



Newsletter – May 2020

Blackburn with Darwen

ADULT LEARNING

Welcome to our May newsletter!

We hope you are keeping well and finding something positive in each day despite the difficult situation we all face. Our staff continue to work in unusual ways as lockdown continues for now. Please remember this will pass and things will improve. If you are struggling at the moment we have information on organisations who can help on pages 1 & 11.



This month we have some great new creative activities and quizzes for you to have a go at as well as a focus on how we can celebrate VE day on 8th May in a safe way, and messages from some of our tutors on how they are approaching Ramadan during lockdown.

The BwD Adult Learning team

News from the Help Hub

During the first month of operation the **Help Hub** has supported over *2500 people*. We would like to thank all those involved, including our fantastic volunteers who have responded magnificently.



If you or anyone you know needs help, please don't hesitate to contact the Help Hub.

ICT and Employability support



We are pleased to announce that we now provide a 1-1 service via phone & online to support with CVs, online applications & ICT related questions, including use of your Universal Credit account.

Monday 9:30am-10:30am (excluding Bank Holidays)	Tuesday 10am-11am	Wednesday 2-3pm	Thursday 11am-12pm	Friday 1pm-2pm (excluding Bank Holidays)
Contact us via email at employability@blackburn.gov.uk and in the subject box please type 'Employability', or call us on 01254 507720				

Spring has sprung!

Photo by **Fahra R.**
(see Instagram Challenge page)

5 Ways to Wellbeing

See all the tutors' ideas at
www.bwdlearning.org



It is important for us to look after our mental wellbeing as well as our physical wellbeing. According to research, these Five Ways to Wellbeing can really help:

Connect – Connect with your family, friends, colleagues and neighbours. Even if you can't meet face to face you can still connect. Pick up the phone, send a text, write a letter or maybe even make a video call! Why not use a video call to share a quiz or coffee break?



Be active – If you are not shielding, go out for daily exercise (whilst following social distancing rules). There are many local walks you can do, or look for some online exercises. You can be active at home - walk down the garden; have a de-clutter; finish that DIY job...



Keep learning – learning new skills can give you a sense of achievement and a new confidence. Pick up a book; watch a documentary; restart a hobby; have a go at a jigsaw; complete a crossword or word search. Keep the mind active and enjoy what you do.



Give – Whether it's a smile, a wave or saying hello. Check up on neighbours. Make something for a friend. Be kind to *yourself* as well. Life is more challenging than normal now and it is important we give ourselves a break and accept we are doing the best we can.



Take Notice – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness".



Try to build these things into your life wherever you can. Recognise when you do them and how it makes you feel.

Ramadan during lockdown

RAMADAN
Kareem

Some thoughts, messages and photos from our staff:

“Ramadan is very different this year as the Mosques are closed. Although this isn't ideal it does allow us to spend this special month with our families.”

– **Ibrahim**

“Some of the hallmarks of this blessed month are solitude and seclusion. So in some ways the lockdown has allowed us to focus on self-reflection, valuing the important things in life and building spiritual relationships which we can still do in lockdown.” – **Mobin**

“Spending more time with family and friends over the phone. Seems more connected than before.”

– **Farhana**

“Social media and technology is proving to be a wonderful and appreciated tool, enabling us to feel close to family through virtual iftars.” – **Gulnaz**



Ramadan during lockdown:

www.nutrition.org.uk/healthyliving/seasons/ramadan.html

www.islamic-relief.org.uk/4-ways-to-have-a-productive-ramadan-under-lockdown/

www.bbc.co.uk/news/uk-england-52370878

www.bbc.co.uk/news/uk-52363397

www.bbcgoodfood.com/howto/guide/10-things-know-about-ramadan-and-fasting



Ramadhan this year has indeed been a different experience for Muslims all over the world. With the mosques closed, large gatherings banned, families separated, sometimes even in their own houses... Muslims have not been able to break the fast and pray together.

But there have also been positives as in the spirit of Ramadhan, helping the community and giving in charity. Muslims look to help those in need in their areas as well as all over the world. We have been able to help and support those affected by the Covid-19 pandemic as well as those less fortunate all over the world.

Ramadhan is about increasing your spirituality and nearness to God. Having more time at home, this has been an opportunity to spend more time to pray, reflect and learn more about our religion.

