

Sign up to our E-Newsletter!

Get monthly updates about what's going on at Intact. Scan the QR code or email: info@intact-preston.org.uk



Scan with your smartphone!

Volunteer with us!

We have a range of rewarding roles available.
For more information
Go To
www.intact-preston.org.uk
Or Call
01772 760760
or ask at Reception for more information.

The Intact Centre



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



FREE WiFi

- 📞 01772 760 760
- 🌐 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

Autumn 2021

Weekly Activities Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
Counselling (Appointments available) FREE: Person Centred Counselling with a BACP registered Counsellor.	Whitby's Pantry 9am - 3pm Our community Food Club Up to £25 of food for £5. Membership is FREE and gives you access to: A weekly shopping appointment, including free fruit and veg for just £5. Call 01772 760760 to enquire about membership.	Whitby's Pantry 9am - 1pm Our community Food Club Up to £25 of food for £5. Call to enquire about membership.	Direct Help 9am - 4pm FREE: 1-1 Appointments available for help, guidance and support on a range of issues.	Thrifty Kitchen 11am - 1pm FREE: Cook and eat group sessions are returning from Friday 21st May! Learn how to cook a low-cost meal from scratch. All equipment and ingredients are provided. Sessions are FREE but booking is essential.
Computer Access 9.00 - 3.30pm FREE: Use of computers and Internet for those with no access at home. Appointments available.	Computer Access 9.30 - 3.30pm FREE: Use of computers and Internet for those with no access at home. Appointments available.	Computer Lessons 9.30am - 12.30pm FREE: 1-1 socially distanced appointments for help with a digital device, app or website.	PeerTalk 11am - 12.30pm FREE: Peer support group for depression, anxiety and related conditions. www.peertalk.org.uk	Work Club 1.30pm - 3.30pm FREE: From 21st May Appointments are available for 1-1 advice and help with: - Updating your CV - Applying for jobs - Creating an action plan to get you back into work. Computer access is also available for anyone wanting to apply for jobs in a friendly social environment.
Bingo 1pm - 3pm New members first session FREE. Cash Prizes. Tickets on sale from 12.45pm	Walking for Ingol 10.30am - 12.00pm FREE: Get out and about with our friendly volunteer-led walking group.	 <p>Whitby's Homemade</p> <p>Try our range of homemade ready meals!</p> <p>Order at the centre or call: 01772 760760</p>		
Visit Dobcroft (Strictly appointment only) FREE: Come and see our unique nature reserve, and learn more about the Great Crested Newt. (Tours run roughly once a month)				Counselling (Appointments available) FREE: Person Centred Counselling with a BACP registered Counsellor.

Autumn 2021

Work Academy

Look out for more dates for work academy throughout the Autumn.

These interactive sessions are designed to give you a boost in confidence and help you overcome barriers to work in fun and creative ways.

For more information about future sessions and how to book email:

robert.gregson@intact-preston.org.uk

Other Services

These are flexible services that operate around you...

DROP-IN

Our daily drop-in service is available:

Monday - Friday
9am-4pm

FREE information and advice available in person, over the phone, email and Facebook Messenger.



DIRECT HELP

FREE: 1-1 Appointments available for help, guidance and support on a range of issues including:

- Debt
- Benefits
- Consumer issues
- Housing

Contact reception for an appointment.

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.

At Intact we also have great facilities for hire. Ideal for sport, leisure, education and parties.

Call Matthew on 01772 760760 for more information.

Contact Us

 01772 760 760
 www.intact-preston.org.uk
 Intact.Centre.3
 @IntactCentre
 Email: info@intact-preston.org.uk