

Whitworth

VALLEY NEWS



PRODUCED
BY
Whitworth
Town Council

THE RAINBOW COLOURS BY SUSAN WORRALL

Today I saw a rainbow,
it didn't look quite right, it wasn't very colourful,
only black and white.

I WONDERED WHAT HAD HAPPENED,
to make those colours fade, had someone simply rubbed them out,
or had they been mislaid? I thought of all people
children young and old,
who when they saw a rainbow,
dreamed of that pot of gold.

THE GOLD IT NEEDED COLOUR,
TO SHINE THROUGHOUT THE LAND,
without those rainbow colours, the world would just be bland.

HELP ME FIND THE COLOURS,
the people I did ask. To find those pretty colours,
would be no easy task

We all joined together, to carry out this quest.
I then began to realize, this puzzle was a test
The colours disappeared, to help the world unite,
instead of war and misery, useless feuds and fights.

As we worked together, the colours they came back, the world is now in colour,

no longer white and black.



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MESSAGE FROM THE MAYOR



Councillor Lynda Barnes,
Mayor of Whitworth

Dear Residents and readers,

This spring issue of this magazine will hopefully bring as much enjoyment to you all as it will to me and my husband David. This should be my last Mayoral address (although as the last 12 months have taught us nothing is really certain at the moment!) and I would like to thank all our wonderful volunteers and various community groups who have made the lives of so many of our residents so much easier during the last twelve months. Thanks must also go to our town clerk Melanie who never ceases to amaze me by the new schemes and ideas she comes up with like this new issue of the magazine with the 'Whitworth Happy News' inside.

I would like to thank our local critical workers for your commitment and persistence. The vaccine is now being rolled out and many of the most vulnerable local residents have had their first dose meaning we are another step closer to being able to meet together again. Without our NHS and pharmacy staff, school staff, care home workers I don't know where we would be. The Town Council are supporting an initiative to deliver 'Bundles of Hope' as a thank-you to all our local superheroes. No gesture could possibly match the determination you have shown but it shows that you are recognised and appreciated.

There is currently a vacancy on the Town Council, have you ever been interested in serving your local community? Now would be a great time. There has already been quite a bit of interest in the position but please contact the clerk for information about how to apply. Personally I have found the role very rewarding.

It has been a strange term of office for me, I have only had nine normal months the other fifteen months have been under various restrictions. As it draws to a close I would ask you all to please follow the rules to stay at home except to shop for essentials, your daily local exercise or medical reasons. Protect our NHS and save lives. Thank you .

With my very best wishes to you all.

Councillor Lynda Barnes, Mayor of Whitworth



As we move through another lockdown, be assured Whitworth Medical Centre remains open. For clinical needs, reception can arrange for doctors or nurses to telephone initially and invite you for a face-to-face appointment if necessary. Please do not attend the surgery unless you have been invited.

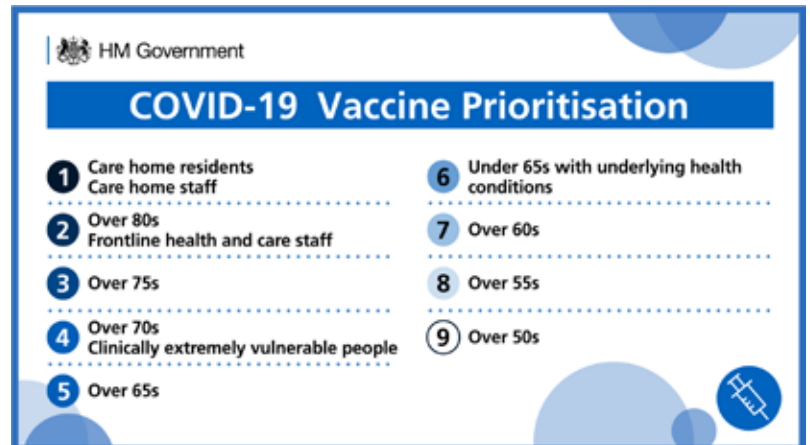
We are sorry waiting times have built up, partly because each face-to-face encounter takes us longer due to spacing, cleaning and changing PPE, we are busy with the surge in Covid cases, providing clinical cover for the Rossendale Covid vaccination programme and dealing with the usual winter pressures. Additionally, we have staff shielding and working from home, some have to isolate due to illness or contact with Covid cases. Please consider if simple queries could be dealt with by NHS 111, online or asking your pharmacist for advice. Certain routine work has stopped temporarily, this includes chronic disease monitoring for people whose condition is stable, so we can concentrate on people with poorly controlled chronic conditions such as Asthma, Diabetes or COPD who are vulnerable to developing complications of COVID-19. Other essential work such as cervical smears, cancer treatment and children's immunisations will continue.

The 'stay at home all the time' message for shielding patients is not repeated in this lockdown. Clinically extremely vulnerable (shielding) patients should not go to work and stay at home as much as possible but can exercise following distancing advice. If they cannot work from home they may be furloughed or claim statutory sick pay. Fit notes are not required for shielding (unless unwell and too sick to work). Letters to work are not required by GP surgeries. Clinically extremely vulnerable patients will be sent new letters – emails/texts will also be sent where contact details are available centrally. Only those who get a new shielding letter should shield.

COVID VACCINATION PROGRAMME

The UK vaccination programme has started. An independent group of experts recommended the NHS first offers vaccines to those at highest risk of catching, suffering serious complications or dying from COVID-19.

The programme is coordinated nationally and GP practices are helping with clinics at Rossendale Primary Health Care Centre (the Hub) in Rawtenstall. The storage requirements and shelf life of the vaccine mean it is not practical for individual practices to run clinics. You do not need to book an appointment; the NHS will contact you when it is your turn.



