

CV-19 COMMUNITY BULLETIN

5th MAY 2020

No 7

We hope you are finding these bulletins useful. They are compiled by the Council's Communities Team, along with its' medical 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 1800 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 every day 9am - 5pm

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-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

FINANCIAL SUPPORT



COVID-19 Support

**Have you been affected by the Covid-19 pandemic?
Has it affected your job, income, benefits or housing
situation?**

**Citizens Advice Rossendale & Hyndburn
is here to help**

By phone:

Adviceline **0300 456 2552**

Universal Credit Help to Claim **0800 144 8 444**

By email through 'Contact Us' on our website:

www.carh.org.uk

By letter:

- Citizens Advice Rossendale & Hyndburn, Stubbylee Hall, Stubbylee Lane, Bacup OL13 0DE
- New Era Centre, Paradise Street, Accrington, BB5 1PB

The Citizens Advice website also has helpful information about issues relating to Covid 19 on their website www.citizensadvice.org.uk



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.

<https://www.facebook.com/groups/389362468511320/>

HEALTHWATCH TOGETHER SURVEY- Healthwatch Together are asking residents from across Lancashire to complete a weekly survey that will help health organisations and others to gauge how people are coping with the current crisis. Following analysis of all the responses to the first version of the survey, a new version of the survey has been produced which allows people to give Health Watch some more information about some of the key issues emerging.

Please take the time to respond to the survey at:

<https://www.surveymonkey.co.uk/r/CovidsurveyV2>

The results of the last survey can be found at:

<file:///C:/Users/jaflynn/AppData/Local/Microsoft/Windows/INetCache/Content.Outlook/HWGF3LSI/Coronavirus%20Survey%20report%20-%20week%203.pdf>

SUPPORTING CARE HOMES

**A rainbow
of HOPE**
from our home to yours



Cards for Kindness

Help reduce loneliness in older people during COVID-19 by sending a message of hope.

Cards for Kindness is an initiative which aims to reduce loneliness in our care homes by encouraging members of the community to send a card to a local care home.

It's always lovely to receive a card through the post and this often sparks conversation and encourages residents to talk to each other. Research shows this has many health benefits, especially for people living with dementia. This is even more prominent amid the coronavirus pandemic as visiting is suspended.

How you can help?

To send a card all you need to do is write one, attach a stamp and pick a local care home to send it to. You can find your local care home in the list below.

See how creative you can be with the materials you already have at home, or see what you can pick up whilst you're shopping for necessary supplies and post during your daily exercise.

The Cards for Kindness project was originally set up by Lancashire County Council in summer 2018 and has since grown and developed across the partnership with more local organisations lending their support and more than 100 care homes now participating.

If your care home would like to be involved please contact cardsforkindness@lancashire.gov.uk

We have designed some cards with the theme of hope. Download and print at home. [https://www.healthierlsc.co.uk/application/files/7315/8808/6427/Cards for Kindness cards - colour your own - Summer 2020.pdf](https://www.healthierlsc.co.uk/application/files/7315/8808/6427/Cards_for_Kindness_cards_-_colour_your_own_-_Summer_2020.pdf)

Rossendale care homes participating in the scheme:

Ashlands Nursing Home, Newchurch Road, Waterfoot, Rossendale, BB4 9DU

Cherry Tree Lodge, 226-228 Bury Road, Rossendale, BB4 6DJ

Fenr Hill House care Home, E 2-8 Todmorden Road, Bacup, Lancashire, OL13 9BA

Heightside House Nursing Home, Newchurch Road, Rawtenstall, Rossendale, Lancashire, BB4 9HG

Langley House Trust, Chatterton Hey, Exchange Street, Edenfield, BL0 0QH

Olive House, New Line, Bacup, OL13 0BY

Turfcote Nursing Home, Helmshore Road, Haslingden, Rossendale, Lancashire, BB4 4DP

Is it safe to send things in the post during the COVID-19 pandemic? Currently, there is no evidence that the virus can live on paper and it is non-viable on surfaces after 72 hours. We have advised care homes that they may wish to quarantine post for 72 hours before opening.

Download our campaign materials to use on your website or social media accounts.

