



BLACKBURN WITH DARWEN AND HYNDBURN COMMUNITY NEWS

Welcome to our area newsletter bursting with good news, funding opportunities and community support information.



HELLO BLACKBURN WITH DARWEN & HYNDBURN!



Our Lancashire is a Lancashire-wide initiative to support and bring together community groups, public services, organisations, agencies and the third sector, to help make Lancashire a great place to live, work and play.

Supported by the [Police and Crime Commissioner](#), 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 are plenty of useful information and [resources](#) 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 [free website](#) listing community groups and events locally.

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** **Mimi El-Khattam** at Omaima.elkhattam@lancashire.gov.uk | **07929871990**



Friends Against Scams is celebrating
five years since its launch!



Find out how you can get involved:
www.friendsagainstscams.org.uk

#ScamAware

Friends Against Scams is celebrating five years since its launch! Have you become a friend yet? Take the online awareness session on their website to become more #ScamAware. For more information please visit this [website](#).

HELLO BLACKBURN WITH DARWEN & HYNDBURN!

The National Monument against Violence and Aggression - Knife Angel



The Knife Angel is coming to Lancashire!

It will be located outside Blackburn Cathedral 4th-29th November 2021. The Knife Angel is the National Monument Against Violence and Aggression. A 27-foot tall sculpture made by the British Ironwork Centre from over 100 000 knives that have been seized by the police and taken out of circulation. Click the link for more info click this [LINK](#)



LANCASHIRE VOLUNTEER PARTNERSHIP (LVP)

LVP is looking for knife angel volunteers for The Knife Angel, the national monument against violence and aggression which will be located outside of Blackburn Cathedral from 4th – 29th November. To volunteer please follow this [LINK](#)

CLASSROOM SUPPORT ASSISTANT IS NEEDED!

Would you be interested in the opportunity will help you to develop your knowledge and skills? We are looking for volunteers to spend time supporting tutors in our adult learning classes in the following subject areas:

Family Learning, Employability, Digital/ICT, Health and Wellbeing, ESOL, English and maths, Positive Minds and LDD. For more information follow this [LINK](#)

COMMUNITY NEWS, SHOUT OUTS AND REQUESTS

Updates , thank yous and local news



Get connected, learn new skills and find out more about digital support in Blackburn with Darwen...

Get Online Week 18th to 24th October 2021 Digital support in Blackburn with Darwen					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Age UK BwD Age UK Office 4 King St, Blackburn BB2 2DH	10am to 3pm One-to-one tuition Age UK Offices.	10am to 3pm One-to-one tuition Meeting Places, Darwen.	10am to 11am One-to-one tuition Age UK Offices.		
Booking required, to book a place call 01254 266620					
IMO Charity Unit 9, Business Development Centre Eanam Wharf, Blackburn BB1 5BL				10:30am-1pm Drop in coffee morning IMO offices, Business Development Centre.	
No booking required, for further information call 01254 781310					
BwD CVS Boulevard Centre Railway Road Blackburn BB1 1EZ	10am-1pm Free and friendly digital support for all at the Boulevard Centre.	10am-1pm Free and friendly digital support for all at the Boulevard Centre.	10am-1pm Free and friendly digital support for all at the Boulevard Centre.	10am-1pm Free and friendly digital support for all at the Boulevard Centre.	10am-1pm Free and friendly digital support for all at the Boulevard Centre.
Booking required to ensure laptop availability, call 01254 583957					

Get Online Week 18th to 24th October 2021 Digital support in Blackburn with Darwen					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Blackburn with Darwen Library Services	Monday to Saturday 10am-4pm: Demonstration of the Rainbow Table at Blackburn Central Library				
	1:30pm-3:30pm I.T. course Blackburn Library.	10:30am-11:30am Tablet Training Blackburn Central Library.	9:30am-11:30 am Connect & Learn with I.T. Raman Road Library.		
		2pm-4pm Connect & Learn with I.T. Darwen Library.			
Booking required, call Blackburn Library on 01254 661221 or Darwen Library on 01254 706021					
Blackburn with Darwen Adult Learning Service		9:30am-11:30am Digital/ICT Skills Builder Mill Hill Community Centre.	10am - 12pm Digital/ICT Skills Builder Darwen Valley Community Centre.	10am-12pm Digital/ICT Skills Builder Greenfields Community Centre.	
				1pm-3pm Digital/ICT Skills Builder Audley Neighbourhood Learning Centre.	
Booking required at least 2 days before session, call 01254 581175 or 01254 507720					