We have progressed substantially through Group 1 and made very good progress vaccinating those in group 2. For housebound patients over 80, we require supplies of the more portable (Oxford) vaccination. This is being prioritised to older Group 1 nursing home residents initially. We encourage over 80 year olds to attend the local clinic if possible to reduce delays and preserve nursing manpower for those in need.

There is more information available on shielding and vaccinations on the Government website.

Beware- these unusual times have created opportunity for scammers to take advantage of vulnerable people. The Covid-19 vaccination is free of charge via the NHS. There is NO way a private vaccination can be legally bought in this country. The NHS will never require your bank details, PIN number or payment for delivering the Vaccination.

We thank you for following the ongoing national guidance, maintaining distancing and wearing face coverings when it is necessary to attend the surgery or for vaccinations. We appreciate your patience during these extraordinarily busy times.

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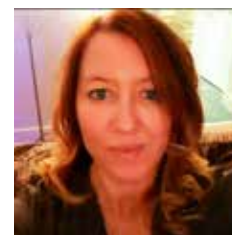
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A warm welcome to new library manager, Sarah Fisher. Sarah lives in Rossendale and recently managed Rishton Library but previously worked regularly at Whitworth Library and thoroughly enjoyed community activities and events. Books and reading are the main focus of any library, and whilst that will always be at the heart of the work, it is so much more, with computer use and digital assistance, a wide range of activities, community hub, extensive digital library, and somewhere you can see a friendly face or have a chat!



Sarah, Megan and Hayley are a friendly, approachable, dedicated and professional library team, who look forward to meeting you all in person when possible. The service currently offers contactless returns, reservations and 'Six of the Best' at the door. PCs can be booked, strictly for essential use during the reduced opening hours. Books will now be automatically renewed until April 1 and all fines will be waived until further notice to avoid unnecessary journeys.

Updates will be posted on the Friends of Whitworth Library Group Facebook page or contact friendsofwhitworthlibrarygroup@gmail.com to be added to the mailing list. To reserve books or computer sessions phone 0300 123 6703, Mon-Fri, 9am-5pm.

Opening times from 2nd January 2021

Mondays:	2pm – 4pm
Tuesdays:	10am – 12pm and 2pm – 4pm
Wednesdays:	Closed
Thursdays:	10am – 12pm and 2pm – 4pm
Fridays:	10am – 12pm and 2pm – 4pm
Saturdays:	10am – 12pm
Sunday:	Closed

All our libraries will be closed on bank, public holidays and some additional days

VOLUNTEERS NEEDED FOR A WHITWORTH HOME LIBRARY SERVICE

The Home Library Service is provided to library customers who are unable to visit their library because of poor physical or mental health, disability, caring responsibilities, or mobility problems. If you know people who would benefit please speak to a member of Whitworth Library Staff, call: 0300 123 6703 or email: library@lancashire.gov.uk

If you have a few hours to spare each month to help your community you could deliver books to Home Library Service customers. Please speak to a member of library staff for more information about this opportunity before applying. <https://lancsvp.org.uk/opportunities/home-library-service-whitworth-library/>

Volunteers must drive and have access to a vehicle. This role requires a DBS enhanced check which will be done free of charge. Being a Home Library Service volunteer is much more than just collecting and delivering books, it is about spending a little time with each person. A friendly face and a chat can make a real difference, helping people to feel cared for and valued by their community in a socially distanced, Covid-safe way.

KEEP WHITWORTH MOVING

Despite a challenging year, Lancashire County Council's highway maintenance service managed to fix 92% of potholes on time. A wet, stormy winter caused more potholes than usual in 2020. This extra pressure was combined with lockdown, when staff were diverted onto other urgent work. The team have been busy catching up and are now well on track to meet their target of fixing most potholes within a response time of 22 working days.



The county council is responsible for 4,600 miles of highway, it's a massive task to maintain. They focus on priority routes and repairing more serious potholes. They have invested in new technologies including jetpatching and the multi hogs to fix potholes more efficiently and improve your roads.

LCC need your help over the winter in reporting potholes which need repairing via 'Report it' on the website www.lancashire.gov.uk/roads-parking-and-travel/report-it/

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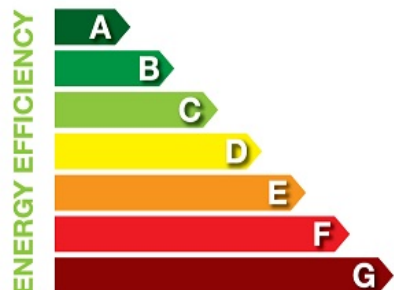
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A HUNDRED YEARS AGO

2020 proved to be a difficult time for everyone in the Valley. If asked what was going on in Whitworth in 2020 the answer would be, "Not a lot!!". Volunteers at Whitworth Historical Society delved into the museum archive for information on life in Whitworth a hundred years ago.

In 1920, 452 births (including 3 sets of twins and 1 set of triplets!) were registered and 66 marriages took place at local churches. 1918 saw 631 registered deaths for Whitworth compared to 466 deaths in 1920. A likely indicator of the impact Spanish Flu pandemic had in the area.

St Michael's School, Shawforth, log book for 1918 records, "Owing to the influenza epidemic, the school closed on 26th June 1918, by the order of Dr Forbes, Whitworth Medical Health Officer, allowing for the premises to be fully disinfected." The school reopened on 8th July 1918 but on 25th November 1918 the log stated, "1 teacher and 50 pupils were absent owing to influenza and whooping cough being very prevalent". The school was closed yet again on 2nd December 1918, until 6th January 1919.

Further education, especially night school courses, took place at Whitworth Technical School in 1920. The school, at Spring Place, Facit, just to the rear of what is now Law's Butchers shop, offered courses in technical studies, coal mining theory & techniques, dressmaking, music and millinery.

Hallfold Chapel organised a "Welcome Home" concert party on 7th February 1920, for sailors and soldiers returning from war service. Now in 2021, concerts, parties, education classes and examinations seem to belong to a different world!



