



WELCOME TO OUR PENDLE & RIBBLE VALLEY COMMUNITY NEWSLETTER

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



COMMUNITY NEWS

Updates and local news

Tell us your news! See last page for contact details

IMAGINING THE SSW LINEAR PARK

The Super Slow Way Linear Park is an ambitious vision that hopes to demonstrate how the Leeds & Liverpool Canal corridor can be developed as an asset for the communities who live in this part of East Lancs.

Over the next six months a series of projects and events will give residents living along the 20 mile stretch of canal from Blackburn to Pendle, the opportunity to get involved, try something new and think about how the canal, and the many unused spaces alongside it, could become a great space for us all to use and share.

We are also looking for ideas that could happen around the canal and be a part of its future. We have between £250 - £1,500 for you to help make something happen.

Join us at **Blackburn Youth Zone** on **Monday 7th March 10.30-3.00pm** to find out more or alternatively [visit our website](http://www.superslowway.org.uk)

RSVP by Wednesday 2nd March to ben@superslowway.org.uk



East Lancashire
Learning and Information Exchange

ema.support@lancashire.gov.uk
Apu Chowdhury: 07771 338879
Ahmed Ali: 07771338875 or 01282 682275

ARE YOU A FAMILY THAT IS NEW TO LANCASHIRE?
DO YOU NEED SUPPORT WITH GETTING A SCHOOL PLACE? OR GETTING READY TO JOIN A NEW SCHOOL?

We can help with ... Preparing your child for school
Understanding how schools and education work
Choosing a school
Learning basic skills and improving English language skills
Finding out about your new area and getting to know people locally

Drop in and see us:
Monday – Thursday 9:30am – 4:00pm
Friday 9:30am – 3:00pm

ELLIE at The Faith Centre, The Burnley Exchange, Barden Lane, Burnley, Lancashire, BB10 1JD



Lancashire
County Council



Lancashire and South Cumbria
Health and Care Partnership

JUST WHAT IS CO-PRODUCTION?

The speed and breadth of the covid-19 pandemic have underscored the need for a rapid co-produced response to create knowledge that can improve interventions within our communities.

The scale of the pandemic means that no single entity can provide the needed support or engage with all the relevant data to help support our communities/neighbourhoods. Even in a crisis, one way to strengthen policy making is to collaborate from the start, generating knowledge and research to inform policy through a process called Co-Production. Join this free half day event to learn more

[Personalised Care Co-Production in Action Conference Tickets, Thu 3 Mar 2022 at 09:30](#)

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pendle leisure trust
Committed to your health & wellbeing

Improve your well-being through the arts

•Meet new people •Learn new skills •Make art

Get involved in FREE art classes which will include:

•Painting and Drawing •Sculpture •Photography
•Ceramics •Textiles •Art in the Natural Environment

Sessions start from February 2022 and are open to people aged 18+.

Workshops are suitable for people who may be suffering from mental or physical health related issues and are seeking to improve their well-being.

Sessions will take place once per week at various locations throughout Pendle. You can self-refer or be referred onto the programme.

To find out more, please contact Pendle Leisure Trust's Cultural Development Manager Fiona Whitty on 01282 661944 or email fiona.whitty@pendlleisuretrust.co.uk



LIBRARIES FIRST!

Arts Council England identify libraries as the 'the country's most widespread and well used cultural spaces, sitting at the heart of communities and often providing the first point of access to cultural activity. They help to build stronger, happier communities, support social prescribing, develop readers and promote digital literacy.'

Lancashire libraries' vision is: "A library service which is embedded and flourishing at the heart of Lancashire communities and community life and which makes a difference through reading, information, digital, health, learning and culture".

Libraries and Museums will become the venue of choice:

- Businesses and community groups will be encouraged to use our spaces for meetings, displays and exhibitions.
- People and families will experience high quality cultural and theatrical events and be able to come together as communities to learn about and celebrate our county's heritage.

[Lancashire Libraries Strategy 2022-25](#) & [Lancashire Museums Strategy 2022-25](#)

SOCIAL PRESCRIBING @UCLAN

UCLan are hosting an in person event to highlight National Social Prescribing Day.

[Social Prescribing Day: What makes you well?](#)
[Tickets, Thu 10 Mar 2022 at 08:00 | Eventbrite](#)



Social Prescribing Day 10 MARCH '22

#SocialPrescribingDay

Plus sign up for their free monthly seminars for anyone working or interested in the field; [the next seminar is on 2nd March.](#)

And you can now [join the Social Prescribing community space on MS Teams.](#) So if you'd make a great guest speaker, or would like to have a conversation with the team then email SocialPrescribing@uclan.ac.uk

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COMMUNITY ACTION FORUM

You are invited to join us for the first Community Action Forum of 2022 organised by Comensus, CVCL and colleagues from Public Engagement.

This is a hybrid event and there is the option to book online OR in person attendance.

[Community Action Forum: Social Prescribing Tickets, Wed 23 Mar 2022 at 14:00 | Eventbrite](#)

Since the forum began, we have been encouraging everyone to share their info on our Community Action Forum Online Business Card, if you haven't already done so, please do put your and your organisation's information on our Padlet, which can be found here [The Community Action Forum Business Card \(padlet.com\)](#)

We have also recently set up a joint Microsoft Teams Space for organisations and groups to share ideas, information and ask questions, if you would like to join this please complete this short form:- [Community Action Forum Membership Request \(office.com\)](#)

CONTACT CHANGE FOR SHELTER

From 28th February, Shelter Lancashire will be changing the ways in which people can get in contact with us. [Shelter Lancashire – new contact information – Community CVS](#)



BE MORE NEIGHBOURLY

Sign up today to receive **grants** ranging from £400-£10,000, remote or in-person **volunteer support** for one-off or ongoing projects and **food and product surplus** from leading supermarkets and retailers to support your food bank, community fridge, lunch club or more.

[Access free support for your charity with Neighbourly](#)



ACTIVE PROVIDER SURVEY

This survey and learning tool, is to be completed by any organisation based in the North-West that sees themselves as a provider of movement based activities, sport or physical exercise opportunities, delivered to their members, service users and community (e.g. dancing, football, gardening, exercise classes, walking and so on). The survey is being conducted on behalf of the North-West Active Partnership Social Prescribing Forum, which consists of the 5 Active Partnerships in the region and Sport England colleagues, who collectively promote physical activity and support delivery across the region.

DEADLINE 2nd March

[North-West Physical Activity Provider Social Prescribing Survey](#)

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LANCASHIRE FOOD NETWORK EVENT

The next event will take place on MS teams on **Wednesday 30th March** starting at 1.30pm and finishing no later than 3pm. There will also be a brief round-up of this year's Lancashire Community Food Grant Scheme and plans for next year's scheme.

We're pleased to confirm we'll be joined by David Scott from [Birchwood](#), who'll be talking about how food forms an important part of the services they offer. We'll also be joined by Rachael Anderton from Lancashire County Council to discuss Healthy Start Vouchers, which is especially timely with the current handover to a digital system. Rachael has put together a briefing video on the changes taking place; [NHS Healthy Start presentation - YouTube](#)

To register for the event, please visit [CLICK HERE](#). Registration closes at noon on Tuesday 29th March, after which the meeting link will be forwarded to all.



VOLUNTEER EXPO LIVE!

HOSTED BY
Rotary
Great Britain & Ireland

6 & 7 MAY 2022
NEC, BIRMINGHAM

BOOK FREE TICKETS

#FAIRCHECKS FOR ALL

We all know how many barriers there are to working and volunteering with vulnerable people. A campaign set up to reform the criminal records system to allow people a genuine chance to improve their lives has been getting lots of publicity recently. Find out more at [Home - #FairChecks](#)

NATURAL ENGLAND VCFSE STAKEHOLDER FOREST OF BOWLAND, CLITHEROE, BURNLEY, COLNE & NELSON SURVEY

Natural England in partnership with north-west charity www.faiths4change.org.uk are carrying out a survey to look for opportunities for wildlife corridors and wildlife stepping-stones and record those opportunities onto regional maps. [VCFSE Stakeholder Forest of Bowland, Clitheroe, Burnley, Colne & Nelson Survey \(office.com\)](#)

The Environment Act 2021 has given the legal go ahead for 0.5 million hectares in England outside of protected sites for nature recovery. This means more Voluntary, Community, Faith, Social Enterprise (VCFSE) organisations involved with wildlife corridors and wildlife stepping-stones Stakeholders are encouraged to share their views (including concerns) and takes about 15 minutes. Projects can be small, and no prior experience is needed.

