

MARCH 2026

HYNDBURN AND RIBBLE VALLEY CVS



**NEWS AND INFORMATION THROUGHOUT
HYDBURN AND THE RIBBLE VALLEY**

**TAKE A
PEEK!**

SERVICES FOR OUR
COMMUNITY

WHATS HAPPENING

SUPPORT
SERVICES

EMPLOYMENT &
TRAINING

GET FUNDED

VOLUNTEERING

March

**Welcome to Hyndburn & Ribble Valley CVS
Monthly Newsletter keeping you up to date and
informed on news, events and opportunities in
your local Community.**

**If you have anything to share for future editions
please email: Eleanor.Whitham@hrv-cvs.org.uk**

Updates from Hyndburn & Ribble Valley CVS

At Hyndburn & Ribble Valley CVS, we would like to shine a spotlight on the work we do and how we help our local community to thrive.

These sessions are a wonderful chance to enjoy the great outdoors.

Don't miss out, contact Fiona to secure your place.



CAMPFIRES, CANOPIES AND COMMUNITIES
Adult sessions led by Adventure Hyndburn and supported by CVS

Join us for relaxed sessions in our woodland with bushcraft, forest maintenance, art and campfire activities

Fridays 20th & 27th March
10am to 12 noon

Location
The Park Family Hub woodland, Norfolk Grove, Accrington BB5 4RY

Contact or message Fiona 07983 103219 to book your place

Kindly funded by:   

FREE

Membership

Our membership is currently free and allows access to a number of benefits

- Monthly Grant Update document
- Individual Grant searches
- Free/ discounted training
- Priority to events/ training held by HRV CVS
- And more to come...

If you would like to sign up to become a member, follow the link below and complete the form -
Membership

Sign up to our membership-

<https://hrvcvs.co.uk/membership-form/>

Social Prescribing Leaflets

Community Champions Leaflet (Link)



TALK CHECK ACT ON CANCER. Early action saves lives. 

Unexplained pain that won't go? 

Losing weight without trying? 

Have you noticed...

Get it checked **right away.**

Blood in your poo or pee? 

A new lump? 

Your doctor will want to see you. **Book an appointment.**

CHECK IT Don't chance it. 

Listen to your body. **Act now on cancer.**

  **FUNDED BY** 

For more information on what we are up to, check out our Facebook and Website.



[Hyndburn & Ribble Valley CVS](https://hrvcvs.co.uk/)



<https://hrvcvs.co.uk/>

INFORMATION

No Nay Never Forget is a weekly support group for individuals living with dementia, Alzheimer's, or memory loss, as well as their carers.

The group provides a safe, comfortable, and stimulating environment where participants can engage in a variety of activities including board games, puzzles, music, dancing, and bingo.

The programme also features visits from local services such as the police, fire service, and NHS, as well as community organisations and businesses. These sessions offer meaningful engagement, social interaction, and a sense of joy and connection for everyone involved.

TUESDAYS, 10:30AM - 12PM AT PENDLEBROOK CARE HOME, OSWALDTWISTLE

WEDNESDAYS, 1PM - 3PM AT BURNLEY TENNIS CLUB

THURSDAYS, 10AM - 12PM AT SALVATION ARMY, CLITHEROE

Supported by

Extra Time is a social and wellbeing programme for adults aged 50 and over, designed to combat loneliness and social isolation.

The sessions offer a wide range of engaging activities that encourage participants to stay active, meet new people, and take part in workshops that promote health and wellbeing. Whether it's through games, gentle exercise, or creative sessions, Extra Time helps older adults feel more connected and supported in their daily lives.