St Michael's Church & School at Shawforth

Although the museum remains closed, archive or family research enquiries can be made by contacting: archive@whitworthhistoricalsociety.org.uk

HALLFORD UNITED REFORM CHURCH

Hallfold Church on Hall Street is, like most others, currently closed. However, for anyone wishing to join in a service, a weekly one can be found on the Hallfold United Reformed Church page on Facebook. When churches are able to open again, rest assured that all safety measures are in place. Seats are two metres apart, masks mandatory as is hand sanitising, and a one way system is in operation. Everyone is most welcome.

Sadly all activities that usually take place in the building are on hold too. However, when usual activities recommence, the church will run a weekly, gentle exercise to music class on Tuesday evenings. Bear this in mind when you are trying to shed those extra lockdown pounds! The sessions cost only £3 and begin at 7pm.



Short Mat Bowling at Hallford

Last March, the church received the equipment to open Short Mat Bowling Sessions. Hopefully, later in the year, it will be possible to get this activity under way. Days and times are still to be arranged but if you are interested keep looking out for advertisements in this publication and on Facebook.

WHITWORTH RESIDENTS NAMED IN NEW YEAR'S HONOURS LIST

Despite facing adversity, two Whitworth residents have gone above and beyond the call of duty to improve their communities and services.

Richard James Sercombe, Member of the Order of the British Empire (MBE) is a Data Technologist for Brakes who lives in Whitworth. He was awarded his MBE for services to Vulnerable People during the Covid-19 Response. Brakes usually supply wholesale foods to schools and the leisure industry. When the first lockdown was announced, Richard and his team came up with the IT infrastructure to help the government to deliver food parcels to 1.8m residents nationally who were clinically extremely vulnerable. In his spare time, Richard volunteers to Whitworth Valley Football Club and coaches two under 10's teams.



Richard James Sercombe MBE

Arnold Wilson Ashworth, Medallist of the Order of the British Empire (BEM) was acknowledged for a lifetime of volunteering and charitable fundraising in the community of Whitworth. Arnold has always been an active member of the Whitworth Community as chairman of Whitworth Amateur and Musical Dramatics Society for 28 years, then the president and currently a life member. He was captain of Lobden Golf Club in 1966, president in 1974 and 1975, now also a life member. He also became involved in Whitworth Cancer Research along with his late wife, Joyce. Together they supported fundraising for over 50 years since 1964! Arnold wishes to acknowledge everyone who has supported Cancer Research Whitworth Committee and Whitworth Amateurs over the years and made this achievement possible.



Arnold Wilson Ashworth BEM

CANCER RESEARCH WHITWORTH LOCAL COMMITTEE

The committee would like to thank supporters for continued support and generosity and express pride and delight that the longest serving member, Arnold Ashworth, was awarded the British Empire Medal in the Queen's New Year's Honours list. Arnold has served the committee for over 50 years and, along with his late wife Joyce, is the reason the group is probably still here. He has been a stalwart and inspiration - congratulations Arnold, well deserved.

There are no activities planned as yet for this year with the virus continuing. Hopefully by the next edition there might be some hope on the horizon for events to be planned. Although the group have been restricted in their fundraising they have still been able to raise £7000 in 2020 and thanks go to all who have made donations and held sponsored events. For any information about the work of the committee or to make a donation to cancer research UK please contact Michael Whitby 852613, Arnold Ashworth 343424 or Elaine Bagshaw 853935.

ROSSENDALE RADIO

Rossendale Radio is now in its 3rd year and is the only Ofcom licensed Community Radio Station in the area. The station is broadcast on 104.7FM frequency, due to the nature of the Rossendale Valley, all people cannot necessarily receive this signal... BUT... find the station on all other media: Alexa, Facebook, Website, Instagram, Twitter etc and can be heard online anywhere across the globe.



Ofcoms Community Radio rules dictate only 50% of income can come through advertising, with the rest coming from fund-raising, grants and donations. Recent restrictions have left us unable to do this meaning we are very reliant on our advertisers for the income to cover costs.

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If you have any legal queries, please do not hesitate to call us on 01706 854167. We are aiming to do most appointments by telephone or video conference in order to minimise the risks relating to Covid.

We have received a high number of enquiries regarding Power Of Attorneys recently. Our fees are £225 plus VAT and the registration fee of £81. Please note that we can only undertake such applications for clients who have mental capacity. Once the capacity has gone, we are unable to do such applications and a Court of Protection application is necessary instead which is significantly more expensive.

**If you have any other legal queries,
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Take care, stay safe and we look forward to welcoming you all back as soon as we can.

Danni, Michael & the Basils Team.

WHITWORTH TOWN COUNCIL PRECEPT 2021/2022

Whitworth Town Council has this year set a net budget of £57,795. The Council has worked hard not to increase the precept this year, in acknowledgement of an exceptionally difficult year in 2020 which has put many residents under financial pressures. Balancing the budget has been difficult in the face of increased costs and further cuts to grants from the Borough Council.

	2021/22	2020/21	2019/20
Employee's (Town Clerk / Town Caretaker)	£ 54,400	£ 53,408	£ 51,184
Parish Lengthsman (salary / materials)	£ 6,000	£ 6,000	£ 6,500
Administrative Expenses	£ 11,970	£ 11,020	£ 11,825
Statutory and Civic Events / Expenses	£ 8,665	£ 8,460	£ 7,605
Audit Fee	£ 500	£ 400	£ 400
Training / Member Expenses	£ 450	£ 450	£ 600
Insurance	£ 1,477	£ 1,289	£ 1,275
Grants to Outside Bodies	£ 1,000	£ 1,000	£ 1,000
Special Projects	£ 5,100	£ 7,412	£ 5,678
Street Floral Displays	£ 600	£ 600	£ 600
Whitworth Valley News Magazine	£ 1,100	£ 638	£ 1,500
Investment Income	-£ 19,500	-£ 10,000	-£ 10,500
LCC / RBC devolved funding	-£ 11,950	-£ 11,950	-£ 11,041
Other income	-£ 1,400	-£ 7,650	-£ 7,370
From Reserves	-£ 1,617	-£ 1,451	£ -
Contingencies	£ 1,000	£ 1,000	£ 1,000
COST OF TOWN COUNCIL LEVY (£)	£ 57,795	£ 60,626	£ 60,256
RBC Council Tax Support Grant	£ 2,000	£ 4,000	£ 6,000
Net Precept	£ 55,795	£ 56,626	£ 54,256
Number of band 'D' equivalent units	£ 2,160	£ 2,194	£ 2,186
Council Tax per band 'D' property (£p)	£ 25.81	£ 25.81	£ 24.82
Percentage increase per band 'D' property	0%	3.99%	2.99%
Actual increase per band 'D' property	0p	99p	72p

