

Coming up:
July - December
2018

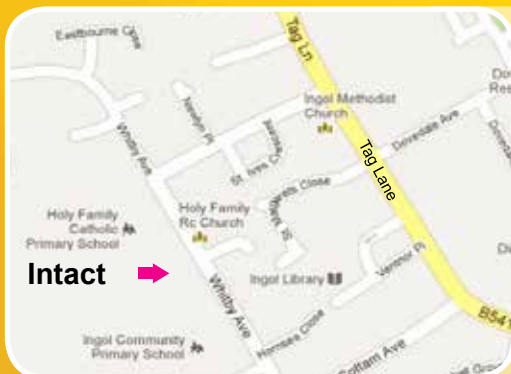
Volunteer
Forum
Wednesday
3rd October
2.00pm - 4.00pm

The Intact Centre

Do you want to work?
Or are you interested in
training and gaining new skills?

We can give you FREE, friendly and local support:

- One to one guidance, coaching and mentoring;
- Peer to peer support;
- Health & well-being services;
- Confidence building;
- Access to free training;
- Interview practice;
- Using computers and the internet;
- Building your CV;
- Support with job searches and applications;
- Volunteering opportunities; and much more.



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

July - December
2018

Monday	Tuesday	Wednesday	Thursday	Friday
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
FREE: 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	FREE: Friendly and informal use of computers with Internet access.	FREE: 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	FREE: 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.	FREE: 1-2-1 support for anyone who wants to learn basic online skills. Perfect for beginners.
Coffee Morning 10.30am - 11.30am	Chiropodist (fortnightly) 9.30am - 12.30pm	Walking for Health 10am - 11.30am	Yoga 9.30am - 10.30am	Direct Help 9.30am - 12.30pm
Catch up after the weekend and make new friends. £1 for a regular brew and toast or pastry	Sore feet? Come and see Melissa to work her magic! <i>(Prices vary dependant on treatment.)</i>	FREE: Get out and about and get fit at the same time. Meet at the Intact Centre.	£4.50 per session. All abilities welcome. Early booking is essential.	Help, guidance and support service. Appointments available.
Computer Drop-in 1pm - 3.30pm	Community Supermarket 11.30am - 12pm £3 for a bag of food. <i>Limited availability, enquire at reception.</i>	Work Club 1pm - 3pm	Walking for Health 10.30am - 11.30am	Toddler Group 10am - 11.30 am
FREE: Friendly and informal use of computers with Internet access.		FREE: Friendly support on your search for employment with access to the latest jobs	FREE: Gentle walk in Haslam Park. Meet in Haslam Park car park.	FREE: For children aged 0-5 years.
Fitter Finances 1pm - 3pm	Bingo 1pm - 3pm	Quit Squad 11am - 4pm	Peer Talk 10.45am - 12.15pm	Walking for Health 10am - 11am
'How healthy are your finances? We can help save you money!!! Just ask....'	Cash Prizes <i>See separate flyer in cafe for more information.</i>	FREE: One to one stop smoking support.	FREE: Peer support group for people who live with depression.	FREE: Gentle walk in Avenham Park. Meet at Avenham Park Pavillion.
Yoga 5.30pm - 6.30pm	Arts & Crafts 12.00pm - 2.00pm	Food Co-op Wednesdays Collect your fruit, veg or salad bags. ONLY £4 each (Pick up 1pm - 3pm)	Work Club 1pm - 3pm	Friendship Group 1pm - 3pm
£5. Private classes for mixed abilities. Drop-in, no need to book.	FREE: Socialise and have fun in this informal arts and craft session.		FREE: Friendly support on your search for employment with access to the latest jobs	£1.50: Friendship group. <i>See timetable of weekly activities.</i>
Yoga 7pm - 8pm	Direct Help 1pm - 3pm	Friendship Group 1pm - 3pm		Computer Drop-in 1pm - 3.30pm
£5. Private classes for mixed abilities. Drop-in, no need to book.	Help, guidance and support service. Appointments available.	£1.50: Friendship group. <i>See timetable of weekly</i>		FREE: Friendly and informal use of computers with

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

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

 **FREE WiFi**



Open Monday - Friday 10am-2pm
Food Served 11am - 1.30pm



Self-Care at Intact

Elaine Adams
Beauty Therapist

Treatments available from £8.

Full price list available from reception.

For appointments call: 07754 588 387

Jayne's Oasis of Calm
Holistic Therapies

Massage, reflexology, facials and more...

Prices start at £15 for 30mins

For appointments call: 07947 525 608



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

Contact Us

t 01772 760 760
w www.intact-preston.org.uk
f Intact.Centre.3
tw @IntactCentre

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