



WELCOME TO OUR BLACKBURN WITH DARWEN & HYNDBURN NEWSLETTER

Bringing you our latest newsletter bursting with all the latest good news stories and information in the world of Our Lancashire.



ABOUT 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.

By joining this site you will be able to promote your group, recruit members and advertise events. We also have News and Support sections where you can find more resources and information.

If you have any questions regarding anything in the newsletter or would like support with anything else, please contact Mimi El-Khattam – Community Engagement Officer covering Blackburn with Darwen and Hyndburn areas.

New Police and Crime Commissioner takes up post

Andrew Snowden has taken up his post as the newly elected Police and Crime Commissioner for Lancashire.

In his new role Mr Snowden will be the voice of the public for policing in Lancashire. He will be responsible for ensuring Lancashire Constabulary is run effectively and efficiently, and for holding the Chief Constable to account for delivery of his new Police and Crime Plan.

The Police and Crime Commissioner has announced Andy Pratt as his preferred candidate for the role of Deputy Police and Crime Commissioner. His appointment, once confirmed, follows a distinguished career in policing where Andy worked through the ranks from Police Constable up to Superintendent, including a secondment to London as a Temporary Chief Superintendent to work on national policing policy.



DO YOU KNOW WHAT'S HAPPENING IN YOUR AREA?



Stay In The Know and find out what's really happening in your area by receiving regular updates, learn about what your local neighbourhood policing team is doing to keep your area safe and receive updates from partner organisations, such as Lancashire Fire and Rescue.

You can choose who you receive alerts from. You can choose to receive email, voicemail or text messages.

Members registered to receive only text messages will still receive important information, but not all messages/warnings circulated on the system will be circulated via text message.

Click on this [Link](#) to watch In The Know messaging service.

Registration is quick, simple and completely free. You can register on the website

<https://www.lancashire.police.uk/help-advice/in-the-know.aspx>

Community Heroes Return!

A new date for the Community Volunteer Awards ceremony has now been set for Wednesday, November 3rd at King George's Hall.

The awards were postponed last year due to the coronavirus pandemic but are now scheduled to return later this year – and nominations will be open from Wednesday, June 3rd at [Community Volunteer Awards – Community CVS](#)

The ceremony will be hosted by BBC Radio Lancashire's very own breakfast show star Graham Liver.

The closing date for nominations is Friday, August 27th at 5pm.

The pandemic saw people reach out to help others more than ever as everyone pulled together to get through an incredibly challenging time – and many people are still out there helping wherever they can. Neighbours helped our most vulnerable and isolated people in the area, collecting their shopping and picking up essential supplies, checking if they were well and going that extra mile to make sure people are coping during the crisis.

Scores of people volunteered through the Help Hub, which was set up to respond quickly to the crisis, through food deliveries to people struggling, a new phone buddy programme so isolated people could have a friend to talk to, and information on the extra help that was out there.



DO YOU KNOW WHAT'S HAPPENING IN YOUR AREA?

As rates of Covid cases rise across Blackburn with Darwen, everyone who lives, works or studies in areas with BB1 and BB2 postcodes are strongly encouraged to take a COVID-19 PCR test, whether they are showing symptoms or not, to help track the spread of the latest Variant of Concern.



For Coronavirus figures for where you live follow this [LINK](#)



The NHS and the Council have are urging eligible people who have not yet had their Covid-19 jab to come forward without delay.

The current vaccine criteria is:

- Aged 30 and over
- Aged 18 and over with any underlying health conditions
- Aged 18 and over AND living, caring or working with anyone with underlying health conditions
- Health and Social Care staff
- Any carers – paid or unpaid. You will not be asked for proof as unpaid carers are eligible.

This can change so please keep an eye on [THIS LINK](#)

DO YOU KNOW WHAT'S HAPPENING IN YOUR AREA?

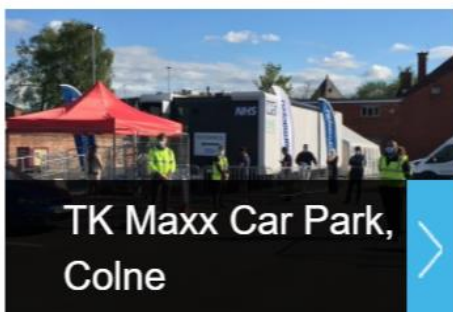
Getting my Vaccination

New sites have opened to boost the delivery of the vaccination and additional vaccination first doses have been secured.