Expenditure includes salaries for the Town Clerk (30 hours), our full-time Whitworth Town Caretaker, who makes a significant impact on the town's cleanliness, our Parish Lengthsman, who tackles repairs and general maintenance around the town. The Town Council continues to be proud of its achievements, and looks forward to working with and for the people of Whitworth during the forthcoming financial year.

READY, STEADY, CENSUS

Households across Whitworth will soon be asked to take part in the nationwide survey of housing and the population. It has been carried out every decade since 1801, with the exception of 1941. Information from the digital-first census will help decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Households will receive a letter with a unique access code in the post, allowing them to complete their questionnaire online. Paper questionnaires will be available on request. Census day is March 21. For more information, visit census.gov.uk.

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THE BUG

The Bug is a zero-waste pop-up shop on the corner of Tong Lane and Market Street open Saturdays 10.30am – 2pm. They sell organic bread, fruit and vegetables, which contain less pesticides, support wildlife, boost health and taste amazing. They also offer vegan pies, cakes and free range eggs from Whitworth hens, plant-based soaps, refills of environmentally friendly cleaning products and more...



Nature's Garden in Haslingden supply the fresh fruit and veg sourced from UK growers based as locally as possible and the fresh bread is from **The Crust Bakery in Stacksteads**. Bruno and Inez are seriously passionate bakers with white or golden sourdough, Polish farmhouse and amazing focaccia. **Ye Olde Hillbilly Bakery in Bacup** make tasty vegan pies, from traditional 'meat' and potato, 'chicken' and veg, through to the more adventurous madras, jack fruit and thai green curry! The vegan cakes always go fast so call in early to avoid disappointment! Eggs are available from free-ranging hens kept on the farm on the side of Brown Wardle. Most hens are rescued from industrial scale farms by the British Hen Welfare Trust.

The equivalent of one rubbish truck of plastic goes into the ocean every minute. Cut down on waste by buying refills of eco-friendly household cleaning products - washing up liquid, laundry liquid, fabric conditioner and multi-surface cleaner - made by **Miniml Refills in Keighley**. Bring your own container or there are some ready to fill. The Bug stock a range of scented soap bars from **Friendly Soap in Calderdale**. Prices are competitive with supermarkets and all the products smell amazing. Try something a little bit different, be kind to your skin and help the environment too!

Find out more on the facebook page @TheBugWhitworth. The Bug is run by Analogue Farm Community Interest Company. All profit goes towards usually FREE activities offered locally. www.analoguefarm.com

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HEALTH AND WELLBEING

A GUIDE TO GREAT SKIN, HEALTH AND WELLBEING

The key to great winter skin begins with sleep, aim for 7-8 hours of per night and your skin will thank-you. There is a reason people call it 'Beauty Sleep'!

Drink at least 1.5 litres of water a day. Our bodies contain 60% water and vital organs need it to function. Skin is the body's largest organ, so it's essential we look after it by keeping it adequately hydrated.

Protect your skin with a good moisturiser containing sufficient SPF. Even though we have fewer sunlight hours in winter, the sun's rays still penetrate and it's one of the biggest causes of lasting skin damage.



Choose natural skincare where possible and move away from products containing harmful chemicals. Check out the free THINK DIRTY® App to review your products at home and to do your research whilst shopping. Cheap is not always best!

Exercise regularly! Aim for 3 x 30 minute sessions per week to improve your general skin health.

Make vitamins, minerals and antioxidants a priority in your skincare & diet. Treat your body like a temple and it won't let you down.

Liz Prior, Independent Ambassador for Tropic Skincare & Beauty. For more details about Tropic products or natural skincare contact Liz 07753 464 245 or email lizpriortropic@gmail.com

LOCKDOWN LOCKS

During lockdown you may be tempted to take your hair into your own hands, with a few tips and tricks hopefully you'll be able to hang in there. If grey roots are showing there are easy fixes. Some salons sell or recommend a root spray. Concentrate around the temple and the parting, help maintain your colour using coloured hair shampoo and use heat protection spray.

If you're blonde or balayage and feeling a bit dull, maybe your roots coming through are making your hair feel greasy, making the ends feel dry. Use a dry shampoo after blow-drying to prolong your blow-dry and make roots less obvious. If ends are feeling dry, pop a treatment on or leave your usual conditioner for longer, sit back and relax! Blondes can feel brassy, a good, salon recommended silver/purple shampoo will help clean your blonde. Only use once or twice weekly and don't leave it on too long or hair that is porous can take on an uneven purple hue.

In terms of cutting hair, don't! If you're fringe is in your eyes, try a sweeping side fringe or use a clip to take it away from your face. Many salons offer retail products to purchase and gift vouchers, support local salons - a little bit helps a lot.



Failing that you could shave it off for Charity! That is what Julie did in the first lockdown raising £2100 for Springhill Hospice thanks to her family, friends and local donations.

If you have any hair related questions Julie is more than happy to help, message @juliebradshawhair on Facebook or Instagram. Alternatively contact your stylist, they'd probably love to hear from you. Hairdressers are very sociable and can't wait till they can get back to doing what they do best!

