

Coming up:
Aug - Oct 2017

The Intact Centre

'Celebrate
Ingol's Golden
Jubilee'
Wed 30th Aug
12pm - 3.30pm

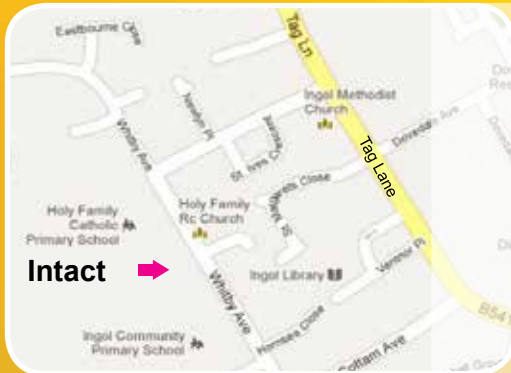
'Intact
Annual
General
Meeting'
Wed 6th Sept
12.30pm

'Get Online
Week'
2nd - 8th October

'Pumpkin
Fest'
October
(date to be
confirmed)



Open Monday to Friday from 10am



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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🐦 @IntactCentre

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



'What's On' at Intact

www.intact-preston.org.uk

Aug - Oct
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	Computer Drop-in 9.30am - 3.30pm	Computer Lessons 9.30am - 12.30pm	Computer Lessons 9.30am - 12.30pm	Computer Lessons 9.30am - 12.30pm	Connect @ Community Chill Zone 5pm - 7pm
FREE: 1-2-1 support. Ideal for beginners.	FREE: Friendly and informal use of computers with Internet access..	FREE: 1-2-1 support. Ideal for beginners.	FREE: 1-2-1 support. Ideal for beginners.	FREE: 1-2-1 support. Ideal for beginners.	FREE: Chill-out time for adults and families to get together in a safe environment.
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 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.	*FREE: Tutor led 'Colour Your Life' Art session starting Tuesday 7th November for 7 weeks. 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.	Community Supermarket 11am - 11.30am £2 for a bag of food. <i>Limited availability, enquire at reception.</i>	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.	*NEW: Peer Talk Group Starting Thursdays 10.45am from September 14th. Peer support group for people who live with depression and to support their families.
Food Prize Bingo 12.45pm - 2.45pm Enjoy a game of bingo and make new friends.	*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	* The 'Weigh Forward' 1pm - 2pm FREE: 12 week rolling programme as part of the 'Shape Up' course.	Lunch Bunch 12pm - 1pm £3.50 for lunch and free entry to 1-2-3 Group. Every second Friday of the Month	August - October 2017
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.	Basic Aerobics 12.30pm - 1pm FREE: Aerobic sessions for all ages and abilities.	1-2-3 Friendship Group 1pm - 3pm £1.50: Friendship group. See <i>timetable of weekly activities</i> .	Work Academy 10am - 2pm Starts Thursday 14th Sept. Overcome barriers to work with friendly mentoring and specialist support. Refreshments available.
Yoga 5.30pm - 6.30pm £5. Private classes for mixed abilities.	Walking for Health 6pm - 7pm FREE: Gentle walking group. Meet at The Green Frog at Riversway Docks.	Monthly Reading Group 1.30pm - 2.30 pm Free: Discuss and review a different book each month. (First Wednesday of each month.)	Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs	Computer Drop-in 1pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	'Cook and Eat' New sessions starting soon. Please call 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.		The majority of activities provided by Intact are FREE. However, some activities may be subject to a small fee. Please ask for details.	@IntactCentre Or email Deb: debra.fitzsimmons@intact-preston.org.uk
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	All activities will take place at the Intact Centre unless otherwise stated.		