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COMMUNITIES WEBINAR LIVING WITH COVID-19

Boosters and Vaccinations: Protect Communities

Register for
the Zoom
Webinar

FOR FAITH LEADERS
VOLUNTARY AND
COMMUNITY GROUPS

WEDNESDAY 2ND MARCH 2022 11AM

Cabinet Office

UK Health
Security
Agency



East Lancs Clarion Choir invite you to join them for a

FREE singing taster workshop

Sunday 6 March
Burnley Mechanics

RESERVE your place now at Eventbrite

<https://www.eventbrite.co.uk/e/taster-singing-workshops-registration-189137203467>

Find us on **Facebook**
EastLancsClarionChoir

www.clarion-choir.co.uk

THE BIG JUBILEE LUNCH

Since 2009, The Big Lunch has been bringing millions of people together to share food and fun in a nationwide act of community friendship on the first weekend in June every year. This year, The Big Jubilee Lunch will be part of the official celebrations for HM The Queen's Platinum Jubilee, 2nd - 5th June.

Communities across the UK are invited to save the date for The Big Jubilee Lunch in their diaries, [order your free Big Jubilee Lunch pack](#), and start chatting with neighbours to help get this party started.



eden project



GUIDING FOR GROWN-UPS

Whether you're involved in Girlguiding or not, Trefoil Guild is a wonderful [opportunity](#) to meet like-minded people to share your next adventure - whatever that might be!

Trefoil Guild acts like a branch of Girlguiding and its members agree to support the guiding ethos - including the pledge to help other people. Many members are unit leaders or helpers in Girlguiding units.

But it's not all about the girls - there are plenty of opportunities for members to [try something new](#), [take on a new personal challenge](#) and [escape the daily routine](#). The best thing is that what you do is up to you! Across the UK, there are over 1,100 Trefoil Guilds with over 18,000 [Click here to find a guild near you today!](#)



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TOWARDS A THRIVING LANCASHIRE

Lancashire's Public Health Annual Report has been released and it is packed with fascinating insights. Take a look at the full report at

[Public Health in Lancashire 2021/22](#)

4. Communities and Place

During the Covid-19 pandemic local communities have demonstrated their collective collaboration and mobilisation of skills and assets through community hubs that have enabled some of the most vulnerable in society to be supported with essential needs and services.



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LEVELLING UP FIRST LOOK

At over 300-pages it's a long read. But not all of it is relevant to charities and social enterprises, so here's a summary of the key points, including;

- Shared Prosperity Fund
- Dormant assets
- National Youth Guarantee
- Volunteering and understanding data
- Community Covenant approaches
- Local assets, social enterprises and procurement

See more at: [Key parts of the levelling up white paper for charities and social enterprises \(civilsociety.co.uk\)](#)



Household Support Fund

Get help with the cost of food, heating and other essentials this winter.



Apply now!

www.pendle.gov.uk/HouseholdSupportFund



HOUSEHOLD SUPPORT FUND

The Household Support Fund is provided by the Department for Work and Pensions to support those most in need this winter during the final stages of economic recovery. The fund runs to 31 March 2022.

The fund can be used to help with the cost of:

- Food
- energy / water needs
- essentials linked to energy and water needs i.e., clothing, white goods
- wider essentials, where appropriate, such as housing costs and other essential bills.

- [Ribble Valley Residents](#)
- [Pendle Borough Residents](#)

ACCESS IMPROVEMENTS

Lancashire County Council have also just approved a number of changes to the fees charged within Cultural services, to improve public accessibility. [Fees lowered for more accessible libraries and museums](#)

"These reduced fees are part of our plans to ensure our libraries and museums are accessible to all."



Cllr Peter Buckley
Cabinet Member for Community and Cultural Services



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Schools and community groups keen to help tackle **climate change** can still **apply for a grant** to support their efforts.

The **Climate Action Fund** supports local action in **schools and communities** and has been set up to demonstrate what is possible when people take the lead on climate change.

Schools can apply for up to £1,500 and community groups up to £1,000.

The Fund opened in September last year and **13 projects** have now been launched.

These include **recycling schemes, growing vegetables and climate emergency training for teachers.**

Applications close on Sunday 20 March.



CARE TO SHARE SURVEY

The Care To Share survey has now been launched, and it is our chance as a community to tell the NHS about the changes we want to see when it comes to accessing mental health support. [Care to Share](#)



UNDER ONE ROOF

Selnet act as a hub for partner orgs to make referrals on behalf of families (or individuals) in need and then assign a local organisation to provide what's needed. Currently they're looking to expand the number of community partners who refer in. Contact Lisa Bolton LisaB@selnet-uk.com for more info. [Selnet - Under One Roof](#)

One local org who helps deliver the scheme is **Open Door Furniture Recycling** To find out more contact Mark on 01282 452400, email info@furniturerecycling.org.uk, visit www.furniturerecycling.org.uk or visit his centre at St. Mary's Church, 116 Manchester Road, Nelson.

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VOLUNTEER RECOGNITION AWARDS 2022



To nominate yourself or someone else, please visit:

ourwatch.org.uk/volunteerawards

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no: 1173349



VOLUNTEER RECOGNITION AWARDS

During our 40th Anniversary year we wish to celebrate and thank all Neighbourhood Watch volunteers! We will also be holding a special Awards to recognise those volunteers who have dedicated more than 5 years working in their communities with us. TO DO THIS WE NEED YOUR HELP! We want to know whether you or someone else has volunteered with Neighbourhood Watch for 5 years or more. Visit www.ourwatch.org.uk/volunteerawards to submit a form by 13th March 2022.

NORTH WEST MENTAL HEALTH - PARTNERSHIP OPPORTUNITY

Groundwork are leading on a new Strategic Partnership to improve low level mental health issues in the North West.

For more information please contact Tamsin.Beattie@groundwork.org.uk.

PHARMACEUTICAL NEEDS ASSESSMENT

Community pharmacies, also known as 'chemists', can be found across Lancashire, from the high street to supermarkets. From picking up a prescription to buying over the counter medicine; what's your local pharmacy like? Tell us through our [quick and easy survey](#).

CABINET OFFICE - LIVING SAFELY WITH COVID-19

The next in our series of Communities webinars, 'Living Safely with COVID-19', will be on **Wednesday 2 March at 11 am**. [Webinar Registration - Zoom](#)

During this session we are going to be look at some of the myths and misinformation that exist around COVID-19 and how to tackle these in your communities. We will provide an overview of any recent Government guidance (including any changes to self-isolation and other regulations), and the webinar will also feature a case study on COVID-19 champions in Devon.

We have listened to your feedback and want to provide the most effective Q&A session. We will continue to take live Q&As on the day, but we would encourage you to submit your questions ahead of the session and we will respond to these. Please email your questions to community.resources@dhsc.gov.uk. We encourage all community leaders to attend. Please forward this invitation to other leaders in your community.

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MORE UPCOMING EVENTS

- [Responding to service fragmentation Registration, Wed 2 Mar 2022 at 16:00](#)
- [Integrated Care Systems - Partnerships beyond the NHS, Tue 8 Mar 2022 at 14:30](#)
- [All-Party Parliamentary Group on Charities and Volunteering, Wed 9 MARCH 2022 - 11:00](#)
- [APPG for Civic Societies: A Review of Statements of Community Involvement, Tue 15 Mar 2022 at 17:00](#)
- [Lancashire & Cumbria Health Equity Roadshow - LSC VCSE Alliance, Wed 16 Mar 2022 at 15:00](#)
- [The Power of Small: The Small Charities Coalitions' Final Event, Tue 22 Mar 2022 at 10:30](#)
- [CLPU Charity Briefs - 'Corporate assets and trust property in charity law', Wed 23 Mar 2022 at 17:00](#)
- [The Centre for Children and Young People's Participation- Seminar Series, Thu 24 Mar 2022 at 18:00](#)
- [Responding to the Climate and Ecological Emergencies in Preston, Tue 24 May 2022 at 09:00](#)

SAY HELLO TO RIBBLE VALLEY VILLAGE HALLS ASSOCIATION

Thanks to a £10,000 Lottery grant, The **Ribble Valley Village Hall's Association** is delighted to offer support to the district's community venues and their users to 'Revitalise our Villages' as we try to get life back to a more normal pace in an attempt to live with covid.