DUCK RACE AN EGG-CITING SUCCESS

This year's race was filmed and then streamed at 1pm New Years Day. In total 1,888 ducks were sponsored raising vital funds for community events in Whitworth and residents could sit at home and watch in their pyjamas rather than braving the walk up to the res for a change.

The sponsor of the first duck (240) over the line was Alison Bentley who won £100, with second place (214) being taken by Amelia Mayoh with a prize of £75 and third prize (702) of £50 issued to Ian Ray. The last duck (1611) to waddle in was sponsored by Lisa McDowell who was awarded a tenner. This year, there was a comedy moment where a duck escaped at the finish line and had to be chased and caught. This plucky duck (880) sponsored by Elizabeth Wadsworth was awarded a £10 spot prize for the pure entertainment value! The race is available to view using this link <https://vimeo.com/496076256>



SANTA EXPRESS GIVEN A WARM WELCOME IN WHITWORTH

The Whitworth Tourism and Leisure Committee volunteers invited Santa to ride around in their custom-built light up sleigh and greet all the children (and adults!). They covered 16 miles over Friday 4th and Saturday 5th December, driving up and down all the main routes in Whitworth and Shawforth waving to the children. It was so successful they ended up doing it all again a third time just before Christmas. He was given a proper Whitworth welcome with hundreds of families stood out in the cold. The children were mesmerised and the adults were excited too and it wasn't just for the young families there were elderly couples waving and the residents at Barley View care home rolled out the red carpet for Santa – it really did bring the whole community together, at a safe distance. The event was just what was needed after a long year of restrictions.

Santa liked Whitworth so much, he has agreed to come back next year so it will become a regular feature in the Whitworth calendar and hopefully with some added extras next year!



WHITWORTH CHRISTMAS TREES ON BRACKETS UPDATE



As you know, the Tourism and Leisure Committee have been on a mission to light up Whitworth at Christmas time. Luckily, they have Les, a volunteer who gets stuck in each year to encourage more people to put a lit tree on the outside of their property. Thankfully, this year Les managed to enlist the help of several other volunteers to get the job done. They say many hands makes light work, this is still a heavy job even with lots of hands but it definitely helps to have a team.

There has been a suggestion to use artificial trees which would be lighter and if reused annually over a period of years, they would reduce the carbon footprint of the project. Each year we cut down over 50 trees which are used for a few weeks and then chipped, it does seem a waste. The committee would love to hear your thoughts on this matter.

This year they also managed to replace the tree in Shawforth (hopefully this one will last the year without drowning!). If you want to be considered for a tree in future years or help the guys put them up, please contact Les Hirst 07966 583401 or email leshirst147@gmail.com





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POLICE REPORT

Rossendale police are encouraging the Whitworth community to sign up to 'In The Know' messaging service. The service is completely free and users receive alerts and updates around crime patterns in the Whitworth area. The police also use the system to appeal for information. Officers can for example send out a message that they are out on patrol and residents can reply advising us of current problems and anti-social behaviour. If you want to sign up you can do so at stayintheknow.co.uk/LancashireTalking



If you prefer your local officers can ring and sign you up over the phone, just email your name and contact number to 3495@lancashire.pnn.police.uk and we will get back to you and also answer any questions you may have about the initiative.

TOWN TWINNING

For 52 years Whitworth has been twinned with a town in Germany called Kandel. Many Whitworth families formed lasting friendships with people in Kandel.

Our friends in Kandel have also been managing the global pandemic. The Armistice ceremony in Kandel took place virtually this year. The Mayor Michael Niedermeier and 1st deputy Michael Gaudier laid down wreaths at the memorial for the First World War at the Plätzel in Kandel, including a wreath for Whitworth soldiers in the hope that never again will Britain and Europe go to War.



Kandel has restrictions in place residents must wear a mask outside home and only leave the house to go shopping, seek medical attention or to work. They have emergency staffing for kindergartens and schools and those who can should keep their children at home. Most school lessons take place digitally - but this does not work well because the schools were not sufficiently prepared for this. Some students have been given a laptop because not everyone can work at home.

Kandel have a large vaccination station in the district of Wörth and a similar system of priority groups. The Kandel council now hold meetings virtually by video and rarely meet in person. To find out more about Town Twinning please contact Cllrs Jim Mellor jim.mellor47@hotmail.com or Tom Aldred atomaldred@aol.com

WHITWORTH AND DISTRICT U3A



During the last 12 months, isolation has been a major factor, many members have had to shield or are vulnerable. There are still opportunities for learning, fun and staying in touch with friends and special interest groups. Every member receives a bi-monthly newsletter describing various activities which continue despite lockdown.

Zoom plays a major part in the activities. Monthly meetings with guest speakers have continued virtually with some fascinating slide shows. One advantage is being able to invite speakers from further afield - March will take members on a virtual tour of Shakespeare's London - but the recent talk by the u3a Treasurer on 'The Titanic and my Family' was also very popular.



Interest groups are also keeping folk active: the Photographic and Art groups set themselves challenges and a Book Club has been launched, with two Zoom breakout rooms for the discussion. And for anyone feeling the need to be more active, Qi Gong is going great, while the Walking Group meet to share ideas on local walks.

A full list of speakers, contact details and interest groups, many continuing throughout the year, can be found on the Facebook page and website (u3asites.org.uk/whitworth). New members are very welcome.



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YOUTH CHARITY LAUNCHES NEW SUPPORT TEAM

Young people in Whitworth can now access free support from VISION, an established youth charity based in Rossendale. Nathan Shepherd, the charity's founder and director, said, "This year has been incredibly tough, and young people need our help more than ever. There are 3 main ways we can help.

