



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 ENHANCED 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.

News

Our Lancashire

Our next event is on **Thursday 4th March at 2pm**, we’ll look at how to **Shake Up Your Social Media**. Book your free place <https://www.eventbrite.co.uk/e/shake-up-your-social-media-tickets-141021907321>

For more events and opportunities to get involved you can find these and other events running locally on the [Our Lancashire](http://www.ourlancashire.org.uk) website.

National Insurance Number Scams

There have been a number of scam calls taking place across Lancashire where an unknown number - usually with a London area code (020...) or a mobile number has been leaving voicemails and automated messages stating that the call taker's National Insurance number has been compromised, and to 'Press 1' to be put through to the fraud team.

We have also been made aware that should the call not be answered, a voicemail is being left saying that an officer has been dispatched to their address to arrest them. This is not

true and causes unnecessary alarm and distress.

This is a scam - and under no circumstances should personal information be given as you could be conned out of money, or personal information. The alleged fraud team would be likely to try and obtain bank details and secure a payment.

We ask that you share this post to keep friends and family informed, and should you have any concerns to please report to Action Fraud at www.actionfraud.police.uk

If you have elderly & vulnerable neighbours and family, please do let them know about this scam to help to protect them.

Group Info

Macmillan in the North West – Cancer Service Experiences

As part of **Macmillan's** ongoing work in the North West to gather insight from people living with cancer, they are interested to hear about the experience of people who have accessed cancer services over the last year. Closing date for filling out the survey is **Monday 8th March**. [North West - Accessibility & Disruption to cancer services that support you \(smartsurvey.co.uk\)](https://smartsurvey.co.uk)

Able Futures

HEALTH AND WELLBEING SUPPORT

Many of us may be finding it harder than ever to feel well while we're living and working in another lockdown due to the coronavirus COVID-19 pandemic.

The idea of facing winter, loneliness, parenting responsibilities, changes, loss or bereavement could be affecting any of us at the start of 2021 so we wanted to remind you about how Able Futures may be able to help.

Able Futures knows that everyone is feeling different about the latest lockdown, so they've compiled a list of some simple things you could try to help yourself cope with whatever may be on your mind this lockdown.

Visit the Able Futures website for tips and advice on:

- Coping with loneliness
- Feeling your feelings, of anger, uncertainty or worry
- Taking care of yourself while you deal with bereavement
- Parenting in lockdown
- Facing winter

You can also apply online for nine months advice and guidance from Able Futures online or by calling 0800 321 3137.

https://able-futures.co.uk/covid-19-coronavirus/lockdown/?utm_source=employer&utm_medium=intranet&utm_campaign=EST Lockdown

Papyrus

Recently Papyrus launched a guide which offers practical and professional advice to parents and carers who are supporting a young person experiencing thoughts of suicide or self-harm: <https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

Shiva Trust

Please find below the link to a crowdfunder, to raise money for a polytunnel, which will also be a classroom for children to come and learn about the environment.

<https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.avivacommunityfund.co.uk%2Fahimsa-polytunnel%3Ftk%3D448377d7bf9d9f812b31f2f72042aef97d40096c&data=04%7C01%7C%7C049461493cfb4bec2a9908d8b64147c1%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637459738768338610%7CUnknown%7CTWFpbGZsb3d8eyJWljiMC4wLjAwMDAilCJQIjoiV2luMzliLCJBTiI6IklhaWwiLCJXVCi6Mn0%3D%7C1000&sdata=knhoez%2Bb9hH%2FMnmtYhQZelErtu1PJLai1FCDXK90%2FSo%3D&reserved=0>

Burnley Boys and Girls Club

We are currently offering a Rapid Asymptomatic Lateral Flow Testing Service at BBGC Mondays and Thursdays 8.45am – 4pm that we would like to share with your network.

The centre is a drop in with ample free parking and wifi facilities as part of the county mass testing project.

Barden Lane, Burnley. BB10 1JQ

Circles Connected

WEEK STARTING: 15.2.2021

MONDAY
9.00am Weekly Photography Challenge
9.15am Megans Morning Poetry Share
10.00am Learn to sketch with Sharon
11.00am Learn to sketch video version
1.30pm Reader Group on Zoom!
4.00pm Bookswap reminder!
5.00pm Action For Happiness Update!
7.00pm HMR Circle Quiz Night!

