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# WELCOME TO OUR PENDLE & RIBBLE VALLEY NEWSLETTER

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



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Pendle & Ribble Valley Newsletter July 2021

# **Our Lancashire Update**



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.

Supported by the <u>Police and Crime Commissioner</u>, Our Lancashire supports not-for-profit community groups, agencies, community interest companies (CIC), charities, *etc.* to promote groups, events and activities locally and spread the word about your amazing work and organisations. As Lancashire Constabulary employees, the Our Lancashire team are closely aligned with the Police, and can liaise with local Neighbourhood Policing and Community Safety Teams.

There is plenty of useful information and <u>resources</u> on our website. Why not follow us on social media (see top left for links) for funding opportunities and Lancashire's community news? Looking to find out what's on in your area? Or find a local group to partner up with to deliver a community project? Check out our <u>free website</u> listing community groups and events locally.

We've been creating these monthly newsletters for a while but I'm always on the lookout to **find great content** for the next issues! Please **get in touch** to share **news**, **events**, **requests**, **shout outs** or **job vacancies**.

If you have any questions regarding anything in the newsletter or would like support, please contact **me** <u>Gail.Barton@lancashire.gov.uk</u> | 07534 242304

# Take a look at OUR latest groups and events!

- <u>National Youth Advocacy Service</u>
- Senior Community Friendship Group.
- <u>The Bee Tree Community</u>
- <u>From Noctules to Natterer's: Learn more</u> <u>about Bowland's bats</u>
- Dancesyndrome: Junior Dance
- <u>Rosegrove Neighbourhood Watch</u> <u>Scarecrow Festival</u>

Not registered your community group or nonprofit for free yet? Join Our Lancashire <u>here</u>.



# Our Engagement Diary

#### This month I enjoyed...

July's focus was very much about making a difference in your community so it was a delight to join the many supporters of <u>Brierfield Children's</u> <u>Community Allotment</u> at their recent thank you event. It is a fantastic site, and since they reopened there has been a wealth of activity taking place. They created this fantastic thank you wall to celebrate all the suppot and donations received





Janette and I also enjoyed a visit with Tom from Pennine Lancashire Community Farm, which operates from a number of sites across the Burnley and Pendle districts. It was great to learn about their plans and the opportunities available for people to get involved. Their new eco friendly building had its official opening this week. It was a fantastic turnout on a glorious day and these new facilities are going

to make a huge difference to the community and the activities available.



Water safety has been in the

We recently had a conversation as part of the Pendle Green Social Prescribing network about the potential of helping out vulnerable residents in need by providing a Garden SOS. And we were delighted to enlist the help of <u>Nelson and</u> <u>Colne Police Cadets</u> to make it happen!



BOUR

news recently, thanks to Chorley mum Beckie Ramsey so I was excited to visited Lancashire School Sailing Association (LSSA) to see their facilities at Spade Mill in Longridge, learn more about their development plans and how the pandemic has kept many of our young people away from safe water activity.

They're now back up and running and I saw first-hand the fun and skills development that is involved in a session with their qualified instructors.

Plus we've had a real focus on the first national Antisocial Behaviour Awareness week. <u>We even</u> <u>made a video</u> – *(this is getting to be a habit!)* Take a look at the <u>Our Lancashire Facebook</u> page to see what else we've been up to this ASB week.

SUPPORTING ASB AWARENESS WEEK The UK's first-ever ASB

Awareness Week – 19-25 July

Click <u>here</u> for more information

MAKING COMMUNITIES SAFER

# COMMUNITY NEWS & MORE...

From out and about in the community to how to seek more funding, we've got it covered in this issue.

#### Take a minute to...

Watch this short by inspiring video by <u>Mill Hill</u> <u>Ladies</u> It is full of the #FeelgoodFactor, even if you've no interests in football

Andi it's well worth listening to this poem written by a person with lived experience of poverty, who needed the support of a food bank:

https://www.trusselltrust.org/hunger-freefuture/addyour-voice/share-the-poem/

#### Secure Communities Scheme.

Community organisations in Burnley and Pendle have been awarded free security kits through the <u>Secure Communities Scheme</u>

The Scheme is now seeking more applications from community projects. Any local initiative that is run by or supports the local community can apply. Successful applicants receive a tailored security kit to help secure property, premises, equipment or storage areas to the value of £150.

