**NEWS**

**PCN Networking Event**

Our next networking event date has been set for Thursday, November 13th and will take place at Preston Town Hall, Room A at 10am. We would love to see as many of you there as possible. Details of speakers will follow soon.

Registration is now open via the following link: <https://forms.office.com/e/8Ln546CYp6>

**Briefing Paper**

As we mentioned last week, we are now putting together a ‘briefing paper’ which Tony can refer to when he attends the various meetings of committees and other groups on behalf of the sector.

If you have any issues or points you wish to be raised or you would like more details of the forums and groups we can access, please drop us a quick email on [tonyd@prestoncn.org](mailto:tonyd@prestoncn.org).

**The 2025 Lesley Finley Award**

A reminder that nominations are now being accepted for this year’s Lesley Finley Community Award 2025.

The award is in memory of Lesley who was a true hero at Disability Equality NW, and this popular and prestigious award will be presented at this year’s DENW AGM at their Community Hub on **Thursday, November 27.**

The nomination form can be completed online using the link [here.](https://www.surveyhero.com/c/LFaward25)

[More details on the attached flyer.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/files/ed06c7a3-9527-d903-4217-d5c58bde2caa/LF_Community_Award_25.pdf)

**SPIN Buddies**

Preston Pedals ‘SPIN buddies’ scheme is now live – it’s a cycle buddy scheme – if you want to cycle from A to B but aren’t sure how, they have a bunch of volunteers ready to support you in doing it.

[Further details are attached](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/14aca19c-c40d-5029-7635-364f33dc9574.png)

**YOUTH NEWS**

**Parent and Carer Workshop’s - Fulwood, Preston**

I am excited to announce that myself and my colleague Shae Vhareta from the Primary Mental Health Teams in CAMHS will be running Parent and Carer Workshops from October.

Please cascade this email to all relevant staff within your service and share with any parents that may benefit from these workshops.

The workshop is available to all parents of children registered at one of the GP Practices that I cover. [The list of practice’s is on the poster.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/d3fa8c61-6887-0a05-0d67-67da391d0ab5.png)

Heather Bainton - Children and Young Person's Mental Health Practitioner

**Arts4Us – Research Questionnaire**

[The Arts4Us project](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/3e3ca5ba-c8bc-ed02-49fe-dab3e27beab5.png) is exploring how to improve access to arts activities that support the mental health and wellbeing of children and young people. If you work in arts/culture, education, local authority, or the VCFSE sector, we’d love to hear from you!

📝 Take part in a questionnaire or focus group to share your insights on:

✅ The current provision of arts activities for young people

✅ What young people enjoy (and don’t!) about arts participation

✅ Digital access to arts for mental health support

✅ Barriers and facilitators to participation

✅ How we can reach the most vulnerable young people Your input can help shape better access to creative opportunities for young people!

Please take part in a short questionnaire by scanning the QR code on the study poster attached or following this link: [The views of frontline staff on how to improve access to arts activities that support children and young people's mental health and wellbeing](https://app.onlinesurveys.jisc.ac.uk/s/edgehill/the-views-of-frontline-staff-on-how-to-improve-access-to-arts-a)

**Warehousing Course – Preston – 10th November - PHX**

[Please see attached poster](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/a0c11736-23f6-fe03-139b-b29816e74bce.png) for a Warehouse and storage course with guaranteed interviews. Young people aged 19+ are eligible.

**Level 2 Autism Awareness Course – 7th November**

Realise Training are offering a Level 2 Autism Awareness Course starting on the 7th November at the Moor Nook Youth & Community Centre. [More details on flyer attached.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/f960f070-60a5-255d-bcf4-268f799af0da.png)

**SURVEYS**

**Reducing Reoffending Funding Round**

The Police and Crime Commissioner for Lancashire’s office is preparing to launch their Reducing Reoffending Funding Round which will support targeted interventions aimed at preventing reoffending and promoting rehabilitation across our communities.

In order to tailor this, they have issued a survey for any individual or organisation working with individuals at risk of reoffending.

All responses gratefully received and you can access the survey by clicking [here](https://www.surveymonkey.com/r/communityfund-reducingreoffending).

The survey should take less than 10 minutes to complete but please do so by Monday, November 3.

**TRAINING**

**Grief Training**

Our member group The Grief Connection now offer a range of high quality, completely free workshops for families and individualse designed to provide support, creativity, and connection when you need it most.

