

Coming up:  
April - June  
2018

Volunteer  
Celebration  
Wednesday  
6th June  
2.00 pm-4.00 pm

Tea Dance  
St Cuthberts  
Church  
Friday  
18th May  
1.30 pm - 3.30 pm

# The Intact Centre



Whitby's Cafe Re-Opens  
on  
Monday 30th April  
with a new menu!

Open Mon - Fri  
10.00am - 2.00pm

Visit our friendly cafe for a range  
of delicious food and speciality  
coffees made onsite by our talented  
staff and volunteers.



## Contact us

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

- 01772 760 760
- [www.intact-preston.org.uk](http://www.intact-preston.org.uk)
- Intact.Centre.3
- @IntactCentre



01772 760 760

Intact.Centre.3

@IntactCentre

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



## 'What's On' at Intact

[www.intact-preston.org.uk](http://www.intact-preston.org.uk)

April - June  
2018

Monday	Tuesday	Wednesday	Thursday	Friday
9am - 4pm: Intact <b>Drop-In</b> (Monday to Friday) <b>FREE</b> confidential support and information for all.				
<b>Get Online</b> 9.30am - 12.30pm <b>FREE:</b> 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	<b>Computer Drop-in</b> 9.30am - 3.30pm <b>FREE:</b> Friendly and informal use of computers with Internet access..	<b>Get Online</b> 9.30am - 12.30pm <b>FREE:</b> 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	<b>Get Online</b> 9.30am - 12.30pm <b>FREE:</b> 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	<b>Get Online</b> 9.30am - 12.30pm <b>FREE:</b> 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.
<b>Coffee Morning</b> 10.30am - 11.30am Catch up after the weekend and make new friends. <b>£1</b> for a regular brew and toast or pastry	<b>Chiropodist (fortnightly)</b> 9.30am - 12.30pm Sore feet? Come and see Melissa to work her magic! <i>(Prices vary dependant on treatment.)</i>	<b>Walking for Health</b> 10am - 11.30am <b>FREE:</b> Get out and about and get fit at the same time. Meet at the Intact Centre.	<b>Yoga</b> 9.30am - 10.30am £4.50 per session. All abilities welcome. Early booking is essential.	<b>Direct Help</b> 9.30am - 12.30pm Help, guidance and support service. Appointments available.
<b>Computer Drop-in</b> 1pm - 3.30pm <b>FREE:</b> Friendly and informal use of computers with Internet access.	<b>Community Supermarket</b> 11.30am - 12pm £3 for a bag of food. <i>Limited availability, enquire at reception.</i>	<b>Work Club</b> 1pm - 3pm <b>FREE:</b> Friendly support on your search for employment with access to the latest jobs	<b>Walking for Health</b> 10.30am - 11.30am <b>FREE:</b> Gentle walk in Haslam Park. Meet in Haslam Park car park.	<b>Toddler Group</b> 10am - 11.30 am <b>FREE:</b> For children aged 0-5 years.
<b>Fitter Finances</b> 1pm - 3pm 'How healthy are your finances? We can help save you money!!! Just ask....'		<b>Quit Squad</b> 11am - 4pm <b>FREE:</b> One to one stop smoking support.	<b>Peer Talk</b> 10.45am - 12.15pm <b>FREE:</b> Peer support group for people who live with depression.	<b>Walking for Health</b> 10am - 11am <b>FREE:</b> Gentle walk in Avenham Park. Meet at Avenham park Pavillion.
<b>Yoga</b> 5.30pm - 6.30pm £5. Private classes for mixed abilities.	<b>Direct Help</b> 1pm - 3pm Help, guidance and support service. Appointments available.	<b>Food Co-op Wednesdays</b> Collect your fruit, veg or salad bags. <b>ONLY £4</b> each (Pick up 1pm - 3pm)	<b>Basic Aerobics</b> 12.30pm - 1pm <b>FREE:</b> Basic Aerobic sessions for all ages and abilities.	<b>1-2-3 Friendship Group</b> 1pm - 3pm <b>£1.50:</b> Friendship group. See <i>timetable of weekly activities.</i>
<b>Yoga</b> 7pm - 8pm £5. Private classes for mixed abilities.	<b>Family History Group</b> 1.30pm - 3.30pm <b>FREE:</b> Meeting at Ingol Library Research your ancestors with free access to Ancestry	<b>NEW: Craft Group</b> 4.30pm - 6.00pm <b>£2:</b> Learn and share new skills in this relaxed social group. <b>Starting 2nd May.</b>	<b>* The 'Weigh Forward'</b> 1pm - 2pm <b>FREE:</b> 12 week rolling programme as part of the 'Shape Up' course.	<b>Computer Drop-in</b> 1pm - 3.30pm <b>FREE:</b> Friendly and informal use of computers with Internet access.

## April - June 2018

**Work Academy Starting Thursday 10th of May**  
 Overcome barriers to work with friendly mentoring and specialist support. Refreshments available.

**Whitby's**  
 The Café will close Wednesday 28th March at 2pm and will re-open on Monday 30th April 2018 due to reorganisation.  
**See you soon!**

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

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

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

## Contact Us

- t** 01772 760 760
- w** [www.intact-preston.org.uk](http://www.intact-preston.org.uk)
- f** Intact.Centre.3
- t** @IntactCentre

Or email Deb:  
 debra.fitzsimmons@intact-preston.org.uk

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

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

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.



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