MONDAYS (MEN ONLY), 1PM - 3PM AT NEW ERA CENTRE, ACCRINGTON

WEDNESDAYS, 10AM - 12PM AT BURNLEY TENNIS CLUB

THURSDAYS (DEMENTIA FRIENDLY), 10AM - 12PM AT SALVATION ARMY, CLITHEROE

Supported by

Help us help you FLOWERS AND FOOTPRINTS

Step by step footprints CIC with support from Hyndburn green social prescriber Fiona Bradley to help members of the community to improve their own small garden space to enhance their wellbeing. Aimed at people who struggle with emotional challenges or mobility, we are looking to use donated items and to support food growth.

If you have any garden items such as planters, left over soil, small furniture items, seedlings, bulbs or cuttings or any items that we could use to upcycle, then we would love to bring life back into them. Or if you know anyone who would benefit from a garden refresh, give Julie a shout on sbs.footprints@gmail.com or text to 07759 424 818 or scan the qr code to send us a message

Providing NHS services

Hyndburn Rural PCN are hosting a Health and Wellbeing event

Sat 14th March 2026 12.30 to 3.00pm

The day will include community support from a host of health and wellbeing services:

- Raffle prizes
- Health advice
- Blood pressure checks
- Fun for all the family
- FREE entry

Cath Thom Leisure Centre (at Wilson Sports Village)
Clayton Hall Drive, Clayton-le-Moors, BB5 5SG

INFORMATION ...

Health and Wellbeing

Did you know we can deliver sessions for your workplace wellbeing
We do online sessions too

A happy workplace significantly boosts employee wellbeing, leading to higher productivity, reduced burnout, and lower turnover

Scan here to view our offer today - we can also tailor our delivery to your workplace needs.

or visit lal.ac.uk

WE NEED YOUR DONATIONS!

Donate to our CHARITY SHOPS

DONATE

CLOTHES • TOYS • BOOKS • HOMEWARE

You can donate at:

- Accrington Charity Shop - 54-56 Blackburn Road, Accrington, BB5 1LE
- Colne Charity Shop - 59 Market Street, BB8 0LL
- Haslingden Charity Shop - 13 Deardengate, BB4 65X

Help raise vital funds to support unpaid Carers across East Lancashire

DAZZLE & DECADENCE

Join us for an evening of style, sparkle and stories, featuring a beautiful fashion show, exquisite jewellery, and inspiring stories celebrating local women.

Thursday 30th April
6:00 PM - 8:00 PM

Ainsworth Jewellers
57-59 Darwen St,
Blackburn BB2 2BW

£20 per ticket
Includes a welcome glass of prosecco and entry into the 'Golden Ticket' prize draw.

Scan the QR code to purchase tickets. All proceeds support:

advocacy focus LANCASHIRE WOMEN

Horticulture courses

at venues across Lancashire

Grow your skills from the ground up with our horticulture courses. Whether you're brand new to gardening or looking to build on what you already know, our classes help you understand plants, soil, and seasons so you can create and care for green spaces at home, in your community, or at work.

Scan here to view and book your course today!

Visit lal.ac.uk to find out more.

INFORMATION



AROMA
SPECIALIST THERAPEUTIC
EDUCATION TEAM (STET)
championing you

Tailored Support
for Children Unable
to Access School



Aroa STET provides specialist support for children unable to access school or those educated via Education Otherwise Than In School/College (EOTIS/C). Our team includes Specialist SEND Mentors, Consultant Mentors and Educational Psychologists, delivering therapeutic and bespoke education within the home and community, tailored to each child's needs.

HOW STET WORKS:

Referral Process:

- Parents/carers, local authorities, or schools can make a referral.
- An initial consultation is arranged with a STET Consultant and a SEND Mentor is matched based on location, experience and shared interests.

Personalised Support Plan:

- A STET Consultant is assigned to oversee and support.
- A first stage consultation sets out transition plan and introduces the SEND Mentor.

Ongoing Support & Development:

- The SEND Mentor works directly with the young person at home and in the community embedding EHCP targets.
- Regular supervision and training for the Mentor.
- Regular on-going support with families.
- Attendance at MDTs, EHCP Annual Review, and contribution to review reports.