For more details and online booking form, click [**here.**](https://jen-brighty-grief-coach.live.baluu.co.uk/)

**FUNDING**

**Spring North Awards**

Our friends at Spring North have launched their awards scheme for this year.

Spring North have simplified the application process this year and it involves just just three questions for your chance to secure a £2,500 grant to help you develop your work, reach more people, and continue making a difference.

All applications across three categories will be considered for the special Not-for-Profit Award, with the winner receiving a £2,500 grant to support their community work.

Click the link [**here**](https://l.facebook.com/l.php?u=https%3A%2F%2Fspringnorth.org.uk%2Fnews%2Fspring-north-2026-awards%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAYnJpZBEwWWVvVkNGSk1MSkpFSkpKcAEegyu7vZrsplFtN8wjl4r_hXzaLs91sH9e6Hf2jIA2m66KHDJh1wATRKmCwUM_aem_f2v2hYXP5HJVfeJha7kAww&h=AT0f5bExWyhCQ7yflC66fnmoS63GlYOlZXWDPerGjDlYTvvIRzl-5cfYYM6hg_zfZayHD6dCUPAYoi1jxM1izvlGTL5IaEEpF-pBEP_B6cyGgPbhNT64PHZ91jheT8CLqvZIFEUYL2tHlvqz&__tn__=-UK-R&c%5b0%5d=AT0Skp5qTm65w2cKvuRb4PNJXY8qfMIsZv-hG35Wg0lGMxb2zXeYbNA6abUcqgKf7vUlkHVva3gk3BrDXifIr28ytDViZQotIPGuRxJlDDsIGpXvxkbMqJGviBnyu7Kg8MUbvCHKuuTW612TuECkuWNRB1OVGw6sfqpufSgcTdU9zhkc2sk4sr40etKBqw) for more information and to apply.

**Access Foundation**

Awards to mitigate the digital divide by supporting projects that make IT facilities, support, and learning accessible to disadvantaged and vulnerable people are available from The Access Foundation.

For details, click this link <https://fundin.ai/digital-divide/>

**Active Travel Fund**

Organisations and businesses can bid for a share of £1 million in funding to help them deliver innovative initiatives that enable more people to walk, wheel or cycle.

The Active Travel Innovation Fund is designed to help develop new ideas or to expand on successful initiatives that are already making a difference.

For more information, click [here.](https://activetravelengland.us14.list-manage.com/track/click?u=665126c79f1ac0ded4a4bfdaa&id=2818173d04&e=a86023563c)

**Naturesave Trust Biodiversity Grants**   
Grants of up to £5,000 are available for charities and community groups for projects that support biodiversity through planting, creating gardens, wildlife surveys, habitat restoration and a range of other activities.

Closing date is November 27 and for more details, click [here.](https://www.naturesave.co.uk/naturesave-trust/apply-to-the-naturesave-trust/)

**Winter Activity Grants**Home Instead Charities is inviting applications for its Winter Activity Grants, designed to reduce social isolation and promote wellbeing for adults aged 55 and over. Funding is available for local events and activities that help older people stay connected, active, and engaged in their communities.

Closing date October 31 and more details [here.](https://www.homeinstead.co.uk/charities/how-we-do-it/apply-for-a-grant/)

**Hardship Grants for Vulnerable People**  
The COSARAF Foundation is offering grants of up to £2,000 to organisations supporting families and individuals facing financial hardship.

The Hardship Grants Programme helps cover essential costs such as utilities, food, rent arrears, household items, or work and education-related expenses.

Applications can be submitted at any time and are reviewed every six weeks.

More details [here.](https://www.cosaraf.org/what-we-do/hardship-grants/)

**Yorkshire Building Society**

Small Change, Big Difference, the scheme run by the Charitable Foundation of the YBS, is offering grants to groups providing urgent support or relief to those experiencing financial hardship, to enable them to address immediate needs.

More details [**here**](https://communitycvs.us12.list-manage.com/track/click?u=3754f6a136f6d39f017b95235&id=e34344cc3a&e=f105be099a) and deadline is December 31.

**Halloween Offer**

**easyfundraising** are giving away daily treats of £100 or £200 donations to community organisations for Halloween week.

From this **Friday, October 24 for one week**, find the **Haunted House** and click on the tombstone for your chance to win. The spooky giveaway ends on the full moon on Halloween.

Register to get involved [here](https://www.easyfundraising.org.uk/community/)

**EVENTS**

**The** **Lancashire Affordable Warmth Forum.**

Organised by Cozy Homes, The Lancashire Affordable Warmth Forum is taking place on Monday, October 27 from 9.30am in the Savoy Suite at County Hall.

