



CV-19 COMMUNITY BULLETIN

5th June 2020

No 11

We hope you are finding these bulletins useful. They are compiled by the Council's Communities Team, along with its' health and community partners. We want to try and ensure clear health messages and connect those who can supply help with those who need it.

As you know Rossendale is a great place to live and work and our community is strong. We have seen lots of fantastic examples of local people coming together to help each other and their local area. We will all pull together during this crisis and be even stronger when life gets back to normal hopefully later this year.

If you have any information or ideas you think would be useful to include in the bulletin or would like to be added to the mailing list please e mail us at

communitiesteam@rossendalebc.gov.uk

All bulletins will be posted on the Rossendale Borough Council webpage, Facebook etc.

ROSSENDALE CONNECTED - Supporting those in need across the Rossendale community

Rossendale Connected is here to help communities, families and individuals who find themselves without any support network and are facing challenges presented by the coronavirus outbreak. So far we have made contact with over 3200 individuals. We can help in connecting people to community organisations and volunteers that can provide food, essential supplies, medicine or if you need to talk with people during isolation.

www.rossendaleconnected.org **01706 227016** help@rossendaleconnected.org

Lines are open Monday to Friday 9am - 5pm (Weekends for emergencies only)

Rossendale Connected Hub is a partnership between Rossendale Council, Rossendale Leisure Trust, Rossendale Primary Care Network, Burnley Pendle Rossendale CVS, Lancashire Police and a wide range of community partner organisations and volunteers.

A crowdfunding JustGiving page has been set up for the Hub:

[https://www.justgiving.com/crowdfunding/rossendaleconnected-](https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ)

[hub?utm_term=XenRgx5dQ](https://www.justgiving.com/crowdfunding/rossendaleconnected-hub?utm_term=XenRgx5dQ), please support even with the smallest donation.

We are looking for support from local volunteers and services. If you are able to help in any way please fill in the volunteer form on the Rossendale Connected website or Facebook page

HEALTH MESSAGES

The Healthy Rossendale Facebook page is the place to go for the latest health messages from the NHS, local G.P.s and other medical practitioners. This is currently updated daily.

CHANGED GOVERNMENT GUIDELINES 'FOR' SHIELDED PEOPLE

People who are shielding remain vulnerable and should continue to take precautions but can now leave their home if they wish, as long as they are able to maintain strict social distancing. If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household. Ideally, this should be the same person each time. If you do go out, you should take extra care to minimise contact with others by keeping 2 metres apart.

CHANGED GOVERNMENT GUIDELINES FOR THE WIDER COMMUNITY

From Monday 1 June, you can:

- spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines
- visit car showrooms and outdoor markets
- in line with the arrangements made by your school, send your child to school or nursery if they are in early years, reception, year 1 or year 6, if you could not before

People who play team sports can meet to train together and do things like conditioning or fitness sessions but they must be in separate groups of no more than six and must be 2 metres apart at all times. While groups could practice ball skills like passing and kicking, equipment sharing should be kept to a minimum and strong hand hygiene practices should be in place before and after. You can also play doubles tennis with people from outside of your household as long as you remain 2 metres apart as far as possible. Any equipment that is used should be cleaned frequently

You **cannot**:

- visit friends and family inside their homes
- stay overnight away from your own home, except for in a limited set of circumstances, such as for work purposes
- exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
- use an outdoor gym or playground
- gather outdoors in a group of more than six (excluding members of your own household)

THE THERAPEUTIC FOREST

The Therapeutic Forest is a local Social Enterprise led by a Mental Health team passionate about the therapeutic benefits of the outdoors. They deliver outdoor programmes for children and adults with a wide range of needs, co-led by therapists and outdoor leaders.

Due to COVID-19 they have taken the programme online, offering a 6-week Nature based Mindfulness and Wellbeing programme for residents in Rossendale and the North West.

The programme is free to access and takes place over 6 weeks. Their team introduce participants to 6 Mindful and Meditative Nature based activities. Alongside these activities, a Clinical Psychologist introduces a weekly evidence based technique to support Mental Health and Wellbeing.

The programme takes just 30 minutes a week, and upon completion participants will have a simple toolbox of activities and techniques to support Mental Health and Wellbeing.

Participants can sign up using this link:

<https://thetherapeuticforest.podia.com/woodcraft-for-wellbeing>

Coronavirus Community Support Fund and other grant schemes

The £200m Coronavirus Community Support Fund has been recently launched and is being administered through the National Lottery Community Fund (NLCF). Charities and social enterprises in England can submit applications through the NLCF website (www.tnlcommunityfund.org.uk).

The Fund has two key objectives:

1. **To increase community support to vulnerable people** affected by the Covid-19 crisis, through the work of civil society organisations.
2. **To reduce temporary closures of essential charities and social enterprises**, ensuring services for vulnerable people impacted by Covid-19 have the financial resources to operate, and so reduce the burden on public services.

Grants will allow organisations to meet service costs, where they are experiencing increased demand and/or short term income disruption. Grants will also allow organisations to refocus services to address more immediate beneficiary needs in light of Covid-19.

