

The Valley Contact

Your Local Notice Board

CVS Learning Exchange

The CVS offer a number of training programmes for the Staff and Volunteers of Voluntary and Community Groups. These are offered through Leapfrog and the Learning Exchange, and are available from January to March. Some of these include:

Successful Fundraising, Risk Assessment, Fire Marshal Training and Minute Taking.

For more information contact :
Jill Stazicker on 01254 879966 or 01200 422721

The Grand, York St. Clitheroe

Silver Surfer Internet Cafe / Drop In Centre

Starts 29th January 10am - 12pm
Every Fortnight

* free use of state of the art Apple Mac computers (subject to booking)
* support using the internet & email
For more information or to book ring Zoe on 01200 421599

Many people in the community are caring for someone with a long term mental health problem.

The Making Space Carer Support Worker is there to support the carer.

For confidential support and information tel :-

Sylvia Gray - Carer Support Worker
01200 444338 or 07843268017

New Directions

Lancashire Adult Learning understands that learning something new can be a worrying time, particularly if you are experiencing or recovering from depression, stress, anxiety or any other mental health difficulty.

Courses are planned to lift your confidence and self esteem.

- * classes are small and relaxed.
- * no exams or assignments.
- * you can do as much or as little as you like and at your own pace.
- * courses are on your doorstep.

New Spring Term Programme available from the :-

New Directions Team on 01254 222730 or e-mail

leyanne.sheridan@ed.lancscc.gov.uk

YOGA for HEALTH for Beginners.

Weekly classes beginning
Thursday 29th Jan 2-3.30pm - £3.50
For more information or to book ring ZOE on 01200 421599

STREETFEET—Hip Hop/ Street Jazz Dance Classes

Thursday Evenings from 5th Feb;
6 - 8 years : 5.15 - 6.00pm
9 - 11 years : 6.00.-7.00pm
12+ : 7.00 - 8.00pm
For more information or to book ring ZOE on 01200 421599



Age Concern Lancashire

Are you aged 50 + years ?
Age Concern Lancashire have an exciting new project in the Ribble Valley which aims to promote and develop a healthy, active lifestyle for people aged 50+ yrs. Through the new Active Ageing project, there are numerous courses ranging from **keep fit, tai chi, craft workshops and creative writing to computer courses.**

For details or further information contact :-
Kath Mitchell - Active Ageing Coordinator tel: 01200 453073 or kmitchell@ageconcernlancs.org.uk

Stepping Out

The Health Walk Programme offers a variety of regular walks - graded so that you can choose an option most suited to your current fitness, and the time you have available.

- * Gentle - flat and at a gentle pace.
- * Leg Stretchers - a moderate pace.
- * Go for It - a moderate pace with 'off road' walking.
- * Treks n Trails - involves 'off road', gradients and stiles.

For further information contact:
Peter O'Malley/Tracy Balko
01200 414484 or email
Peter.OMalley@ribblevalley.gov.uk

Volunteers

Would your group or project benefit from the help of some of our volunteers? Would you like help designing a website, digging a garden or running a fundraising event?

The **Juice Bar 'V'** volunteering project, is offering to assist 6 local groups or individuals with current projects or developing new ideas. For the 6 winning ideas, staff will organise and manage a group of young volunteers to deliver 6 new pieces of work in the community, with all volunteer costs covered by the Juice Bar.

The project ideas must be deliverable over a maximum of 6 weeks and be youth friendly.

More interesting the better.

To nominate your group simply send a description of your project idea (no more than 200 words) and contact details to c/o CVS, 1 Swan Mews, Off Castle St. Clitheroe BB7 2BX or email: andreaduckworth@hyndburnandribblevalleycvs.org Closing date Friday 13th February. Projects will be delivered between March and August 09.

Fitness For Life

There are numerous benefits to be gained from regular exercise or physical activity including reduced blood pressure weight control and an improved sense of well being.

Fitness for Life is available through Out the Ribble Valley. Your GP or Practice Nurse can refer you onto the scheme if they think you will benefit from regular exercise. You will be able to start your programme in a safe environment with other like minded participants.

If you would like further details contact:

Tracy Balko - 01200 414484 or tracy.balko@ribblevalley.gov.uk

Community Mental Health Teams

Community Mental Health Teams (CMHTs), provide treatment and support under a Care Plan. The teams work closely with primary care, voluntary organisations Together with user and carer groups, to provide an assessment service for new patients in the community.

“ There are people out there that can help and support you. Have the courage to ask, don't be alone.”

Mental Health Helpline

The confidential (exceptions to confidentiality apply under certain circumstances.) helpline is an NHS user - led service that aims to meet callers needs through provision of information and a listening ear.

Opening Hours

Monday - Friday
7.00pm - 11.00pm
Saturday & Sunday
12 noon - 12 midnight

Tel: Freephone 0500 639000

Fully trained volunteers answer the line. They offer their time to listen and support callers.

Healthy Minds

Promoting positive mental health and wellbeing in East Lancashire.

Take positive steps now
Visit our website at:

www.eastlancshealthyminds.nhs.uk

ADCOACY SERVICE

Helping *you* to be heard when and where *you* need to be heard!

tel : 01254 301030

email: elas@elas.org.uk

fax: 01254 301033

The Healthy Valley Project

The Healthy Valley Project will work to tackle inequalities in access to health and social care services in rural parts of the Ribble Valley and support community ventures and social enterprises working from village halls. This project is not about changing policy, it is about changing practice.

The project will build on key strengths of the voluntary and community sector to involve and consult with local communities, especially minority groups who are considered 'hard to reach'. Ongoing consultation with villages through established networks and structures will provide a local focus to how services are delivered.

The project aims to work in as many village centres as possible across the Ribble Valley developing an enhanced and well being centre in that village and to support increased access and the take up of local services.