

ROSSENDALE HEALTH AND WELLBEING PARTNERSHIP – Action Plan related activities

Priority 1:

Addressing mental health/social isolation and loneliness

Current Activity	Organisation	Comments
Volunteering in Bacup greenspaces and town centre on Wednesdays and the first Sunday of the month	Bacup Pride	
Specialist welfare, debt and housing advice	Stubbylee Greenhouses Citizens Advice	
Open access literacy and numeracy sessions		
Music, craft and wellbeing groups	Stubbylee Greenhouses	
Guided social interaction groups	Stubbylee Greenhouses	
Volunteering and training opportunities at The Cafe	Stubbylee Greenhouses	
Open access outdoor activities – gardening, building etc.	Stubbylee Greenhouses	
Talking therapies	Stubbylee Greenhouses	
Open access courses on all aspects of mental health and wellbeing	East Lancashire Recovery College (Stubbylee Hall)	

Bicycle recycling group (Fridays)	Stubbylee Greenhouses	
One to one support for people with mental health conditions to access activities in the local community	East Lancashire Community Restart	
Encouraging friendships during events/activities run in the Borough	Carers Link	
Look for chances to provide more opportunities for people to engage in local activities	East Lancashire Community Restart	
Referring appropriate carers to Stubbylee Greenhouse project	Carers Link	
Providing extra support for socially isolated people	MSV Homecare and Repair	
Confidence building, co working with mental health services	Inspire	
Befriending Service	Rosendale Hospice	
Peer mentoring, peer support group	Inspire	
Dealing with noisy neighbours which cause mental health issues	RBC Environmental Health	
Myplace Project- Eco therapy project in Stubbylee Park	Lancashire Wildlife Trust	
Dealing with hazards in rented homes –m reducing mental health issues	RBC Environmental Health	
Living Well Living Better Loneliness and social isolation project	RBC Communities	
Befriending, drop ins, support group	Bacup Family Centre	
Breakfast Club (Mondays 9-11am) food and a chat	Whitewell Bottom Community Centre	
Pre school activities (Wed and Thurs mornings)	At Anne's Church, Edgeside	
Activities for young people aged 11-18. Monday, Wed, Fri.	White Horse Project, Edgeside	

Coffee morning Wed 10-12am	Lumb Baptist Church	
Luncheon Club for over 60's 1 st Thursday of the month	Lumb Baptist Church	
OCD peer support	East Lancashire Community Restart	
Fibromyalgia Support Group	East Lancashire Community Restart	
Women's carers Peer Support	East Lancashire Community Restart	
Advice line for older people	Age UK Lancashire	0300 303 1234
Older veterans support	Age UK Lancashire	0300 303 1234
Investigating community transport needs	Rossendale Borough Council Overview and Scrutiny Committee	
Integrated Care coordination – tackling social isolation	Age UK Lancashire	
Digital One project connecting families using IT	Age UK Lancashire and Age UK BWB	
Friends Reminisce Group (Dementia)	Friends Reminisce/Haslingden Community Link	
Supporting young people's emotional health and wellbeing project	Newground	Funded until March 18

Planned activity or would like to happen	Organisation	Comments
Additional walks linked to wellbeing for health GP surgeries and Stubblelee Park	Newground/Together Housing	
Continuation of emotional health and wellbeing programme with young people	Newground/Together Housing	Subject to funding
Intergenerational walks – young people and older people	Newground/Together Housing	Subject to funding
Developing Volunteering in Park (VIP) programme from Rethinking Parks activity	Newground/Together Housing	Subject to funding
Future Proof and Stay Well project to address social isolation and loneliness and mental ill health, and how business services can identify customers who may need support	Stubblelee Greenhouses	Subject to funding
To develop an open access participant led mums, buggies and babies group	Stubblelee Greenhouses	
To further develop our peer mentoring and befriending as a service	Stubblelee Greenhouses	
Community cinema	Stubblelee Greenhouses	
Looking for opportunities to co-locate or create small hub in Rossendale	Inspire	
CCG extended contract for Rossendale Hospice Befriending Service	EL Clinical Commissioning Group	
Looking for a future hub for the Myspace project in Haslingden and/or Rawtenstall	Lancashire Wildlife Trust	
Pilot project to encourage engagement in	Community Restart/Offshoots	

outdoor activities		
Deliver WRAP training in Rossendale	Community Restart	
More befriending services needed with a referral service	MSV Homes and Repair	
Regular drop ins needed in main towns	Carers Link	
Silver Sunday planned for 7 th October working with partners across Rossendale	Seniors Together in Rossendale (STIR)	
Whitworth Men in Sheds project	Rossendale Borough Council	planned launch in April 18
Men's Shed Haslingden project in development	Made in Haslingden	
Start up a small after school club for teenagers	Bacup Family Centre	
Plant pot festival in Bacup planned for 2018 with public workshops	Bacup Pride	
Older people and alcohol campaign planned for 2018	Inspire	planned for 2018
Boot camp exercise	Whitewell Bottom Community Centre	
Monthly Dementia Information Sessions	Haslingden Community Link	starting late March 18
Community Lunches starting April 18	Haslingden Community Link	starting April 18
Older peoples activities	Haslingden Community Link	Planned activity
More befriending services needed for people with dementia		

