

Also available:




**Whitby's
Café**

Now serving soups, light bites and a daily special.

Opening times:
Monday -Friday 9am - 2.30pm
Hot Food Served 10am -2pm

Coming soon:

Bumper Christmas Pantry
All day
On Fridays.




Want Monthly Updates?

Scan the QR code to sign up for our Monthly Newsletter



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



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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

Autumn / Winter
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 - 3.30pm</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>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>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>Whitby's Pantry 9am - 3.30pm</p> <p>Our community Food Club Up to £25 of food for £5.</p>	<p>FRIENDLY FRIDAYS</p> <p>Call in for a chat every Friday between 9am - 1pm.</p> <p>Staff are on hand to help with queries.</p> <p>Free tea or coffee included!</p>
<p>Evenings with Intact 4pm - 6.30pm</p> <p>FREE: Come along every Monday and Thursday evening to get involved with free activities with free food, and lots of family fun.</p> <p>Quiz nights, Family bingo, Live entertainment, Christmas crafts, Christmas cake making and more!</p>	<p>Room Hire Available</p> 	<p>Whitby's Pantry 9am - 3.30pm</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>PeerTalk 11am - 12.30pm</p> <p>FREE: Peer support group for depression, anxiety and related conditions. www.peertalk.org.uk</p> <p>Games Club 1pm - 3pm</p> <p>FREE: Meet new people over a brew and game. Meeting weekly!</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>Follow us on Eventbrite:</p> <p>Keep up to date with all our latest events on our Eventbrite page:</p> <p>intact-preston.eventbrite.com</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>CV Clinic 1.30pm - 3.30pm</p> <p>FREE: Receive expert help with updating your CV and applying for jobs. Book at reception.</p>	<p>Craft Group 10am - 1pm</p> <p>FREE: Come along and learn a new craft, or bring your own project from home.</p>
<p>Scan me!</p> 		<p>Community Choir 10.30am - 12pm</p> <p>FREE: Fun and friendly group, no previous experience needed. Led by Stef Portersmith.</p>	<p>Evenings with Intact 4pm - 6.30pm</p> <p>FREE: Come along to get involved with free activities with free food, and lots of family fun.</p>	

NEW!
Evenings with Intact

Monday & Thursday Evenings

Enjoy a cosy night in with an activity of the week and free hot meal included.



Take a Virtual Tour of Dobcroft!

Scan Here!




Volunteer Opportunities Available!

Enquire at Reception or e-mail
info@intact-preston.org.uk