Vaccination of residents is according to a priority list, as set out by the Joint Committee on Vaccination and Immunisation (JCVI), based on age and vulnerability of people and the risk of them becoming seriously ill and dying from Covid-19.

These appointments are not available on the National Booking System and can only be booked via the links below.

These appointments are for first dose Pfizer only. Do not book a second dose appointment here! You must book second dose appointments via the national booking system www.nhs.uk/covidvaccine or by calling 119



BLACKBURN WITH DARWEN COMMUNITY NEWS & MORE.....

imo
Inspire | Motivate | Empower
Charity Number: 1144647

FREE 8 WEEK COURSE

WOMEN 4 WOMEN

Learn how to **Crochet**

FREE STARTER PACKS WILL BE GIVEN!

We are excited to announce **NEW** face to face sessions starting soon!

Ladies come and join us to learn a new skill and make new friends!

It's amazing what you can create with a ball of wool. Bring out the creative side of you and learn a new skill which will help beat stress and anxiety by creating something lovely for yourself, friends and family.

Morning sessions starting on:
Monday 14th of June @ 10am-12pm

Afternoon sessions starting on:
Tuesday 8th of June @ 1pm-3pm

LIMITED SPACES!

Eanam Wharf Business Development Centre BBI 5BL

Register your place on: <http://bit.ly/W4WCROCHET>

07719 322569 | 01254 781310 | fatima.patel@imocharity.org

imocharity @ | www.imocharity.org

As part of the 5 ways to wellbeing 'keep learning' and [#5waysbwd](#),

IMO Charity is recruiting participants for their successful Crochet sessions.

*For more info please click this [LINK](#)

*For registration follow this [LINK](#)



The Queen's Award for Voluntary Service

The MBE for Volunteer Groups

The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work done in their own communities.

Guidance Available Online
qavs.culture.gov.uk/guidance-notes

BLACKBURN VOLUNTEER GROUPS RECEIVE QUEEN'S AWARD FOR VOLUNTARY SERVICE

Congratulations to two Blackburn based organisations who have today been awarded the Queen's Award for Voluntary Service, the highest national award possible for a voluntary group.

Arts 2 Heal received the award in recognition of their innovative approach and services to mental health.

Blackburn Youth Zone received the award for their services to children and young people across the borough.

Both groups work hard in the community and give their time freely for the benefit of others.

Any group of three or more people that has participated in voluntary work for more than three years can be nominated for the award.

If you would like to nominate a group for next year's awards, further details are available at: <https://qavs.culture.gov.uk/>

BLACKBURN WITH DARWEN COMMUNITY NEWS & MORE.....

WHAT'S NEW IN Z'S DEFENCE ACADEMY

Z's Defence Academy offers energetic workouts to get you fit, fast and strong.

unleash and empower!

FEMALES ONLY!

14 - 21
June June

MEN'S MENTAL HEALTH WEEK

Emotions have no gender, don't lock yours in the dark.

<p>Monday 14th June at 3.00 - 4.30pm</p> <p>Session 1 Focus on mental health and emotional well-being. What is mental health and how it affects us?</p> <p>Guest Speaker Pete Macfarlane Specialist Practitioner in Community Mental Health.</p>	<p>Wednesday 16th June at 6.30 - 8.00pm</p> <p>Session 2 Focus on the Stigma around Mental Health and the affects on family and friends. Discussions and support on how to cope and seek help.</p> <p>Guest Speaker Dr Sami Khan MD MRCPG</p>
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Sessions will be run by **Shagufta Qadir** BACP Approved Psychotherapist, Counsellor

Ages	Registration Deadline	To Register Your Place, Please Visit
All	11 th June 2021	http://bit.ly/IMOMMHW2021

01254 781 310 | Shagufta.qadir@imocharity.org

[f](#) [t](#) [@](#) @imocharity www.imocharity.org

FREE ONLINE SESSIONS

UNLEASH AND EMPOWER

ONLINE ZOOM PROJECT

FOLLOW 3 EASY STEPS TO REGISTER

- 1 - FIND THE SESSION ON EVENTBRITE OR CLASSFIT APP & BOOK YOUR SLOT
- 2 - COMPLETE ONLINE CONSENT FORMS ON OUR WEBSITE WWW.ZSDEFENCEACADEMY.CO.UK
- 3 - AWAIT EMAIL WITH LINK TO JOIN SESSION

WE OFFER

- TUESDAY 6PM-7PM SELF DEFENCE FITNESS
- TUESDAY 7PM-7.30PM STRETCH 'N' FLEX

INSTRUCTOR ZEE
07720 636847

[f](#) [t](#) [@](#) @zsdefenceacademy WWW.ZSDEFENCEACADEMY.CO.UK

Females Only ages 10 and above · Maximum 10 students per session · Log on 5 minutes before the start time
Make sure your mat & water bottle is ready before the session · Be ready to Empower yourself · POW POW

IMO are delighted to announce two important sessions for *Men* on _Mental Health_ & _Stigma_.

