

Our Lancashire newsletter

Good morning! There is a lot of information in this newsletter as I am back from a week off. I had been debating whether to take some time as due to the current restrictions but I felt I needed it, and I did! Self-care and personal resilience is so important and if we do not look after ourselves, it is difficult to then look after others. It was important to spend some quality time with my family away from the dining table/home office and I hadn't realised how tired I was. So, I have booked 2 more weeks and will be on leave again from Friday 14th!

However, if you have any updates, information etc. you wish to share, please send it to me by Wednesday next week and I will share it.

Attachments

There are a lot of attachments including:

- The latest Violence Reduction Network Newsletter
- Several from BwD Carers Service about their latest activities
- Information about Duchy of Lancaster Benevolent Fund
- Community Foundation for Lancashire Grants – open again – up to £10,000

There are also attachments about crowdfunding, following a webinar I attended

- You can watch an edited video of the session here - <https://www.youtube.com/watch?v=7Tq0meuclJU&feature=youtu.be>
- Anna's PowerPoint presentation is attached
- Attached are follow up notes from the session, including the Q and A
- To find out more about Crowdfunding please visit - <https://www.crowdfunder.co.uk/>
- The Eden Project Communities Network is a great place to find likeminded, community people to connect with, please visit - <https://www.facebook.com/groups/epcnetwork/> for more.
- Anna is happy to answer any questions you may have unanswered on Crowdfunding, you can get in touch with her at – anna@crowdfunder.co.uk

For future events, please keep an eye on our Facebook page here - <https://www.facebook.com/groups/epcnetwork/>

I have also attached HARRI online courses for August, they have included a few new courses, which they have co-produced with their volunteers with live experience. Please feel free to share our online courses with your colleagues, friends and families.

Hasan Sidat Senior Operational Manager for Recovery & Resilience, Lancashire Care & South Cumbria NHS Foundation Trust

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Launch of new COVID Recovery Fund

Lloyds Bank are delighted to announce new funding for small and local charities helping people overcome complex social issues and recover beyond the immediate COVID-19 crisis.

Charities can apply for a two-year unrestricted grant of **£50,000 from Monday 3 August at 10am.**

Find out more about the COVID Recovery Fund

To meet the needs of small and local charities and the people they support, Lloyds Bank Foundation for England and Wales will open **new COVID-19 funding** to support charities to recover beyond the immediate crisis.

The COVID Recovery Fund will offer **140 charities a two-year unrestricted grant of £50,000** alongside the support of a **Development Partner to help charities identify and act on any organisational challenges they are facing.**

To ensure this funding is distributed equitably, **a minimum of 25% of the grants will be awarded to charities led by Black, Asian and Minority Ethnic communities.** Eligibility criteria will also be flexed for charities operating in Wales and those based in the [six communities we are partnered with.](#)

We will be publishing full eligibility guidelines this week and will be holding a Q&A webinar with our grants team to talk through and answer questions about the fund on **11th August between 2 pm – 3.30 pm.**

Webinar

[Visit our website](#) to stay up to date.

In the meantime, you can also [subscribe to our newsletter](#), where we share resources, guidance and funding from around the sector.

Virtual Courses

Please see the links below to read more about some new virtual courses being delivered by Blackpool Council's training portal over the next few months.

Basic Safeguarding Adults Training - <https://www.blackpoolsafeguarding.org.uk/training-events/basic-safeguarding-adults-training>

Domestic abuse and elderly people including the Carole checklist - <https://www.blackpoolsafeguarding.org.uk/training-events/domestic-abuse-and-elderly-people-including-the-carole-checklist>

Domestic abuse and the impact on Children - <https://www.blackpoolsafeguarding.org.uk/training-events/domestic-abuse-and-the-impact-on-children>

Financial abuse awareness and pathway - <https://www.blackpoolsafeguarding.org.uk/training-events/financial-abuse-awareness-and-pathway>

Introduction to domestic abuse - <https://www.blackpoolsafeguarding.org.uk/training-events/introduction-to-domestic-abuse>

Recognising and overcoming childhood neglect - <https://www.blackpoolsafeguarding.org.uk/training-events/virtual-workshop-recognising-and-overcoming-childhood-neglect>

Self-neglect awareness and pathway - <https://www.blackpoolsafeguarding.org.uk/training-events/self-neglect-awareness-and-pathway>

For more information, questions etc, please contact Mia Talbott the training administrator

T: 01253 477025 / 477916 E: mia.talbott@blackpool.gov.uk

FREE Computers for local children in need in Blackburn with Darwen



Youth Action is proud to be working with the Raspberry Pi Foundation to provide FREE Raspberry Pi Computers to local families in need. As well as the Kit it will come with a screen. The whole kit is yours to keep for free.

Raspberry Pi desktop kit includes a Raspberry Pi computer, keyboard, mouse, screen, SD card, case, power cable, 1x HDMI cable, and the beginner's guide book.

We are targeting those families with Blackburn and Darwen who have limited or no access to a computer. Please complete this form to submit a request: <http://tiny.cc/YouthActionComputer>

Free guide to living with worry and anxiety amidst global uncertainty

Victoria Gregson has kindly sourced the following resources for our communities - available in several languages from Psychology tools,

Please share with those who you would think would benefit – Vicky noted a distinct lack of availability of COVID support guidance available in other languages, so this is great for us to share within communities.

<https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>

Victoria Gregson Coordinator for Counter Extremism

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Lancashire Womens current group offer – please share with contacts

LifeSkills

1. Monday's 10am-11am LifeSkills group is now an informal coffee and catch up. Women can sign up and join that first so they can familiarise themselves with Zoom and meet the team. This is only temporary until numbers pick up (Probably for duration of the school holidays). No limit on attendees so please get in touch to get signed up.

Monday's 2pm – 4pm is LifeSkills part 1 (Confidence, resilience, goal setting). This group has already started. This will commence again in September but in the interim they can join the coffee and catch up. (it will be virtually or in centre depending on how the world is working by then!)

Wednesday's 10am – 12noon is LifeSkills Part 2 (CVs, application forms, interview skills etc). This will start from 5th August. Anyone wanting to jump straight onto this without accessing part 1 is welcome to.

Women can self-refer or external orgs can make an agency referral via this link ->

<https://lancashirewomen.org/referralform.html>

I've attached a poster... with no dates... , for more regular updates please sign up to our mailing list

<https://www.lancashirewomen.org/professionalsignup.html>

We also have **The Pet Café** starting on Monday 27th July - 11am - 12noon for 5 weeks.

We've got all the descriptions here-> <https://lancashirewomen.org/get-support/mental-health/wellbeing-courses>

We've updated our FAQ section here too -> <https://lancashirewomen.org/about-us/faqs>

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Thank you muchly,

**We are
LANCASHIRE
WOMEN**



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lancashirewomen.org

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#EveryWomanCounts #WellbeingMatters