TUESDAY
11.00am Coffee & Catch up!
2.00pm Try it Tuesday
3.00pm Next weeks new stuff!
4.00pm Debate time!
5.00pm Let's get Quizzzy!
7.30pm Ladies Only Event!
WEDNESDAY
9.00am Poetry Share
1.00pm Staycation virtual tour!
2.00pm Let's get moving
5.00pm Quick game of Hangman?
7.00pm Guitar Lesson With Gary on zoom!
8.30pm Guided Meditation

THURSDAY
10.00am My Wellbeing Journey
2.00pm repair, Refurbish & Renovate
3.00pm Throwback Thursday!
4.00pm Local Lancashire Photos
6.00pm Pixelated Celebs
FRIDAY
9.00am Poetry Share
10.00am Feel Good Music Request show
1.00pm What's on the box this eve?
4.00pm Task Master Challenge!
6.00pm Fancy Friday

SATURDAY
10.00am Mindful moment
1.00pm Nuggets of Joy!
3.00pm Caths Conversation Starters
5.00pm Saturday Story

SUNDAY
10.00am Yoga share
3.00pm Soul Sunday
4.00pm Winning Combination
5.00pm Weekly Intentions

CIRCLES CONNECTED
 WONDERFUL WAYS TO SPEND YOUR WEEK...

WELLBEING WEDNESDAYS

Free
Feelgood
Workshops
for
Carers

Come along to one or all of our fantastic Wellbeing Workshops every Wednesday morning at **10.30am** throughout February and March. We are all living through very challenging times and more than ever we need to learn to look after ourselves as well as the person we care for.



Give yourself time to talk and connect with others



Learn useful techniques to cope with stress and anxiety



Boost your mood, lift your spirits and build your resilience



Virtual hugs available from our wonderful facilitator Filo!



Contact us on our website to book your place and see the full list of workshops www.carerslinklancashire.co.uk/contactus / 01254 387444



The benefit system can be complicated and finding out what you are entitled to can be difficult, however, help is available.

Carers Link Lancashire has a dedicated Benefits & Welfare Worker who can help run a benefits check for registered Carers or the person you are caring for to see if you are claiming all the benefits you are entitled too.

We can also assist you to complete the benefit forms once you have requested them. For more information or to make an appointment with our worker, please call 01254 387444 or contact us at www.carerslinklancashire.co.uk

Are you worried about energy bills this winter? We're here to help



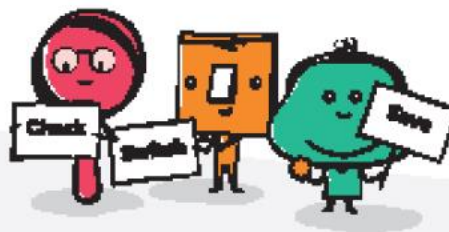
By taking small steps you could make big savings:

Check if you're eligible for discounts, grants or support

Switch your energy tariff or supplier and get the best deal

Save money this winter while keeping your home warm

Bring your energy bills down with **Check, Switch, Save.**



For support with your bills go to
www.bigenerysavingwinter.org.uk
or call the Citizens Advice consumer helpline
on Freephone 0808 223 1133
Textphone: 18001 followed by 0808 223 1133



Scan this QR code with your
phone camera to find out all
the ways you can save.



Citizens Advice Rossendale & Hyndburn now has a free local Adviceline number.

The new number is 0808 278 7975 and replaces the existing local number - 0300 456 2552. The existing numbers will continue to work and will give people the option to continue with their call or to ring back on the new freephone numbers.

- Citizens Advice Rossendale & Hyndburn Adviceline number: 0808 278 7975
- Adviceline national number: 0800 144 8848

Clients or agencies can still contact Citizens Advice via the webform at
<https://carh.org.uk/index.php/contacts>

Get Creative

A new zoom creative friendship group starting Monday 15th February, open to anyone, free to attend, we will encourage you to go for a walk and use that as in inspiration to get creative.

We also offer you free training and a place to come and chat, there is no pressure, this is all about you meeting people and enjoying sharing stories, laughing and feeling less isolated.

Come along and join in, just send me a message on here or text with your email address and the zoom details will be passed on.

Please note calls are not answered on this number, it is for text messages only.