Know someone who needs help to get online?
Whether it's getting over a fear of breaking their tablet or learning more about using websites, our partners in the BwD Digital Inclusion Network can help!
During Get Online Week, starting next Monday, there are lots of courses, support sessions and drop-ins to help people develop their digital skills to get online, get ahead and stay connected! To book call 01254266620 /01254583957

COMMUNITY NEWS & INFORMATION



imo
Inspire, Motivate, Encourage
Partnership
Charity Number: 104067

INSPIRE AND GROW
IGNITE
Special Educational Needs and Disabilities
AGES 7+

SESSIONS WILL INCLUDE:
Meeting new people, being creative through art and developing interpersonal skills through interactive games.
Plus so much more!
Make new friends and have fun

REGISTRATION LINK: <https://bit.ly/INSPIREMESEND>
LOCATION: QEGS, Dukes Brow, Blackburn BB2 6DG

☎ 01254 781310 ✉ Ibrahim.Patel@imocharity.org

imocharity    | www.imocharity.org



Positive Smiles

12 WEEK COURSE
BLACKBURN
FREE

Natural Strengths Garden Club!

Free weekly sessions for those wanting to develop gardening knowledge, increase employment opportunities & improve emotional well-being.

Make friends & socialise!
Grow your own veg & herbs!

Register now!
info@positivesmiles.co.uk
01254 946444 / 07984 644218

 **European Union**
European Social Fund

WEA
Adult Learning Within Reach

 **Education & Skills Funding Agency**



Positive Smiles

NATURE & NATTER
MINDFUL WALKING GROUP

Monday mornings 09:30am
CORPORATION PARK
Meet at the Duck pond for a mindful & relaxed walk around the park

Contact Hafeeza for more details
07984644218



SLEEP OUT!
So others can sleep in

Friday 3 December 2021

Come & join us

FOR MORE INFORMATION, OR TO DONATE PLEASE VISIT WWW.NIGHTSAFE.ORG

Help us raise vital funds to support homeless young people this winter

01254 503067
info@nightsafe.org

 **Nightsafe**

COMMUNITY NEWS AND INFORMATION

IS ALCOHOL COSTING YOU MORE THAN MONEY?

THERE IS A SOLUTION

SCAN HERE TO FIND A MEETING

Alcoholics Anonymous

0800 917 7650
www.alcoholics-anonymous.org.uk
 Email: help@aamail.org

Online Meetings & Online Chat Facilities Available

ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE



Lancashire Brain Injury Peer Support Group
 Join us on Thursdays
 1-2pm via Zoom

“Being around people who understand my needs in a non-judgemental way has been refreshing.”

Weekly peer-led support for people with brain injury experience, a group where you can feel connected and understood

To book, email or text Karen
karen@brainhealthbreakthrough
 07946 107493

Brain Health Breakthrough

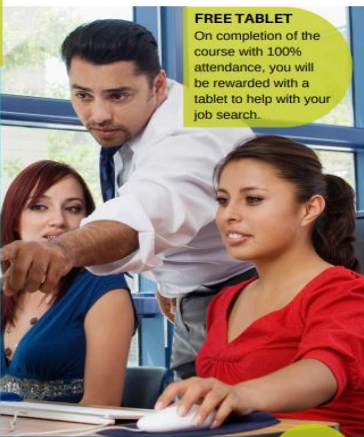


GETSET ACADEMY

Helping you get **Work Ready**

Duration: Upto 12 weeks*
Induction Day:
Time: 11:00am
Location: Get SET Academy
*Additional training for maths & english may be required.

- Course Content:**
- ECCL
 - Improving Productivity using IT
 - Presentation Software
 - Using Email and Internet for the Digital Age
 - Word Processing Software (from Basic to Master)
 - Digital Skills
 - Using and Handling Devices
 - Creating and Editing on Digital Platforms
 - Being Safe and Responsible Online
 - Using Technology for Career Development
 - Mental Health & Well Being
 - Self-Marketing
 - Career Planning & Job Search
 - Interview Techniques
 - How to use Social Media Platforms
 - YouTube
 - Instagram
 - LinkedIn
 - Facebook



FREE TABLET
 On completion of the course with 100% attendance, you will be rewarded with a tablet to help with your job search.