☎ 07845 039433
✉ contact@arostet.co.uk
🌐 www.arostet.co.uk

Our approach reduces the time children spend without educational support and professional involvement. We work collaboratively with the child, family and other key people to identify a way forward, and to facilitate re-engagement for the child.

DWP Employer & Partnership Updates (Link)

Active Lancashire - Club & Community Noticeboard (Link)

Formal and Informal Volunteering Survey (Link)

FREE TEEN

MUAY THAI & FITNESS TRAINING



Age 13-19

Monday 7.30pm- 9pm

Wednesday 7.30pm-9pm

VICTORIA STREET BANGERS CIC

Stress makes it difficult to feel calm, motivated or relaxed. Many people will feel stress at some point in their lives

STRESS

Signs, symptoms of stress

Signs and symptoms:

- Feeling anxious or worried
- Low mood
- Difficulty concentrating
- Irritable
- Problems with sleep

We offer Free Remote or in person 1:1 CBT for ages 16+

Cognitive Behavioural Therapy allows people to identify and bring about changes to unhelpful thoughts, feelings and behaviours.

We offer A Stress Control Workshop Group Online or In person

A group therapy based on CBT to reduce and help manage stress



TALKING THERAPIES



Triggers of Stress:

- Work
- Money
- Health Problems
- Relationship Issues



For more information or to self- refer visit

<https://www.lscft.nhs.uk/talkingtherapies>

OR Scan this QR code



INFORMATION



Keta-what?
Ketamine Conference

Impact • Risk • Prevention • Collaboration

DATE: Wednesday 18th March 2026

AFTERNOON: Arrival from 12:30. The event will take place from 1 PM to 4 PM

EVENING: Arrival from 4:30. The event will take place from 5 PM to 7 PM (community session with buffet and kids' arts and crafts corner)

Invisibles Lounge, Blackburn Rovers Football

A conference exploring the use of ketamine in Lancashire, the impact on individuals, communities, and services, and how we can work together to prevent harm and raise awareness of the associated risks.

This event brings together professionals, community organisations, educators, health services, and people with lived experience to share insight, challenge misconceptions, and strengthen local responses.

Why Attend?

- ✓ Understand current ketamine trends in Lancashire
- ✓ Learn about health and social risks
- ✓ Hear from experts and lived experience voices
- ✓ Connect with local services and partners
- ✓ Be part of the solution through collaboration and prevention

eventbrite

Contact: community.safety@blackburn.gov.uk

Together, we can raise awareness, reduce harm, and protect our communities

TYPES OF ANXIETY

- PANIC**
Repeated, unexpected panic attacks. Racing heartbeat, sweating, trembling, shortness of breath, chest pain, dizziness, nausea, fear of dying or losing control
- HEALTH ANXIETY**
Preoccupation with having or developing a serious illness. Body checking, seeking reassurance or avoidance
- OC**
Persistent intrusive thoughts (obsessions) and repetitive behaviours or mental acts (compulsions) performed to reduce anxiety
- GENERALISED ANXIETY**
Anxiety about a wide range of issues. Persistent worry about everyday issues
- SOCIAL ANXIETY**
Persistent, intense fear of being judged, embarrassed or humiliated. Fear of scrutiny, avoidance of social situations

NHS Talking Therapies for Anxiety

WAYS TALKING THERAPY CAN HELP

We offer a variety of therapies to address anxiety these include:

- SELF GUIDED THERAPY
- COGNITIVE BEHAVIOURAL THERAPY
- STRESS CONTROL GROUP
- WELLBEING WORKSHOP

QR code

You can self refer at www.lscft.nhs.uk/talking-therapies/self-referral 01254 226007

You can refer through your GP or health provider Or scan the QR code

Health Watch Lancashire Disability Voices Phase 2 Report

This project explores the challenges people with disabilities face organising transport to health services, physically travelling to services, and accessing those services when they get there.