For me, Ramadhan has presented challenges but also opportunities.

I have not been able to meet my parents and their side of the family, nor spend time with them. We usually take up opportunities for breaking the fast together and for sharing foods with each other what we have made – this has not been possible.

We've had to rely on using technology to stay in touch with our loved ones.

In my own household, with everyone being at home, whether working from home or home-schooling, we have had the opportunity to spend more time together and to do things we enjoy including making different foods, praying together and learning new things. The men normally go the mosque for prayers but have prayed at home together in congregation. This has helped increase the spirituality of Ramadhan and made it unique and special.

– Aysha

We want to wish all our Muslim friends and families a Blessed Ramadhan. This year in particular Ramadhan is in lockdown and has its own challenges! But the essence of Ramadhan - committing to a higher spirituality and drawing closer to Allah - will be the same.

Although we cannot adhere to what traditionally happens in Ramadhan, where we visit mosques and connect with families and the wider community, sharing meals and spiritual gatherings, we have found opportunities to do so in a different manner.

So let Ramadhan 2020 be a time when we rise to the challenge of finding novel ways to do the same.

– Ilhaam

VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 - 10 MAY 2020

What is VE Day?

Read: <https://bit.ly/iwm-ve>

Watch: <https://bit.ly/ve-watch>

On **7th May 1945**, a formal act of surrender was signed by Germany, ending over 5 years of conflict, hardship and heartache. On the following day, people all over the world celebrated and Winston Churchill declared the 8th of May a public holiday. Most of us can only imagine the feelings of the population in 1945, it would have been a time to celebrate but also a time to reflect on loved ones lost, both abroad and at home.



Street party, Blackburn, 1945 (cottontown.org)

The world had changed beyond recognition and the population had to pick up the pieces and make what lives they could from the chaos. Here in Blackburn huge bonfires were lit, homemade bunting was strung across the streets and people shared what food they had with neighbours and friends. No doubt some alcoholic beverages were consumed too!

This year we look back 75 years to celebrate the end of the war, but also take time to reflect on the hardships endured to make the world a kinder and safer place for many people.



Street parties won't be possible this time, unfortunately. However, you could make your own **bunting** – bit.ly/great-british-bunting or go the extra step and take part in English Heritage's **live dance tutorial**! See facebook.com/englishheritage for details.



May 2020

BWDLEARNING.ORG



QUIZ TIME

JAN'S VE DAY QUIZ



1. When was VE day first celebrated in the UK?
2. Rearrange the following letters to reveal a famous singer who became the "Forces Sweetheart" : R A L N V E Y N
3. Utah, Omaha, Gold, Juno and Sword were code names for:
 - a) Secret missile bases
 - b) Normandy beaches
 - c) French resistance agents
4. What does VE stand for?
5. How long had WW2 lasted for?
 - a) 5 years and 8 months
 - b) 5 years
 - c) 5 years and 6 months
6. On which date did Germany invade Poland?
 - a) 1/9/39
 - b) 1/8/40
 - c) 1/9/40
7. Benito Mussolini was allied with Hitler. Which country did he represent?
8. Who announced the end of the war on the radio?
9. Amongst the crowds on VE day, two famous sisters went incognito to enjoy the celebrations. Who were they?
10. Winston Churchill gained assurances from the Ministry of Food that there would be ample supplies of which commodity for the celebrations?

Answers on back page

The Gov.uk press release – with full listing of events and times – can be found here: bit.ly/ve-gov



Instagram Challenge!

