



Our Lancashire Newsletter/Updates Burnley & Rossendale

Our Lancashire

Our Lancashire is a Lancashire wide initiative to bring groups and communities together under the banner – “Let’s Join Together” in order to make Lancashire a greater place to live, work and play. We are funded by the Police and Crime Commissioner and joining the Our Lancashire website www.ourlancashire.org.uk is a FREE Offer available to any not for profit social action group/CIC/Charity etc. running activities and events in their local community.

By joining this site you will be able to promote your group, recruit members and advertise events. In addition you will be able to access information about other groups in your local area, and where relevant access up to 6 FREE DBS checks for volunteers (raised to 15 at the moment) of groups with less than £150K turnover. We also have News and Support sections where you can find more resources and information.

If you have any questions regarding anything in the newsletter or would like support with anything else, please contact Janette Holden – Community Engagement Officer covering Burnley & Rossendale. E-mail: Janette.holden@lancashire.police.uk or Tel: 07779 971966.

***Please note the PNN part has now been dropped from my email address. The old email address will still be in use for a while.**

Group Info

Our Lancashire

Following the new Government Guidelines and the prospect of some of these rules being in place for at least the next 6 months, I just wanted to reassure everyone that Our Lancashire and LVP staff will still be here to support you wherever we can through these difficult times.

There are so many fantastic groups out there who have continued to provide support and guidance to vulnerable people in our communities, and this could not have been done without the contribution of their fantastic volunteers.

It is heart-warming to see how people pull together and support each other in times of need.

Burnley Together

Is the weekly food shop, a stretch to feed your family? Here at Burnley Together you can easily get in contact with us to arrange a food parcel with essential food baby and pet items to help you.



Burnley Together

How to obtain a food parcel

Please call us if you need a food parcel so we can talk to you about how many people are in your household and any special dietary requirements on **01282 686402**.



Vanguard Community Centre

Unfortunately due to recent changes in Covid-19 Guidance we are unable to commence with our Lunch Club on 28th September. We are sorry that the Lunch Club has to go on hold for the time being and will post new information when it is safe to come back.

We are still running activities at the moment but these could be subject to change: Activities include: Walking Group, Bums & Tums, Zumba, Chair Based Exercise, Boot Camp, Yoga, Circuit sessions and Toning Classes. Please check with Tom or Christine on Tel. 01282 416914 (Mon, Tues & Thurs afternoons) for further information.

St Matthews Church

St Matthews Church are now distributing food parcels on Saturday morning between 9am-11am. This is a change from the previous arrangements.

Rossendale Leisure Trust

Health Coaches Job Advert

Through a collaborative agreement with Rossendale Leisure Trust the two Rossendale PCNs (Rossendale East PCN and Rossendale West PCN) are to appoint two Health Coaches. It is anticipated that the two PCNs will be one of the first nationally to be able to offer patients lifestyle support through the new Health Coach role.

Rossendale Leisure Trust are co-ordinating the recruitment for these new positions and the selected candidates will work as part of their network's multidisciplinary teams and in particular working closely with the PCNs two Social Prescribing Link Workers, who are now well established.

The Health Coaches will serve the nine Rossendale GP practices, taking referrals from practice and other NHS healthcare staff or directly from patients. In addition, these roles would also have access to the specialist health and fitness support of Rossendale Leisure Trust, which includes the Up and Active programme.

About Rossendale Leisure Trust – The Leisure Trust is the largest not for profit Charitable Trust in the valley. Established in 2004, the trust aspires to promote an active and healthy community within Rossendale. RLT believe that everyone deserves health, fun and happiness and are committed to offering this through the leisure facilities they provide which includes – The Adrenaline Centre in Haslingden, Marl Pits gym and swimming pool plus Pioneer Community Health Studio in Bacup.

About The Role - The Health and Wellbeing Coaches will be responsible for delivering group and one to one sessions on healthy eating, physical activity and health and wellbeing to meet with personalised care plans. The coach will play a critical role in engaging patients and use health coaching techniques to support them to take an active role in their health & wellbeing and create behaviour changes within their lifestyle.

The post holder will have a key role in helping raise the local populations awareness of the support groups and opportunities available to assist in achieving their health and wellbeing goals. Furthermore, you will work in partnership with your clinical and non-clinical colleagues, management support and the wider PCN to ensure the role delivers the best possible outcomes for our patients.

Main duties and responsibilities include:

- ☐ Care planning, health and wellbeing coaching and delivery of systematic self-management support based on a knowledge of individual's activation levels.
- ☐ Care coordination across care continuum (including identification and support of carers)
- ☐ Support effective team working in primary care through taking on appropriate practice based tasks, attending regular team meetings if required, working with the complex care teams.
- ☐ Support for individuals to access appropriate community resources and services.

About the successful candidate - You will be an experienced and qualified health and wellbeing professional that ideally has experience within a healthcare setting that is confident to deliver support, advice to a range of patients and their diverse health needs. Ideally you will hold a Diploma Level 3 Certificate or equivalent in Health and Wellness Coaching. You will have strong experience with working and supporting patients who have long term conditions and low knowledge skills and be the single point of contact for patients to improve and manage their health and wellbeing effectively. You will be experienced in

delivering a personalised care planning approach and be confident to writing concise and accurate and timely bespoke care assessments alongside a multi-disciplinary team in improving patient health across our community.