Firstly, we're offering mentoring and professional counselling for 11-18s. Secondly, we're working with primary and secondary schools to provide Emotional Wellbeing sessions online. Thirdly, as a Christian charity, we have brilliant resources and weekly 'Connect groups' for young people who want to find out more about life and faith."



Young people, parents and schools can find out more at www.visionyouth.org.uk, or follow VISION on Instagram @visionyouth or Facebook @vision.rossendale.

VISION is funded almost entirely by local people. To continue offering essential services to young people who need it most, the charity is looking to find 100 new supporters who can give £5 or £10 each month. Information about how to give can be found at www.visionyouth.org.uk/donate

REFLEXOLOGY AND AROMAFLEX - HEALTH AND WELLBEING DURING COVID

Lockdown is likely to affect so many people with anxiety, apprehension, depression or just generally feeling low. Here are some helpful tips to increase your health and wellbeing.

- Water** – drink plenty of water. It helps flush your lymphatic system of toxins and waste.
- Exercise** – regular physical movement, such as walking or stretching, will ease muscle strain, relieve mental tension, improve blood circulation and muscle activity.
- Sleep** – Corona-somnia? Relax in a warm bath with essential oils before bed.
- Food** – eat fresh unprocessed foods every day. Fruits, vegetables, legumes, meat, fish, eggs and milk.
- Relaxation** – Massage and Reflexology is proven to benefit your immune system. Invest in an Aroma-diffuser which neutralizes and purify rooms using quality essential oil which have anti-bacterial, anti-viral, anti-inflammatory and anti-microbial properties and kill the germs in the air.

Janet Hewitt (07950 709 423) is a qualified holistic therapist and an independent consultant for Neal's Yard Remedies offering free local delivery <https://uk.nyrorganic.com/shop/janethewitt>

EMPOWER YOURSELF WITH KNOWLEDGE!

The Pelvic Floor Aware Exercise 4all project aims to provide video based, pelvic floor awareness advice and exercise, for anyone who has or has not got pelvic floor issues, as prevention is better than cure! No one should have to endure a bothersome quality of life if something can be done and in many cases something can.

An eBook of pelvic floor safe exercise has already been created for download and a video is in the pipeline <https://pelvicfloorawareexercise4all.wordpress.com/pelvic-floor-safe-exercise-ebook/>



To book a one to one video call meeting (available until June 2021) or discuss any issues surrounding pelvic floor health, please contact Rosemary on 07886 963 024 and you will be sent zoom details. If that seems a little daunting, you can have a regular call or send an email. Rosemary would love to hear from you, to spread awareness, and empower yourself with knowledge.

Follow the project **Facebook page @pelvicfloorawareexercise4all**, or email: pfae4allproject@gmail.com

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Orange Button Community Scheme

Did you know that if you live or work in Lancashire, you can access **FULLY FUNDED** Suicide Awareness training, and then have the opportunity to become a member of the Orange Button Community Scheme?

The Orange Button is a way of identifying people in the community who have had suicide awareness training and may be able to support, provide information or signpost people that may need them (using skills gained from your training)

To see what courses are available and to know how to book on, please visit

<https://www.healthierlsc.co.uk/orangebuttonscheme>

Please follow @HealthierLSC and use #OrangeButtonCommunity to find out more.



Orange Button Community Scheme

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WHITWORTH IN BLOOM

During late December, amidst the cold weather and harsh local lockdown, local volunteers planted an Orchard in Whitworth. Lancashire Environmental Fund provided a variety of apple, plum, and cherry trees which adorn Waingap Woods, the side of the cycleway at Britannia and at Healey Corner. The fruit will be freely accessible to all for years to come.

The team followed national guidelines in light of covid and timed slots were allocated to members of the community who wanted to dedicate a tree. Small wooden circles identifying tree type were available for the planters to write their dedication on. The volunteers have plans for the future to involve many more community groups in the development, maintenance and harvesting of the trees - something to look forward to on the other side of covid.



The Lancashire Environmental Fund (LEF) is a partnership between Suez Recycling and Recovery Ltd., Lancashire county council, the wildlife trust for Lancashire, Manchester and North Mersyside and community futures. Organisations can apply for funding for initiatives which benefit the environment and people of Lancashire.

For further information about the fund contact Jennifer Tidy, LEF administrator, on 01772 317247 or email jennifertidy@lancsenfund.org.uk or visit www.lancsenfund.org.uk

LANCASHIRE ENVIRONMENTAL FUND

CONNECTING TO NATURE IN WINTER

Winter days can be hard – short days and cold and wet weather, we are more likely to be spending more time indoors (especially in the current situation). You can still have a relationship with nature, whether it be from out in the wet and wild or from the cosy indoors looking out. Spending time outdoors can work wonders for our wellbeing, but it is proven that taking a moment to notice the natural world around us each day can help us feel happier and healthier.

Why not try to include an activity each day for one month and see how you feel?

RSPB have produced a calendar to help you get started! <https://community.rspb.org.uk/ourwork/b/natureshomemagazine/posts/connecting-to-nature-in-winter>

Maybe you could share your experiences with us for the next edition? Email us your photos and stories to info@whitworth.gov.uk

SAMBA OFFERS VIRTUAL FITNESS



Lots of local businesses have diversified during the current pandemic, Samba Dance and Fitness recognise that exercise is key to keeping a healthy mind and body. To keep everyone safe and comply with government guidelines they have started running a fitness bootcamp class on Zoom. Classes take place on Monday evenings at 7pm and last 45 minutes.

The exercises are modified each week for variety and to respond to the needs of the class. The classes are available for the bargain price of £10 a month and are expected to continue until classes can once again take place in person. New members are always welcome - for more information or to join the classes contact Sam samba.dance@hotmail.co.uk or message the samba facebook page.