For more details, click [here](https://mcusercontent.com/3754f6a136f6d39f017b95235/files/838d344d-5e1f-2a92-4843-0f1c6c77b7ff/Programme_of_Events_27th_October_2025.pdf) and to register for a free place, click [here.](https://www.eventbrite.co.uk/e/lancashire-affordable-warmth-forum-tickets-1529152950639?aff=oddtdtcreator)

**The Harris**

Tomorrow, Thursday, October 23, Disability Equality NW will be hosting a meeting to discuss and review accessibility arrangements at The Harris.

This is part of DENW’s role as Critical Friend to The Harris on Accessibility.

The event at DENW’s Sedgwick Street base will run from 1pm-3pm and there will be light refreshments provided and available throughout the meeting

To register any access needs for on-the-day, please email [matthew@disability-equality.org.uk](mailto:matthew@disability-equality.org.uk)

In addition, The Harris have arranged a fantastic programme of events for young people in November and December.

Kicking off the programme is artist Becki Miller aka ‘ErmitsMoze’ from Manchester, a vibrant, talented and cheeky mural artist.

[For more details of this and other events, see attached flyer.](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/527bd404-3ce9-e130-86a7-d2eacd0ba5d9.jpg)

All the events are free and if you have ideas for other events, let the Harris know.

**English for Speakers of Other Languages**

We have been advised that Pukar Disability Resource Centre are hosting ESOL Level 1 and IT classes each Monday and Thursday with a limited number of places still available.

[See flyer for sign up details](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/images/ce43050e-533b-daf3-6572-6b9849dba148.jpeg).

**University of Lancashire**

There’s a busy series of free events being hosted by the University of Lancashire in November and below is a brief summary.

*Thursday, November 6*

***Ask Your Pharmacist - Free Health Checks***

9am–5pm, Foster Social Space, Foster Building, Preston Campus

Checks available on the day include: height, weight, calculating your body mass index, blood pressure readings, health advice, measurement of oxygen saturation, glucose and cholesterol testing. All welcome.

*Wednesday, November 19*

***Shifting the Narrative: The Story of Lorenzo’s House***

5pm – 7pm, Foster Building, Preston Campus

A short film of how one family’s journey with younger-onset dementia led to a sanctuary of hope and light for families everywhere. This will be followed by talks by Grania Mckittrick from the non-profit Lorenzo’s House and Emmy Walmsley from Healthwatch Lancashire. No registration needed.

*Thursday 27 November*

***Our Dancing journey: living with Parkinson’s and Dementia***

5pm–8pm, Harrington Lecture Theatre, Preston Campus

Explore the question of ‘What can dance offer to people living with Parkinson’s and dementia?’ through a screening of the short film ‘Dance Like No One is Watching’, a series of short expert talks and a moment to move.

Please book for free [here](https://www.eventbrite.co.uk/e/our-dancing-journey-living-with-parkinsons-and-dementia-tickets-1746709668639?aff=oddtdtcreator).

*Friday, November 28*

***Empowering Voices***

3.30pm–5.30pm, Media Factory, Preston Campus

This performance event brings together dancers living with Parkinson’s from the UK and Romania to share their creativity and performance skills. Dance performances from Preston’s Neuro-Moves community and Contagious Joy Collective of Romania.

Please book for free [here](https://www.eventbrite.co.uk/e/empowering-voices-tickets-1734420601709?aff=oddtdtcreator).

**Parent/Carer Support Group**

[Please find information attached,](https://mcusercontent.com/ba0ae121ad89db52c97b1a711/files/d44a11bd-0125-07b7-2dbd-4b5783175cc4/Lancashire_Positive_Minds_flyer_010925.pptx) regarding Lancashire Positive Minds parent/carer support groups across Lancashire.

Please share with families and anyone who may be interested.

**Weekly Round-up**

Below you will find a summary of events happening this week. Registration is not required unless stated. Please also keep an eye on the weekly events in Section Two of the Events section of our website [here.](https://prestoncn.org/events/)  
As always, please check with the event provider to make sure that the event is still running.

**Thursday, October 23**

*1pm-3pm:* The Harris Accessibility Meeting**.**

Location: DENW, Sedgwick St, Preston.

Discuss and review the above. All welcome. Light refreshments.

For access needs, contact [**matthew@disability-equality.org.uk**](mailto:matthew@disability-equality.org.uk)