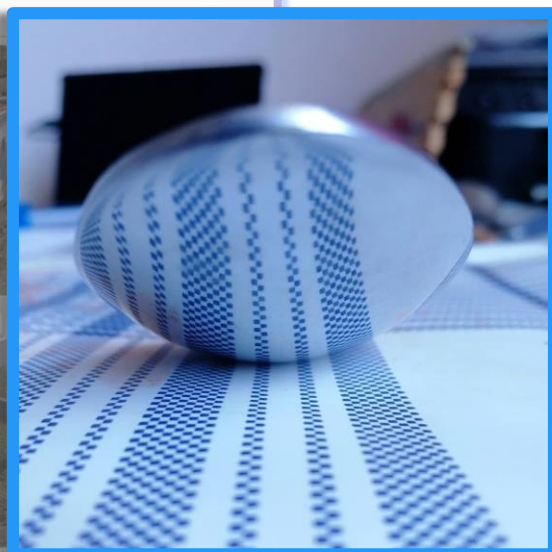
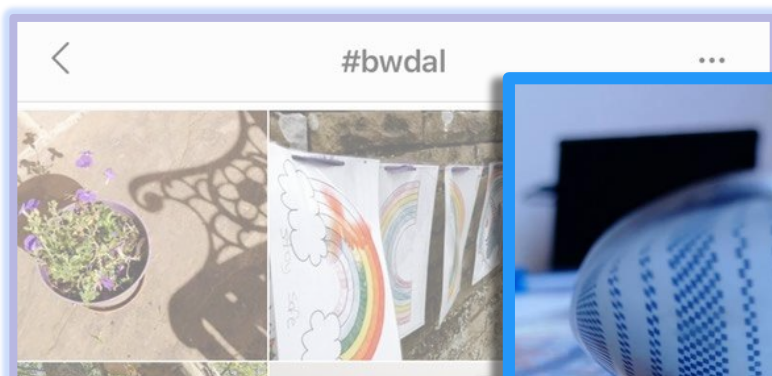


Photo by Paul H.



Photo by Liz H.

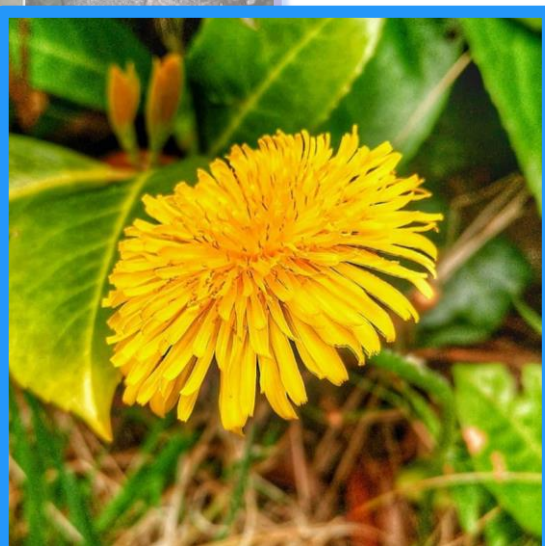


Photo by Fahra R.



Why not grab your phone and take part? Simply tag your Instagram photos with #bwdal or email them to us. See our [website](#) for more information.

To see all the photos, follow #bwdal on Instagram or visit [instagram.com/explore/tags/bwdal](https://www.instagram.com/explore/tags/bwdal)

Yarn Bomb



CROCHET

(FOR ABSOLUTE BEGINNERS)

bit.ly/how-to-crochet

'Yarn Bombs' are simply a way of using wool and other materials to create colourful displays.

HOW TO GET INVOLVED

WATCH JACKIE'S
INTRODUCTION [HERE](#)

- You can use any wool, threads or materials that you have available. Most supermarkets sell wool and sometimes knitting needles / crochet hooks as well. Materials need to be rainproof if you are creating an outdoor display.
- They can be as big or as small as you want. You can do a personal yarn bomb or work together as a street or wider community to create a bigger display.
- The original yarn bombs were knitted or crocheted but it is *up to you*. You could use it as an excuse to **learn a new skill!** If you are using a fence or lamppost, remember to ask permission first.
- Decide on the size of the pieces each person makes. It is much easier to put a blanket style design together if all the squares are the same size.



bit.ly/yarn-news [The Guardian, 4th May 2020]

"UK coronavirus lockdown spawns arts and craft renaissance"

We'd love to see photos of anything you make! Email adultlearning@blackburn.gov.uk



ALPHABET QUIZ



Each answer begins with a different letter of the alphabet.