For more info: bit.ly/MensMH2021

For registration: bit.ly/IMOMMHW2021

BLACKBURN WITH DARWEN COMMUNITY NEWS & MORE.....

Mindful Photography Walk with Positive Smiles workshop aims to combine a nature led wellbeing and awareness walk with photography to focus on one of the 5 Ways to Wellbeing - Connect.

Building and connecting will support each individual every day, especially within yourself and those around you.

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, this workshop will be doing something different for the Blackburn community to make a connection.



THRIVE
at The BUREAU
Mindful Photography Walk
with
Positive Smiles
Believe | Empower | Achieve
Wednesday 16th June
12.30pm - 2pm
Free
Corporation Park

CONNECT



5 WAYS TO WELLBEING

The poster features a colorful, geometric background with a rainbow gradient. At the bottom right, there is a circular logo for the '5 Ways to Wellbeing' initiative, which includes icons for 'Be Active', 'Help Others', 'Take Notice', 'Keep Learning', and 'Connect'. The word 'CONNECT' is prominently displayed in large, white, bold letters at the bottom left.

COMMUNITY NEWS & MORE CONTINUED...

Through participation in this mindful nature & photography walk, we will be improving individual's relationship with the natural world – making the most out in nature, capturing, developing, and strengthening connections (physically, emotionally, mentally & digitally), essentially developing skills for travel, photography, and emotional wellbeing as a result.



The poster features a light blue background with white clouds. At the top left is a logo for '5 WAYS TO WELLBEING' with a flower icon. The main title 'MINDFUL PHOTOGRAPHY WALK' is in large, blue, hand-drawn letters. Below the title, the date and time are listed in a white box. A light blue rounded rectangle contains the event details and instructions. At the bottom, there is an illustration of a park with trees, a fountain, and two people taking photos. A wooden signpost with an arrow points to the word 'FREE!'.

**MINDFUL
PHOTOGRAPHY WALK**

Blackburn with Darwen
5 WAYS TO WELLBEING

**Wednesday 16th June 2021
12:30pm - 02:00pm**

**Come & join us for a mindful photography walk at Corporation Park,
Blackburn**

**Bring your camera, phone or tablet as we learn how to take the best
nature shots, making the most of nature to #Connect with others in
the great outdoors**

Limited spaces - contact us to register your place now!
info@positivesmiles.co.uk
07984644218 / 01254 946444

For more information visit
www.ticketsource.co.uk/the-bureau-centre-for-the-arts

FREE!

BLACKBURN WITH DARWEN COMMUNITY NEWS & MORE.....

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TRANSFORMING RESPONSES TO BLACK AND MINORITISED WOMEN AND CHILDREN SURVIVORS OF SEXUAL VIOLENCE Positive Change Seminar



18TH JUNE 2021
12:30PM- 2:30PM

At this event we will be sharing key learning from the first specialist led by and for Black and minoritised sexual violence consortium to have developed an innovative program of holistic and integrative support for survivors of sexual violence. Challenging the mainstream ISVA model of support, the Positive Change Partnership centres the voices of survivors and the rights of Black and minoritised women.

<https://www.eventbrite.co.uk/e/positive-change-partnership-seminar-tickets-156974205073>

BLACKBURN NEWS & MORE CONTINUED...

Community Ambassador Saleha Bhayat is planning a new football league to help refugees and asylum seekers integrate into local life after having taken part in the Blackburn with Darwen Community Ambassador Programme.

The Community Ambassador programme costs nothing for those taking part and aims to empower local people to take a lead on projects to help build a stronger community in Blackburn with Darwen.

The scheme also forms part of the borough's Our Community, Our Future social integration programme, funded by the Ministry for Housing, Communities and Local Government.

BwD Community Ambassadors

YOUR COMMUNITY NEEDS YOU!

We are looking for local people who want to increase community activity & integration across Blackburn and Darwen

**Our next Community Ambassador 12wk programme starts on the
22nd June 6-8pm (online)**

What will I gain?