Course Starts:
Time: Mon to Fri 9:30am - 12:30pm
Location: Get SET Academy, Central Buildings, Richmond Terrace, Blackburn, BB1 7AP

If you are interested in the programme, please call Maleehah on 07429 704150 or email maleehah@getsetacademy.co.uk www.getsetacademy.co.uk

Limited Spaces Available

October Health and Wellbeing Courses

Improve your wellbeing with one of our Lancashire Adult Learning Health and Wellbeing courses. Our online offer is available support you during this time.

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

Get in touch to find out more: danielle.thorpe@nhs.uk

Click here to book!	Kickstart your Health 5th October 11am - 3pm 3 Weeks
Click here to book!	Improve Your Mood 8th October 2pm - 4pm 2 Weeks
Click here to book!	Chair Based Yoga 12th October 1pm - 3pm 2 Weeks
Click here to book!	Finding Positives in Challenging Times 14th October 10am - 12pm 2 Weeks
Click here to book!	Singing and Music for Wellbeing 14th October 1pm - 3pm 2 Weeks

Courses are open to anyone aged 19 and over living in Lancashire. Places are limited.

0333 003 1757 | www.lal.ac.uk

COMMUNITY NEWS AND EVENTS



The Care Station NW Difference.

Those in our care receive a fully adaptable domiciliary service. Whether for an adult who requires a little extra help around the house, or adult with learning difficulties, autistic spectrum disorder, mental health problems, dementia or physical disabilities, residents receive our support at home in areas of Blackburn with Darwen and surrounding parts of Lancashire.



Welcome to Care Station NW. Each of us can benefit from having extra help to empower us, so that we can continue living comfortably and safely in our own home. We evaluate your needs on a personal level and match you with the at home-care service that is ideal for you. It might be for long term care, respite care or day care packages.

Do you want to join a team who are safe effective, caring and responsive?

Your experience of caring for adults with additional needs is an advantage, but not essential as full training and shadow shift schedules are in place. Personal care needs will be a requirement. You can expect competitive rates of pay, holiday pay and exceptional training.

SAFE
EFFECTIVE
CARING
RESPONSIVE

Regulated by
Care Quality Commission

Please apply to:

The Care Station, 5 Byrom Street, Blackburn, Lancashire, United Kingdom, BB2 2LE
Email: carestationnw@gmail.com or phone for application form: 01254 790 993



HARVEST APPEAL

HELP BY DONATING AN ITEM OR TWO FROM OUR SHOPPING LIST TO ENSURE WE CAN PROVIDE FOOD TO PEOPLE IN CRISIS.

SHOPPING LIST TOP TEN ITEMS

- Tinned Beans/ spaghetti
- Tinned vegetables
- Breakfast cereal
- Pasta Sauces
- Tea bags & Coffee
- Tinned fish & Meat
- Tinned rice pudding/Fruit
- Pasta / Rice/ Noodles
- Biscuits
- Long life milk
- Telletes

Don't forget...
You can help transform more lives with a financial donation too.

VOLUNTEER WITH US

We are looking for enthusiastic, hardworking people to join our volunteer team. Blackburn Foodbank has a role for everyone.

CONTACT US TO START YOUR VOLUNTEER JOURNEY



07769055444



VOLUNTEERS@BLACKBURN.FOODBANK.ORG.UK

HOW YOU CAN DONATE AND SUPPORT BLACKBURN FOODBANK!

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



Visit www.blackburn.foodbank.org.uk to find all of our donation points.




inspire | motivate | overcome
it's my opportunity

SAVE A HEART

PLAY YOUR PART

Did you know?
30,000 people this year will suffer Sudden Cardiac Arrest. With easy access to a defibrillator the survival rate could be as high as 50%. (BHF, 2021)

IMO Doorstep Sport+ are working with Benefit Mankind to raise funds for a community defibrillator.