Within the coaching element of the role, you will be experienced in teaching and supporting patients / carers to understand and manage their own conditions and maintain an independent lifestyle through health coaching techniques to encourage patient activation. You will have excellent interpersonal and communication skills and be confident to be involved in multidisciplinary meetings and promote local support networks and services in our community to benefit the patient's health and wellbeing.

These roles are equivalent to NHS Agenda for Change Band 5 starting at £24,907 per annum.

Closing date 9th October 2020

If you are interested in applying for the above posts then please can you forward a copy of your Curriculum Vitae to Jodie English (Health & Wellbeing Manager) at Rossendale Leisure Trust – Jodie.english@rltrust.co.uk. Furthermore if you have any queries or wish to have an informal discussion about the role then contact Jodie.

Please see email attachments for Role Description and Induction Pack.

SMILE Mediation

We still have a small amount of funding left from the Lancashire Community Foundation Trust to carry out listening calls and 1.1 coaching sessions.

The listening calls are open to all clients who are feeling isolated, have no one to talk to or need reassuring of the new changes that we are having to make with the Covid-19 situation.

The 1.1 coaching session is for anyone who is having any concerns or feeling anxious. As the impact of covid-19 unfolds and the realisation that it is a long term situation, levels of anxiety for some are increasing; those less resilient, unable to picture a positive future, new fears about unemployment or when there will be an end to the current situation. If you have clients that are anxious or frightened about leaving their home and can't face the prospect of doing their own shopping or meeting with friends then this service could help them. We can offer up to three sessions.

Please find Referral form attached to the email.

Health Information

COVID- 19 Help Available

Energyworks at Groundwork are offering telephone support to those who are self-isolating, vulnerable and/or high risk of covid-19. We can offer free support to people in all tenures across Burnley issues relating to their energy and keeping a warm home.

See poster attached to email for more information.

Covid-19 Advice for parents/carers

There is a 'quick guide' available (please see schools email attachment) that provides advice on what to do if your child or someone in your household has Covid-19 symptoms or tests

positive; what to do if you are contacted by the national NHS Test, Track and Trace service; information about quarantine requirements after travel; and what to do if you or your child is advised to shield. The guide provides a summary of what action is needed and when your child will be able to return back to nursery/school in each of these situations.

Papyrus - Parents Guide To Keep Kids Suicide Free

PAPYRUS Prevention of Young Suicide charity has launched a new guide to help desperate parents who fear for their children's lives. The new guide offers practical and professional advice to help break the silence around self-harm and suicide and encourage fearful parents to talk to their children before it is too late.

It was commissioned by the mother and father of a 15-year-old boy who took his own life, parents who were frustrated by the lack of information and resources for worried families. The information can be downloaded by going to: <https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents>.

For practical, confidential suicide prevention help and advice please contact PAPYRUS HOPELINEUK on 0800 068 4141, text 07860 039967 or email: pat@papyrus-uk.org

Funding

The Commissioner's Community Action Fund is still open for applications. It is designed to provide small grants to assist groups in tackling local concerns and helping to deliver the priorities of his Police and Crime Plan in their area, utilising funds from Proceeds of Crime.

Open to local groups and organisations with a constitution to apply, all applications will be considered within four to six weeks of them being received.

For further information email lanpac@lancashire.pnn.police.uk or call 01772 412796.

Please see leaflet attached to email for more information or visit: <https://www.lancashire-pcc.gov.uk/our-money/grant-funding/community-action-fund/>

Funding to Address Digital Exclusion in Response to Coronavirus

The UK Government has announced a new £5 million funding opportunity which aims to address two of the main access issues associated with digital exclusion in response to coronavirus. These are:

- physical access to the internet,
- the issue of data poverty.

Organisations across England (excluding London) can apply for funding to deliver short-term activity to existing European Social Fund (ESF) participants as an add-on to the ESF support they are currently receiving.

Projects will obtain and loan appropriate devices (e.g. tablets, laptops), provide a three-month data allowance via a data dongle, and set up support to enable users to understand functionality and get online.

Projects can be funded at 100% ESF through this Call. There is no upper or lower financial limit for project applications in this call.

The deadline for applications is 11.59pm on the 30th September 2020.

<https://www.gov.uk/european-structural-investment-funds/lump-sum-digital-interventions-rc00s20x1772>

Tackling Inequalities Fund

Are you a community organisation looking to give people the confidence to come back to your activity? Or do you simply have a great idea to get your local community more active?

Sport England's Tackling Inequalities Fund is now open across Lancashire and we really want to hear from those of you who:

Are a grass-roots/voluntary led group

Can offer physical activity to those most inactive

Have a focus on working with people from Low Income, BAME, Long-Term Health Conditions and particularly those with Disabilities.

Have identified a need for additional support in response to Covid-19

Have never accessed Sport England funding before (but this isn't essential)

Funding is to be delivered by 31st March 2021.

Deadline for Applications is Wednesday 30th September. You will hear back on your application by Friday 23rd October.

Follow link to apply (or please share to possible applicants)

<https://www.activelancashire.org.uk/tackling-inequalities-fund-application-form>

Training

Lancashire Recovery College

Please find the Lancashire Recovery College planner for October 2020 attached to the email.

Please feel free to share this information from anybody who you feel may benefit. All of our courses are free and available to anybody aged 16+ in the Lancashire & South Cumbria area.

GET IN TOUCH



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LANCASHIRE
LET'S JOIN TOGETHER

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& supported by our partners.

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