- Project skills
 - Access to community networks
 - Ancestry DNA kit
 - Volunteering opportunities
- PLUS incentives to get you started

**FREE
&
Accredited**

Criteria:
*BwD resident
*Over 16 years of age

**To register, call: 01254 508257
OR email: caproject@brfctrust.co.uk**

Want to find out more?

Face to Face INFORMATION SESSIONS

Come & talk to us on the
8th or 15th June
between 11am & 1pm
OUTSIDE CARE NETWORK,
Town Hall St, BB2 1AG
(across from Blackburn Library)

Online INFORMATION SESSIONS

We will be ONLINE on the
14th June
between 11am & 12pm
to answer any questions
Contact us for ZOOM Logins

LANCASHIRE ADULT LEARNING JUNE WELLBEING COURSES

Improve your wellbeing with one of the Lancashire Adult Learning Health and Wellbeing courses.

Their FREE online offer is available support you during this time.

They also offer FREE tailored packages for businesses, community groups and volunteers in Lancashire.

Get in touch to find out more: danielle.thorpe@nelsongroup.ac.uk. Follow the [LINK](#) to view courses.

COURSE	DATE	DAY	TIME	DURATION
Creative Ways to Improve Your Wellbeing	10th June	THU	6pm	2 weeks
Finding Positives in Challenging Times	11th June	FRI	10am	2 weeks
Create Your Own: Self-Care Pamper Hamper	11th June	FRI	10am	2 weeks
Take 5 Ingredients - Quick and Simple Recipe Ideas	16th June	WED	10am	2 weeks
Take 5 Ingredients - Quick and Simple Recipe Ideas	17th June	THU	10am	2 weeks
Mindfulness Techniques for Everyday Living	21st June	MON	10am	2 weeks
Mindfulness Techniques for Everyday Living	22nd June	TUE	1pm	2 weeks
Great Outdoors: How Nature & Gardening Can Boost Your Wellbeing	22nd June	TUE	9:30am	4 weeks
Cookery Masterclass: Food from Around the World	22nd June	TUE	6pm	2 weeks
Hug in a Box: Crafts for Friends and Family	22nd June	TUE	10am	2 weeks
Improve Your Mood	22nd June	TUE	1pm	2 weeks
Create Your Own: Salad & Herb Boxes	23rd June	WED	9am	1 week
Creative Recycling & Eco Crafts	23rd June	WED	10am	2 weeks
Cookery Masterclass: Food from Around the World	23rd June	WED	10am	2 weeks
Sleep Well	25th June	FRI	10am	2 weeks
Yoga for Stress and Anxiety	28th June	MON	10am	2 weeks

ONLINE COMMUNITY GROUP



Circles Connected Facebook page offers a Reader Group online every Monday at 1:30. For more inform follow their page on this [LINK](#)

To join the Circles Connected Facebook page. Follow this [LINK](#)

Absolute beginners watercolours online FREE class - all welcome.

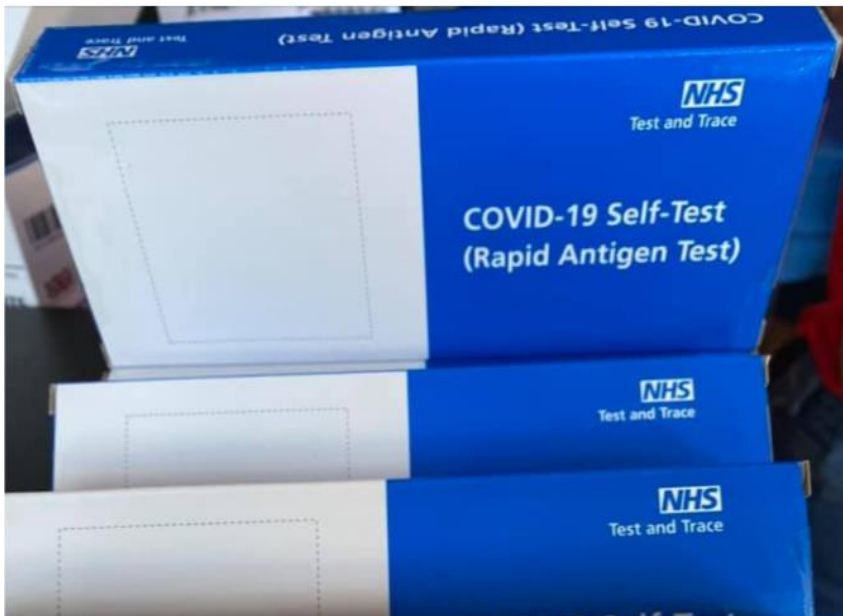
It's free to join, you will just need your own paint, paper and brushes and a copy of this book; 'Watercolour for the Absolute Beginner' by Matthew Palmer.



