

## Our services may change...

We are constantly working on improving our services to meet the needs of our users, and in these uncertain times we may change and adapt some services.

To keep up to date with changes as they happen:

Follow us on Facebook:

@intact.centre.3

Sign up to our email newsletter by sending a quick message to:

info@intact-preston.org.uk

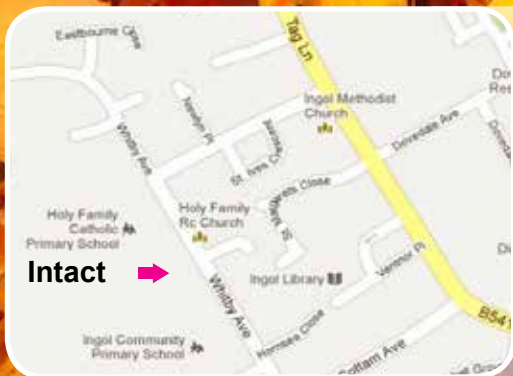


*Opening times:*

By Appointment only  
Tuesday 9am - 3.30pm  
Wednesday 9am - 3.30pm

Call  
01772 760 760  
for more  
information

# 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

FREE WiFi

📞 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

October 2020 -  
January 2021



# Weekly Activities Timetable

Please note that due to COVID-19 all of our services are appointment only.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Direct Help</b> 9am - 3.30pm</p> <p><b>FREE:</b> Help, guidance and support service. Appointments available.</p> <p><b>Computers</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Socially distanced use of computers and Internet. Appointments available.</p>	<p><b>Whitby's Pantry</b> 9am - 3.30pm</p> <p>Our community Food Club <b>now open by appointment only.</b> Up to £25 of food for £4.</p> <p>Appointments available 9am – 3.30pm. Call to enquire about membership.</p>	<p><b>Whitby's Pantry</b> 9am - 3.30pm</p> <p>Our community Food Club <b>now open by appointment only.</b> Up to £25 of food for £4.</p> <p>Appointments available 9am – 3.30pm. Call to enquire about membership.</p>	<p><b>Centre Closed to the public</b></p> <p><b>PeerTalk</b> 11am - 12.30</p> <p>Peer support group for depression anxiety and related conditions. <a href="http://www.peertalk.org.uk">www.peertalk.org.uk</a></p>	<p><b>Thrifty Kitchen (Multiple Sessions)</b></p> <p><b>FREE:</b> Socially distanced Cook and Eat sessions. Learn how to make a tasty meal from low-cost store cupboard ingredients.</p> <p>Suitable for beginners. Booking Only. Waiting list available. Call 01772 760760 for more information.</p>
	<p><b>Direct Help</b> 9am - 3.30pm</p> <p><b>FREE:</b> Help, guidance and support service. Appointments available.</p> <p><b>Computers</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Socially distanced use of computers and Internet. Appointments available.</p>	<p><b>Computer Lessons</b> 9.30am - 1pm</p> <p><b>FREE:</b> Socially distanced help with any digital device, app or website. Appointments available.</p> <p><b>Counselling (Waiting list)</b></p> <p><b>FREE:</b> Person Centred Counselling with a BACP registered Counsellor.</p>	<p><b>Remote Support</b> 9.30am - 3.30pm</p> <p><b>FREE:</b> Help, guidance and support service over the phone. Call: 01772 760 760</p> 	<p><b>Computers</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Socially distanced use of computers and Internet. Appointments available.</p> <p><b>Counselling (Waiting list)</b></p> <p><b>FREE:</b> Person Centred Counselling with a BACP registered Counsellor.</p>

October 2020 - January 2021

However COVID-19 has affected you we are here to help

As the nights close in and yet more uncertain times lie ahead of us, the Intact team would like you to know know that we are here to help.

We know reaching out is hard, but our team are ready to provide free impartial advice and guidance on everything from food and crisis support, to help getting online.

*The Intact Team*

## Other Services

These are flexible services that operate around you...



**Whitby's Homemade** is a range of home cooked, nutritionist approved frozen meals available for you to order at very affordable prices.  
Call 01772 760 760 for a menu, ordering or more information.

## Employability

We offer a range of services to those seeking work

- One to one guidance, coaching and mentoring;
- Peer to peer support;
- Health & well-being services;
- Confidence building;
- Support with job searches and applications;
- Volunteering opportunities; and much more.

Call Steph or Dave for more information.

## CV Writing Service

This is a remote service so you will need an email address and access to a telephone.  
Call the centre or email [david.brown@intact-preston.org.uk](mailto:david.brown@intact-preston.org.uk) for more information.

## Contact Us

📞 01772 760 760

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

📍 Intact.Centre.3

🐦 @IntactCentre

Email: [info@intact-preston.org.uk](mailto:info@intact-preston.org.uk)