Some familiar faces have been brought on board to help with advice and guidance, funding, governance, networking, marketing and anything that will help to build back the hearts of our communities.

Dilys Day, Dorothy Shears and Catherine Curry have a wealth of knowledge and years of experience to support the voluntary sector in our area. Project leader, Dilys Day said that the team is excited to be working with our communities, and really looking forward to hearing from old and new groups.

Niall McFarlane, Chairman of the RRVHA, explained "We're delighted to offer this service to our members, and look forward to welcoming more members so that we can strengthen our communities, and address some of the issues that have emerged due to the pandemic."

Membership of the RRVHA is free, and groups currently using the facilities, or people wishing to start new groups are welcome to make contact via dilysrvvha@gmail.com or call [07511834606](tel:07511834606)



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EVALUATING ONLINE ENGAGEMENT

Oxford university's public engagement team has this helpful **new resource on evaluating online engagement**. The document covers various different evaluation tools, such as Padlet, Vevox, and Mentimeter. You can [read the full document here](#).

CHARGE POINT GRANTS

Find out about the support available towards the up-front costs of the purchase and installation of electric vehicle charge-points, for eligible businesses, charities and public sector organisations - [Electric Vehicle Charge-point Grants - Are you missing out?](#)

LIFT SOMEONE OUT OF LONELINESS

The Department for Digital, Culture, Media & Sport has recently launched the next wave of their loneliness activity, as part of the Better Health: Every Mind Matters campaign

This campaign, aimed at reaching 18-24 year olds in England, encourages people to 'Lift Someone Out of Loneliness', by carrying out small acts of kindness to help others, such as someone who may be feeling lonely, knowing that this in turn is likely to help them feel less lonely too. This is based on [recent research](#) that shows that people in this demographic are at higher risk of feeling lonely compared to other age groups, but less likely to seek advice and support.

The campaign encourages people to visit the [Every Mind Matters loneliness webpage](#), where they can find support and advice for ways that they can reach out to someone else, as well as finding support that may help them feel less lonely too.

A [toolkit](#) is available for partners to support this campaign which provides:

- campaign overview and key messaging
- audience
- suggested copy for social media and assets
- other information for partners to support

Please contact campaigns@dcms.gov.uk for more information.



FUNDING OPPORTUNITIES

WHO	WHAT	WHERE	WHEN	WHY (other eligibility reasons may apply - please check links for full details)
RHS Community Wellbeing Grant	Between £5,000 and £10,000	RHS Community Wellbeing Grant / RHS Gardening	07/03/2022	To deliver gardening projects to improve the wellbeing of your participants.
Matthew Good Foundation	up to £3500	Grants for Good – Matthew Good Foundation	15/03/2022	local groups that have a positive impact on communities, people or the environment with income below £50,000
The Weavers' Company Benevolent Fund	up to £15,000	Charitable Grants – The Weavers' Company	17/03/2022	projects that involve the rehabilitation of young offenders, so that these young people can lead productive and fulfilling lives once released from detention. Also supports projects that help ex-offenders of all ages.
British Ecological Society - Outreach Grants	up to £2000	Outreach Grants - British Ecological Society	18/03/2022	Grants for individuals and organisations to organise public engagement events in ecology.
Heart Research UK and Subway® Healthy Heart Grant (North West)	up to £10,000	Healthy Heart Grant Application Form 2022 - North West - Formstack	21/03/2022	original, innovative projects that promote a healthy heart and help reduce the risk of developing heart disease in your area and across the country.
Lottery - Social Enterprise Support Fund	up to £100,000	SESF (socialenterprisesupportfund.org.uk)	24/03/2022	grants to help social enterprises rebuild from COVID-19.
VINCI UK Foundation	up to £20,000	Home - (vinci-uk-foundation.co.uk)	31/03/2022	projects that promote social cohesion and fight exclusion. Grants for UK charities and other not-for-profits to improve access to employment, mobility and housing for people suffering from social exclusion. Grants to purchase, upgrade or refurbish transport, equipment, ICT, tools, furniture and facilities
Thomas Wall Trust - Grants for Registered Charities	up to £5000	thomaswalltrust.org.uk - grants-for-registered-charities	02/05/2022	proposals from charities which target people experiencing multiple deprivation or other groups demonstrably facing major hurdles to employment
The Royal College of Pathologists - Public Engagement Innovation Grant Scheme	up to £1,000	Funding for public events - our grant scheme (rcpath.org)	01/06/2022	raise public awareness of, and engagement with, pathology, in particular with those who would not normally engage with the topic
The Ironmongers' Company	up to £10,000	Organisations Ironmongers' Company	31/07/2022	projects that provide opportunities for disadvantaged children and young people to fulfil their potential

FUNDING & FINANCE SHOUT OUTS AND REQUESTS

CALLING CIVIL SOCIETY ORGANISATIONS

Work with the [Government Grants Management Function](#) to [help shape a new, innovative pilot](#) that seeks to make it simpler, faster and fairer for civil society and small and medium-sized enterprises (SMEs) across the UK to find and apply for funding. [Register your interest](#) now.

LANCASHIRE COUNTY 4 COMMUNITY

This portal is available to any community organisation with a turnover of less than £1 million, or individual in the county to find information about grant funding that is available from a wide range of sources (including National Lottery, charities and grant making trusts).

During the year there have been over 14,476 visits to the site and over £2,500,000 worth of funding has been brought into the county. The users of the portal are sent a survey every quarter, during 2020/21 156 people responded to the survey with over 78% of users saying that the portal has helped them identify funding opportunities.

[Register now | Lancashire County Council 4 Community \(\[idoxopen4community.co.uk\]\(http://idoxopen4community.co.uk\)\)](#)

INCREASING ACCESSIBILITY TO GRASSROOTS FOOTBALL

Charities are being invited to apply for grants of up to £2,000 from a new £3m fund aimed at organisations making football more accessible at a grassroots level. [Sported](#), a charity that supports grassroots sports groups in the UK, and the bank Barclays are working in partnership to deliver the new fund over the next three years.

A total of 50 grants worth £2,000 and 1,800 grants of £500 will be awarded each year, equating to £1m every 12 months.

The fund will primarily support young people in deprived or under-represented areas through local organisations, many of whom are not yet benefitting from wider football support. The programme's engagement will focus on girls and young people from lower socio-economic and under-represented groups: culturally diverse communities, people with disabilities, and people from the LGBTQ+ community.

Charities will be able to [register their interest](#) in the Barclays Community Football Fund from the end of January 2022.

COMMUNITY EVENTS AND SUPPORT

CAMPAIGN WEEKS - DATES FOR YOUR DIARY

- Fairtrade Fortnight 2022 –
- World Book Day 2022 – 3rd March
- Cultivation Street Week 2022 – 7th – 13th March
- International Women's Day 2022 – 8th March
- Social Prescribing Day 2022 – 10th March
- British Science Week 2022 – 11th – 19th March
- International Day of Happiness - 20 March
- National Day of Reflection – 23rd March
- Debt Awareness Week 2022 – 21st – 27th March



THE LANCASHIRE AND SOUTH CUMBRIA COMMUNITY JOURNALISTS NETWORK

Lancaster University is working alongside Voluntary, Community, Faith and Social Enterprise (VCSFE) agencies to establish a network of community journalists across Lancashire and Cumbria who are supported to produce stories of lived experience of the social inequalities that are driving health inequalities. Both the network, and the resulting stories, will initially support and inform the recommendations put forward by the Lancashire and Cumbria Health Equity Commission (HEC).

People from local communities or groups with lived experience of social injustice (e.g. poverty, housing insecurity, discrimination and stigma, living in low income neighbourhoods) are invited to “tell their stories” about risk, resilience, resistance and action. For further information, contact: Professor Jennie Popay, j.popay@lancaster.ac.uk

CCG ACTIVITY FUNDING

Applications from community/voluntary/faith sector organisations in Pendle has been low.

For more information, and to download the guidance notes and application form: [ELCCG Small Group Funding](https://elccg.org.uk) (bprcvs.co.uk)

NEED MORE SUPPORT OR INFORMATION?

Check out our Resources pages for great links that could support you on your journey.