This includes hospital and community transport (such as Non-Emergency Patient Transport), public transport (e.g. buses), and private transport (e.g. car, taxi), and structural accessibility barriers to healthcare services (such as poor wheelchair access, lack of disabled parking spaces, etc.).

The healthcare services we are interested in include GPs' surgeries, hospitals, walk-in centres and pharmacies.

The project has engaged with disabled people across Lancashire. It explored:
How and why individuals choose their mode of travel

- Their experiences booking transport, including barriers they encountered (such as eligibility criteria, taxis or hospital transport)**
- Their journeys to and from healthcare services**
- How easily they physically access those services**

"The bus is not accessible and rarely on time - I've missed so many appointments because it always runs late."

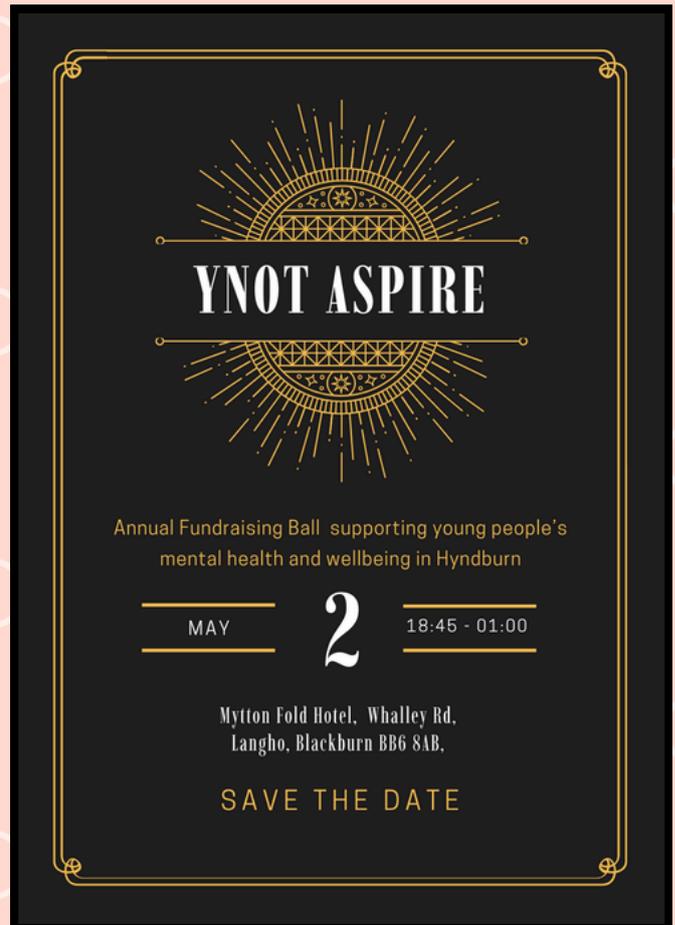
[Click here to view the full report](#)

INFORMATION

LCC Heads Up From Health Protection - February Bulletin (Link)

Cosy Homes Lancashire Affordable Warmth Forum - Click here for booking details

Education Support Webinars and Learning Circles (Link)



YNOT ASPIRE

Annual Fundraising Ball supporting young people's mental health and wellbeing in Hyndburn

MAY **2** 18:45 - 01:00

Mytton Fold Hotel, Whalley Rd, Langho, Blackburn BB6 8AB.

SAVE THE DATE



PB & ME

PB & ME is a community-focused provider of physical activity and sport that aims to break down barriers to participation. We support people who may find traditional sport or physical activity difficult to access, including:

- those with low confidence because they struggle to fit into traditional sports or clubs in the area
- those with low activity levels due to limited alternative fitness or physical activity opportunities
- young people with additional needs who would benefit from personalised, flexible activities
- those with social, emotional and mental health (SEMH) needs who may often feel left out or isolated

Bounce Back Project?

The Bounce Back Project is designed and delivered by **PB & ME**. It takes place in a supportive, inclusive programme that combines fun physical activity with simple resilience tools and reflection to help young people build confidence, emotional resilience, and a positive relationship with physical activity.