Quick game of Skribbl anyone? Join me online now! Just click the link below to join a virtual game of drawing g and guessing! No cameras needed! Follow this [LINK](#)



DO YOU KNOW WHAT'S HAPPENING IN DARWEN?



A Message from Darwen Rotary Club

Pick up a Covid-19 self-test kit (Rapid Antigen Test).

All free and in centre of Darwen. Come into Meeting places (in old Lloyds bank) Croft St, Darwen.

All donated by Masjid e Tauheedul Islam School.



Blackburn with Darwen
ADULT LEARNING
At Darwen Valley
Community Centre

Walking Photography

Starting: Monday 14th June
for 3 weeks
From: 1pm – 3pm
[Book](#)

Digital/ICT Skills Builder

Every: Wednesday
From: 10am – 12pm
Call: 07534267507 to book a place

Make Your Own Summer Jars

On: Tuesday 8th June
From: 10.30am – 12pm
[Book](#)

Preparing for Employment

Starting: Tuesday 8th June
for 5 weeks
From: 12.45pm – 2.45pm
Call: 07534267507 to book a place

Food Safety

On: Wednesday 7th July
From: 10am – 12.30pm
[Book](#)

BwD Adult Learning NEW
SUMMER COURSE
BROCHURE FOR APRIL -
JULY IS NOW LIVE!

To view and book follow this
[LINK.](#)

DO YOU KNOW WHAT'S HAPPENING IN DARWEN?



DARWEN PROBUS CLUB

Darwen Probus Club

The purpose of the Darwen Probus Club is to give retired men an opportunity to meet other gentlemen in a social gathering and enjoy presentations and talks by visiting speakers on a wide range of subjects and experiences.

WE ARE BACK! – THURS 8 JULY

Any gentlemen aged 50+ years of age who may wish to spend 2 hours on a Thursday morning every 2 weeks for friendly chat and a Guest Speaker, please contact our Chairman Mr Ken Pickering tel. 01254-705442 to arrange a no obligation trial visit. (for further details see "OUR LANCASHIRE" – Darwen Probus Club).

Thurs 8 July - [Frank](#) Gibson - Lancashire Life

Thurs 22 [July](#) - Franklin Schutz - From Priesthood to Engineering

Thurs 5 [Aug](#) - Ken Winterburn - The Silk Road

Thurs 19 [Aug](#) - Joanne Halliwell - Betsy (Part 2) The Promotion

Thurs 2 [Sept](#) - Elaine Jennings- Age UK

Thurs 16 Aug - [Nick](#) Burton-The Victorian struggle for access to Lancashire Moors

Thurs 30 [Sept](#) - Mike Falcon-My Life in Entertainment

Thurs 14 Oct - Graham Davies-Tidal Energy

Thurs 28 Oct - AGM

Meetings held at Central United Reformed Church, Duckworth Street, Darwen BB3 1AT.

Meet 10 am for 10.30 start.

WHAT'S ON IN HYNDBURN?



The NHS are bringing forward the second dose of the Covid Vaccine for people aged 50 and over who haven't had it yet.

You will be able to have your second dose 8 weeks after your first dose instead of 12 weeks. The NHS will let you know when and how you can rebook.

Still not had your first vaccination? If you are 18+ you can book it online [here](#)

HYNDBURN TO RECEIVE ENHANCED SUPPORT TO TACKLE DELTA VARIANT

Hyndburn alongside other areas in Lancashire, will receive additional support from central government, including increased vaccinations and surge testing. This is due to rising covid-19 cases which are driven by the Delta variant.

People are also being asked to be cautious and think about minimising travel where possible.

Read more about it. Follow this [LINK](#)

To read about NHS Supporting Communities Covid-19 Information Pack the click this [LINK](#)

Community Champions to give COVID-19 vaccine advice and boost take up.

To read more about it click the government link [HERE](#)

To read about the Community Champions Fund in Hyndburn follow this [LINK](#)



WHAT'S ON IN HYNDBURN?

Anxiety Care

Tuesday 6th July 10 am - 12 pm

Anxious moments can impact our life choices and how we navigate through each day. At times we need to rethink and make changes.