Donate now by visiting:
benefitmankind.co.uk/defib




For more information, please contact
01254 781 310 | Farhana.Patel@imocharity.org

@imocharity www.imocharity.org



inspire
motivate
overcome
it's my opportunity

EMOTIONAL, PRACTICAL SUPPORT FOR EX OFFENDERS AND THEIR FAMILY MEMBERS TO REBUILD THEIR LIFE WHILE INTEGRATING BACK INTO THE COMMUNITY

Reform and Return Program


Tuesday 16th November 2 -5 pm

To register a place, please visit: <https://bit.ly/IMONewleaf>
Deadline 29th October 2021

For more information please contact:
Shagufta Qadir
New Leaf Program Project Lead

BACP Registered Psychotherapist Counsellor

Tel: 01254 781310
Mobile: 07824 896 175
Email: shagufta.qadir@imocharity.org



Trusthouse
Charitable Foundation

COMMUNITY NEWS AND EVENTS

Free Wills Month

An up-to-date will is the best way to ensure your wishes are followed - you can also leave something special to the causes you care about. Find out how you can write your will for free this October on Age UK [website](#)



[The State Pension triple lock](#)

Age UK Policy Manager Sally West shares the charity's views on the State Pension triple lock.



[Black History Month: COVID-19 and health inequalities](#)

Dr Elizabeth Webb examines how COVID-19 continues to impact the lives of Black older people.



[International Day of Older Persons](#)

Our sister charity Age International is calling on the public to sign its petition lobbying the UK Government to give more support to older women.



[Accessing your GP](#)

How much of a problem is the shift towards more digital and remote approaches? Caroline Abrahams investigates.



Veterans Support

Supporting veterans (50+) to remain independent, socialise and enjoy activities



Are you a Veteran (aged 50+) or do you know someone who is?

Our Veterans support in the community aims to help people remain independent and encourages socialising and taking part in activities in our of our Day Clubs.

Our outreach team will work with you on a one-to-one basis, helping overcome any barriers that may stop you from attending social activities or opportunities to get out and enjoy later life.

We will be with you every step of the way ensuring you are comfortable and help you regain or maintain confidence in social settings.

Who can use this service?

The service is available to anyone living in Lancashire, who is a Veteran, aged 50+

How can the service be accessed?

Anyone can access this service through self referral, health professionals or relevant organisations.

We aim to provide information and support to anyone aged over 50. Our friendly and professional team are on hand to assist with any issues or concerns you may have.



For more information please contact us:

t: 0300 303 1234

e: referrals@ageuklancs.org.uk



BLACKBURN WITH DARWEN SPORTS COUNCIL

Notice of Extraordinary General Meeting of Blackburn with Darwen Sports Council

Blackburn with Darwen Sports Council invites representatives of all BwD sporting clubs, groups and organisations to attend our Extraordinary General Meeting on Wednesday 17th November 2021 at Blackburn Central Library (BB2 1AG) starting at 7-00pm.



BwD Sports Council is a 'not for profit' organisation, that has been promoting, funding and celebrating sport in the borough for the last 25 years, has called this meeting to adopt a new Constitution and Elect Officers to continue its work.

[Click here to view and download the BwD Sports Council EGM Agenda](#)

If you or your group, including groups who promote health and well-being, want to know more about the work of BwD Sports Council drop an e mail to BwDSCChair@gmail.com or call me direct on 07752 926 582 (day).

John McCann
BwD Sports Council Chair

CVS BLACKBURN LATEST NEWS



The next meeting of the **Community CVS Network** will be taking place on **Thursday 21st October** from **9.30am** in the **Conference Room** at the **Boulevard Centre**.

For more information, [please contact Donna](#).

[Community CVS is proud to be helping Lancashire businesses to grow. Here's how.](#)



They're ready to deliver the biggest, brightest **Community Volunteer Awards** yet.

Save the date: **Wednesday 3rd November**.

