

Our Lancashire Newsletter 13th July 2020

Good morning and welcome to another Our Lancashire newsletter.

As the weeks roll on and people, groups, organisations and businesses that have previously been locked down start up again, everyone is trying to work out the new “normal”. Those that have been working throughout lockdown are also trying to adapt once more.

The school holidays are fast approaching and with them the normal challenges for families, that this year, are further compounded and complicated by the effects of post lockdown. Yet even though there is uncertainty, there is still a strong feeling of community and positivity, which got everyone through the last 3 months.

Clearly, there are still challenges ahead. However, having seen the willingness of groups and organisations to collaborate, creatively use technology for good, and the determination to continue giving, supporting, helping and genuinely making huge differences to individuals and families, our communities should be reassured that help is there for them if they need it.

We are open! - Opening updates:

The Billy Project Outdoor Gym Opening

We are pleased to announce the opening of our outdoor gym from today, Monday 6th July from 4.30pm. Government guidelines state that indoor fitness facility cannot open just yet. As we have a large outdoor space, we have decided to use it and allow our loyal members access to start exercising again. We will be following full covid19 policies and procedures (Dependant on Government Advise and this is subject to change).

The outdoor gym will consist of 6 outdoor exercise stations. Members can expect exercises such as a spin bike, rowing machine, chest press, TRX band, battle rope and more. Each station will consist of multiple exercise options, we guarantee members will have a fantastic workout.

We are still hoping that it will be mid-July when we can reopen fully and start to get back to some sort of normal. The gym itself is fully prepared and ready for you to all start exercising safely within its doors, we cannot wait, especially with the change in the good old British weather! We have to say though that these past few weeks of being back training outside (even in the rain) have been amazing! We hope that you will all agree that our little club is about a lot more than just exercise.

Outdoor Gym information:

☆ The outdoor gym will run Monday -Friday from 4.30pm – 9pm

☆ We will have an appointment only booking system for a maximum of 6 users per slot. Each slot will be 1 hours use.

☆ To book please contact Nici 07961 496672.

The above is subject to change based on Government Guidance. Once we can relax any of the above we will do so, by working together we can ensure our gym family will always be the strong positive place that it always has been!

Should you wish to discuss any of this please let me know.

Once again thank you for all of your continued friendship and support over the past few months.

Kind Regards,
Kerry Cameron
07875585634

The Billy Project CIC
Unit 5 Parkside Units
Albert Street
Mill Hill
Blackburn
BB2 4BL

www.thebillyproject.co.uk
www.facebook.com/thebillyproject
www.twitter.com/billyprojectcic
www.instagram.com/thebillyproject

Blackburn with Darwen Library reopening (see attachment)

Blackburn library successfully reopened last week and Darwen Library is opening today (Monday 13th July). I've attached the official comms again anyway, as there are temporary opening hours in place and the full range of services isn't back up and running yet.

People wanted!

The Lancashire & South Cumbria Personalised Care and Digital teams are working closely with MSc Psychology of Advertising students from Lancaster University to explore the thoughts and experiences of both frontline staff and citizens/people with lived experience, towards personalised care and integrated health & care.

The attached document provides some information on the project, and we currently seek up to 3 citizens/service users who have used either health or care services *and* services provided by voluntary, community, faith or social enterprise sector organisations. We are reaching out to you to ask if you could consult your service users to ask for contributors to this project. The participant information sheet attached provides further info. Please contact fred.attwater@nhs.net by Monday 13th July 5pm for further info or to register interest.

Kind Regards

Ashif Patel
Business Support Officer for Digital Innovations
Telephone: 01772 647162
Email: ashif.patel@nhs.net

Following on from the success of the previous Our Lancashire Online Chats run by Gail Barton (Community Engagement Officer for Pendle and Ribble Valley), this week she will be hosting another called "Funding Demystified"

Funding applications are rarely fun. With so many organisations competing for a share of the pot, the process can be long, complicated, and even the best applications have no guarantee of success. Join in the discussion and learn more tricks to make it stand out and the traps you want to avoid.