2 sessions a week, EVERY MONDAY: 1-3pm and 4-6pm

CREATIVE HEALTHY LIVING FRIENDSHIP GROUP

Walk, Talk & Learn with Get Creative



BOOK YOUR PLACE NOW

- Limited spaces
- Meet new people
- Become healthier
- Beat those lockdown blues

FEELING ISOLATED, NO ONE TO CHAT TO?



Join us for a weekly ZOOM chat, and creative workshop to help you feel less isolated & encourage you to become healthier after months of lock down. TEXT us today on 07803458017

TAKE A WEEKLY WALK & USE THIS AS YOUR INSPIRATION TO CREATE POETRY, PAINTING, STITCHING & MORE.

Accredited training & fun workshops using basic materials you will have at home.

2 SESSIONS A WEEK TO CHOOSE FROM

MONDAY 1-3PM

MONDAY 4-6PM



Get Creative

Canal & River Trust
Making the better by water

SPORT ENGLAND

TEXT 07803458017 with your email address

FOR MORE INFORMATION AND ZOOM INVITE



DEVELOPMENT AWARDS

Make your next steps into work, education or training even easier with grants from The Prince's Trust.

If you're aged 16-30 and need some help to cover course fees, equipment, transport or interview clothing, our Development Awards could help you. Grants average £150!

Eligibility criteria applies.

GET IN TOUCH TO FIND OUT MORE AND APPLY:

Email DevelopmentAwards-North@princes-trust.org.uk



**START
SOMETHING**

We are starting a new Textiles Club at Valley Street but initially we will be meeting online. It is open to anyone living in the Burnley area and is free to attend.

New Textiles Club at Valley Street come and join us!



Would you like to join us?

Are you interested in Textiles? Do you enjoy knitting or crochet? Do you enjoy patchwork, embroidery or dress making? Perhaps you don't do any of these things but you would like to start? Are you keen to find out how to repair, refashion or upcycle your old clothes or find ways to make your clothes last longer?

We have a well established Textiles group who meet at Valley Street Community Centre in Burnley every week in normal times. Currently we meet on Zoom. The group meet for friendship, mutual support, to learn new skills, share ideas and patterns and to work on bigger textile projects together. The Zoom meetings tend to be mostly social but we have also started having regular workshops from visiting artists.

We are starting a new Textiles Club. Initially to meet on Zoom and to join in our programme of workshops with visiting artists, but, as soon as we are able, to meet in person at Valley Street Community Centre where we have a workshop with materials and equipment. Members need to live in the Burnley area but can be of any age or ability - all you need is an interest in textiles and access to a computer, i-pad or phone to enable access to Zoom. The club and workshops are free to attend and all new members will get a starter pack of basic kit and materials. Meetings are weekly.

If you are interested please contact Bev Lamey
B.lamey@gawthorpetextiles.org.uk.

Or call or message me on 07828613800

**Gawthorpe
Textiles
Collection**
inspire connect learn

CULTURAL — NAVIGATORS

TUESDAYS: 3:30 PM - 5:30 PM
FROM: FEB 23 - MARCH 23

TAKE AN ACTIVE ROLE TO HELP
AND IMPROVE YOUR COMMUNITY
WITH THIS FREE FIVE WEEK ONLINE
COURSE

REGISTER NOW!

LEARN VITAL SKILLS AND
UNDERSTANDING OF
COMMUNITY WORK

THE COURSE

- 1 Understanding Volunteering
- 2 Increase your confidence to engage in cross cultural activities
- 3 Equality, Diversity & Handling Conflicts
- 4 How to hold a community conversation
- 5 Learn the requirements for setting up your own project

For further info and details
on how to enrol, please contact:
shabaz@buildingbridgespendle.org.uk

Made with PosterMyWall.com

Lancashire
Adult Learning

in-situ

COMMUNITY
FUND

Funding

Rosa and Smallwood Trust Launch Women Thrive Fund

Funding for grassroots and specialist women's and girls' organisations across the UK that are working to enable women and girls to improve their mental health and wellbeing and/or improve their financial resilience.

Rosa and the Smallwood Trust working in partnership have created this new £1.79 million fund with money awarded by the Tampon Tax Fund in response to the 'devastating' impact that the coronavirus/COVID-19 pandemic has had on women and girls across the UK.

Depending on their annual turnover, not-for-profit organisations that are run predominantly by, for and with women can apply for grants of up to £15,000 or £40,000.