- **PB & ME** would initially like to work with children **aged 6 to 11**
- Personalised physical activities delivered by **PB & ME** will engage, motivate and appropriately challenge every participant in a fun, safe space
- Simple practical resilience techniques (reset strategies, routines)
- Short reflective journaling tasks to lock in learning and recognise progress
- One small "micro-habit" to practise between sessions

Where and when will the sessions be delivered?

St. Mary's Centre Community Hall, Church Street, Clitheroe, BB7 2DG

Fridays

- 27th March - 4:30pm to 6pm
- 24th April - 4:30pm to 6pm
- 1st May - 4:30pm to 6pm
- 15th May - 4:30pm to 6pm
- 22nd May - 4:30pm to 6pm

To register your child on **PB & ME** Bounce Back project, please scan the QR code. Any questions? email Jason at: jjones.pbme@gmail.com



Every inclusive **PB & ME** session follows a clear theme designed to build resilience and strengthen Social and Emotional Learning, equipping participants with practical strategies to **Bounce Back** from setbacks.

Who is delivering the project?

Jason Jones is the founder of **PB & ME** and a highly qualified sports coach and active Head of PE & Sport, with over 25 years' experience in coaching and education. He is passionate about inclusion and wellbeing and uses his strategic leadership and coaching experience to ensure every person feels supported, valued and empowered to build confidence, emotional resilience and practical habits that help them stay active and thrive in everyday life.

PB & ME is funded by the ICB because we aim to address growing mental health needs and physical inactivity by embedding social-emotional learning within structured physical activity — equipping young people with practical resilience skills, emotional regulation strategies and confidence to thrive in school, sport and everyday life

INFORMATION

Detached Youth Work
With Accrington Stanley Community Trust

Tuesday
Longridge
6:30pm till 8:30pm

Wednesday
Oswaldtwistle and Church
5:30pm till 7:30pm

Thursday
Clayton-Le-Moors
4pm till 5:30pm

Friday
Clitheroe
4pm till 5:30pm

Locations are subject to change due to needs in area



Get in Touch!

Email:
cfwhyndburnyouthwork@lancashire.gov.uk

Facebook
Hyndburn Youth Zone
Ribble Valley Youth Zone



Hyndburn and Ribble Valley Targeted Youth Support



What's On for Young People

January 2026 to March 2026



New Era Family Hub

Monday
SNAP (SEND)
6:45pm till 8:45pm

Wednesday
Youth Council
6:45pm till 8:45pm

Thursday
LGBTeens
6pm till 8:15pm

Friday
Safe Space *
6pm till 8pm *



Longridge Family Hub

Friday
Safe Space
6pm till 8pm

School Work

Work can take place within school settings. If this is something your setting would like please get in touch.

Clitheroe Family Hub

Monday
SNAP (SEND)
6:45pm till 8:45pm

Wednesday
Youth Council *
6:45pm till 8:45pm

Friday
Safe Space
6pm till 8pm



Hyndburn & Rossendale Talking Therapies Newsletter (Link)

HEALTH & WELL-BEING

NHS
Lancashire & South Cumbria
NHS Foundation Trust

East Lancashire Young People's Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

Advice sessions are available on-line via
'Attend Anywhere'
Delivered by CYPMH East
tinyurl.com/ELCAS-LSCFT



Enter the word "CYPMH East" as the first name and "drop in" as the second name followed by your date of birth. You will then enter our virtual waiting area where we will collect you.

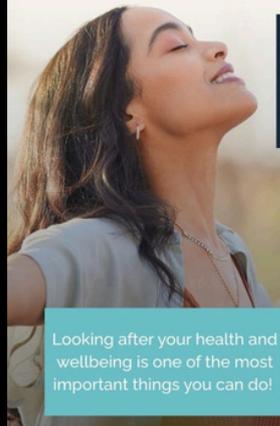
Wednesday 4 th March 2026	1pm – 3pm
Wednesday 11 th March 2026	3pm – 5pm
Wednesday 18 th March 2026	5pm – 7pm
Wednesday 25 th March 2026	1pm – 3pm

Join us...

