

Also available:

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.

Want Monthly Updates?

Our email newsletter is the best way to keep up to date with what's going on at Intact



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

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Intact is a Registered Charity, No. 1128330 | Company Registration No. 6716300



'What's On' at Intact

www.intact-preston.org.uk

Summer 2023

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><i>Note: There is currently a waiting list for this service.</i></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>Digital & Employment Skills 10am - 12pm</p> <p>Courses and more to improve your digital and employment skills. Enquire for more information.</p>	<p>Work Club 9.30am - 12.30pm</p> <p>FREE: Help searching and applying for jobs including creating an action plan to get you back to work.</p> <p>PeerTalk 11am - 12.30pm</p> <p>FREE: Peer support group for depression, anxiety and related conditions. www.peertalk.org.uk</p>	<p>Digital Lessons 10am - 12pm</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>Bingo 1pm - 3pm</p> <p>Eyes Down 1pm Tickets on sale from 12.45. 3 books of 10 games for £3. 6 books of 10 games £6.</p> <p>Lucky 7 ticket £1 each.</p> <p>Half time break with tea/coffee & biscuits.</p>	<p>NEW! Lets Talk Money 10am - 2pm</p> <p>Get support from an experienced bank manager on a wide range of issues including:</p> <ul style="list-style-type: none"> - Money Management - Hardship payments - Budgeting - Debt advice - Benefit entitlements and applications - Fuel poverty <p>This is a drop-in service available to anyone.</p> <p>1-1 appointments are available for confidential support. Free Tea & Coffee.</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 for more information.</p>	<p>Games Club 1pm - 3pm</p> <p>FREE: Meet new people over a brew and game.</p> <p>From traditional games like chess and drafts to computer games like minecraft, there is something for everyone!</p> <p>Meeting weekly in the cafe.</p>	<p>Craft Group 10am - 1pm</p> <p>FREE: Come along and learn a new craft! No previous experience necessary, just come along!</p>
<p>Room Hire Available</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>Walking Group 10.30am - 12pm</p> <p>FREE: Friendly volunteer-led walking group. Meet at Reception. Walks Last around 1.5 hours.</p>	<p>Digital Dobcroft 1pm - 3pm</p> <p>FREE: Explore nature and learn new skills in the great outdoors. A great place to practice your photography or video skills and help build our Digital Tour of Dobcroft!</p> <p>Sign in and meet at reception.</p>	<p>NEW! Community Kettle 10am - 2pm</p> <p>Drop in session. Pop in to discuss any issues you need support with. We offer a signposting service so if it's something we can't support with, we will find somewhere that can. No need to book, but private 1-1 appointments are available. Free Tea & Coffee.</p>
	<p>Community Choir 10.30am - 12pm</p> <p>FREE: Fun and friendly group, no previous experience needed. Led by Stef Portersmith.</p>	<p>CV Clinic 1.30pm - 3.30pm</p> <p>FREE: Receive expert help with updating your CV and applying for jobs. Book at reception.</p>		

Find Us Online

Take a
Virtual Tour of
Dobcroft!

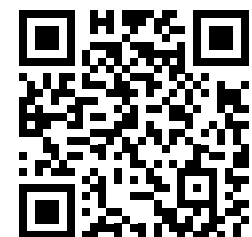
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