The funding will pay for the costs of the project activity (project costs) and the costs of running the organisation (core costs). All funding must be spent and activity completed by 31 December 2022.

‘How to apply’ webinars will be held on 25 February (10am); 8 March (6pm); and 18 March (1pm). The deadline for grant applications is 25 March 2021 (5pm).

[Homepage - Rosa \(rosauk.org\)](https://rosauk.org)

[Smallwood Trust | Smallwood Trust](#)

Power to Change – Community Business Renewal Fund

The Community Business Renewal Fund provides grants to community businesses in England affected by the Covid-19 crisis to adapt, renew and rebuild their business so they can remain financially viable. The fund is aimed at organisations delivering services in their local community to support those who have been most affected by the Covid-19 crisis.

An unrestricted grant between £10,000 and £20,000 to support your organisation to adapt and evolve to the changing circumstances, by providing an unrestricted grant that could be used to cover core staffing costs, contribute to meeting capital costs of adapting your community business and ensuring that your community business can continue to provide the vital support to local people.

Round 3 open at 10am on Tuesday 2 March – closing at 4pm on Tuesday 9 March

<https://www.powertochange.org.uk/get-support/programmes/community-business-renewal-fund/>

The Natural Investment Readiness Fund

Grants are available to non-profit environmental groups, local authorities and businesses to stimulate private investment and mechanisms that improve and safeguard England’s domestic natural environment.

The Natural Environment Investment Readiness Fund has been established to fund nature projects in England which tackle climate change, create and restore habitats, or improve water quality.

From an overall budget of £10 million, grants of between £10,000 and £100,000 are available.

Applications are accepted from not-for-profit organisations in England, including charities, community interest companies and environmental non-governmental organisations. Public bodies such as local councils, national park authorities and academic institutions are also eligible, as are businesses, including sole traders.

The deadline for applications is 26 March 2021.

[How to apply for a natural environment investment readiness fund grant - GOV.UK \(www.gov.uk\)](https://www.gov.uk/how-to-apply-for-a-natural-environment-investment-readiness-fund-grant)

Eric Wright Fund



Eric Wright Charitable Trust **Small Grants Programme 2021**

The Eric Wright Charitable Trust Community Small Grants 2021 programme has opened for applications from groups in Burnley, Pendle and Rossendale.

The Eric Wright Charitable Trust Community Small Grants programme is aimed at local organisations within the VCFSE sector providing activity to address locality community cohesion, reduce social isolation and make a positive difference to the lives and wellbeing of people of all ages. Organisations must have an annual turnover of less than £30,000.

There are no deadlines; this is a rolling programme.

When it's gone, it's gone!

Sport England Return to Play Fund For Flood Damaged Facilities

Emergency flood relief funding for community sports clubs and not-for-profit organisations to help them restore flood-damaged sport and physical activity facilities in the areas worst affected by the recent flooding caused by Storm Christoph.

Sport England is providing grants of up to £10,000 and grants exceeding £10,001 for local authorities, leisure operators and other not-for-profit organisations needing funding to repair flood damage facilities.

The grants can be used to restore grass and artificial pitches, to repair and decontaminate flooded clubhouses, replace damaged electrical systems or to clear blocked drains.

Other expenditures could include the hire of skips, pressure hoses or dehumidifiers – but only for use when safe to do so.

Football projects offered as part of a multi-sport site are eligible to apply.

At present, Lancashire is in the list of worst affected areas

Sport England aims to give a decision within three weeks.

There are no application deadlines.

[Financial support for flood-damaged facilities | Sport England](#)

Comic Relief – Supporting and Sustaining Specialism Funding Programme

A limited number of grants are available to not-for-profit organisations led by and for Black and minoritised women acting to end violence against women and girls in England.

The Supporting and Sustaining Specialism Funding Programme is administered by Comic Relief in partnership with the Department for Digital, Culture, Media and Sport (DCMS). The £1.2 million fund has been made available through a grant from the Tampon Tax Fund.

Grants of between £30,000 and £250,000 are available for 12-15 months of service delivery (July 2021 to September 2022). It is expected that around 15 grants will be made.

There is particular interest in proposals that support women and girls from a range of different communities as well as proposals focussed on supporting a specific community (eg, the East African community, the Bengali community).