CVS BLACKBURN LATEST NEWS

- ▶ **Brain Health Breakthroughs** [organise a weekly peer support session for people with brain injuries](#) every **Thursday** from **1 to 2pm**.
 - ▶ The **Prince's Trust** have organised a **Allied Health Professionals - Career Information Session** on **Thursday 14th October** from **6 to 7.30pm**. [Learn more here](#). [They are also seeking recruits](#) for their **Get Started with Health and Fitness**, beginning in **November**.
 - ▶ **IMO** [are seeking to recruit volunteers](#). Those who wish to register for this amazing organisation [can do so here](#). Deadline for registrations is **Friday 22nd October**. They are also introducing a brand new therapeutic **Reform and Return Program**, offering practical and emotional support to ex-offenders and their families during their transition back to life in their community. [Please register here](#) by **Friday 29th October**.
 - ▶ **Lancashire Volunteer Partnership** [are seeking volunteers](#) in association with the **Knife Angel** display outside **Blackburn Cathedral**. The Knife Angel, which will be in Blackburn between **Thursday 4th** and **Monday 29th November**, is a 27 foot tall sculpture made from over 100,000 knives which have been seized by the police and taken out of circulation.
 - ▶ The **Mayor's Charity Bonfire** [will take place at Darwen Cricket Club](#) on **Friday 5th November**, with the fire lit at **6.30pm**.
 - ▶ The **NHS Employee Volunteers: Implications for Learning, Work and Careers Webinar** will take place on **Tuesday 9th November** from **10 to 11.30am** on **Microsoft Teams**. [Here's the link if you wish to join them](#).
 - ▶ **UCLan's Community Action Forum** [meets next on Friday 26th November](#)
 - ▶ The latest list of **Alcoholics Anonymous** meetings in East Lancashire [can be found here](#).
 - ▶ The **Carers Service's** [October newsletter is available to view here](#). Furthermore, [their latest What's On guide can be accessed here](#).
- If you'd like to book on any of the events listed, please give them a call on **01254 688440** or [drop them an e-mail](#).
- ▶ **Care Station NW** [are recruiting](#).
 - ▶ [Find out what's on](#) at Inspire.

FUNDING OPPORTUNITIES

WHO	WHAT	WHERE	DEADLINE	ELIGIBILITY CRITERIA <i>(check links for details)</i>
Made by Sport Clubs in Crisis Fund	Up to £2,021	Made by Sport 'Clubs In Crisis' Fund lancsfoundation.org.uk	8/10/21	To deliver wider social outcomes to young people aged 5-25 years
Lancashire Community Food Grant Scheme	Up to £1000	Lancashire Community Food Grant Scheme - Lancashire County Council	10/10/21	To support projects that provide emergency food and / or tackle food insecurity, focusing on supporting those most in need
Bikeability Trust – Widening Participation Fund	Up to £75,000	Bikeability Emails cmail20.com	29/10/21	innovative pilot projects that encourage underrepresented children in England to take part in cycle training.
Electricity NW Powering our Communities Fund	Up to £15,000	Powering Our Communities fund enwl.co.uk	5/11/21	Groups and organisations who want to expand their own energy projects
Thomas Wall Trust - Grants for Registered Charities	Up to £5000	Thomas Wall Trust	Before Nov 2021	equip disadvantaged people aged 18+ with communication skills for employment
National Lottery - Together for Our Planet	£1000 to £10,000	www.tnlcommunityfund.org.uk	18/11/2021	voluntary and community organisations in the United Kingdom for small-scale projects to take action on climate change
Near Neighbours Small Grants	£250 - £3,000	Small Grants — Near Neighbours	10/12/21	Funding to encourage social interaction and social action among people of two or more different faiths to build friendships and develop relationships of trust
Community Housing Fund Revenue Programme 2021/22	Discretionary	CHF Revenue Programme 2021/22 Community Led Homes	By Dec 2021	Grants for LAs, CICs, charities and community organisations to support the development of community-led housing proposals
National Heritage Memorial Fund - COVID-19 Response Fund	no min/max – assessed case by case	COVID-19 Response Fund	23/04/23	charities, non-profits and public sector organisations with responsibility a heritage asset
Tesco Community Grants	up to £1500	Apply for a grant – Tesco Community Grants	rolling programme	local good causes that focus on helping children and families
Pets at Home - People Through Pets	from £250 to £50,000	Pets at Home Foundation	rolling programme	supports animals which are considered 'domestic pets' (including equines), including 'providing animal-based therapy for vulnerable people