Priority 2:

Reducing Smoking

Current Activity	Organisation	Comments
Signposting people to NHS quit line when we see smoking in homes	Rossendale Borough Council Environmental Health Team	
1:1 staff use 'Making Every Contact Count' and signpost to smoking cessation	Community Restart	
Enforce smoking in workplaces legislation	Rossendale Borough Council Environmental Health Team	
NHS funded smoking cessation service	NHS	

Planned activity or would like to happen	Organisation	Comments
CCG Strategic Health Partnership Priority: Reducing Smoking prevalence	CCG Strategic Health Partnership	
CCG Strategic Health Partnership Priority: Reducing smoking status in pregnancy	CCG Strategic Health Partnership	

Priority 3:

Being More Active

Current Activity	Organisation	Comments
Promote the use of public transport	Rossendale Borough Council Environmental Health Team	
Improving air quality	Rossendale Borough Council Environmental Health Team	
Providing aids, adaptations and repairs for the elderly, disabled and vulnerable	MSV Home Care and Repair	
Day time support services, activities.	Age UK Lancs	
Helping older people find friends and hobbies on line	Digital One project, Age Uk Lancs	
Active in the Park, family and young people cycling project in Stubblelee Park	Newground Together	
Manage and maintain 3 outdoor gyms, plus parks and playgrounds	Rossendale Borough Council	
Myplace Project encouraging practical work, bush craft etc in parks for long term unemployed	Lancashire Wildlife Trust	
Forest Schools programme with primary schools	Newground Together	
E. Lancs hospital aftercare service enabling independence	Age Uk Lancs	
Monday Adult drop in group has exercise activities and walks	Bacup family Centre	
Up and Active weight management sessions	Haslingden Community Link	

Seated exercise sessions	Whitewell Bottom Community Centre	
Indoor Bowling, dance, keep fit and yoga	Whitewell Bottom Community Centre	
Exercise on prescription	Inspire	
Academy Activities – walking group, football etc	Inspire	
Mutual aid – AA and NA	Inspire	
Sport England bid	Rossendale Leisure Trust	
Leisure centres offering reduced rates for carers	Rossendale Leisure Trust	

Planned activity or would like to happen	Organisation	Comments
Pilot project to encourage outdoor activities	Community Restart/Offshoots	
Opportunities to use parks more a a resource to get people more active	Rossendale Borough Council	
Opportunities to get local families walking and cycling using Valley Of Stone route and local parks	Newground Together Housing	
Carers sports taster sessions	Carers Link/Whitworth Sports Festival	Summer 2018
CCG Strategic Health Partnership Priority: Increasing percentage of physically active adults	CCG Strategic Health Partnership	
CCG Strategic Health Partnership Priority: Reduce the number of obese children	CCG Strategic Health Partnership	
Myplace project looking for a hub in Rawtenstall or Haslingden	Lancashire Wildlife Trust	
Could look at opportunities to support staff to be more activeeg lunch time sessions	Rossendale Borough Council	

Forest schools after school sessions for parents and children	Newground Together Housing	
Bush craft and outdoor education	Newground Together Housing	
New gardening group starting up	Bacup family Centre	
Promoting the use of electric cars to reduce poor air quality	Rossendale Borough Council	
Looking to develop walking group and line dancing sessions	Bacup family Centre	

Cross Cutting Themes

Current Activity	Organisation	Comments
Provision of emergency food to people/families in need	RAFT	
Sign posting people in food poverty to support agencies	RAFT1	
Volunteer food growing at Bacup pride allotment	Bacup pride/Newground/Together Housing	
Community grants through neighbourhood forums supporting community activities and projects	Rossendale Borough Council	
More Positive Together project activities and volunteering linked to open space and supporting people into employment	Newground/Together Housing	
Active Together project: Thurs 10am to 12 Bike Mechanic workshop Thurs 12-3pm gardening	Newground/Together Housing	
Walking for Health project	Newground/Together Housing	Contact James Kenyon 07545 734361
Practical help and support for people struggling with issues affecting their	Lancashire Wellbeing Service	

health and wellbeing		
Looking to engage more with groups rather than individuals	Seniors Together in Rossendale	
Investigating excess winter deaths in the borough	Rossendale Borough Council Overview and Scrutiny Committee	
Researching how community provisioning organisations (i.e food groups and community gardening) can reduce social isolation	Helen Holme, Manchester University	www.makersmakedoandmend.org

Planned activity or would like to happen	Organisation	Comments
Would like to work more closely with GP practices in the area	Lancashire Wellbeing Service	
Need to sustain activity of the organisation and want to develop partner links	Lancashire Wellbeing Service	
Community grant funding – could be more focused around key priority areas	Rossendale Borough Council	
Further research into how community groups create community resilience and reduce social isolation	Helen Holme, Manchester University	www.makersmakedoandmend.org