Application forms for the Secure Communities Scheme can be found <u>here</u>

Lancashire BME Network are hosting a number of Meet the Funder sessions in relation to the <u>Comic Relief Global Majority</u> <u>Fund</u> Micro-Grant Scheme which awards up to £2000 to BAME led groups locally.

Trawden Forest Library and Community Shop have received 'rural Oscars' after it was highly commended at the 2021 Countryside Alliance Awards.

<u>'Rural Oscar' for Trawden Forest Library</u> <u>Pendle Today</u>

#### Vaccination programme update

Across Lancashire and South Cumbria, almost 1.15m (83% of the adult population) people have been vaccinated and an incredible 2m doses have been delivered.

Everyone aged 18 and over can now book their vaccination on the National Booking System at <u>www.nhs.uk/covidvaccination</u> (or phone 119) and there are also many walk-in appointments available.

For details of local walk-in opportunities visit <u>www.healthierlsc.co.uk/getmyjab</u>

#### Our Area in the Spotlight

- What happened when you take a group of neurodiverse young people into the Pendle countryside <u>Riding With</u> the <u>Times: Evaluation – YouTube</u>
- Lancashire County Council has created a few short videos to spread the word about Parent and child fostering
- Or take a virtual tour of Towneley Hall with Eric Knowles Towneley Hall: Exploring the collection
- <u>Wellies and Waffles</u> will fill you with inspiration to get green fingered.
- Quakers, radicals and witches: a walk back in time on Pendle Hill | Lancashire holidays | The Guardian
- And the Royal Lancashire Agricultural Show 2021 is back!



### AUGUST - A MONTH OF...

- Playday national day for play 4th August
- Cycle to Work Day 5th August
- <u>National Allotments Week 2021</u> 9 -15 August
- International Youth Day | United Nations 12th August
  - NEVER GIVE UP DAY 18<sup>th</sup> August (ironically, there doesn't

seem to be much else happening after this...)

### **RIVER RIBBLE ARTS, HERITAGE AND CULTURE**

The National Heritage Lottery Fund has given - Mirador and the Ribble Rivers Trust - the go-ahead to submit a development application with the aim of delivering the full, ambitious programme over a further 3 years.

Organisers need to demonstrate to the decision makers that there is a great appetite in this part of Lancashire for projects that celebrate our heritage, that recognise the importance the Ribble has had for this area over millennia and to provide a platform for local groups committed to the promotion of the arts and culture.

Please complete this questionnaire which will help emphasise the 'need' for and interest in the project. It's a form with simple tick boxes which does not take long. All you need to do is just click on this link: <u>https://forms.gle/QrzaKGb7ZESGwCKVA</u>

### **GREEN TOKEN GIVING**

Asda's charity, the Asda Foundation has launched **Green Token Giving online**. Have your say on where we invest **£1.4m** to support your local communities this year. Through the virtual Colne store you can vote for;

- <u>Trawden Forest Primary School</u>
- West Craven Warriors Amateur Rugby Club
- Safenet Domestic Abuse Services

Make your vote at <u>Green Tokens - Vote | Asda</u> (and you can also link into <u>Tesco's scheme here</u>)



Plus watch a short film about their work with Trussell Trust

### COVID VACCINE TOOLKIT FOR EMPLOYERS



The Department for Health has launched a new toolkit for employers to give employees reliable information about COVID-19 vaccines.

The toolkit has lots of materials for internal awareness campaigns

promoting the benefits of vaccination, including key messages,

posters, fact sheets and videos providing accurate up to date information.

Download the toolkit here.

### **DIS-LABELLED**

Di-labelled is a CIC based in Blackburn and covers Lancashire who support people with disabilities. They're campaigning for a more inclusive icon that represents all disabilities and have set up a petition - https://petition.parliament.uk/petitions/588786



An inclusive disability symbol to be displayed on all public facilities for disabled people will help ensure that ALL disabled people are represented. The International Wheelchair Symbol has been widely used since 1974, during which time the UK has welcomed many progressive changes around disability, at present supporting over 14 million people with a range of disabilities. As around 80% of these disabilities are not visible & over 90% of disabled people don't use a wheelchair, we need to update the disability symbol .This will help prevent disabled people from being challenged and fight the discrimination they regularly face.