THE FUTURE OF OUR MOORLAND, BY BETH HOLT, AGED 20

I write this first hand as the daughter of a hill farmer in the Rossendale Valley. My family have farmed the same moorland for generations. It is now facing hugely unprecedented times and is under threat of no longer being home to grazing livestock at all. The biggest issue our uplands face is that it is treated as a playground for grown men with their motocross, enduro bikes and 4x4's. This has grown in popularity over the last 10 years and the increase. The mess and devastation they are leaving is beyond belief. It is illegal to use moorland for these purposes. Landowners and graziers are plagued with this activity 365 days a year.



Our moorland is home to many species of wildlife, several farmers flocks of sheep, herds of cattle; all of which are threatened with these devastating effects. There are scenarios where ewes have become trapped in motorbike ruts, bogged up to their necks in a peaty soup. Only if they are lucky, they are stumbled across to be rescued from their black wet grave before it is too late. Lambs, only hours old, are separated from the mothers - orphaned. Only the lucky lambs who are heard crying for their mothers are found by their shepherd or a kind rambler. The unlucky ones look death in the eye as the cold causes hypothermia and their body shuts down.

There are many examples of injuries caused to sheep by bikers. In one case a ewe was hit by an off-road bike. She was heavily pregnant at the time and her pelvis was completely shattered. The ewe went into early labor and only when she delivered did they realise the sheer speed and force with which she had been hit. Her newborn lamb had two broken legs caused by the impact with the biker who did not even have the respect to stop. Both mother and lamb had to be put down to end their suffering.



Other farmers have their cattle 'rounded up' in a game by the bikers. This 'game' led to a calf, only days old suffering a broken leg.

Contrary to popular belief these hills are not 'wasteland' which no-one owns and no-one cares for. They are home to some of the most environmentally friendly lamb and beef for generations, reared on land which cannot support any other kind of agriculture or serve any productive purpose. These environments are the UK's largest store of carbon, the UK peatlands store the equivalent to 8 years worth of total UK carbon emissions. The ruts these bikes make speed the flow of water from the hills to the valley bottom causing erosion and flooding.

It is only now that I feel that the future for hill farming is very bleak. The land we have been custodians of for generations is being torn apart, the peat can no longer do its job properly.

THINGS NEED TO CHANGE.

To help this police monitor and respond to these incidents we need people to be reporting incidents everytime they happen. To report any non emergency incidents contact Lancashire Police via their website <https://reportitonline.lancashire.police.uk/NdsPublicEngagementUi/index?force=lancashireconstabulary>

Additionally sign up to 'In the Know' to communicate with local officers on a regular basis about incidents <http://www.stayintheknow.co.uk/C169FCC6.../QuickRegister>

WHITWORTH VALE AND HEALEY BAND

The band travelled the length of Whitworth during December playing carols and spreading festive cheer and played sessions outside 'the Bug' on Tong Lane within Government guidelines. It's been a long time since the band covered all areas of Whitworth, normally the concert schedules don't allow it. A huge thank-you to all who donated online and in person in these times when fundraising has been almost impossible. The band will be taking part in an online contest arranged by Cory Band in March. If you have any questions about the band please contact Michael Whitby 852613.

BPRCVS IS HERE TO HELP



Burnley, Pendle and Rossendale Council for Voluntary Service is a regional charity with an office in Bacup. Since the first lockdown, BPRCVS has been doing everything in its power to help and support people as well as voluntary organisations.

Whether you've lost your job, are experiencing delayed benefit payments, needing to use foodbanks, if you've been directly affected by Covid-19 and can't put food on the table or heat your home - apply for the Emergency Assistance Grant.

If you find yourself struggling to cope during the Coronavirus pandemic, whether in lockdown or not, the BPRCVS Social Prescribing Team is a fantastic group who support you to reduce isolation, anxiety and depression, improve mental health and so much more.

Volunteers are in high demand due to the pandemic. There are plenty of opportunities available for people of all backgrounds and abilities. The BPRCVS Volunteer Centre has been integral in recruiting volunteers to assist with supporting local residents, helping at testing sites and vaccination centres.

If you require emergency assistance, support or would like to volunteer please contact 01282 433740 or email info@bprcv.co.uk and BPRCVS will help. More information can be found at www.bprcv.co.uk.

LITTLE PRINCESS TRUST DONATION

Lots of local businesses have diversified during the current pandemic, Samba Dance and Fitness recognise Tonacliffe Primary School pupil, Lola Hearn, took the decision to have 12 inches of her hair cut off for The Little Princess Trust after losing her young cousin, Zach, to cancer in 2020. The Little Princess Trust help when a child loses their hair to cancer by providing a free, real hair wig to help restore their confidence and identity.

Each wig costs £550 to make so Lola aimed to raise the funds to cover the cost of turning her hair into a beautiful wig. She ended up smashing her original target and thanks to generous donations from friends and family has now raised £715 for this good cause.



FANCY A WALK?

Currently it looks doubtful that the Skyline walk will go ahead in May, but judging by the number of people out and about whenever there's a hint of blue sky, there's obviously an appetite for walking in the valley at the moment.

Whitworth Sports Council have been granted some money by the Connecting East Lancs Access Fund to produce a new series of leaflets, detailing walks in Whitworth. These are short, easy walks – none much longer than going round Cowm, circular strolls starting and finishing from various easy-to-find places within the valley. There are 12 of them, and they come as a pack, called Strolling Whitworth, and they are free of charge. You can get them from Josh Law's Butchers, the Post Office and the Co-op. walking Whitworth 1-8 and walking Whitworth 9-16 are still available (1-8 is running low). These walks are a bit longer, all designed to fit into a half-day session.

BLUEBELL HILL

Option 1 Park on the left side of Station Road, Broadley before the bridge - go through the kissing gate on the right of the bridge, down to the main path through Healey Dell. At the path, go straight on.

Option 2 Drive over bridge at Station Road, Broadley, car park on left 150 metres ahead. Opposite the car park is a squeeze-stile, leading to a set of shallow steps. Go down, then turn left onto the main Healey Dell path.