FUNDING OPPORTUNITIES

WHO	WHAT	WHERE	WHEN	ELIGIBILITY CRITERIA <i>(check links for details)</i>
East Lancs CCG	Up to £5,000	ELCCG Small Group Funding (bprcvs.co.uk)	rolling programme until spent	mechanism for linking patients with non-medical sources of support within the community
Visit Britain Domestic Support Fund	Up to £15000 or £30 per delegate	Domestic Support Fund VisitBritain	anytime – activities must happen by Dec 2021	for not-for-profit organisations to hold business events & showcase that the UK has adapted to new ways of meeting in a COVID-19 secure environment
Comic Relief via Lancashire BME Network	up to £2000	Micro Grants Guidance (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
KFC Foundation Community Grants Programme	£200-£2000	The KFC Foundation Community Grants Now Accepting Applications	28/02/22	Funding for grassroots, community organisations to support young people in communities where KFC restaurants are located
Funding for Grassroots Live Music Venues	£1,000 - £40,000	Supporting Grassroots Live Music Arts Council England	rolling programme	Organisations/venues/promoters whose main function is to host and/or promote live music events
ScottishPower Foundation - General Grants	Max £200,000	ScottishPower Foundation Applying for Funding	must start in 2022 and be completed within 12 months	registered charities for projects that support education, training, research, biodiversity, climate change, arts, culture, as well as supporting the vulnerable people
Ashworth Charitable Trust	£1,000	Ashworth Charitable Trust	rolling programme	registered charities that support humanitarian causes and projects
National Lottery Community Fund - Bringing People Together	£300,000	Bringing People Together The National Lottery Community Fund	Ongoing	projects that will build stronger connections across communities and improve the infrastructure
Charles Haywood Foundation	up to £7000	Older People - Charles Hayward	rolling programme	charities supporting Older People

ONLINE GROUPS AND OTHER EVENTS

Circles Connected

Photography Challenge

They've come to the end of their alphabet series so starting their new theme this week with all things autumnal.

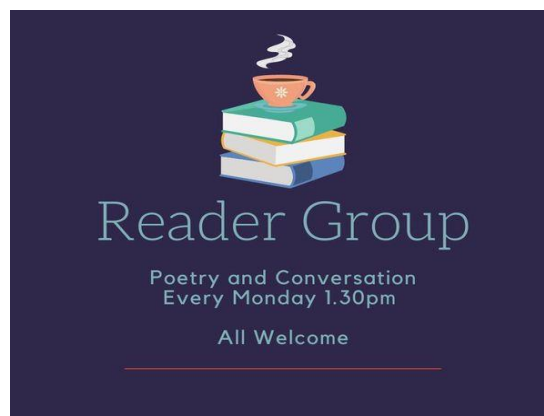


What autumn photos will you share?

Hello Reader Group – Circles Connected holds a Zoom poem & chat together.

On Zoom at 1.30pm every Monday.

For more info visit their [Facebook](#) page.



For October Recovery College Planner. Follow this [LINK](#)

Blackburn with Darwen Carers Service October activities can be found on [HERE](#)

DARWEN EVENTS AND NEWS



Once again Darwen Rotary are asking for your help to clothe the homeless and needy with good quality warm winter coats.

Please donate what you can and place your items in the box. The clothes will be collected and sorted and delivered to local charities throughout East Lancashire.

The campaign will run from 18th October until 8th November.

If you require any more information please contact: Tony O'Hara on 07814295704

Gil Riley on 07754220009

darwenrotary@outlook.com Web Site:

<https://wrapupuk.org>

The collection points are:

DARWEN MARKET ANNEX. DARWEN

LEISURE CENTRE. DERWENT HALL.

DOLLY'S TEA ROOMS.

DARWEN

FURNITURE & GIFTS

ERINS PLACE (BRIDGE STREET).

CALLING ANY SCOUTS, GUIDES, GROUPS or ANY VOLUNTEERS that would like to help plant purple crocuses (**as a symbol to end Polio worldwide**) They do purple because children in foreign countries got a sweet once they had been vaccinated so they joined the queue again to get another sweet therefore getting double vaccination. It was decided to put a purple dab on a finger to show they had already had their sweet.

Please contact them at darwenrotary@outlook.com.