### **#RECONNECT** with IN-SITU

As part of In-Situ's arts and ecology program they've created a free publication for local people to reconnect with themselves and their environments, which will be distributed at a number of local places this summer.

This booklet gives insight into the work of 8 artists who came and worked in, or made work about Pendle through a series of artist residencies. In the booklet, each artist proposes a different creative or mindfulness activity, which can all be done in a group or independently. Contact Calum@in-situ.org.uk or sophiem.insitu@gmail.com to find out more.

### CARDS FOR KINDNESS

Loneliness is a growing problem among older people, and in care homes it can be a particularly difficult issue to resolve. Figures from Age UK show that 200,000 older people have not had a conversation with friends or family for a month, and 60% of people in care homes get no visitors at all.

Whether you're visiting iconic buildings like Blackpool Tower, taking in the stunning south Cumbrian countryside, or roaming the majestic moorlands of Pennine Lancashire, send a postcard of your favourite place to a local care home to brighten someone's day.

Cards for Kindness is an initiative which aims to reduce loneliness in our care homes by encouraging members of the community to send a card to a local care home. Find out how easy it is to get involved at Healthier Lancs and South Cumbria :: Cards for Kindness (healthierlsc.co.uk)

### MARIO – Maps And Related Information Online

20 years ago, online mapping was very much in its infancy... Google Maps didn't even come in to being until February 2005! So, who knew back then that our very first venture into sharing information via maps, MARIO – Maps And Related Information Online, would stand the test of time!

Twenty years later and MARIO is used not only in Lancashire, but the world over and we could never have imagined what an important source of information it would become... To celebrate this milestone, we'd like to know more about how you use MARIO and how it is has helped the community of Lancashire and beyond. Help us to shape the future of MARIO by completing our short questionnaire. We'd love to hear your thoughts. The questionnaire will be available until 31 July 2021.

MARIO - Maps and Related Information Online - Lancashire County Council

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### MORRISONS SCHOOL UNIFORM SWAP SHOP



Over the summer Morrison's Nelson are running a school uniform recycling initiative. You can donate old school uniforms and also take whatever you need from the rail.

For more information contact Leona Taylor <u>leona.taylor@morrisonsplc.co.uk</u> or pop into the store

### CITIZENS ADVICE HMRC PROJECT



Our aim is to provide information, advice and guidance to all of Pendle residents regarding their *employment*, *benefits, entitlements, PAYE, national insurance* and any *tax credits* they may be receiving.

We can also provide 1-2-1 ongoing and continuous *digital support* to anyone who may have issues with I.T and accessing the internet.

You can contact us to make an appointment for a Zoom meeting or a telephone conversation on **07883 572 175** or email us at <u>hmrc@pendle.cabnet.org.uk</u>

#### ENABLE: THE PERINATAL CARE OF BAME WOMEN



This UCLAN study aims to explore the experiences of maternity care and mental health needs and support amongst women who have given birth in the last 2 years from Black, Asian and Minority Ethnic (BAME) communities in Lancashire and South Cumbria. The survey is available in seven different languages

We are also asking community/group leaders if they would be willing to ask questions during their activities. Please note we would like to offer a £100 voucher to your organisation/group as a means to thank you for the community consultations. Contact Shirley Palmer <u>SPalmer7@uclan.ac.uk</u> for more info.

### HANDY RESOURCES & TRAINING

- <u>Digital Marketing Strategy Toolkit | Media Trust</u>
- <u>Thinking of starting a Community Interest Company Find out how YouTube</u>
- How to write the perfect press release
- Luvvie Ajayi Jones: How to be a professional troublemaker | TED Talk
- <u>DigiSafe A step-by-step digital safeguarding guide</u> For charities designing new services or taking existing ones online.
- Dementia-Friendly Churches Blog Post: July 2021 Transforming Communities Together
- Zoom Meetings Charity Access to Discounted Subscription Rates

## ALCOHOLICS ANONYMOUS EAST LANCASHIRE



AA have restarted face to face meetings in **Clitheroe** and **Barrowford** on Thursday's and Accrington's online meeting has now officially switched to a Monday night.