Visit ourlancashire.org.uk/support/resources

SUPPORT



Data protection and community groups

The safety of your members should be one of your main concerns. [Read more.](#)

WHAT'S ON AT THE LIBRARY

Keep up to date with the wide variety of activities that have been resuming across Lancashire's **Libraries, Museums and Archives** here;

[Events - Lancashire County Council](#)

COMMUNITY EVENTS AND SUPPORT

SAVE OUR HALL APPEAL

Downham Village Hall has launched an appeal for funds to help towards its post-covid future. £80,000 is needed to reopen this valuable community asset.

[Village Hall Appeal](https://downhamvillage.org.uk)
(downhamvillage.org.uk)

Book now for the [Lancashire & Cumbria Health Equity Roadshow - LSC VCSE Alliance](#), Wed 16 Mar 2022 at 15:00 PLUS *Save the Date* - Health Equity Summit, Thursday 21st April 9.30 am to 2.45 pm at Lancaster University – details will follow



RESILIENCE RESPONSE

The Lancashire Resilience Forum (LRF) is a group of organisations that work together to prepare for, respond to and recover from emergencies across our county. We'd be really grateful if you could spare us a couple of minutes to take this very quick survey - [Preparing for risks and emergencies in Lancashire](#)



Over 50 and want to get back in work?

No matter how long it's been, it's not too late for a fresh start.



Sometimes not having a job can lead to low motivation and feelings of isolation. We are here to provide practical support and help you make a plan tailored to your needs.

We can help you:

- tackle barriers such as finances and wellbeing to give you peace of mind
- refresh your CV, focusing on your experience and transferable skills
- use a computer to search for jobs and apply online
- find suitable courses if you'd like to update your skills or train for something new
- find a volunteering role to build your confidence by helping others
- with practice interviews, so that you know what to expect.

The Building Better Opportunities (BBO) programme offers free one-to-one support to help people gain confidence and overcome barriers to employment, education and training.



For free one-to-one support in Lancashire
Email: BBO@placesforpeople.co.uk
Call/text: 07484 911 486

HELP HEAL EAST LANCASHIRE

We would love local residents to help with all aspects of this project. There will be that chance for everyone to work with us – no matter what skills, knowledge, or outdoor experience they have. HEAL aims to get everyone outdoors. Therefore, we'll be encouraging people to get involved with growing tree saplings, tree planting, guided walks, tree seed gathering, invasive species control, and ecological surveys.

- [HEAL- Health and Environmental Action Lancashire - Ribble Rivers Trust](https://ribbletrust.org.uk) (ribbletrust.org.uk)
- [HEAL- community woodlands in Pendle - Ribble Rivers Trust](https://ribbletrust.org.uk) (ribbletrust.org.uk)


SUPPORT

TIME FOR YOU IN 2022

New Era have a number of courses to help and support families.

[Home \(neweraburnley.co.uk\)](http://neweraburnley.co.uk)

Time For You
new era enterprises
Family courses
*Free subject to eligibility



Understanding ASD
Understanding ADHD

For available courses contact:
info@neweraburnley.co.uk
07413 390258

Care for the Family

Time For You
new era enterprises
Family courses
*Free subject to eligibility

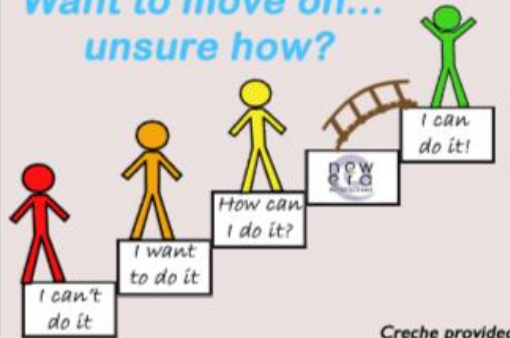


The Teenage Years
Sessions for anyone parenting children aged 11 to 19

For available courses contact:
info@neweraburnley.co.uk
07877 714693

Care for the Family

Time For You
Want to move on... unsure how?



Creche provided!

Let New Era Burnley help you
Accredited level 1 qualification
Course includes:
- Working with Adults/Children
- Managing Stress
- Mental Health Awareness
Plus much more.

Courses Start 19th Jan 2022
Call 07877 714693 to book your place!

new era enterprises European Union European Social Fund

Time For You
new era enterprises
Family courses
*Free subject to eligibility



The Early Years
Sessions for anyone parenting children under 5

For available courses contact:
info@neweraburnley.co.uk
07413 390258

Care for the Family

TIME FOR YOU
new era enterprises
...to learn new skills!

...to step into employment! 	...to improve your CV! 	...to gain a qualification! 
...to meet new people! 	Programmes from Jan 20th Text/call 07877 714693 to enrol!	...to make a new start! 
...to improve your wellbeing! 	...to get the advice you need! 	...to be the new you! 

Interested? Find us at the places below to learn more about the opportunities, training and support we can offer!

www.neweraburnley.co.uk [f](#) New Era Enterprises Ltd [t](#) @NewEraBurnley

Time For You
new era enterprises
Family Courses
*Free subject to eligibility



Handling Anger in the Family
Sessions for anyone parenting children aged 5 to 16

For more info contact:
info@neweraburnley.co.uk
07877 714693

Care for the Family

Time For You
new era enterprises
Family Courses
*Free subject to eligibility



Dads
Workshops for fathers of children up to 16 years

For available courses contact:
info@neweraburnley.co.uk
07413 390258

Care for the Family

Time For You
new era enterprises
Family Courses
*Free subject to eligibility



The Primary Years
Sessions for anyone parenting children aged 5 to 11

For more info contact:
info@neweraburnley.co.uk
07877 714693

Care for the Family

COMMUNITY EVENTS AND SUPPORT

Boloh Helpline

Working with
adult Asylum
Seekers UK-wide
by supporting their
emotional health
and wellbeing.

Call for free on
0800 151 2605

Believe in
children
Barnardo's

BOLOH HELPLINE

We work with adult Asylum Seekers UK-wide by supporting their emotional health and wellbeing



HOW CAN WE HELP YOU?

- ◆ Helpline advisors are here to listen to you and provide emotional support
- ◆ Helpline advisors can provide specialist advice on a range of issues you might be experiencing
- ◆ We can provide free counselling to adult asylum seekers
- ◆ Helpline advisors can support you to access help from other organisations



Call us for free
0800 151 2605

Staff speak different languages
or can provide an interpreter
who speaks your language



Talk to us on web-chat
helpline.barnardos.org.uk

Click on the icon on the bottom right
Our helpline is open:

- Monday to Friday 10am – 8pm
- Saturday 10am – 3pm

Believe in
children
Barnardo's

For more information about how we can help you, please
visit: helpline.barnardos.org.uk

Boloh

Believe in
children
Barnardo's

**We work with Asylum Seekers UK – wide
by supporting their mental health and
wellbeing**

You can call us for free on
0800 151 2605

Staff speak different languages and
have access to interpreters

Talk to us on webchat by visiting
helpline.barnardos.org.uk

Our helpline is open:
**Monday to Friday 10am –
8pm**

Saturday 10am – 3pm



ACTIVITIES TO GET OUTDOORS

RAIL TRAILS FOR 2022

The East Lancashire & Clitheroe Line Community Rail Partnerships have arranged a series of guided walks that will start and finish at stations in East Lancashire. The walks are led by volunteer guides from the Lancashire Rail Ramblers and are free and open to all to take part in.

The spring timetable is available at [CRL-Guided-Walks-spring-2022](#)

Any prospective walkers should make themselves familiar with the Countryside Code which can be downloaded by clicking [HERE](#). The Countryside Code gives common sense advice to help everybody respect, protect and enjoy the countryside. It is also there to support local communities who live and work in the countryside.

Or take a look at some of the self guided walks that can be accessed from our Lancashire rail stations.

[Exploring Lancashire by rail](#)



DEMENTIA ADVENTURE

Regularly spending time in nature can slow progression of dementia. It can also improve sleep, concentration, appetite and communication skills. Yet research by the charity Dementia Adventure shows that people living with dementia and their carers often face barriers to accessing the outdoors. SF&G have developed some helpful resources; [Care farming for dementia and older people | Social Farms & Gardens](#)

If you are looking to deliver services to people living with dementia in future, Dementia Adventure are currently offering a couple of free training sessions that you might find useful. We recommend that you start with the 2-hour online course '[Thinking Differently About Dementia](#)'. Once you have completed this you can move on to their online training taster session – '[Time in nature](#)'.

