

Also available:



**Whitby's
Homemade**

Frozen soups, mains
& desserts
On sale in Whitby's Hub!

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newsletter!

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The Intact Centre



Contact us

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



FREE WiFi

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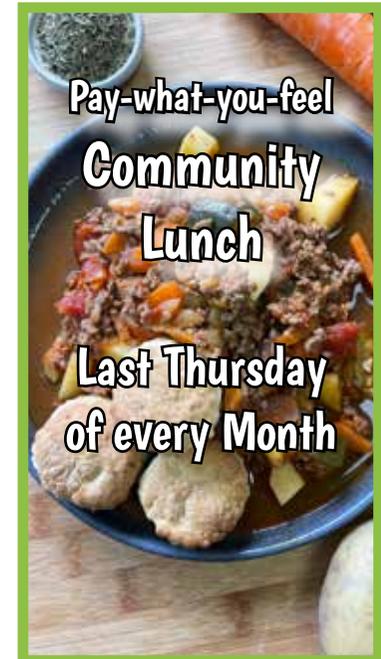
'What's On' at Intact

www.intact-preston.org.uk

Autumn
2022

Weekly Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-In Support: Monday - Friday 9am - 4pm				
<p>Counselling By Appointment</p> <p>FREE: Person Centred Counselling with a BACP registered Counsellor.</p> <p>Up to 12 Sessions are available free of charge.* Talk in confidence to a trained and empathetic Counsellor.</p> <p>*There is currently a waiting list. Ask at reception for more information.</p>	<p>Whitby's Pantry 9am - 3pm</p> <p>Our community Food Club Up to £25 of food for £5.</p> <p>Membership is FREE and gives you access to:</p> <p>A weekly shopping appointment, including free fruit and veg for just £5.</p> <p>Call 01772 760760 to enquire about membership.</p>	<p>Counselling By Appointment</p> <p>FREE: Person Centred Counselling with a BACP registered Counsellor.</p> <p>Whitby's Pantry 9am - 3pm</p> <p>Our community Food Club Up to £25 of food for £5. Call to enquire about membership.</p>	<p>Work Club 9.30am - 12.30pm</p> <p>Drop-in advice and Appointments are available for 1-1 help with:</p> <ul style="list-style-type: none"> - Updating your CV - Applying for jobs - Creating an action plan to get you back into work. <p>Computer access is also available for anyone wanting to apply for jobs in a friendly social environment.</p>	<p>Digital Drop-in 10am - 12pm</p> <p>FREE: Drop in assistance with form filling, job applications, digital devices and more!</p> <p>If we can't help we'll find someone who can.</p> <p>Complimentary Tea and Coffee provided!</p>
<p>Dobcroft Tours 10.30am - 11.30 am</p> <p>FREE: Visit Dobcroft: The Intact Centre's Nature Reserve and home of the endangered Great Crested Newt.</p>	<p>Computer Access 9.30am - 3.30pm</p> <p>FREE: Use of computers and Internet for those with no access at home. Appointments available.</p>	<p>Digital Lessons 9.30am - 12.30pm</p> <p>FREE: Suitable for Complete Beginners</p> <p>1-1 help learning the basics of computers, phones, digital devices and the Internet.</p> <p>Tailored to you, our friendly volunteers will help you learn at your pace!</p>	<p>Tea and Trowels 10.30am - 1.30pm</p> <p>FREE: Friendly Social group carrying out light gardening jobs in the Sensory Garden and Dobcroft Nature Reserve, followed by a brew and a biscuit!</p> <p>An excellent way to gently exercise, get some fresh air and socialise with new people.</p>	<p>Thrifty Kitchen Social TBC</p> <p>FREE: Meet new people and learn how to cook a low cost meal from scratch. Booking essential.</p>
<p>Thrifty Kitchen Skills 10.00am - 12pm</p> <p>FREE: Brush up on your cooking skills and cook a low cost meal from scratch. Booking essential.</p>	 <p style="text-align: center;">Room Hire Available</p> <p style="text-align: center;">Contact us for more Information</p>	<p>Walking Group 10.30am - 12.00pm</p> <p>FREE: Friendly volunteer-led walking group. Meet at Reception. Walks Last around 1.5 hours.</p>	<p>PeerTalk 11am - 12.30pm</p> <p>FREE: Peer support group for depression, anxiety and related conditions. www.peertalk.org.uk</p>	<p>C.V. Clinic 1.30pm - 3.30pm</p> <p>FREE: Advice and practical tips on updating your C.V. and applying for Jobs.</p> <p>Whether you are just staring out or looking to switch careers, this volunteer run service is open to all!</p> <p>1-1 appointments available. Booking Essential.</p>
<p>Bingo 1pm - 3pm</p> <p>Eyes Down 1pm - 3pm</p> <p>Tickets on sale from 12.45 3 Books of 10 games for £2.50. 3 Flyer Tickets for 50p.</p> <p>Half time break with tea/coffee & biscuits for small charge.</p>		<p>Community Choir 11.00am - 12.30pm</p> <p>FREE: Fun and friendly group, no previous experience needed. Led by Stef Portersmith.</p>	<p>Volunteer Opportunities Available!</p> <p>Enquire at Reception or e-mail info@intact-preston.org.uk</p>	



EVENTS

Keep up to date with all our latest events on our Eventbrite page:

[Intact-preston.eventbrite.com](https://www.eventbrite.com)



Scan with your smartphone