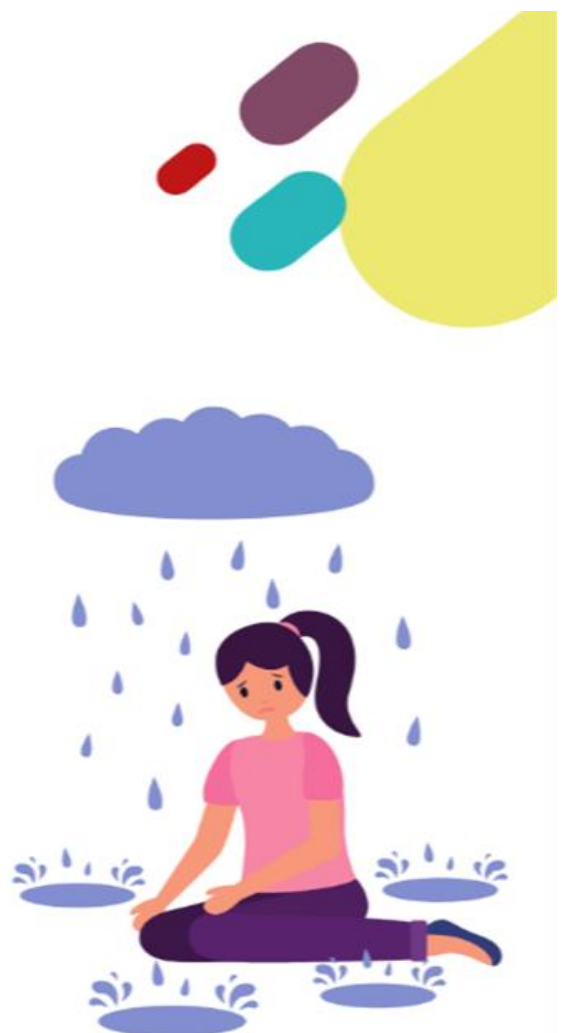
This 2 hour introduction will bring understanding to what causes anxiety, we will look at the signs, symptoms and solutions that can help you cope.

We only get one life and we need to live it to the full, this course will help people do just that.

Call today to book your place.

 01254 460080

 info@csnw.co.uk





WHAT'S ON IN HYNDBURN?

Discover Mindfulness



Friday 18th June or Friday 23rd July
9:30am - 12:30pm

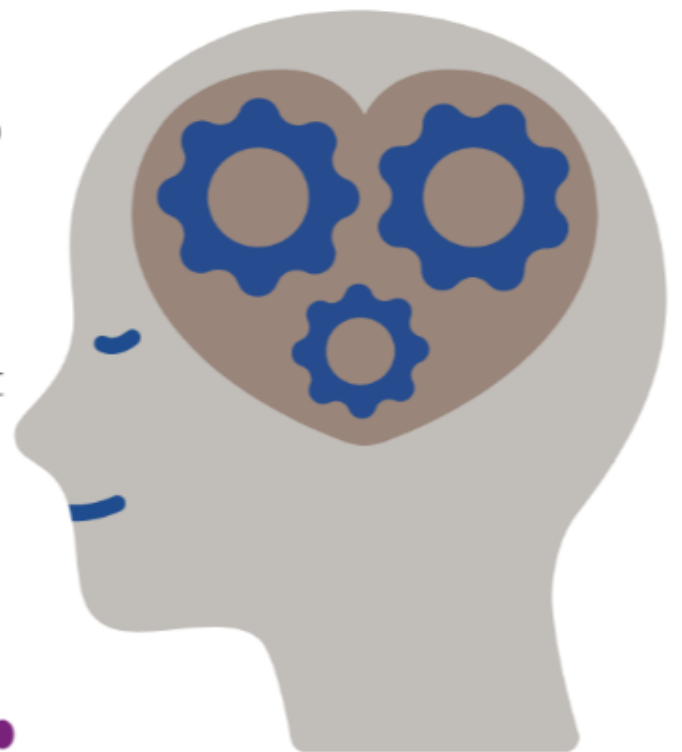
Join us for a free short course to help you learn how to be more in the moment and reconnect.

We'll show you how to be more mindful and look at the thoughts that can hold you back, helping you to have a more positive outlook moving forwards.

Call today to book your place.

 01254 460080

 info@csnw.co.uk



WHAT'S ON IN HYNDBURN?

