



“Making a difference by being there...”



The Intact Centre

Overview of Services



Welcome to the Intact Centre

#beingthere for our
community since 1993

The Centre

Intact (Ingol and Tanterton Community Trust) is an essential part of the Ingol and Tanterton community offering a range of services and activities for local residents and people in the wider community.

We offer a warm and friendly environment and provide one to one confidential support as part of our 'Drop-In' service.

Rooms for Hire

At Intact we also have great facilities for hire, days, evenings and weekends, ideal for sport, leisure, education / training and parties. For more information please call Matthew on 01772 760 760 or email info@intact-preston.org.uk.

Free IT and WiFi

The computers in our IT suite are available to use every Monday, Tuesday, Wednesday and Friday. And of course FREE superfast WiFi is available throughout the building if you want to connect your own laptop or mobile device.

Volunteering

Intact has a long history of working with volunteers. We have been providing meaningful, rewarding opportunities since 1993.

People volunteer at Intact for many reasons, such as giving something back to their community; to gain experience for future career prospects; to share their skills and knowledge, and to make friends. Whatever you volunteer for – one thing is guaranteed – you will have a fun and rewarding experience.

Our simple recruitment system ensures we get the right volunteer for the right role.



The Intact Centre

“It’s been a great help and a stress reliever, knowing we have help and support.”

- Service user



Support Services

#beingthere when you don't know what to do.

Direct Help

"Direct Help" delivers the all-round support which enables people to access the help they need. We help to address the multiple issues and challenges by tackling the root causes of their problems. Our services help to build peoples capabilities, improve quality of life, reduce social isolation, increase sense of self-worth and well-being, whilst giving hope for a better future.

Drop-in Support

Drop-in support provides a lifeline, leading to increased knowledge, life skills and confidence to deal with everyday issues. This includes advice and guidance on benefits, consumer issues, debt, housing and employment.

1-1 Support

1-1 crisis support service that provides more in depth support enabling people to seek a way out of their problems leading to improved independence and increased mental health and well-being.

Counselling Service

We have a BACP qualified counsellor providing professional help and guidance in resolving personal or psychological problems. Counselling can help deal with their feelings, see things more clearly and have a better understanding of themselves.

Food Provision

We provide help for people living in food poverty to have access to our weekly community supermarket and food banks, helping them in immediate crisis situations.

PeerTalk

PeerTalk runs peer support groups for anyone facing depression, anxiety or related conditions. Facilitated by two trained volunteers, the group offers a welcoming, safe space where you can talk, and where others will listen and support you from a place of knowing, through their own experience. PeerTalk meets weekly at The Intact Centre, every Thursday, 11am – 12.30pm. It's free and there's no need to be referred or to book – you can simply come along.



Food

#beingthere to provide reasonably priced food

Whitby's Pantry

Whitby's Pantry is a membership-based food club that enables people to access food at a small fraction of its usual supermarket price. The Intact Centre's weekly fee is £4 for which members will be able to access approximately £25.00 worth of food, improving household food security and freeing up more money for other essential household costs such as rent and utilities. So far, over 200 members have signed up.

Whitby's Homemade

Whitby's Homemade is a range of quality frozen ready meals lovingly created in our kitchen by our talented Chef and Nutritionist.

Traditional British meals, family favourites and vegetarian and vegan options and weekly specials

Prices range between just £2 and £2.50 for main meals and soups and desserts for just £1.

Portions for 1 and 2 people are available.

To find out more you can call 01772 760760 or Email info@intact-preston.org.uk

Thrifty kitchen

Thrifty Kitchen teaches basic cookery skills to everyone who wants to learn with no fancy equipment or expensive ingredients required. We believe everyone can learn new skills with the right help, and we welcome everyone to get involved with cooking, no matter what their experience.

Due to Covid restrictions our provision is online, but as soon as we're able we will resume live cook and eat sessions.

The project utilizes food from FareShare, which consists primarily of food that would ordinarily go to waste.



Employment and Skills

#beingthere to help you back into work

Building Better Opportunities Lancashire

Intact is a delivery partner in two projects in Lancashire, Invest in Youth and Changing Futures. These projects are all part of the nationwide Building Better Opportunities scheme which brings together funded by the European Social Fund (ESF) and The National Lottery Community Fund to help tackle the poverty and social exclusion faced by the most disadvantaged people in England.

Employability Skills

'Employability' can be defined in many ways, but in the main it's about preparing individuals for employment and developing their transferable skills. In a nutshell, it's about helping people to build confidence in their abilities and realise their employment potential.

Intact provides access to a range of accredited and non-accredited courses covering IT and 'Key Employability Skills' including Confidence Building, Interviewing Skills etc., all aimed at helping Jobseekers to achieve that employment potential.

We can help with:

- Job Search
- Work Experience and volunteering
- Apprenticeships
- Training
- 1-2-1 Support

Digital Skills

We provide 1-1 support to help anyone struggling with computers, digital devices or the internet. We use a range of free online resources and specialist expertise to plan and deliver free learning programme tailored to each individual person.

We also offer a City & Guilds Online Basics Award. City & Guilds are recognised by 99% of employers and the Online Basics Award covers the essential IT skills required to do 90% of all new jobs.

This qualification is FREE to anyone. It's a great addition to your CV and can prove to employers and yourself that you've got some great IT skills.



Nature

#beingthere for the environment

Dobcroft

Dobcroft is a 5 acre nature reserve managed by Intact which is maintained by fabulous volunteer led Friends of Dobcroft and Land Management Team. It is a protected site due to the rare Great Crested Newt which inhabits this natural haven in the heart of the Ingol community.

The land, which consists of ponds, woodland, and grasslands is a fantastic resource which is currently being developed. The site is home to a variety of fauna. Small mammals and invertebrates have also been recorded. There are nearly 400 identified species now recorded.

So far volunteers have built bird boxes, bat boxes and benches, learnt willow weaving and took part in a whole range of activities, such as our Heritage Open Day, bat walks, talks and photography.

Sensory garden

We started work on our fabulous new garden 9th November 2020 thanks to funding from the Lancashire Environmental Fund (LEF). The project is due for completion in May 2021.



Come and visit us



Intact Centre
EST. 1993



Number 49
at the Intact Centre
EST. 2015

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- www.intact-preston.org.uk
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