For more details of local Young Persons meetings in our region, or for free, tailor made and informative online training on Alcoholics Anonymous, please contact eastlancsaa@gmail.com

You can find links to short videos to watch and use with service users below

- Public Information AA Video (5 minutes)
- Young Persons AA Video (2 minutes) •
- Armed Services AA Video (4 minutes) ٠
- Health Professionals and Volunteers AA information Video (5 minutes)

### VETERANS IN COMMUNITIES

Roturn Belong Prosper

RIBBLE VALLEY Coffee Morning and Outreach TUESDAYS

Face to face activities have resumed.

Plus check out their latest newsletter VIC News June 21

10am-noon

#### **BURNLEY AND PENDLE**

**Outreach Service** MONDAY Breakfast Club at the Community Kitchen, Charter Walk. 10am-noon

Contact 01706 833180 for dates of outreach at Burnley FC in the Community, the Pendle Armed Forces Support Group, Holmefield Mill, Gisburn Road, Barrowford, at Morrisons The Family Thrive Centre, New Market in Nelson and Asda in Colne.

# CHARITY EXCELLENCE – FUNDING FINDER &

Street, Clitheroe, BB7 2JW.

### TOOLKIT



Charity Excellence is a volunteer run, non-profit, which works on a community collaboration basis and is free to everyone.

For non-profits, there are no set-up, ongoing or any other costs for either you or those who use it.

Plus the free Charity Excellence Framework online toolkit, enables any non-profit to health check every area of activity in under half a day, with its own Quality Mark and the largest resource base in the sector, including 100s of organisations that provide free goods and services.

### NATIONAL NEWS

- UK Community Foundations launches new report | UKCF which examines the impact of the pandemic on local Voluntary and Community Sector Organisations (VCSOs) and the communities they are based in.
- a staggering 41% of crime is now on the phone or online July 2021 OUR NEWS Neighbourhood Watch ٠
- The Couch to 5k running app has reached 5 million downloads. I've tried it and It really does work!
- Event Materials into Donations | Repurposing | Event Cycle

# **COMMUNITY NEWS & MORE**



#### What are you doing today?

Are you under 25, out of work and not in training?

Do you have all sorts of things stopping you? No family support, no qualifications, low confidence, lone parent, money worries..?

Our team will support you to tackle what's holding you back and find work and training to help you earn and learn!



**Building Better Opportunities** 

BBO@placesforpeople.co.uk

Telephone Emma: 07435 981827

Invest in Youth





#### Yes And.. Holiday Club

In-Situ are working with Pendle Youth Forum and Positive Action in the Community this summer to provide FREE summer activities for 12-16s in Pendle as part of FUN VIBES, ACTIVE LIVES!

AGED 12-16?

Are you looking for things to do during the holidays?

Do you receive free school meals?

Would you love to have the chance to work with artists and create new things this summer? <u>Yes</u> <u>And... Holiday Club | In-Situ New Website</u>



Summer holidays are here (as is the HEAT), and this year we can work face to face with local families to help reconnect children and adults alike, with nature and heritage on their doorstep. Below is a taster of some of the free events we are delivering this year. Activities are aimed at 5 - 12 year olds and more details can be found on the website for each event <u>What's on | Pendle</u> <u>Hill Landscape Partnership</u> (pendlehillproject.com)

# COMMUNITY NEWS & MORE



#### Competition to reduce trespass on our railways

The Community Rail Education Network is a collective of community rail partnerships from across the UK who are working with train companies such as LNER, Trans Pennine Express, Northern and Great Western to run a national competition to reduce the high number of trespassing reports on

> Backtrack 2020 Song winner Henry Plume

#### How to enter

We are asking individuals or groups (aged 7+) to create a short film, storyboard, song or script to warn others of the dangers of trespassing on the railway.

You can upload your entries to our website where you will find tips for creating your entry, railway facts and information about prizes. You can also see last years entries, including the winner Henry Plume.

Please share your entries on social media to help spread the word!

This Community Rail Education Network competition is for individual or group entrants from both children and adults. You're tasked with creating a short film, storyboard, song, or script, to warn others of the dangers of trespassing on the railway.