The funding can be used to cover specific project activities and core costs that can be evidenced as directly related to the proposed project.

The deadline for applications is 5 March 2021 (12 noon).

[Supporting & Sustaining Specialism | Comic Relief](#)

National Lottery Grants for Heritage

Funding to support the UK's heritage sector to strengthen its recovery from the coronavirus (COVID-19) pandemic.

The National Lottery Grants for Heritage (NLHF) has resumed its project funding for grants from £3,000 up to £5 million.

NLHF confirms that it is committed to supporting the same broad range of heritage projects and activities it has always supported, including industrial heritage and sites, castles and historic places of worship, stories and memories of communities, public parks, natural landscapes and native wildlife. However, it is expected that all applications will fully reflect the changed circumstances brought about by the pandemic

In response to the impact of COVID-19, NLHF has revised its approach to what it will fund over the next financial year and published revised priorities for 2021-22.

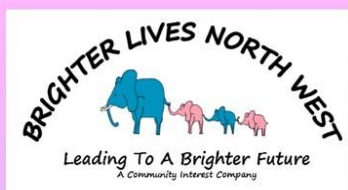
The funding can support a broad range of types of activity and cover a wide range of direct project costs.

Applicants should read the revised guidance notes for each level of funding.

There are no deadlines. Applications can be made at any time.

[Funding | The National Lottery Heritage Fund](#)

Domestic Abuse & How it Affects Mental Health Training



This is a 2-day **online** training course delivered by
Brighter Lives North West via **Zoom**.

You must attend both days but only **ONE** slot.

Day 1:

Domestic Abuse
and how it affects
Mental Health in
Adults

DATES

Monday 1st - Tuesday 2nd March

Monday 8th - Tuesday 9th March

Monday 15th - Tuesday 16th March

Monday 22nd - Tuesday 23rd March

Monday 29th - Tuesday 30th March

Day 2:

Domestic Abuse
and how it affects
Mental Health in
Children & Young
People

This training is funded by the
Population Health Management
Community Investment Fund.

There are no fees to join!



To book or enquire further, email:
mandy@brighterlivesnorthwest.co.uk

OR

Telephone:
07736 928428

Lancashire Adult Learning

Lancashire Adult learning will be offering a taster session – Introduction to Developing a Community Project, this will then continue to an 8 week Free course.

Introduction to Developing a Community Project

Tuesday - 23/02/2021 at 17:30 PM till 19:30 PM

Course content:

- How to Write a Mission Statement
- How to Write a Risk Assessment
- Becoming a Constituted Group
- Roles, Responsibilities and Team Working
- How to Write a Project Proposal
- Fundraising and Budgeting
- Creating a Publicity Plan
- Health and Safety
- Using the Disclosure and Barring Service
- Data Protection
- Introduction to Mental Health
- Introduction to Equality and Diversity

Register through the link below

https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=12359

Lancashire Adult Learning

CSCS card training.

The Waterside Centre in Accrington has been closed since the start of this lockdown and our popular 3 day CSCS course is currently paused. However, we are now reopening for tests. Under national guidance test centres are allowed to open.

Students will learn and prepare on-line and attend for the required tests only. Test dates are scheduled fortnightly on a Friday.

Conditions of the course:

- Students will need good English and IT skills and access to a PC/laptop/tablet and the internet at home in order to access the training. (It does not work on a phone).
- For the tests, students will need to bring a form of photo ID, this is usually a passport or driving licence. This is a national requirement for all CSCS tests centres.
- The course including tests and card are free for students are unemployed and claiming an eligible benefit such as Universal Credit. It is also free for people who are working and earning less than £17,000pa.
- Students have to be aged 19 or over as of 31/08/20 to qualify to get the course for free.
- Students are required to bring and wear a mask whilst in the centre.

- Students with unspent criminal convictions will have to be passed by our safeguarding team before they can attend.

If you have any clients who may be interested in getting their CSCS card please email me at richard.dwyer@nelsongroup.ac.uk with their email address and I will send them more details including how to enrol.

Once enrolled they will be contacted by the course tutor with details of the online learning and invited in for the tests when they have prepared and completed the required units.

GET IN TOUCH



W: www.ourlancashire.org.uk

www.lancsvp.org.uk

www.lancashire-pcc.gov.uk

If you do not wish to continue receiving these newsletters, please let me know and I will remove you from the mailing list.