ELISHA HOUSE: RECOVERY RIDES

These rides are an introduction to social cycling and our aim is to ride at a pace where everyone can enjoy the local environment and enjoy each other's company.


All are welcome and a wide range of needs can be met. We are able to provide one of our eBikes if you struggle with physical fitness, utilise the Mark Vose Eye Clinic Tandem if you are visually impaired or need to ride tandem for other reasons and we are willing to solve any other access needs which you may have. We also have some conventional bikes to loan out if you don't have your own.

[Elisha House: Recovery rides Tickets, Multiple Dates | Eventbrite](#)

ACTIVITIES TO GET OUTDOORS


[100 Best Charity Fundraising Websites And UK Online Donation Platforms \(charityexcellence.co.uk\)](#)

LANGHO BLOKES UNITED




EVERY MONDAY 7.45 – 8.45 PM

LOCATION: LANGHO FC, DEWHURST ROAD, BB6 8AF



£3 DONATION SUBS
SESSION IS OPEN TO MALES 16+
#FOOTBALLTHERAPY #DONTBEONYOURTOD



creative FOOTBALL

[Browse: Charities, volunteering and honours - GOV.UK \(www.gov.uk\)](#)



Lancashire Local List

A project to identify our local heritage

Lancashire residents are being asked to **participate** in a new project to help identify the local heritage they value most for recognition and possible inclusion on a Local Heritage List.

The Lancashire Local List is a register of local heritage assets. These assets can include any buildings, structures, sites or landscapes that have historic or heritage merit and contribute to the character of the local area.

We need local residents, communities and groups throughout Lancashire to **get involved** and to tell us about the heritage assets that are special in your area.



Buildings and other assets can be nominated through our **dedicated new website**. The website also provides information about the project and guidance on how to contribute.

Visit: local-heritage-list.org.uk/Lancashire or scan the QR code to access the website and nominate any heritage assets that you feel should be included on the list.

Or contact:
olivia.birks@growthlancashire.co.uk
if you have any further questions.







EAST LANCS LONG DISTANCE WALKERS

We are a very active and friendly group of enthusiastic walkers.

We walk 10-15 miles on Wednesdays and 20+ miles on Sundays. We also enjoy group holidays and social events and we organise and take part in challenge walks. Interested ? See our [website](#) for more information, including our walks schedule.

Please feel free to contact us or just turn up at the start of a walk. You will be made very welcome. secretary.eastlancs@ldwa.org.uk Tel. 07553 944988



ACTIVITIES TO GET OUTDOORS

**Could you dig in
& help plant trees?**



**We have 4,000 trees to plant
across Pendle this winter.
Could you help to plant a few?**

**Together we can help combat climate
change, support wildlife & improve our
green spaces.**

Visit www.pendle.gov.uk/trees
Or email parks@pendle.gov.uk



**THE GREAT BRITISH
SPRING
CLEAN.
25 MARCH -
10 APRIL 2022**



Sow and Grow

Saturday 5th March, 10am - 11.30am, Online

Fancy giving 'grow your own' a go but not too sure how to get started? It doesn't matter if you are a planting pro, or have a balcony or window box to get your seeds shooting! This event will give you top tips to make the most of your space.

Join us on our live sowing session and get your seedlings started with practical advice and support from our teachers. Resource packs are provided with compost pellets, seeds, and more!

FREE resource pack sent out to those who enrol in advance.

Click here to enrol!

Want to join in as a family? Join our Sow and Grow for families by clicking [here](#).

www.lal.ac.uk 0333 003 1717



Sow and Grow for Families

Saturday 5th March, 1pm - 2.30pm, Online

Do you fancy giving 'grow your own' a go with your family but not too sure how to get started? Our FREE virtual session is perfect for those with 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.

FREE resource pack sent out to those who enrol in advance.

Click here to enrol!

www.lal.ac.uk 0333 003 1717

THE GREAT BRITISH SPRING CLEAN 2022

The Great British Spring Clean 2022 is the country's biggest mass-action environmental campaign. This is about demonstrating that you love where you live – whether that's by pledging to pick while you're walking the dog or taking the kids to school, hosting a clean-up or joining someone else's clean-up. You should register your event on the Great British Spring Clean website [Home | Keep Britain Tidy](#)

Pendle Council are encouraging all schools, town/parish councils, community, voluntary and faith organisations to get involved. **For more information and support about how pendle based residents or groups can get involved** contact the Localities Team 07970 311245 or email audrey.drinkwater@pendle.gov.uk.

COMMUNITY EVENTS AND SUPPORT

BURNLEY STREET SOCCER ACADEMY

AGED 18-30? JOIN OUR FREE FOOTBALL-THEMED PERSONAL DEVELOPMENT PROGRAMME



TASTER DAY SESSION

Thursday 18th March 2022
12.30pm - 2.30pm
(including lunch)

ACADEMY DATES

Running every Thursday
24th March to
24th May 2022
10.00am - 2.00pm (including lunch)

THE VENUE

Leisure Park,
Northlight,
Alan Waring
Bellerfield Sports Ground

WHAT'S INVOLVED?

The Burnley Street Soccer Academy is a free 10-week personal development programme providing a combination of football coaching, mindset training and skills & employability workshops.

By joining the Street Soccer Academy you can:

- Improve your physical and mental health
- Increase your fitness, confidence and self-belief
- Create a more positive mindset
- Improve your employability prospects
- Be in a safe and positive environment
- Develop and improve key skills such as team work, goal-setting, communication and more!

To refer a young person please email:

academy@streetsoccerfoundation.org.uk
or Telephone: 0203 143 6793 to request a Referral Form.

For more information visit: www.streetsoccerfoundation.org.uk

BFCitC are now actively inviting referrals of young people ASAP to join the Street Soccer Academy (SSA) programme. If you have any queries about the programme, please don't hesitate to contact Martin Payne M.Payne@burnleyfc.com, or Keith Mabbutt kcm@streetsoccerfoundation.org.uk



IS ALCOHOL
COSTING YOU
MORE THAN
MONEY?



THERE IS A SOLUTION



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

Read Easy Preston are taking this opportunity to meet in person to showcase the life-changing work we do and celebrate what we have achieved so far, in helping adults in the Preston area who cannot read. If you're interested in learning more about referring in to the scheme, or bringing Read Easy to other areas, contact prestonleader@readeasy.org.uk



We are 1!

You are cordially invited to the
1st Birthday Celebration of

Read Easy Preston

6.30pm, Friday 11th March 2022

at Moor Park Sports and Social Club, Blackpool
Road, Fulwood, Preston, PR2 3AE

To celebrate our achievements so far and say thank
you to our volunteers, supporters and sponsors.

Refreshments will be provided

RSVP so we can order food!

COMMUNITY EVENTS AND SUPPORT

PRINCE'S TRUST PROGRAMME

Any young person who is either unemployed or an educational underachiever is eligible for Prince's Trust support. We provide personal development, training and work experience opportunities, helping young people build their skills, confidence and motivation and move on to employment.

The Prince's Trust is a champion of young people, no matter what their background.

EXPLORE



AGED 16-25?

WANT TO LEARN KEY SKILLS AND DEVELOP YOUR CONFIDENCE?

The Princes Trust Explore programme is the perfect opportunity to learn new skills and train. We'll support you every step of the way.

- Identify and set your own goals
- Work in a team and benefit from one-to-one support
- Develop new skills through employability sessions
- Take part in fun and engaging activities
- Receive support moving forward into work, education or training
- Support with Literacy, Language and Numeracy is also available

You can take part online or face-to-face at local venues.

FIND OUT MORE

Call/text Tracey Duerden on 07943 557868
Email Tracey.duerden@princes-trust.org.uk



GET STARTED



WITH APPS
MADE BY MILK

Are you 16-25 and want to learn how to create your own Apps?

Increase your skills while having fun on our Get Started with Apps programme. Work with a group of likeminded young people to design and develop your own app.

- Learn about coding using HTML, CSS & Javascript.
- Learn how apps are made.
- Work in teams to produce an app prototype.
- Customise your apps colour scheme, logo & branding.

Not only will it help you discover new talents, but you'll also receive one to one support from one of our mentors to help you uncover your next steps.

