COMMUNITY BULLETIN

April 2023

Welcome to your April Community Bulletin. We produce a monthly bulletin with our heath and community partners to keep you updated about community activity across Rossendale. This will include information on community group activities, events, health information, grants and community training opportunities. We hope you will find the bulletin useful.

All published Community Bulletins are available at https://www.rossendale.gov.uk/downloads/download/11317/coronavirus_community_bulletins

Feel free to share the bulletin with friends, community groups and on community group social media. If you have some information that you would like to share in the next bulletin, or you would like to be added to the e-mail distribution list, please contact us at communitiesteam@rossendalebc.gov.uk
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Hi, I'm Ben.
I'm a personal trainer, it would be great to see you at my exercise class at the Unity Hub!

Free 45 minute exercise class

Want to Fit into your pre covid clothes? Feel confident round the pool on holiday?

Burning calories & improving core strength at my class will have you looking & feeling AMAZING!

Suitable for all abilities including beginners

A mix of light/medium intensity cardio & core exercises

Remember to bring a bottle of water & wear comfy clothes!

FOR MORE INFORMATION INFORMATION CONTACT THE UNITY COMMUNITY HUB ON 07534807829

Lancashire
Adult Learning
Improve your
Health and Wellbeing
FREE ONLINE EVENT
Managing the Menopause
in Life and Work
Tuesday 25th April 2023, 6pm-8pm
Learn more about the menopause and discover some helpful tips
and tricks to make the journey smoother. Find out more about the
fantastic free health & wellbeing courses coming up to help you.
SCAN TO BOOK YOUR PLACE!
or visit: https://www.lal.ac.uk/course/managing-the-
menopause-in-life-and-work/BHBT1262/
0333 003 1717
www.lal.ac.uk

FUNDING

The Marsden Building Society Charitable Foundation

Marsden Building Society was founded in 1860 and has grown to become the largest Lancashire-based building society, placing community at the heart of what they do. The Community Foundation for Lancashire are pleased to manage the Marsden Building Society Charitable Foundation endowment fund, which makes charitable grants to support community organisations in Lancashire each year.

The fund can consider community projects that meet at least one of the following priorities:

Financial well-being ±The Society wants to support projects that promote financial well-being, and this year, due to financial pressures brought on by the cost-of-living crisis, are looking to support community projects providing debt advice and money management skills.

A society for all ±The Society wants to promote societal inclusion, and this year, are looking to support projects focussed on helping people over the age of 60 through community cohesion activities, accessibility and engagement.

A great place to be ±The Society wants to support projects that focus on making Lancashire a great place to be, and this year, are looking to support projects focussed on the environment and area restoration/regeneration.

What costs can be considered?

The fund is able to consider staffing costs, volunteer costs, activity/operational costs, training costs, small capital items (e.g., equipment, IT). A proportion of organisational overheads can also be considered.

Grants of up to £3,000 available.

Find out more at https://bit.ly/42zWxg0

Closing Date: Friday 12th May 2023 at 4pm. Decisions are anticipated to be made in late June.

TRAINING

Lancashire Adult Learning
Sow and Grow
(Adults)
FREE ONLINE EVENT!
Saturday 29th April
10:00am to 11:30am
Enrol TODAY!
FREE RESOURCE PACK SENT TO THOSE WHO ENROL IN ADVANCE!
lal.ac.uk | 0333 003 1717
enquiries.lal@nelsongroup.ac.uk

Introduction to Information and Guidance book at:
https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=32931

Introduction to Mentoring book at
https://portal.mis.nelsongroup.ac.uk/Page/U_PublicCourseDetails?uio_id=32675

Flexible Online Courses with Lancashire Adult Learning

Enrol onto a FREE accredited qualification.
Learn at your own pace, in your own time.
A dedicated tutor will be assigned for support.

- Level 2 Certificate in Principles of Business Administration
- Level 2 Certificate in Principles of Customer Service
- Level 2 Certificate in Principles of Team Leading
- Level 2 Certificate in Event Planning
- Level 2 Certificate in Understanding Environmental Sustainability
- Level 2 Certificate in Information, Advice or Guidance
- Level 2 Certificate in Understanding Retail Operations
- Level 2 Certificate in Equality and Diversity
- Level 2 Certificate in Safeguarding, Prevent & British Values
- Level 2 Certificate on Principles of Prevention & Control of Infection
- Level 2 Certificate in Understanding Common Childhood Illnesses
- Level 2 Certificate in Understanding Children & Young People's Mental Health
- Level 2 Certificate in Understanding Autism
- Level 2 Certificate in Self Harm, Suicide Awareness & Prevention
- Level 2 Certificate in Safeguarding, Prevent & British Values
- Level 2 Certificate in Principles of Dementia Care
- Level 2 Certificate in Mental Health First Aid & Mental Health Advocacy in the Workplace
- Level 2 Certificate in Common Health Conditions
- Level 2 Certificate in Awareness of Mental Health Problems
- Level 1 Award in Substance Misuse
- Level 1 Award in Alcohol Awareness

admin.lal@nelsongroup.ac.uk www.lal.ac.uk 0333 003 1717

VOLUNTEERING AND JOB OPPORTUNITIES

ROSSENDALE WORKS
WORKING TOGETHER FOR A BETTER FUTURE

Internet Café and Job Club

Come along, grab a brew, meet new people and receive support with:

- Finding and applying for vacancies
- Improving your CV and your job seeking skills
- Accessing free community activities to boost your wellbeing, skills and confidence

Every Wednesday, 1pm - 3pm (starts 29/03/23)

Whitewell Bottom Community Centre, Burnley Road East, Rossendale, Lancashire, BB4 9LB

07562630299
DjangoBack@rossendalebc.gov.uk
activelancashire.org.uk/rw-activities

ALL SUPPORT IS FREE

Active Lancashire | Department for Work & Pensions | INVEST IN Rossendale | Rossendale BOROUGH COUNCIL | Whitewell Bottom Community Centre

Employment Links Partnership (ELP)

FREE help with training & employment advice every Tuesday at The Ashcroft/Civic Hall, Market Street in Whitworth

We can help you with:

- Finding training courses and gaining qualifications
- Job hunting and securing employment
- CV and interview tips
- Career advice on exploring your options

Contact us for more information:

- ELP@rochdale.gov.uk or call 01706 646 471
- Employment Links, 99 Drake Street, Rochdale OL16 1PZ

Providing a helping hand by giving advice to help you get into the right career

Employment Links Partnership (ELP) staff will be attending Whitworth area every Tuesday (The Ashcroft/Civic Hall, Market Street).

When booking, please state where you would like your appointment: Whitworth or Rochdale

ROSSENDALE LADIES CHOIR

ACCOMPANIST REQUIRED

Rossendale Ladies Choir is currently looking for an accompanist for weekly rehearsals (Wednesdays 7.30pm - 9.30pm in Haslingden, Rossendale) and occasional concerts spread throughout the year.

The choir sings a varied range of repertoire including classical, pop and contemporary. The successful candidate will have excellent keyboard and sight-reading skills and will be Grade 8 or equivalent on the piano. Previous experience in accompanying vocal groups would be an advantage. The fee is open to negotiation based on experience and qualifications.

For further details and a job specification please message via facebook

or contact the Secretary, Karen Whittaker 01706 226174.

Rossendale Ladies Choir