Grief and Loss




Starts Friday 25th June or Friday 16th July
9:30am - 12:30pm
3 week course

This three week course will help people overcoming grief or loss,

Whether you have had a bereavement, loss of a relationship, health loss, or any other form of loss this course can help you to move forward and take the next steps.

Call today to book your place.

 01254 460080

 info@csnw.co.uk



WHAT'S ON IN HYNDBURN?

The graphic features a collage of images: a man and a woman in a kitchen, children playing with colorful balls, and a group of boys in sports uniforms. The text is centered over the collage.

Hyndburns HAF Programme
Fun With Food and Friends

Are you a provider?

Could you expand your current holiday provision or run additional provision?
The application process opens shortly but if you would like more information on how Fun with Food and friends works and how you could be a part of it please contact...

Aisha.Brotherton@hyndburnleisure.co.uk
Stacey.Bowie@hyndburnleisure.co.uk



The aim of the programme is to make free places available to children eligible for benefits-related free school meals for the equivalent of at least 4 hours a day, 4 days a week, for 5 weeks. The HAF programme needs to cover 4 weeks in the Summer and a week's worth of provision in the Christmas holidays.

Who can apply?

This fund is open to the voluntary and community sector, schools and private providers who can meet the objectives of the programme.

Before applying online, please read the below guidance documents:

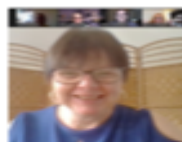
Holiday Activities and Food Programme 2021 [FOLLOW THIS LINK](#)

WHAT'S ON IN HYNDBURN?

If you, a friend or family member are struggling with the long-term effects of Covid-19, there is support available, through the Hyndburn Champions fund **Brain Health Breakthrough** CIC are able to deliver their 12-week peer-led support programme for **FREE** for Hyndburn residents.

Please share and let's make sure no one struggles alone. Find out more [HERE](#)

Brain Health Breakthrough CIC Long-COVID Peer-Support Programme. (Hyndburn)



Delivered by Brain Health Breakthrough CIC who are 'Experts with Lived in Experience' who specialise in facilitating peer-support groups. The benefits of peer-support include being around people who understand you, and your situation. This programme is proudly sponsored by Hyndburn Champions.

This is a free, online, flexible programme for people in the Hyndburn Borough with long-COVID. It is designed to help you manage your symptoms more effectively. Learn to listen to your body, slow down and accept your recovery journey.

Each week we will present a short presentation on a different topic, to help you relax your body and increase self-care, this will be followed by discussion in small groups and a group relaxation at the end of each session. This is a supportive and therapeutic programme with an emphasis on peer support.

Start Dates:

Monday 17th and 24th May 1pm-2pm

Tuesday 8th and 15th June 1pm-2pm

This is a 12-week flexible programme, with recordings and audio that will be available if you can't make a session, as we understand your circumstances. We can also offer 1/2/1 support and support to access digital technology if needed.

How to register:

If you think this programme would be beneficial for you, please don't hesitate to get in touch. If you are a professional who would like to refer your patients, please get in touch and a referral form will be sent out.

Contact Karen Haworth: Karen@brainhealthbreakthrough.co.uk

Mobile 07946107493

www.brainhealthbreakthrough.co.uk

COMMUNITY NEWS & MORE.....

IT'S COMPETITION TIME! Join the ARC project in Blackburn to celebrate the Refugees' Week.



The subject of gambling and its associated harms is currently a hot topic and is acknowledged by experts as a serious health issue with far reaching consequences.

To attend the Eventbrite with Rachel Simm follow this [LINK](#)

Women and Gambling-Related Harm

Working together to raise awareness, address stigma, and reduce gambling related harms experienced by women



WOMEN AND GAMBLING

Gambling-related harm can be very hidden and the signs, such as debt, depression and anxiety, may not immediately suggest that gambling is the cause.

Women make up over 80% of affected others who call the National Gambling Helpline, and 20% of gamblers. The number of women with a gambling problem is rising at twice the rate of men.

However, we believe that fewer than 1% women affected by gambling-related harm reach out for support. Women tell us this is because of stigma, shame and fear of statutory services involvement.

WHAT WE CAN OFFER

FREE training to increase your knowledge, skills and confidence to discuss and support individuals experiencing gambling-related harm. Ensuring women get the right support at the right time.

Information, advice and ongoing support about how to identify gambling harms, the services that are available, and how to make a referral

Attending and presenting at networking events, team meetings, women's groups. To keep gambling harms on the agenda and amplify women's experience.

