

Coming up:
January - March
2018

Volunteer
conference
Tuesday 6th
February
9.30 am-4.00 pm

Easter Festival
Wednesday
21st March
2.00pm - 5.00pm

The Intact Centre

Start something new
in 2018!

- Work Club
- Computer Lessons
- Yoga
- Craft Group
- Stop Smoking
- Aerobics
- Walking For Health

...and much more!

There's something for everyone at Intact.
Contact us to find out more.



Open Mon - Fri
10.00am - 2.00pm

Visit our friendly cafe for a range of
delicious food made onsite by our
talented chefs.



Contact us
The Intact Centre
49 Whitby Avenue
Ingol, Preston PR2 3YP

- 01772 760 760
- www.intact-preston.org.uk
- Intact.Centre.3
- @IntactCentre



01772 760 760

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@IntactCentre

Intact is a Registered Charity, No. 1128330 | Company Registration No. 6716300



'What's On' at Intact

www.intact-preston.org.uk

January -
March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9am - 4pm: Intact **Drop-In** (Monday to Friday) **FREE** confidential support and information for all.

Get Online 9.30am - 12.30pm FREE: 1-2-1 support for anyone who wanting to learn basic online skills. Perfect for beginners	Computer Drop-in 9.30am - 3.30pm FREE: Friendly and informal use of computers with Internet access..	Get Online 9.30am - 12.30pm FREE: 1-2-1 support for anyone who wanting to learn basic online skills. Perfect for beginners	Online Skills Lessons 10.30am - 12.30pm FREE: Tutor led session. Learn about a new subject each week. See programme for details.	Get Online 9.30am - 12.30pm FREE: 1-2-1 support for anyone who wanting to learn basic online skills. Perfect for beginners	Connect @ Community Chill Zone 5pm - 7pm FREE: Chill-out time for adults and families to get together in a safe environment.
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Call into **Whitby's** for a range of refreshing drinks and delicious food. from 10am Monday - Friday

Chiropodist (fortnightly) 9.30am - 12.30pm
 Sore feet? Come and see Melissa to work her magic! (Prices vary dependant on treatment.)

Citizens Advice 9.15am - 1pm
FREE: Confidential advice and information. By appointment only.

Yoga 9.30am - 10.30am
 £4 per session. All abilities welcome. Early booking is essential.

Direct Help 9.30am - 12.30pm
 Help, guidance and support service. Appointments available.

January - March 2018
Aerobics is back!
Thursdays 12.30pm - 1pm
FREE: Basic Aerobic sessions for all ages and abilities.

Computer Drop-in 1pm - 3.30pm
FREE: Friendly and informal use of computers with Internet access.

Community Supermarket 11.30am - 12pm
 £2 for a bag of food. Limited availability, enquire at reception.

Walking for Health 10am - 11.30am
FREE: Get out and about and get fit at the same time. Meet at the Intact Centre.

Walking for Health 10.30am - 11.30am
FREE: Gentle walk in Haslam Park. Meet in the Haslam car park.

Toddler Group 10am - 11.30 am
Free: For children aged 0-5 years.

Experimental Drawing Course
FREE: Experimental drawing course starting Tuesday 16th Jan 1pm-3pm for 6 weeks.

Connecting Creatively 1pm-2.30pm
FREE: Arts and crafts for anyone affected by memory loss. (Enquire at reception)

***Arts and Craft Group** 1pm - 3pm
FREE: Socialise and have fun in this informal arts and craft session.

Work Club 1pm - 3pm
FREE: Friendly support on your search for employment with access to the latest jobs

Peer Talk 10.45am - 12.15pm
FREE: Peer support group for people who live with depression.

1-2-3 Friendship Group 1pm - 3pm
£1.50: Friendship group. See timetable of weekly activities.

The majority of activities provided by Intact are **FREE**. However, some activities may be subject to a small fee. Please ask for details.

Fitter Finances 1pm - 3pm
 'How healthy are your finances? We can help save you money!!! Just ask....'

Direct Help 1pm - 3pm
 Help, guidance and support service. Appointments available.

Quit Squad 1pm - 4pm
FREE: 1-2-1 support for quitting smoking or e-cigarettes.

*** The 'Weigh Forward'** 1pm - 2pm
FREE: 12 week rolling programme as part of the 'Shape Up' course.

Computer Drop-in 1pm - 3.30pm
FREE: Friendly and informal use of computers with Internet access.

Yoga 5.30pm - 6.30pm
 £5. Private classes for mixed abilities.

Family History Group 1.30pm - 3.30pm
FREE: Meeting at Ingol Library Research your ancestors with free access to Ancestry

Making Music Memories 11.30am - 1pm
FREE: Exploring music for anyone affected by memory loss. (Enquire at reception)

Work Club 1pm - 3pm
FREE: Friendly support on your search for employment with access to the latest jobs

All activities will take place at the Intact Centre unless otherwise stated.

- Learning and Skills
- Employability
- Adults all ages (18 +)
- Young People

Beauty and Holistic Therapies now available at Intact on Thursdays and Fridays.
 Contact reception for details.

Food Co-op Wednesdays
 Collect your fruit, veg or salad bags. ONLY £4 each (Pick up 1pm - 3pm)

Community Voices Singing Group 4.30pm - 6pm
 'Young Persons Community Choir.' Ages 5-16. £1.50. First session FREE.



At Intact we also have great facilities for hire ideal for sport, leisure, education and parties. Please call Lynda on **01772 760 760** for more information.

FREE WiFi

Want to start your own group or activity? Contact us with your idea.

Contact Us
 ☎ 01772 760 760
 🌐 www.intact-preston.org.uk
 📍 Intact.Centre.3
 🐦 @IntactCentre
 Or email Deb: debra.fitzsimmons@intact-preston.org.uk