If you'd like to run a workshop to help your group format an idea, get in touch with <u>Karen</u> <u>Bennett</u>, Education Team Lead at Community Rail Lancashire. Taking part in the Backtrack can strengthen 5 key life skills:

- 1. Communication
- 2. Problem Solving
- 3. Self-belief
- 4. Self-management
- 5. Teamwork

the railway. Backtrack aims to increase the awareness of the dangers of railway trespass in an engaging way for both young people and adults. This year's national competition starts on 1st June 2021, entries must be submitted by 30th September 2021.

#### How we can support you...

The Backtrack team will provide support to help you launch and run the competition with your school or youth group. You will receive:

- A short competition launch film which you can play to your group
- A live virtual session with one of the Backtrack team
- A website full of ideas, information and links to help create and upload your entries.
- Inspiring Facebook, Twitter and Instagram posts and updates throughout the competition.

Find out more at: backtrackcompetition.co.uk

#### Clitheroe Town Wells Conservation Campaign

Summer Well Visits and Cry Out Guided Tours of Clitheroe's three Tudor Public Town Wells to coincide with three Market Days.

Each Tour will spend approx. 30 minutes at each of the three sites -St Mary's (or the Upper) Well, Heild (or the Lower or Town) Well, and Stock Well, where the story of each site will be presented. This will be followed by a Q & A session at end of each presentation.

Each 'visit' will be announced by Clitheroe's Town Cryer and take place at one hour intervals enabling visitors wishing to attend all three sessions time to wander across our Ancient Market Town with the assistance of Clitheroe Civic Society's Town Trail.

The visits and presentations are aimed at all ages and all take place within and around the Clitheroe Conservation Area.

No Pre-Booking required. <u>Check</u> the Facebook page for confirmation of dates

#### Lancashire Amateur Sports Club

Lancashire amateur sports club are charity registered and we engage with young people putting free classes on for Nelson for martial arts and boxing

Please contact us on Facebook or ring Ashley on 07773160626 for info how you can get into the martial arts classes and Boxing classes.

Lancashire amateur sports club | Facebook

# COMMUNITY NEWS & MORE



#### Sunday 1st August 1pm Marsden Park Official Opening Ceremony

Sunday 8th August Victoria Park, Nelson Sunday 15th August Marsden Park, Nelson Sunday 22nd August Victoria Park, Nelson

#### **Everybody Dance in Clitheroe!**

DanceSyndrome are back running face to face activities. Come and join us at St Mary's Centre in Clitheroe for Everybody Dance sessions and dance your way to feeling better!

We'd be really grateful if you could book and pay online if you can, to help us to meet our COVID health and safety requirements. If this presents a problem for you, please contact info@dancesyndrome.co.uk and we can discuss

ways to help you.

The website shows the full schedule of upcoming events, classes and activities.



Sign up for sessions at: www.dancesyndrome.co.uk/events



Tuesday 20th July: Avenham Park, Preston Saturday 24th July: Lytham Green Tuesday 27th July: Edisford Riverbank Saturday 31st July: Slaidburn Green Tuesday 3rd August: Witton Park, Blackburn



#### **Ribble Rivers Trust**

Over the coming weeks we have some volunteer opportunities and guided walks for you to book onto, as well as our own family fun days.

Plus we're helping LOVEmyBEACH and Keep Britain Tidy with some clean ups in the Blackburn with Darwen area. You can sign up to the <u>plastic challenge here.</u>

As regulations are relaxed we're still keeping the number of places on each day low and taking extra precautions to keep you, our team, and members of the public safe!

You can book on the events at tickets for Ribble Rivers Trust in

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# **COMMUNITY NEWS & MORE**



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# **COMMUNITY NEWS**



# WORK & VOLUNTEERING



## Are you over 50 and out of work?

Do you want to work? Are you interested in training or earning an income from your interests or skills?

> Is something stopping you?