HYNDBURN EVENTS AND NEWS

Carers Link Lancashire

Do you have a small business making candles, personalised cards, small crafts and gifts etc? Carers Link Lancashire are hoping for a few more stall holders at our upcoming #fundraising event on Thursday 4th November at 1882 Lounge, Burnley Football Club.

If you would like to hold a stall, please contact Angela M on (01254) 387444 or email info@carerslinklancashire.co.uk

TICKETS £8 (Purchase In Advance)

FUN (d) raising FASHION brought to you by **So2You**

Carers Link Lancashire
Improving Life For Carers
Registered Charity number: 1156275

Hot Buffet included

PLUS CHARITY RAFFLE & LICENSED BAR

- Fundraising Fashion Shows & Pop Up Shops
- 75% Off Major High Street Brands
- Quality Fashion At Great Prices
- An Alternative To High Street Shopping
- A Sociable Fun Event
- Brings Fashion To The Community
- Supports Valuable Charities & Fundraising Events

DATE: Thursday 4th November 2021
VENUE: 1882 Lounge, Burnley Football Club, Turf Moor Harry Potts Way, Burnley BB10 4BX
DOORS OPEN: 7:00pm **SHOW BEGINS:** 7:30pm

FOR TICKETS
CONTACT: Angela McKeefery & Angela Austin
PHONE: 01254387444
EMAIL: angelamckeefery@carerslinklancashire.co.uk or angela@carerslinklancashire.co.uk

✉ info@so2you.co.uk ☎ Chrissy: 07757709381 🌐 www.so2you.co.uk

We Accept Cash & Credit Cards (Subject To Mobile Signal)

Volunteer for US Volunteer for YOU

If you are starting your career, looking for a change or returning to work, volunteering can help build your confidence, skills and experience.

"I love working in the kitchen and its great experience"

James,
Cafe Volunteer

You can call us on:
01254 387444
for an informal chat about volunteering in our shop, cafe and befriending service.



HYNDBURN EVENTS AND NEWS

Don't miss out on some FREE Halloween fun at Accrington Market 🦇

TRICKY TRAIL: Mon 25th - Sat 30th, 10AM-2PM.

Collect a Tricky Trail activity pack from the market office + complete the tasks (if you dare!)

SPOOKY CRAFTS: Fri 29th + Sat 30th, 11AM-3PM.

Create creepy crawlies, ghoulish ghosts + monstrous masks to take home.

-ACCRINGTON-
market
HALLOWEEN
Spooky Crafts
Make creepy crawlies, spooky ghosts and masks to take home
Fri 29th Oct - 11am - 3pm
Sat 30th Oct - 11am - 3pm
Tricky Trail
Mon 25th through to Sat 30th Oct, 10am-2pm
Collect a Tricky Trail activity pack from the Market Office and complete the Halloween activities... if you dare.

IRREGULAR MENSTRUAL CYCLES
ANXIETY HEAVY BLEEDING
EXCESSIVE SWEATING DURING
THE NIGHT HOT FLUSHES VAGINAL
DEPRESSION PAIN UNPREDICTABLE
MOOD FATIGUE WEIGHT
STRESS HEART PALPITATIONS
JOINT STIFFNESS ACHES AND
PAINS REDUCED MUSCLE MASS
URINARY INFECTIONS
BURNING BREAST
SORENESS HAIR LOSS DIFFICULTY
CONCENTRATING DIZZY SPELLS
CONFIDENCE STRUGGLES DOUBT

LANCASHIRE WOMEN
MENOPAUSE
awareness
day

Are you facing menopause and would like some support?

Lancashire Women are here to help:

<https://lancashirewomen.org/menopause-hormone-changes>

#menopauseawarenessday
#menopause #menopauseawareness
#lancashirewomen #Hyndburn

FOR MORE INFORMATION OR SUPPORT

MIMI EL-KHATTAM

Our Lancashire

Community Engagement Officer (CEO)
Blackburn with Darwen & Hyndburn

E: omaima.elkhattam@lancashire.gov.uk

M: 07929871990 | **Admin support:** 01772 416 417

A: Our Lancashire | PO Box 77 | Hutton | Preston | PR4 5SB



Working together with ...



... supported by our partners.

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