In this session we will;

- Think about how to use the right language to sell your idea
- Look at how you can best demonstrate that you meet the application criteria.
- Consider what else is often required when submitting an application.
- Explore common pitfalls and mistakes.

A Zoom link to access the session will be sent to you prior to the meeting start time. Register via Eventbrite; <https://www.eventbrite.co.uk/e/funding-demystified-tickets-112201026290>

This session is aimed to support any Lancashire based community group, charity or non-profit organisation.

If you have any additional needs that we should know about in order to support you accessing the content of this session, please contact me by email or phone beforehand.

Please feel free to share this event notification among your contacts. **Our Lancashire** is the Lancashire wide initiative to bring groups and communities together to make Lancashire a greater place to live, work and play. Find out more at www.OurLancashire.org.uk

Gail Barton

Our Lancashire Community Engagement Officer - Pendle & Ribble Valley
Our Lancashire – working in partnership with Lancashire Volunteer Partnership

Mobile: 07534 242304

Administration Support Tel: 01772 531323

Email address: gail.barton@lancashire.pnn.police.uk

Administration Support E-mail: ourlancashire@lancashire.pnn.police.uk

Lancashire Multi-Agency Domestic Abuse Campaign: #NoExcuseForAbuse



A domestic abuse campaign will be rolling out across the county starting this week. This is part of our response to the pandemic and has been co-ordinated across a number of agencies within LRF.

You might hear about it from your organisation's internal comms teams but if not I thought I'd share the info out too – if you're really lucky you'll receive it twice!

Here's the background:

The campaign has been designed to protect people who are at risk of or who are experiencing domestic abuse by raising awareness of the help and support available to victims and perpetrators as well as highlighting how and where people can report their concerns.

It has been developed in partnership with councils, Lancashire Police, Lancashire Violence Reduction Network, support agencies, the NHS and the Office of the Police and Crime Commissioner and is part of the Lancashire Resilience Forum's countywide response during COVID-19.

Safeguarding is everyone's responsibility and there are things you can do to support the campaign, but more importantly protect those people who are at risk:

- Be professionally curious - If something doesn't feel right, it usually isn't. It means looking, listening, asking direct questions, checking out and reflecting on information received. It means not taking a single source of information and accepting it at face value
- Look for the child and be their lockdown lifeline – You may be the only professional a child/young person living in an abusive household has contact with at this time. Make that contact count – follow the normal safeguarding referrals routes – agencies such as the Multi Agency Safeguarding Hubs are still open and ready to support those who need help

You might see the campaign in the following places:

- Social media
- Ad vans at supermarkets
- Rock FM
- Posters within community settings
- Within your organisation (intranet etc)
- In the press

We'll be scheduling posts on our @LancsVRN Twitter account so please feel free to share these. The campaign will also feature on our LancsVRN.co.uk website.

If you would like the full suite of social media content let me know and I'll pop it across to you.

The campaign hashtag is #noexcuseforabuse and the campaign website is already live – you can see it here: <https://www.noexcuseforabuse.co.uk/>

If you have any questions or if you'd like any further info on the plans just give me a shout :-)

Thanks,

Natalie

Natalie Burtonwood-Wilson

Marketing and Communications Lead
Lancashire Violence Reduction Network

T: 01772 532397

M: 07976 905590

E: natalie.burtonwood-wilson@lancashire.pnn.police.uk

Between the lines - Online art project

Hi Everyone

We have a online emotional health project starting this Wednesday, this will be delivered through the medium of arts. During the course participants will have the opportunity to discuss their feelings, hopes and fears. This will give participants time out and some time to think about what they have been through and how to move forward. It will be delivered in a sensitive manner.

Kind Regards

Kulsum Chishti

Activity Co-ordinator

Blackburn with Darwen Carers Service

Kingsway

Blackburn

BB2 1NA

Tel: 01254 688440

Fax: 01254 688441

Wellness and Recovery Workshops

The below is from a contact within Lancashire Care Foundation and is the first part of the programme they have planned for the rest of the year.

The below has just 15 places currently but if the demand is there they will look to expand.

Please see the link below to the

<https://www.eventbrite.co.uk/e/110977799586>