 at 14:00 | Eventbrite](#)

## Unique role of outreach in supporting women with multiple and complex needs

Researchers from Anglia Ruskin University, Dr Melanie Boyce and Anna Dadswell, were commissioned to undertake an independent research evaluation to assess the delivery and impact of the outreach service and how it supports women in their journey towards exiting prostitution. This presentation will focus on the findings of the evaluation, including the realities of the women's lives and experiences, the unique role of outreach in supporting these women, and the value of working in partnership, as well as some of the challenges in delivering and researching outreach for women with multiple and complex needs.

[Unique role of Outreach in supporting women with multiple and complex needs Tickets, Thu 11 Mar 2021 at 19:30 | Eventbrite](#)

## 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](mailto:gail.barton@lancashire.police.uk) or Tel: 07534 242304

*If you do not wish to continue receiving these newsletters, please let me know and I will remove you from the mailing list.*