On your journey to better Health and Wellbeing

Many of our sessions are FREE for Lancashire residents!

**At venues across
Lancashire**
We do online sessions too




Scan here
to view and book
your session today!

Looking after your health and wellbeing is one of the most important things you can do!

or visit lal.ac.uk

**Lancashire & South Cumbria ICB
Male Suicide Prevention Campaign**

Lancashire and South Cumbria, data and intelligence has been used to direct the work around Suicide Prevention. As part of this work, a Male Suicide prevention campaign to highlight support services available locally but also promotion the stat alive app as a form of support for men and their networks to manage their mental health.

Male Suicide Prevention Engagement Report Final (Link)

Male Suicide Prevention Report 2025 Final (Link)

wise group
empowering people out of poverty

HEAT STRUGGLING WITH FUEL PRICES?

Are you struggling with fuel prices and need some advice?

If you, or someone you know, is struggling with their energy bills, we may be able to help

Our dedicated mentors can provide advice by visiting you at home and continue support through further visits or remote assistance to help you save money on your energy.

We may be able to help speak to your supplier about any questions you may have regarding billing issues or outstanding debt.

We can support you with:

-  ENERGY CRISIS & ADVOCACY SUPPORT
-  ENERGY SAVING AWARENESS
-  INCOME MAXIMISATION
-  ENERGY EFFICIENCY ADVICE

PLEASE CONTACT OUR HOME ENERGY ADVICE TEAM TODAY!  HEAT@THEWISEGROUP.CO.UK  0800 092 9002

GRANTS & FUNDING



easyfundraising
Impact Fund
2026

**20 x £500
grants available**

Apply now



The easyfundraising Impact Fund is now open with 20 unrestricted grants of £500 for UK not-for-profit organisations to help them continue or enhance their work. These grants are unrestricted, so your organisation can use the funds wherever it's needed most, eg core costs, equipment, resources, activities, or just running costs. The application form is straightforward and quick to complete and the fund is open to organisations of all sizes and structures, including charities, not-for-profits, schools and education settings, sports clubs, CICs and social enterprises, youth groups, and faith organisations.

Fund open: 23 February -5 April

Apply here: <https://www.easyfundraising.org.uk/impact-fund/>

About easyfundraising: easyfundraising helps your organisation raise unrestricted funding from everyday online shopping. When people choose you on easyfundraising and shop with 8,000+ retailers, the retailer donates to you at no extra cost — and you receive the total raised every three months. Find out more:

<https://www.easyfundraising.org.uk/hyndburn-ribble>

**Tesco Stronger Starts
Scheme (Link)**

**Lancashire Affordable
Warmth Fund (Link)**

**Lancashire
Changing Lives
Fund (Link)**

**IVAR Funding
Experience Survey.
(Link)**

VOLUNTEERING

For all the volunteer opportunities we currently have advertised, please go to our website- <https://hrvcvs.co.uk/volunteering-roles/>




Volunteer Role Profile

Post Title:	Independent Advisory Group (IAG)
Grade:	Volunteer
Location:	East Division: <ul style="list-style-type: none"> Hyndburn Ribble Valley and Pendle
Responsible to:	Safer Neighbourhood Inspector

Volunteer Role Purpose:
Could you be a 'critical friend' to the Police Service?

We are looking for new panel members to join our Hyndburn and Ribble Valley Independent Advisory Group.

The purpose of the IAG is not one of scrutiny; rather it provides a safeguard against disadvantaging any section of our communities through a lack of understanding, ignorance or mistaken belief. A 'critical friend' is one who is of significant importance to the Constabulary, and it does not imply that they should necessarily be judgemental or censorious.

