

# The Intact Centre

## We Need Volunteers!

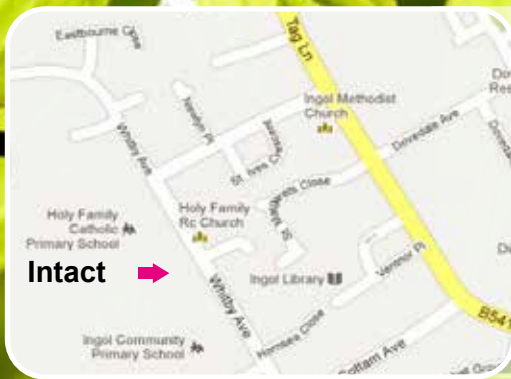
Could you spare some of your time?

Intact needs volunteers so that we can continue to deliver vital services to our community.

We are looking for:

- Drivers
- Pantry Assistants
- Digital Champions
- Reception Volunteers

If you think you might be able to help, or would like more information, call 01772 760760 or email [info@intact-preston.org.uk](mailto:info@intact-preston.org.uk)



### Contact us

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



FREE WiFi

- 📞 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)

March - May 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>Whitby's Pantry</b> 9am - 3pm</p> <p>Our community Food Club Up to £25 of food for £4. Call to enquire about membership.</p>	<p><b>Whitby's Pantry</b> 9am - 3pm</p> <p>Our community Food Club Up to £25 of food for £4. Call to enquire about membership.</p>	<p><b>Centre Closed to the Public.</b> Call 01772 760760 for help and advice over the phone.</p>	<p><b>Computer Access</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Use of computers and Internet for those with no access at home. Appointments available.</p>
<p><b>Computer Access</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Use of computers and Internet for those with no access at home. Appointments available.</p>	<p><b>Direct Help</b> 9am - 3.30pm</p> <p><b>FREE:</b> 1-1 Appointments available for help, guidance and support on a range of issues including:</p> <ul style="list-style-type: none"> <li>- Debt</li> <li>- Benefits</li> <li>- Consumer issues</li> <li>- Housing</li> </ul> <p>Contact reception for an appointment.</p>	<p><b>Computer Lessons</b> 9.30am - 12.30pm</p> <p><b>FREE:</b> 1-1 socially distanced appointments for help with a digital device, app or website. Lessons are currently limited to essential activities only but appointments are available.</p> <p>Contact Liz on 01772 760760 extension 304 for an appointment.</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>Direct Help</b> 9am - 3.30pm</p> <p><b>FREE:</b> Help, guidance and support service. Appointments available.</p>
<p><b>DROP-IN</b></p> <p>Our daily drop-in service is available:</p> <p><b>Mon-Wed &amp; Fri 9am-4pm</b> In person, over the phone, email and Facebook Messenger.</p> <p><b>Thursdays 9am-4pm</b> Over the phone, email and Facebook Messenger.</p>	<p><b>Computer Access</b> 9.30 - 3.30pm</p> <p><b>FREE:</b> Use of computers and Internet for those with no access at home. Appointments available.</p>	<p><b>Counselling</b> (Waiting list)</p> <p><b>FREE:</b> Person Centred Counselling with a BACP registered Counsellor.</p>	<p><b>Remote support</b> 9am - 4pm</p> <p><b>FREE:</b> Our friendly team is available for all enquiries via phone, Facebook messenger or email.</p>	<p><b>Thrifty Kitchen Online</b></p> <p><b>FREE:</b> Recipes and support available via the Internet to anyone who would like to learn or improve their cooking.</p> <p>If you're not online or you'd like support to access or take part in Thrifty Kitchen call Liz on 01772 760760 extension 304.</p>

**March - May 2021**

**CENSUS 2021**

Intact is proud to be supporting the delivery of the very first digital Census in England and Wales.

We will be providing support for people, without digital skills or access to equipment or the internet, to complete the 2021 Census during the live period March – May.

For more information contact  
Steph Lees-Pinson  
01772 760 760 or email:  
[stephanie.lpinson@intact-preston.org.uk](mailto:stephanie.lpinson@intact-preston.org.uk)



## Other Services

These are flexible services that operate around you...

**Whitby's Homemade**

**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.

Contact Dave or Rob 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)