We can help with FREE support based on your needs and interests. Talk to us:

> Building Better Opportunities BBO@placesforpeople.co.uk

> > Telephone Hazel: 07919 538443





Hyndburn & Ribble Valley CVS are on the look out for Community Buddies to support individuals in attending participation groups. If interested please register on the Volunteer Hub http://bttr.im/8tl8d

Take a look at this roundup of opportunities to get more involved in your community <u>National</u> <u>Volunteers Week 2021: How to get involved in</u> <u>East Lancashire | This Is Lancashire</u> Part-Time Project Support Worker -Home-Start (29<sup>th</sup> July)

Senior Development Worker - Good Life Project - Pendle Leisure Trust (30<sup>th</sup> July)

Project Co-ordinator - Sports -Pendle Leisure Trust (30<sup>th</sup> July)

Social Prescribing Link Worker -Burnley (bprcvs.co.uk) (13<sup>th</sup> August)

<u> Volunteer Independent Visitor - Lancashire -</u> National Youth Advocacy Service

An Independent Visitor is an adult volunteer who provides support and friendship to a young person in care. This involves establishing a long term supportive relationship where the young person will have the opportunity to develop their interests, learn new skills and build their self-esteem.

We are looking to recruit volunteers to support young people who are under Local Authority care in Lancashire.

You do not need any special qualifications, but we are looking for dedicated people of all ages who are comfortable with befriending and being a good role model for a child or young person who may have experienced difficult times during their childhood. We ask that you are able to commit to a few hours once per month for a minimum of 2 years. in

# FUNDING OPPORTUNITIES

WHO	WHAT	WHERE	WHEN	WHY (other eligibility reasons may apply - please check links for full details)
East Lancs CCG Small Group Funding	up to £5000	ELCCG Small Group Funding (bprcvs.co.uk)	30th July	East Lancashire projects that complement social prescribing opportunities
People Postcode Lottery	up to £2,000 (or £20k for reg charities)	Apply for a grant   Postcode Neighbourhood Trust	2nd August (opens)	focusing on groups and charities in the North of England for next 3 months. Reopens monthly - submit asap
Ecclesiastical - Movement for Good	£10,000	<u>Movement for Good</u> - ecclesiastical.com	6th August	This phase is 'actively championing innovation, giving charities the backing they need to propel their plans forward and turn creative ideas into practical solutions that benefit society'.
Warburtons Families Matter Community Grants	up to £400	<u>Financial Giving  </u> <u>Community  </u> <u>Warburtons</u>	9th August	projects and activities that are of real direct benefit to families and will have a tangible social impact on people's lives
Community Ownership Fund	up to £250,000	<u>Community</u> <u>Ownership Fund -</u> <u>GOV.UK</u>	13 August (Round 1)	Grants are available to voluntary, community and charitable organisations in the UK to support them in taking ownership of local assets such as pubs, theatres and parks
RHS Flourish Fund	up to £15,000	<u>RHS Flourish Fund  </u> <u>Horticultural Grant /</u> <u>RHS Gardening</u>	13th August	improve diversity and social inclusion within horticulture and that can demonstrate how the skills and training they offer can create onward opportunities for work experience, further training and employment
Co-op Community Fridge fund	up to £4,000	<u>Community Fridge</u> <u>Grant   Hubbub</u> <u>Foundation</u>	16th August	to support groups across the UK to help them establish a new Community Fridge. Funding will help cover project costs, along with full support, guidance and resources from Hubbub to help successfully establish your fridge
Matthew Good Foundation	up to £3500	<u>Grants for Good –</u> <u>Matthew Good</u> <u>Foundation</u>	15th Sept (next round)	local groups that have a positive impact on communities, people or the environment with income below £50,000
Comic Relief via Lancashire BME Network	up to £2000	<u>Micro Grants</u> <u>Guidance</u> (bprcvs.co.uk)	ongoing through 2021	any Lancs BAME led group with annual income UNDER £50k - funds can be used for a variety of purposes
Lancashire Community Food Grant	up to £1,000	<u>Lancashire</u> <u>Community Food</u> <u>Grant - LCC</u>	Round 3 OPENING SOON	Funding can be used on: Equipment; Venue hire; Training; & Volunteer Expenses

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# YOU NEED ANY SUPPORT - GET IN TOUCH...



# VISIT OUR WEBSITE FOR MORE <u>INFORMATION</u> AND EVENTS

#### www.ourlancashire.org.uk