Direct engagement and support to women who might be at risk of experiencing gambling-related harm

You can contact us to discuss how we can help:

Rachel Simm
 Women's Programme
 Training and Engagement Lead
 (North West Region)
 Tel: 07397 224948
 rachel.simm@gamcare.org.uk

COMMUNITY NEWS & MORE.....

They are also seeking **Young Diabetes Champions**. [Contact Farah to learn more.](#)

▶ **BRFC Community Trust** and **Spring North** are recruiting **Community Ambassadors** this week. You can find them between **11am** and **1pm** outside **Care Network** on **Tuesday 15th June** or via Zoom on **Monday 14th June (11am to 12 noon)**. If you'd like to learn more, or get a log-in for the Zoom event, please call **01254 508257** or [drop them an e-mail](#).

▶ **BwD Borough Council** are recruiting a Digital Designer to support the VCFS. Application deadline is **Tuesday 15th June**. [Discover more.](#)

▶ **Positive Smiles** [are inviting people to join them](#) on **Wednesday 16th June** for a **Mindful Photography Walk** in **Corporation Park**.

▶ **UCLan's** next **Community Action Forum** [takes place](#) on **Tuesday 22nd June**.

▶ **LOCAL Lancashire Vision's** **Assembly** [will be held on](#) **Tuesday 29th June**.

▶ **Active Lancashire** [are recruiting young leaders aged 18 to 25](#) for the **Lancashire750**. They are particularly keen to hear from people in East Lancashire.

▶ **BwD Adult Learning** [run a variety of courses](#) at **Darwen Valley Community Centre**.

▶ **Care Network** [are seeking to recruit](#) more **COVID Community Champions**.

▶ [Check out](#) **Circles Connected** [to see what's on this week](#).

▶ **Healthier Lancashire & South Cumbria** [are seeking feedback](#) on their **Policy for Sensory Integration Therapy**.

▶ **Healthwatch BwD** [are keen to hear from stakeholders](#) as part of the **Lancashire and South Cumbria New Hospitals Programme**. [Have your say and find out more here](#)

▶ **Hope for Justice** offer **Modern Slavery Training**. [Learn more here.](#)

Contact **Ruth** via ruth.packwood@hopeforjustice.org if you'd like to make use of their services.

▶ The **Rainbow Youth Centre** is a social enterprise delivering services to young people who identify as **LGBTQI+**. At the moment, they are busy renovating their **Youth LGBTQI+ Hub** on **Heaton Street** and [would like to hear from their constituents, parents, carers and support workers](#) as to their needs.

▶ **Z's Defence Academy** are inviting females aged 10 and over to [join their free online sessions](#) to gain confidence and learn a life-time skill.

COMMUNITY FUNDING NEWS

WHAT FUNDS ARE AVAILABLE...

News

- ▶ [Moto in the Community Funding for Local Projects](#)
- ▶ [Ofcom's Community Radio Fund Reopens for UK Applications](#)
- ▶ [Virgin Media O2 Invites UK's Local Charities to Apply for Grants of £1,000](#)
- ▶ [Funding for UK Art Galleries and Museums to Reimagine their Offering](#)
- ▶ [Funding for Veterans' Mental Health Portfolio Projects \(UK\)](#)
- ▶ [Poundland Announces New Foundation is Open for Applications](#)

▶ Co-op Local Community Fund - closes Sunday 13th June. Follow this [LINK](#)

▶ Heart Research UK and SUBWAY Healthy Heart Grants - closes Monday 14th June. Follow this [LINK](#)

▶ PRS Foundation - Open Fund for Organisations - closes Monday 14th June. Follow this [LINK](#)

▶ Virgin Media O2 Together Fund - closes Monday 14th June. Follow this [LINK](#)

▶ Help the Homeless Grant Scheme - closes Tuesday 15th June. Follow this [LINK](#)

▶ Hospital Saturday Fund - closes Tuesday 15th June. Follow this [LINK](#)

▶ D'Oyly Carte Charitable Trust - closes Wednesday 16th June. Follow this [LINK](#)



FOR MORE INFORMATION OR IF YOU
NEED ANY SUPPORT GET IN TOUCH...

MIMI EL-KHATTAM

Our Lancashire

**Community Engagement Officer (CEO)
Blackburn with Darwen & Hyndburn**



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VISIT OUR WEBSITE FOR MORE INFORMATION AND [EVENTS](#) AT
WWW.OURLANCASHIRE.ORG.UK