Blackburn Rovers Motto is ____ <i>et Labore</i> .	A
____ Town, near Clitheroe, is England's smallest town.	B
Samuel ____ -- Inventor of the Spinning Mule.	C
____ Bridge in the Ribble Valley is the centre of the British Isles.	D
Martin Mere is famous as the last known home of King Arthur's magical sword ____	E
Area of outstanding natural beauty ____ of Bowland.	F
Performance venue King ____ Hall.	G
Kate ____ is MP for Blackburn.	H
____ McKellen-Lord of the Rings actor Born in Burnley.	I
The octagonal ____ Tower (generally called Darwen Tower).	J
Darwen library is on this street.	K
You ____ something new every day.	L
This city was home to the first NHS hospital.	M
Singer and Loose Women panellist born in Blackpool - Coleen ____	N
Mill which is the home of the largest Peardrop.	O
City which was home to the first KFC in the UK.	P
____, a township in Bolton-le-Moors parish which is now part of Blackburn With Darwen district.	Q
River which flows through Lancashire into the Irish Sea.	R
____ Hall is a stately home on Preston New Road.	S
Eiffel ____ look alike in Blackpool.	T
Stan Laurel's hometown.	U
Queen ____ Statue on the Boulevard, Blackburn.	V
Hospital where the first full hip replacement was carried out in 1962.	W
Used to generate images of tissues and structures inside the body.	X
First ____ Wine Lodge was set up in Oldham.	Y
Radio and TV presenter born in Blackpool – ____ Ball.	Z

Answers on back page

Information & Services



www.nhs.uk/conditions/coronavirus-covid-19/
www.gov.uk/coronavirus

The National Careers Service are open for support relating to employment and training.

Tel: 0800 100 900 (Free)
nationalcareers.service.gov.uk



Universal Credit

Tel: 0800 328 5644 (Free, Mon-Fri, 8am to 6pm)
www.gov.uk/universal-credit



Shelter are available for any housing support or questions.
Tel: 0344 515 1831 (Mon-Fri, 9am to 5pm)
england.shelter.org.uk/get_help/local_services/blackburn



The Care Network continues to provide information and signposting, including their Safe Trader Scheme.
Tel: 01254 507255
www.carenetwork.org.uk



Help and advice about wellbeing and mental health:
www.lscft.nhs.uk/Mindsmatter



Our Positive Minds team are also online via social media:
twitter.com/positivemindsbd
facebook.com/Positivemindsbd



Contact us by calling 01254 507720, by email: adultlearning@blackburn.gov.uk or via social media.
We can also help guide you to other services.



@BwDAdultLearn



Quiz Answers

Blackburn with Darwen

ADULT LEARNING

VE Day quiz

1. 8th May 1945
2. Vera Lynn
3. Normandy beaches
4. Victory in Europe
5. 5 years and 8 months
6. 1/9/39
7. Italy
8. Winston Churchill
9. The future Queen Elizabeth and Princess Margaret
10. Beer

Alphabet quiz

Arte	Nolan
Bashall	Oswaltdwistle
Crompton	Preston
Dunsop	Quarltun
Excalibur	Ribble
Forest	Samlesbury
George's	Tower
Hollern	Ulverston
Ian	Victoria
Jubilee	Wrightington
Knott	X-Rays
Learn	Yates's
Manchester	Zoe

BwD photo quiz (April newsletter)

1. Cathedral Square
2. Witton Park (athletics track)
3. Queen Victoria statue
4. 'Grandmother & Child' statue
5. Jaame Masjid central mosque
6. 'Healing of the Nations' (Blackburn Cathedral)
7. Darwen Town Hall
8. Blackburn clock tower
9. Jubilee Tower (Darwen)
10. Cotton Exchange
11. Corporation Park (south entrance)
12. Peregrine falcon sculpture (Darwen)
13. King George's Hall
14. Blackburn Cathedral
15. BBC Radio Lancashire building
16. Blackburn Youth Zone
17. Blackburn Central Library
18. Blackburn College
19. Wainwright Bridge
20. Blackburn Hospital
21. Blackburn Museum
22. Bus station
23. Victoria Building (prev. Technical School)
24. Flora statue, Corporation Park
25. Blackburn railway station
26. Blackburn Town Hall
27. William Henry Hornby statue
28. Conservatory, Corporation Park
29. Blackburn Town Hall tower
30. Darwen Library
31. Queen's Park (boat house)
32. Ewood Park stadium
33. The Mall (Primark)
34. Blackburn Arena
35. Vue cinema
36. Wainwright memorial (Yellow Hills, Pleasington)

Photo: Julie W.