Additionally, government has other sources of funding available to apply to:

- The £3.45m [Covid-19 Food Charity Grant Scheme](#) to provide immediate support to keep food charities and front-line food aid charities open and

supporting the vulnerable, due to the economic impacts of Covid-19, with a continual supply of food otherwise not accessed through usual routes.

- A £10m [Domestic Abuse Safe Accommodation Fund](#): COVID-19 emergency support fund to support domestic abuse safe accommodation services who provide beds and offer the critical help victims and their children need.
- The £6m [Covid-19 Impact Programme](#) to ensure that people from Armed Forces communities can keep accessing important services, where resources for these services have been impacted by the Covid-19 pandemic.
- The £5m [Loneliness Covid-19 Grant Fund](#) National organisations working to tackle loneliness and build social connections are invited to apply for a share of £5 million of funding, which the government is investing to help them to continue and adapt their critical work.
- The £6m [Covid-19 Homelessness Response Fund](#) to provide emergency funding to homelessness charities directly affected by the Coronavirus.

Funding is also available through Children in Need and Comic Relief: Details on how it is being distributed and how to apply can be found on each organisation's website:

- www.ukcommunityfoundations.org/our-network
- www.bbcchildreninneed.co.uk/grants/apply/
- www.comicrelief.com/the-big-night-in-how-you-are-helping

LANCASHIRE ARCHIVES COVID 19 PANDEMIC COLLECTION- CAN YOU HELP?

Lancashire Archives have launched a project to collect and preserve the experiences of Lancashire residents during the Covid 19 pandemic. They would like to share this project with as wide an audience as possible through library user groups, museum Friends, arts groups, community groups and any interested individuals.

Archives are not just about the past, but are a reflection of the present and a resource for the future. Lancashire Archives would like as many people as possible to be a part of this unique collection through their words, their images, even sound recordings. Anything and everything is welcome, diary entries, poems, photographs, posters, recordings, the choice is yours. They will be publishing at least some of the submissions through social media in the coming weeks.

There is more information on our website at [Lancashire Archives and the Covid 19 pandemic archive collection](#). Contributors can send digital contributions to archives@lancashire.gov.uk or hard copy to Lancashire Archives, Bow Lane, Preston, PR1 2RE

Please include your name, age and where you live (not a full address, an area will be fine). For those still working, send impressions of working through these events, tell them about the changes you are dealing with, share photographs of your working from home arrangements, give us recordings or videos. Again, anything you would like to share with the future




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GIVE

Helping others however we can has a powerful effect on our wellbeing.

Give a helping hand, your time, or a video call to a friend or neighbour. Giving is good for us and it spreads happiness too.

Send a message of appreciation to those helping others. If it's safe for you to do so ask a neighbour if you can pick up something from the shops for them.





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LEARN

Doing puzzles, reading books, learning a language, trying a new recipe, listening to online talks, using technology.

Whether it is doing something you already enjoy or trying something new. Learning is good for our wellbeing.

- Get curious, try something new, however small.
- Ask a friend for their favourite recipe.



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Conventions



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NOTICE

Appreciating the present can help to calm us and also enjoy the moment.

What moments of joy can we savour today?

Sit quietly for five minutes to clear your head.

Pausing. Taking a breath, being mindful.

Focus on one detail at a time:

- The colour of the sky
- The sounds around you
- The smell and taste of a piece of fruit.



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CONNECT

Feeling close to other people is important for wellbeing at any age.

- Use the phone, post, or digital technology to stay in touch.
- Arrange a team online catch-up meeting.
- Join a new online discussion group.
- Call someone just to see how they're doing.



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GET ACTIVE

You don't need to 'work out' to stay active, find something that suits your level of fitness and your life.

- Go for a walk or cycle if you can and it's safe to do so.
- Garden. Exercise. Stretch. Dance. Sing along too!

Whatever you can do to move your body everyday will help you feel good inside and out.

- Join an online exercise class
- Put on the radio and dance around the living room.



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THE BIG LUNCH AND THE RAFT FOUNDATION

The Big Lunch is the UK's annual Thanksgiving weekend for neighbours and communities. Now more than ever we need to make time for each other so let's join in, celebrate community connections and have fun with The Big Lunch.

We may not be able to meet, but we do all still have to eat so let's share a #VirtualBigLunch whilst apart.

To add to the fun why not join in the Store Cupboard Masterchef challenge. Raid your cupboard, fridge and/ or freezer and get creative. Share photos of your creation and you enjoying sharing it either with household members, in gardens, on balconies or driveways with socially distanced neighbours or have a zoom shared lunch perhaps add in a zoom quiz or charades. Find out more about the RAFT Foundation (Rossendale's Foodbank) Big Lunch at <https://www.facebook.com/events/1407133512820432/>

Resources to organise your own Big Lunch can be found at <https://www.edenprojectcommunities.com/thebiglunchhomepage>

Save the Date 6-7th June

Family Fun Night

Music For All Ages

BIG NIGHT IN

Rossendale's

JOIN SLEEMO
LIVE IN HIS KITCHEN!

5TH JUNE | 7PM - 9PM



HOSTED BY
PAUL SLEEM



@paulsleem



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THE BEST SOCIAL
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FROM YOUR HOME