Taster day: Wednesday 3rd March
Dates: Monday 8th – Friday 12th March
Where: Online

FIND OUT MORE

To join this programme or find out more, contact -
andrew.mcnally@princes-trust.org.uk
07931614736



Programme Contacts & Email

Explore – 07483991387 -

Adele.middleton@princes-trust.org.uk

Get Started – Andrew McNally – 07931614736-

andrew.mcnally@princes-trust.org.uk

Get into - Janice Bradley – 07506692154 -

Janice.bradley@princes-trust.org.uk

Get into NHS - Hayley Berry – 07773002870 -

Hayley.Berry@princes-trust.org.uk

Development Awards – North – (Call Adele)

DevelopmentAwards-North@princes-trust.org.uk

Team – Jessica Walker – 07874004119 -

Jessica.Walker@princes-trust.org.uk

Enterprise – Radeea Ali – 07483135849 -

Radeea.Ali@princes-trust.org.uk

COMMUNITY EVENTS AND SUPPORT

STIRRING SOUNDS

East Lancs Clarion Choir are up and singing again and welcoming new members. We meet in a big school hall with plenty of space. No auditions, no need to read music. Find out more at clarion-choir.co.uk
TASTER SINGING WORKSHOPS
Registration, Burnley | Eventbrite

Extra Time ARE YOU AGED OVER 50?

Meet new friends and engage in a range of activities that will include:
indoor short mat bowling, table tennis, badminton, short tennis, gym and walking football.

Session times: Every Friday, 10am – 12pm.
- Sessions held weekly -

£4 Per Session

ACTIVE

NEW



The Leisure Box, Northlight, Glen Way, Brierfield, BB9 5NH.
For more information please contact Martin Payne on
07706 324676 or email m.payne@burnleyfc.com.

**THE
LEISURE
BOX**

 **BURNLEY FC**
IN THE COMMUNITY

 **ACTIVE
CLARETS**

Free Health and Wellbeing Courses in March



Improve your wellbeing with one of Lancashire Adult Learning's health and wellbeing online courses. We also offer FREE tailored courses for staff wellbeing, community groups and volunteers in Lancashire.

Go to www.lal.ac.uk to book or scan the QR code:

Make Your Own: Self-Care Pamper Hamper, Online
1st March | 9:30am – 11:30am | 2 Weeks

Finding Positives in Challenging Times, Online
7th March | 1:00pm – 3:00pm | 2 Weeks

Yoga for Stress & Anxiety, Online
7th March | 1:00pm – 3:00pm | 2 Weeks

Introduction to Chair Based Exercise, Online
8th March | 1:00pm – 3:00pm | 2 Weeks

Simple Relaxation Techniques, Online
15th March | 10:00am – 12:00pm | 2 Weeks

Yoga for Stress & Anxiety, Online
22nd March | 10:00am – 12:00pm | 2 Weeks

5 Ways to Improve Your Mental Wellbeing, Online
24th March | 10:00am – 12:00pm | 2 Weeks



admin.lal@nlsongroup.ac.uk



www.lal.ac.uk



0333 003 1717

COVID VACCINE EQUALITIES

Anyone with an interest in COVID vaccine equalities is invited to join the COVID Vaccine Equalities Connect and Exchange Hub webinar series, a programme of events organised to support local areas to narrow the uptake gap in under-served communities. Upcoming webinars are;

- 3 March, 1.30 to 3pm: Boosting uptake in people aged 30 and under
- 17 March, 1.30 to 3pm: Frontline practice to increase COVID-19 vaccine confidence and uptake in under-served communities
- 31 March, 1.30 to 3pm: Sharing our learning with other areas of health

COMMUNITY EVENTS AND SUPPORT



Free Seasonal Courses

Improve your wellbeing with one of Lancashire Adult Learning's health and wellbeing online courses.

Create Your Own: Mother's Day Pamper Hamper, Online

14th March | 10:00am - 12:00pm | 2 Weeks
17th March | 09:30am - 11:30am | 2 Weeks
18th March | 1:00pm - 3:00pm | 2 Weeks

Edible Gifts for Mother's Day, Online
22nd March | 12:00pm - 2:30pm | 1 Week

Edible Easter Gifts, Online

29th March | 9:00am - 11:30am | 1 Week
29th March | 12:30pm - 3:00pm | 1 Week
30th March | 10:00am - 12:30pm | 1 Week

FREE resource pack sent out to those who enrol in advance on this course.



Go to www.lal.ac.uk to book or scan the QR code:

admin.lal@nelsongroup.ac.uk  www.lal.ac.uk  0333 003 1717

LWT CONSERVATION CHALLENGE

To get involved, contact
Kim Coverdale

kcoverdale@lancswt.org.uk

East Lancs Reserves Officer,
The Wildlife Trust
07841 996722

MARCH 2022

Thursday 3rd Salthill Quarry
Thursday 10th Foxhill Bank
Thursday 17th WEEK OFF
Thursday 24th Foxhill Bank
Thursday 31st Foxhill Bank

APRIL 2022

Thursday 7th Cross Hill Quarry

Lancashire Wildlife
Trust

VOLUNTEER
CONSERVATION
WORK PROGRAMME

MARCH-APRIL
2022

EAST LANCASHIRE NATURE
RESERVES



Protecting wildlife
for the future

Lancashire,
Manchester &
N Merseyside

GET ON YER BIKE FOR LENT.

Our lent rides will be led by a trained ride leader who can support and encourage you as well as showing you the way! Our rides are intended to be accessible to anyone who has basic cycling skills.

Families are welcome and we will be riding a route of no more than 10 miles, aiming for quiet roads and nice scenery. We start at St Mary Magdalene CofE Church, Church Street, Clitheroe, BB7 2DD. If you would like any more information about the exact route or have specific questions, please email BreakingCyclesCIC@gmail.com

[On yer bike for Lent: Led Bike Ride Tickets, Sun 6 Mar 2022 at 11:00 | Eventbrite](#)



LANCASHIRE LGBT

LBT+ Women and Non-Binary Peer Support Group presents:

RAINBOW ROSES

An exploration of Queer self-expression

Thursday 10th March 2022
6:30pm-8:00pm
Burnley Central Library
Free

Register here:



SUPPORT FOR CHILDREN AND YOUNG PEOPLE

CHILD OF THE NORTH

This new report looks at a wide range of factors, from child poverty to children in care, to build up a picture of ***The Child of the North***. It sets out 18 clear recommendations that can be put in place to tackle the widening gap between the North and the rest of England. [Report paints a stark picture of inequality for children in the North - The NHSA](#)

Young Carers

Hyndburn & Ribble Valley

- ⇒ Free and confidential information
- ⇒ Time out from your caring role
- ⇒ 1 to 1 support, including in school
- ⇒ Make new friends
- ⇒ Fun days out
- ⇒ Regular support groups

01254 387444
www.carerslinklancashire.co.uk
54-56 Blackburn Road, Accrington, BB5 1LE


Carers Link Lancashire
 IMPROVING LIFE FOR YOUNG CARERS
 Supported by Lancashire, East Lancashire, NHS, and Children in Need

 Find us on facebook.

Registered Charity 1156275 Company Limited by Guarantee 00184300

SUICIDE PREVENTION SUPPORT

PAPYRUS deliver face to face training to increase the skills, knowledge and understanding that underpin and encourage Suicide Prevention in young people across the country. [Upcoming Training - Papyrus UK](#)

JOIN YOUR

POWAR

SEND Youth Voice Group

REGULAR MEETINGS FOR SEND YOUNG PEOPLE AGED 12-25 YEARS WITH LIKE MINDED YOUNG PEOPLE

YOUR VOICE MATTERS

FOR YOUNG PEOPLE ACROSS LANCASHIRE

Contact Suli or Lorna to find out more and sign up:

Suli: suliman.hussain@lancashire.gov.uk / 07775221214
Lorna: lorna.harris@lancashire.gov.uk / 07977349448

GET YOUR VOICE HEARD

There are many groups young people in [#Lancashire](#) can join to have their voices heard, whatever their views and experiences. [Find details of groups here](#)

WE'RE AT THE HEART OF YOUNG PEOPLE IN LANCASHIRE

Open sessions every Tuesday and Friday from 7pm-9pm and every Wednesday and Thursday from 5pm-7pm at Barden Playing Fields, Barden Lane, Burnley BB10 1JQ

FOOTBALL! **DODGEBALL!**
DRAMA! **ART!** **TENNIS!**
BASKETBALL! **DANCE!**
+ LOADS MORE!

We support children and young people from age 5 to adulthood by creating a safe, fun, friendly atmosphere where we can learn, develop and grow together!

