

Coming up:
April - July 2017

'Let's Celebrate Music Festival'
Sat 27th May
1pm - 5pm

'Volunteer Celebration'
Wed 7th June
12.30pm - 3pm

'Let's Celebrate Summer Festival'
Sat 1st July
11am - 3pm

'Creative Connections Celebration'
Tues 18th July
1pm - 3pm

'Celebrate Ingol's Golden Jubilee'
Wed 30th Aug
11am - 4pm



Open Monday to Friday from 10am



The Intact Centre



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

- 📞 01772 760 760
- 🌐 www.intact-preston.org.uk
- 📱 Intact.Centre.3
- 🐦 @IntactCentre



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



'What's On' at Intact

www.intact-preston.org.uk

April - July
2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am - 4pm: Intact Drop-In (Monday to Friday) FREE confidential support and information for all.					
Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Drop-in 9.30am - 3.30pm FREE: Friendly and informal use of computers with Internet access..	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Connect @ Community Chill Zone 5pm - 7pm FREE: Chill-out time for adults and families to get together in a safe environment. Including X-Box, games, pool, music, films, tea, coffee and lots more.
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! <i>(Prices vary dependant on treatment.)</i>	Citizens Advice Drop-in 9.15am - 1pm FREE: Confidential advice and information. By appointment only.	Yoga 9.30am - 10.30am £3.50 per session. All abilities welcome.		*Tutor led Arts and Craft and Cake Decorating classes starting Tuesdays. For more information 01772 760 760 or email: verity.griffiths@intact-preston.org.uk
Computer Drop-in 1pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	Creative Connections 10am - 3pm FREE: Starting 2nd May . Boost your confidence and learn new skills in a creative way.	Walking for Health 10am - 11.30am FREE: Get out and about and get fit at the same time.	Walking for Health 10.30am - 11.30am FREE: Gentle walk in Haslam Park. Meet in the Haslam car park.	Direct Help 9.30am - 12.30pm Help, guidance and support service. Appointments available.	April - July 2017 Work Academy 10am - 2pm Starts Thursday 2nd May . Overcome barriers to work with friendly mentoring and specialist support. Refreshments available. Activities, times and venue may vary. For regular updates, give us a call, drop-in, visit our website, or join us on Facebook and Twitter. 01772 760 760 www.intact-preston.org.uk Intact.Centre.3 @IntactCentre Or email Deb: debra.fitzsimmons@intact-preston.org.uk
Food Prize Bingo 12.45pm - 2.45pm Enjoy a game of bingo and make new friends.	'Chatty Tuesdays' 11am - 12.30pm FREE: Informal social group with different guest speakers each week.		* The 'Weigh Forward' 1pm - 2pm FREE: 12 week rolling programme as part of the 'Shape Up' course.	1-2-3 Friendship Group 1pm - 3pm <i>See timetable of weekly activities. Held at Hargreaves Court.</i>	
Fitter Finances 1pm - 3pm 'How healthy are your finances? We can help save you money!!! Just ask....'	*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	Basic Aerobics 12.30pm - 1pm FREE: Aerobic sessions for all ages and abilities.	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.	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.	Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs		
	Walking for Health 6pm - 7pm FREE: Gentle walking group. Meet at The Green Frog at Riversway Docks.	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 .	The majority of activities provided by Intact are FREE. However, some activities may be subject to a small fee. Please ask for details.	
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	 You can also find us on Pinterest. IntactCentre	<ul style="list-style-type: none"> ■ Learning and Skills ■ Employability ■ Adults all ages (18 +) ■ Young People 	