You may also wish to print the poster and display in your workplace or local community venue:

Social media images: [CFK Facebook post image 1.png](#)[CFK Facebook post image 2.png](#)[CFK Facebook post image 3.png](#)[CFK Facebook post image 4.png](#)[CFK Twitter post image 1.png](#)[CFK Twitter post image 2.png](#)[CFK Twitter post image 3.png](#)[CFK Twitter post image 4.png](#)

Posters: [Cards For Kindness A4 posters - Summer 2020.pdf](#)[Cards For Kindness A4 poster 1 - Summer 2020.png](#)[Cards For Kindness A4 poster 2 - Summer 2020.png](#)[Cards For Kindness A4 posters 3 - Summer 2020.png](#)

RAMADAN

The East Lancashire Hospital Trust have prepared a short video featuring a GP to explain how the holy month of Ramadan can still be observed spiritually and socially this year while staying at home: <http://ow.ly/lvhJ50znkf0>

The Muslim Council for Britain also have useful resources to help you through Ramadan while staying safe: <https://mcb.org.uk/resources/ramadan/>

The NHS has also produced information on supporting staff during fasting at <https://people.nhs.uk/guides/covid-19-and-ramadan/>

NHS IS STILL THERE FOR YOU

If you need urgent medical help, the NHS is still here for you

Urgent care and treatment is still available to help Lancashire and South Cumbria residents, don't risk your long-term health by delaying getting the help you need – that's the message from health bosses.

Patients who don't have coronavirus can safely access care – including scheduled appointments, vaccinations and maternity services.

The plea comes alongside new findings that four in ten people are too concerned about being a burden on the NHS to seek help from their GP.

Seeking medical help is one of the four reasons that people can safely leave home, in line with government guidance.

The NHS is still there for patients without Covid-19 who need urgent and emergency services for stroke, heart attack, and other killer conditions.

While NHS staff have worked hard to put in place measures allowing people to access care safely – such as splitting services into Covid and non-Covid. GPs, pharmacies, NHS 111 and accident and emergency departments in the area are still operating for those who need them.

Deaf Awareness Week – Monday 4th May – Sunday 10th May



Deaf Awareness Week (DAW) takes place annually to raise awareness and challenge perceptions of hearing loss and deafness across the UK.

This year, **Deaf Awareness Week** is focusing on highlighting the support, information and new technology available to help with hearing loss and deafness. It is an event to promote social inclusion and to highlight the range of local organisations that support deaf people and their family and friends.

For more information about **Deaf Awareness Week**, visit the website Deaf Council website <https://www.deafcouncil.org.uk/deaf-awareness-week/>

Red Cross Week – Monday 4th May – Sunday 10th May



Photo source: British Red Cross on Facebook

Red Cross Week takes place annually to celebrate the charitable work of the Red Cross and to provide opportunities to get involved in fundraising for people in crisis across the globe. World Red Cross Day is celebrated during the week on the 8th May. The date is the anniversary of the birth of Henry Dunant, who was born in 1828 - the founder of International Committee of the Red Cross (ICRC) and the recipient of the first Nobel Peace Prize.

The Red Cross is a charity that supports people in crisis all over the world from emergency help and medical support in times such as war, terrorism or natural disaster to helping those dealing with loneliness and supporting victims of modern slavery and trafficking. The Red Cross is currently providing emergency response and support locally and globally, during the ongoing coronavirus (COVID-19) pandemic.

For more information about **Red Cross Week**, visit the British Red Cross website <https://www.redcross.org.uk/get-involved/fundraising-and-events/red-cross-week>

ROSSENDALE GP FEATURED ON A PODCAST

Emma Gladwinfield, a GP at St James's Medical Practice in Rossendale talks about COVID-19, wellbeing and what the role of a GP should be and explores whether GPs should be responsible for looking after wellbeing as well as illness? You can find the podcast at <https://youtu.be/z4lit6Filws>

WELLBEING INFORMATION

Be Mindful:

- The Rijksmuseum in Amsterdam has launched a new interactive experience: <https://www.rijksmuseum.nl/en/masterpieces-up-close>

Be Active:

- Sport England have launched their new stay in workout campaign: <https://www.sportengland.org/stayinworkout>

Be Connected:

- Writing a letter or sending a card is a great way to keep connected: <https://touchnote.com/us/>
- Social network apps let you connect via video chat to friends and family: <https://houseparty.com/>

Be Open to learning:

- Audible is offering free access to children's audiobooks: <https://stories.audible.com/start-listen>
- A range of online resources are available from the BwD library service: <https://bwdlibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Be Kind and compassionate to self and others:

- Nottingham University have produced an open and accessible digital psychological wellbeing resource pack for Healthcare Workers: https://www.nottingham.ac.uk/toolkits/play_22794#resume=4