It is a forum where independent advisors can give independent, impartial advice about specific issues identified by the Police locally.

We are looking for a broad representation of the diverse communities that we serve in terms of disability, gender identity, race, religion or belief and sexual orientation and you will ideally be able to demonstrate strong links, and effective engagement, with one of the defined diverse communities.

As an IAG member your independent views will help Lancashire Constabulary shape police service provision and help to build stronger relationships with diverse communities.

As a panel member you must live or work in the Hyndburn, Ribble Valley and Pendle area and be available to take part in bi-monthly meetings which are held locally, so access to transport would be required.

This opportunity is subject to police vetting and to qualify you must have been a resident in the UK for the past 3 years.

Key Responsibilities:

- Provide the Police with independent and impartial advice about specific issues identified by the Police, or by members of the IAG, or by the communities they represent
- Provide guidance, personal insight or constructive challenge reflecting your perspective as a member of the community
- Provide the Police with independent advice on issues that potentially impact on the communities of the policing area including policies, practices, procedures or critical incidents
- Act also as an Independent Critical Incident Advisor for the Police when necessary
- Retain a good working relationship with other IAG members, with Lancashire Police personnel and with any other interested parties
- Potentially undertake a wider variety of roles including attendance at policing operations, meetings and/or development seminars

Involving a volunteer in the tasks outlined above will complement and provide additional support to staff and policing and enhance service delivery- Volunteers will not replace Officers or Staff.

Knowledge / Experience:

- Reside within the Hyndburn, Ribble Valley and Pendle policing area.
- Must be willing to attend bi-monthly meetings.
- Can demonstrate the ability to listen to and consider the views of others and treat all people fairly and with respect.
- Must be committed to making a difference to the way that policing services are delivered.

To find out more about the role and how to apply [click here](#)

Little Green Bus is looking for volunteer drivers in the Hyndburn area
For more information - <https://hrvcvs.co.uk/volunteering-opportu/little-green-bus-minibus-car-driver/>

If you have a volunteer role you would like advertising, please email Eleanor.Whitham@hrv-cvs.org.uk



TRAINING & VACANCIES

WE'RE RECRUITING

ACCRINGTON DETACHMENT

START YOUR ADVENTURE

- 13 - 17 years Old?
- Want a sense of belonging?
- Need a new challenge?
- Personal development?

accringtonscc@gmail.com



JOIN ACCRINGTON ROYAL MARINE CADETS

Looking for challenge, confidence, and something bigger than yourself? Accrington Royal Marine Cadets is recruiting young people aged 12-17 and adult volunteers to be part of our growing detachment.

FOR YOUNG PEOPLE (12-17)

Want to:

- Learn fieldcraft, drill, first aid & leadership
- Build confidence, discipline, and teamwork
- Make new mates, and try things you won't do at school
- Take part in adventure training, camps & competitions

You don't need to be super fit or "military" — just bring commitment, curiosity, and a good attitude. We'll help with the rest.

FOR ADULT VOLUNTEERS

We're also looking for adult volunteers to help inspire the next generation.

You could:

- Mentor and support young people
- Learn new skills (no military background required)
- Gain recognised qualifications
- Be part of a tight-knit team doing something genuinely worthwhile

Whether you can give one night a week or more, you'll make a real difference.

WHY JOIN?

Because this isn't just a club — it's belonging, purpose, and pride.

Based in Oswaldtwistle, Harvey Street

Training runs Mondays & Thursdays 19:00 - 21:30

Message us to find out more or arrange a visit : Accringtonscc@gmail.com

Dare to try. Dare to lead. Dare to belong.



Digital Voices Podcasting Course
Online Community Podcasting Course
to help VCSE workers to either make podcasts themselves or run projects with their groups to produce their own podcasts

For dates and booking info [click here](#)

Fuel Debt Advice in the Community Training Course
(Link)

Spring Projects - Relationship Courses
(Link)