Also available:



Coming soon:

Bumper Christmas Pantry

All day

On Fridays.



Want Monthly Updates?

Scan the QR code to sign up for our Monthly Newsletter





Contact us

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



- 01772 760 760
- www.intact-preston.org.uk
- f Intact.Centre.3
- **★** @IntactCentre

The Intact Centre

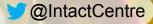








- 01772 760 760
- f Intact.Centre.3



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







'What's On' at Intact

www.intact-preston.org.uk

Autumn 2023

Weekly Activities Timetable

Monday

Tuesday

Wednesday

Thursday

Friday

Drop-In Support: Monday - Friday 9am - 4pm

Counselling By Appointment

FREE: Person Centred Counselling with a BACP registered Counsellor.

Up to 12 Sessions are available free of charge. Talk in confidence to a trained and empathetic Counsellor.

Note: There is currently a waiting list for this service.

Evenings with Intact 4pm - 6.30pm

FREE: Come along every Monday and Thursday evening to get involved with free activities with free food, and lots of family fun.

Quiz nights, Family bingo, Live entertainment. Christmas crafts, Christmas cake making and more!

Whitby's Pantry 9am - 3.30pm

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.

Room Hire

Available

By Appointment

FREE: Person Centred Counselling with a BACP registered Counsellor.

Up to 12 Sessions are available free of charge. Talk in confidence to a trained and empathetic Counsellor.

Note: There is currently a waiting list for this service.

> Whitby's Pantry 9am - 3.30pm

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 for more information.

> **Walking Group** 10.30am - 12pm

FREE: Friendly volunteer-led walking group. Meet at Reception. Walks Last around 1.5 hours.

FREE: Fun and friendly group, no previous experience needed. Led by Stef

Work Club 9.30am - 12.30pm

FREE: Help searching and applying for jobs including creating an action plan to get you back to work.

> Whitby's Pantry 9am - 3.30pm

Our community Food Club Up to £25 of food for £5.

PeerTalk 11am - 12.30pm

FREE: Peer support group for depression, anxiety and related conditions. www.peertalk.org.uk

> **Games Club** 1pm - 3pm

FREE: Meet new people over a brew and game. Meeting weekly!

> **CV Clinic** 1.30pm - 3.30pm

FREE: Receive expert help with updating your CV and applying for jobs. Book at reception.

> **Evenings with Intact** 4pm - 6.30pm

FREE: Come along to get involved with free activities with free food, and lots of family fun.

Call in for a chat every Friday between 9am - 1pm. Staff are on hand to help with queries. Free tea or coffee included!

> **Digital Lessons** 10am - 12pm

FREE: Suitable for **Complete Beginners**

1-1 help learning the basics of computers. phones, digital devices and the Internet.

Tailored to you, our friendly volunteers will help you learn at your pace!

> **Craft Group** 10am - 1pm

FREE: Come along and learn a new craft, or bring your own project from home.

Meet new people and talk all things crafty, no previous experience necessary, just come along and have fun!









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

intact-preston.eventbrite.com



Scan me!

Community Choir 10.30am - 12pm

Portersmith.