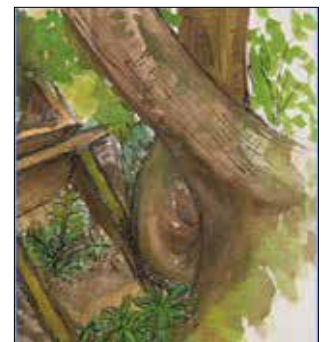
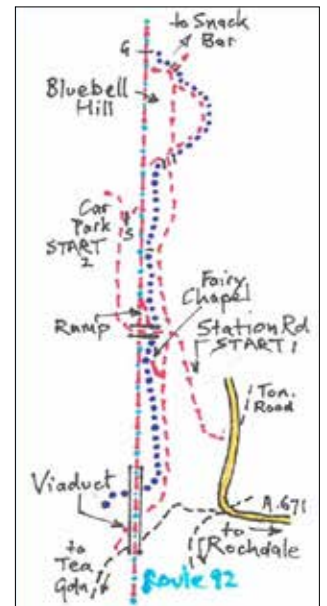
This path is shared greenway so be aware of bikes and other users. Once it was a railway line, built to serve the needs of the quarries at Facit. To begin with that's where the line terminated, at sidings just beyond Whitworth's other Station Road, at the Halfway House. Later the line was extended to Bacup, with the station at Britannia, at 1000ft above sea level, being the highest on the whole Lancs and Yorks network.

We're not going that far today (fine walk though it is!) – we're settling for Bluebell Hill, which is the first lump on your right, about a ¼ mile ahead. Just past the little hill, turn right off the main path, next to the river. Notice the slim bridge – a bit too narrow for a really satisfying game of Pooh-sticks...there's a better one later. Most people will keep turning right, on this path that may be a bit muddy, but if you wish you can follow the line of the river for longer if you follow an even narrower path just ahead around to the left. It'll re-join the obvious path near the Pooh-sticks bridge.

After your game, cross the bridge and walk the length of the duckpond to a junction. Here, going right takes you back to the main path, where you go left, retracing your steps to your car. Going left, up a path that's rough, and always shady, will take those who took parking option 1 directly back to their chariot. If you took option 2, when you reach the bridge turn right, across it, and along the roadway to the car park.

Refreshments Healey Dell Tea Rooms are down in the Dell – further than you've just done, and uphill after eating. To drive there, go right at the top of Station Road, then right at Healey Corner down narrow, bendy Dell Road, which is very pitted beyond the cottages. Corner shop at top of Station Road Snack bar - turn left at top of Station Road and drive a ¼ mile

Possible walk extensions - The snack bar is 300m. up above the narrow bridge, Healey Dell viaduct is 300m south of Station Rd ramp and the Fairy Chapel is very close and signposted down steps from Station Road (but the tricky steps down from that path need real care).



Twisty Trees by Leanne Davidson - Can you spot other unusual trees in the Dell?

LOCAL TRADES LIST

CHILDREN – EDUCATION & TUITION:

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Tel: 07962190667

7 Lobden Crescent Whitworth

HEALTH & WELLBEING:

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cjrothwell@hotmail.com

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rlhgasandpropertyservices@yahoo.co.uk

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Seanbrad09@gmail.com

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www.whitworth.gov.uk

Office hours: Mon - Fri, 9am - 2.30pm

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FACIT & SHAWFORTH WARD:

Lynda Barnes and Tom Aldred

HEALEY & WHITWORTH WARD:

Alan Neal and Dayne Powell

(See left for contact details)

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peter.steen@lancashire.gov.uk

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01706 215547 (Constituency office)

jake.berry.mp@parliament.uk • www.jakeberry.org

FORTHCOMING WHITWORTH TOWN COUNCIL MEETING DATES:

Thurs 11 Feb, Thurs 25 Feb, Thurs 11 Mar, Thurs 25 Mar, Thurs 15 Apr, Thurs 29 Apr

All meetings are open to the public and take place at 7.30pm. Due to the current pandemic all meetings take place virtually on zoom. Please see the website for details of how to join or contact the Town Clerk

OTHER USEFUL CONTACTS:

Community Police Officer PCSO 7356 Heidi Kirkbright: to report a non-urgent crime or incident, please dial 101 or visit www.lancashire.police.uk/contact-us/how-do-i-report-a-crime. For emergencies only, dial 999. Report information confidentially to CrimeStoppers on 0800 555 111 • sign up to 'In The Know' to receive alerts around crime patterns in Whitworth stayintheknow.co.uk/LancashireTalking

Rossendale Connected: Support through pandemic • 01706 227016 • help@rossendaleconnected.org

Lancashire County Council: 0300 123 6701 (general enquiries) www.lancashire.gov.uk • Highways 0300 123 6780 or email highways@lancashire.gov.uk • out of hours social care emergencies 0300 123 6720

Rossendale Borough Council: 01706 217777 (council tax, bin collections and other services) • 0300 222 5944 (revenues and benefits) 0300 222 5946 (out of hours emergencies) • www.rossendale.gov.uk

The Lighthouse Community Foodshare: 551-553 Market Street Whitworth Tuesday, Thursday and Saturday between 10am and 3pm by appointment only • lighthousefoodshare@gmail.com • 07922 951 096

Together Housing: 0300 555 5556 (general enquiries)

Homestart: 01706 214621 • Emma@homestarttrbh.co.uk • www.home-start.org.uk

Carers Link Lancashire: 01254 387444 • info@carerslink.net • www.eastlancscarers.org.uk

Citizens Advice Rossendale: Financial, welfare and benefits advice 0300 456 2552 • www.carh.org.uk

The Samaritans: 01706 830999 • (Freephone) 116 123 **Universal Credit:** (Freephone) 0800 731 9344

Lancashire Volunteer Partnership: Befriending service for people who want someone to talk to www.lancsvp.org.uk • 0777 997 2114