01282 424038
info@bbgc.org.uk

 BurnleyBoysG
  BBGCCharity
 BurnleyBoysAndGirls
 Registered Charity Number: 525035



WHAT'S ON



Toolbox Talks

Do you enjoy woodwork or practical DIY?

Would you like to learn new skills or share your experience?

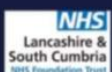
Would you like to meet new people and have a laugh?

A FREE community woodwork and woodcraft group at Offshoots, Towneley Hall, Burnley.

Tuesdays 1pm - 3pm

For more details contact:
John.O'Neill@newground.co.uk or
Nick Alderson on 07973747718

**JOIN
SHARE
BUILD**



newground
your community to last business

Carers Cafes & Lunch Club

Monthly / 11-1pm



Carers and the person you care for can join us for a cuppa and delicious lunch at one of our friendly Carers Cafes across East Lancashire.

Take the load off, meet new friends and enjoy a good old chat. If you haven't been to a Carers Cafe before don't worry a staff member will be there to greet you with a warm welcome. Carers pay for their own food & drink which could be soup and a sandwich or a homemade special...it just depends on how hungry you are! Contact us to book your place.

Hyndburn - 4th Monday
Carers Link Community Facility
54-56 Blackburn Road, Accrington, BB5 1LE



Rossendale - 1st Thursday
StubbyLee Café
StubbyLee Lane, Bacup, OL13 0DD



Pendle - 3rd Friday
Lakeside Cafe,
Ball Grove Drive, Colne, BB8 7HY



Burnley - 4th Wednesday
Little Barista
7 Howe Walk, Burnley, BB11 1QB



Ribble Valley - 3rd Tuesday
Maxwells
54-56 King St, Clitheroe BB7 2EU



Singing for The Brain

Blackburn

January – March 2022



Singing for the Brain

Burnley

January - March 2022



Please join us on the following dates:

Venue:

Trinity United Reform Church Hall
Brown Hill Road
Blackburn
BB1 9QY

Parking:

There is free car parking at the side of the Hall

Cost:

Currently there is no charge for these sessions.

2022

Friday 7th January
Friday 14th January
Friday 21st January
Friday 28th January

Friday 4th February
Friday 11th February
Friday 18th February
Friday 25th February

Friday 4th March
Friday 11th March

If you have any questions, or would like to join and book on to a session please contact us:

Tel: 0333 150 3456 or Email: eastlancashire@alzheimers.org.uk

Please note: This service requires a referral by a Dementia Adviser



Alzheimer's Society operates in England, Wales and Northern Ireland.
Registered charity number 296645.

Please join us on the following dates times:

Venue:

Padiham Town Hall
83 Burnley Road
Padiham, Burnley
BB12 8BL

Parking:

There is a free car park at rear of the Town Hall with some disabled parking bays.

Cost:

Currently there is no charge for this session.

Current 2022 programme dates:

Tuesday 18th January
Tuesday 25th January
Tuesday 1st February
Tuesday 8th February
Tuesday 15th February
Tuesday 22nd February

Tuesday 1st March
Tuesday 8th March
Tuesday 15th March
Tuesday 22nd March
Tuesday 29th March

If you have any questions, or would like to join and book on to a session please contact us:

Tel : 0333 150 3456 or Email: eastlancashire@alzheimers.org.uk

Please note: This service requires a referral by a Dementia Adviser



Alzheimer's Society operates in England, Wales and Northern Ireland.
Registered charity number 296645.

WHAT'S ON

FISHING FOR FUN

MS Angling & Education currently offer 'Well-being Wednesday' and 'Feel Good Friday' fishing sessions. Transport can be provided. No fishing equipment or fishing licences are required for these sessions. Licence waivers are in place as sessions are supported and promoted by the governing body - the Angling Trust. All necessary fishing equipment will be provided by [MS Angling and Education](#)



MS
ANGLING & EDUCATION

IN PARTNERSHIP WITH:   

Well-being Fishing Sessions at Cornfield Farm Fishery, Burnley. All necessary equipment and bait provided. Get out on the bank besides the water and...

- Enjoy the great outdoors, helping to reduce the stress of everyday life.
- Boost your mood.
- Socialise and meet others, have fun and learn new skills.
- Enhance your psychological well-being.

Contact Mark via email - mark@msanglingandeducation.co.uk for more information.
#MentalHealthMatters #GetFishing #FishingTherapy Twitter@MSmed4

 **BURNLEY PENDLE & ROSSENDALE**
COUNCIL FOR VOLUNTARY SERVICE

 **East Lancashire**
Clinical Commissioning Group

Our Free Community Support Groups

Community Groups Available At Colne Open Door Centre

Group / Activity:	Date and time of group session:	Contact number for more info:
Healthy Mind?	Thursday 10am - 12pm	Janet 07729782809
'Not so crafty' Art and Craft Group	Thursday 1pm - 3pm	Louise 07769733256
Magpies - Hoarding Support	Returning in March 2022	Melva 07962185691
Dance Through Your emotions	Friday 2:30pm - 3:30pm	Fauve 01282 860342
NA Group	Friday 7pm - 9pm	Jason 07983855577
NA Group	Saturday 4pm - 6pm	Nigel 07379445429

Group / Activity:	Date and time of group session:	Contact number for more info:
Healthy Mind?	Monday 10am - 12pm	Janet 07729782809
Self Harm Support Group	Monday 5pm - 6:30pm	Simon 07932898274
Drumming Group	Monday 6.45pm - 8.45pm	Simon 07932898274
AA Group	Tuesday 7pm - 9pm	Maressa 07595584046
AA Group	Wednesday 1pm - 2:30pm	Vivian 07887610749
Men's Den	Wednesday 6pm - 7:30pm	Gavin 07956688016

WHAT'S ON

EM/GRT Achievement Service

Study Centres

for School Children Year 3 to Year 11

Face to Face Session

- Free help with school work • Improve educational results
- Delivered by qualified tutors • Available at the following centres

Saturday, 10.30am-1.30pm

Bradley Neighbourhood Centre (The Zone) Leeds Road, Nelson BB9 8EL

Saturday, 10.00am-12.00pm

Burnley Campus Library, Barden Lane, Burnley BB10 1JD

Online session

We are also running online study sessions during weekday evenings. If you wish to register your child, please do so via the following link (Google Forms):

<https://forms.gle.SPDAacq7n5KmUio79>

For Further Information Contact:

Apu Chowdhury

Community Education Liaison Officer

Faith Centre, Burnley Campus, Barden Lane, Burnley BB10 1JD

Mob: 07771 338879

Email: apu.chowdhury@lancashire.gov.uk



Part of School Improvement Service

www.lancsngfl.ac.uk/ema

Follow us on Twitter



Bodies in Motion

- Improved body shape
- Improved posture
- more energy
- reduced stress levels
- greater self-confidence
- & self-esteem

TOTALLY TONED A SESSION THAT WILL HIT ALL AREAS. GET TOTALLY TONED!

MONDAY 9:30 - 10:15AM

Bodies in Motion

GET STRONG NOW

ABS BLAST

Monday 10:30 - 11am
Wednesday 5:15 - 5:45pm

ONLY A 30-MINUTE WORKOUT FOCUSING ON YOUR ABDOMINAL MUSCLES TO HELP WITH STRENGTH DEVELOPMENT, POSTURE IMPROVEMENT AND AB TONING.

Bodies in Motion

EXERCISING FIRST THING IN THE MORNING MAY RESULT IN A MORE PRODUCTIVE DAY, WITH IMPROVED FOCUS AND THINKING ABILITIES.

WAKE UP HIIT

Tuesday 9:15 - 9:45am

Get Hiit Done

To sign up, go to www.bodiesinmotion.clubright.co.uk/home, view our links at <https://linktr.ee/bodiesinmotion>, call us on 01282 605050 or come to us at 30 Colne Road BB9 5NS

Bodies in Motion

MORNING STRETCH

Tuesday 10 - 10:30am

Posture | Energy | Mind
Flexible | Balance | Calm

Bodies in Motion

CORE AEROBICS

WEDNESDAY 11:30 - 12PM

- increase stamina
- strengthen core
- improve health
- boost your mood

Bodies in Motion

CIRCUIT TRAINING

No Music OPTION

WEDNESDAY 4 - 4:45pm

CIRCUIT TRAINING IS ONE OF THE MOST EFFICIENT KINDS OF WORKOUTS YOU CAN UNDERTAKE IF YOU WANT TO GET IN SHAPE.

Bodies in Motion

LEGS, BUMS & TUMS

THURSDAY 11:30 - 12:15PM

Want To Get A Firmer Bum, Tum & Leaner Looking Legs?

This Class Does It All!

Bodies in Motion

BOOTCAMP CIRCUIT

Friday 4 - 4:45pm

A very effective class delivering a great workout with lots of intense exercises put together into one difficult circuit.

Max Burn!

Bodies in Motion

KETTLERCISE

A total body exercise routine (using a kettlebell)

MONDAY 12 - 12:50PM & THURSDAY 5:40 - 6:30PM

MAKE IT HAPPEN

- Increased Muscle Tone
- Reduced Body Fat
- Weight Loss
- Feel Good Factor!

#TEAMKETTLERCISE

MORE POSITIVE TOGETHER STEPS

This is a FREE employment support program for anyone living in Blackburn, Pendle and Rossendale. If you would like more information or to sign up to the program please contact referrals@newground.co.uk or 01254 265163

THE FIRST STEP TO A NEW JOURNEY

Do you want to improve your employment prospects?

We can help you with...

- Tailored 1:1 support
- CV Writing
- Finding employment
- Interview preparation
- Bespoke training courses
- Budgeting, housing and debt advice

Take that step today...

To benefit from this great opportunity, you must be unemployed and looking for work.

Tel: 01254 265163
referrals@newground.co.uk
newgroundtogether.co.uk

@NewGroundTogetherLancs



NONAY Never Forget

Formally known as: DEMENTIA CAFÉ

DONATIONS WELCOME

A safe, comfortable and supportive environment where people with dementia, and their carers, can come together and socialise.

Sessions held every Wednesday, 1PM UNTIL 3PM.

- To share experiences and chat with others in a similar situation.
- Dementia friendly activities provided, such as jigsaws, board games & dominoes.
- Refreshments available, served by our friendly team of volunteers.
- 'No Nay Never Forget' is held at Burnley Cricket Club, Belvedere Road, Burnley BB10 4BN.

BURNLEY FC IN THE COMMUNITY

TRAINING

Child sexual & criminal exploitation.

No
Whispers

Keeping our children and young people safe.

"No Whispers" Community Interest Company delivers training & awareness in child sexual and criminal exploitation to prevent abuse, offer support and enhance contextual safeguarding.

Training sessions are suitable for professionals, volunteers, and members of the community. Training is interactive, informative, and impactful.

For further information contact Karen Livesey at "No Whispers"



Community Interest Company no. 12489454
07713 129242
www.no-whispers.co.uk
karen@no-whispers.co.uk



BOOST ONLINE COMMUNICATION

Crisis Communications for Social Media

What digital skills do charities need?

Digital Transformation Week 2022

Social manipulation in the gaming era

How to write amazing newsletters

East Lancashire Chamber of Commerce European Union European Social Fund LEADING LANCASHIRE LEADERSHIP AND MANAGEMENT DEVELOPMENT boost Lancashire's Business Growth Hub

Fantastic Funded

Leading Lancashire

Workshops for SME's

You need to be 16 or over and eligible to live and work in the UK

Giving Excellent Appraisal Feedback
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
28th April 2022
9.00am - 1.00pm

Creating Perfect Sales
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
26th May 2022
9.30am - 3.30pm

Amazing Customer Service
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
30th June 2022
9.30am - 1.00pm

How to Handle Difficult Conversations/Honest Conversations
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
14th July 2022
9.30am - 3.30pm

Motivate, Influence and Build High Performing Teams
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
8th September 2022
9.30am - 12.30pm

Creating a Culture of Accountability in the Workplace
Delivered by the amazing HEATHER WRIGHT at East Lancashire Chamber of Commerce
8th September 2022
1.15pm - 4.00pm

Bid & Tender Management
Delivered by Christine Fare FCIPS
East Lancashire Chamber of Commerce
29th March 2022 9.00am - 12.30pm
A Masterclass of Best Practice and Top Tips to improve success rates.

Am I eligible for Leading Lancashire workshops
Age 16 or over
Eligible to live and work in UK
Work for a Lancashire based SME (less than 250 employees)

East Lancashire Chamber of Commerce European Union European Social Fund LEADING LANCASHIRE LEADERSHIP AND MANAGEMENT DEVELOPMENT boost Lancashire's Business Growth Hub

2 Fantastic and Inspiring Women in Business Conferences

At the beautiful Astley Bank Hotel, Darwen.

Leading Lancashire Women's Life Skills & Well Being in Challenging Times Conference.

Facilitated by Wendy Bowers & Katy Mason
Venue Astley Bank
Thursday 19th May 9.30am- 1pm
Followed by 3 course lunch.

60 funded places available through the Leading Lancashire Project and East Lancashire Chamber of Commerce.

Life Skills and Wellbeing has a major impact on organisations and companies in terms of productivity and changing strategies in response to a changing environment. It also has a huge impact on individuals - increasing levels of stress, anxiety, and ill-health - unless we develop the skills and the mindsets that enable us to cope, adapt, and ultimately to thrive.

There are physical, emotional, and mental elements to improving individual wellbeing, all of which involve becoming more self-aware, self-confident, and self-sufficient.

Join us on this fantastic morning at the beautiful Astley Bank which is all about you and your future successful journey.

Women in Business, Advantages, Challenges and Future Opportunities

Facilitated by Wendy Bowers & Katy Mason
Venue Astley Bank
Thursday 15th September 9.30am- 1pm
Followed by 3 course lunch.

60 funded places available through the Leading Lancashire Project and East Lancashire Chamber of Commerce.

A brilliant insight into female leadership and the soft skills and emotional intelligence required in today's demanding and changing landscape. Explore your leadership key soft skills that drive high performance in your teams and understand why self-awareness and emotional intelligence is rated more highly than IQ in business.

A really enjoyable and enlightening conference.

Am I eligible for Leading Lancashire workshops

- Age 16 or over
- Eligible to live and work in UK
- Work for a Lancashire based SME (less than 250 employees)

VOLUNTEERING OPPORTUNITIES

NEW DRIVER WANTED

Ribble Valley Visually Impaired Group are looking for a new minibus driver two days each month as their current volunteer is retiring after 20 years involvement with the group. For more information contact Sheila Greenwood at deadea40@hotmail.com

HOME-START TRUSTEE ROLE

Home-Start offers a unique service. We recruit and train volunteers, who are usually parents themselves, to visit families at home and offer them informal, friendly and confidential support. The families we help have at least one child under 13.

We are inviting new trustees to join the board to help the organisation achieve the best impact for families across our area.

[Become a Trustee - Home-Start East Lancashire](#)




**VOLUNTEER TODAY
FEEL CHAMPION**
Visit our website for more details

**LANCASHIRE
VOLUNTEER
PARTNERSHIP**

COMMUNITY SUPPORT BEFRIENDING SERVICE

MAKING A DIFFERENCE

With just one hour a week, you can make a difference to someone in your local area. Our Community Support Befriending volunteers provide friendly conversation and support to vulnerable or isolated people with regular contact by telephone, face to face visits, or both. This contributes towards reducing the feelings of loneliness and isolation felt by many in your community, and is incredibly rewarding for our volunteers too.

COMMUNITY SUPPORT BEFRIENDING:

Volunteer tasks:

- ✓ Regularly visit or call the individual either at home, by telephone, or both
- ✓ Regularly support the individual to achieve agreed positive goals to support their independence
- ✓ Provide regular feedback on progress

Required qualities:

- ✓ Must be over 18 years of age
- ✓ Good communication skills
- ✓ Understanding of vulnerability
- ✓ Commitment to give 1-2 hours a week for a minimum of six months

If you are interested in becoming a Community Support Befriender, visit our website at lancsvp.org.uk/opportunities to apply, or call 01772 416 417

f @LANCSVP t @LANCASHIREVP

HELP OTHERS GET INTO TECH

For over 20 years **AbilityNet** has been older and disabled people to use technology to achieve their goals at home, at work and in education. There are two volunteer roles available; **Volunteer Coordinator** and **Tech Volunteer** [Join Our Volunteers | AbilityNet](#)

FOR MORE INFORMATION OR SUPPORT, GET IN TOUCH...



VISIT OUR WEBSITE FOR MORE INFORMATION AND [EVENTS](#) AT

WWW.OURLANCASHIRE.ORG.UK