

Also available:



**FREE**  
**Community Lunch every Thursday!**  
12 - 2pm  
All welcome!

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

**FREE WiFi**

- 01772 760 760
- [www.intact-preston.org.uk](http://www.intact-preston.org.uk)
- Intact.Centre.3
- @IntactCentre

# The Intact Centre



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](http://www.intact-preston.org.uk)

Winter 2023/24

# Weekly Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-In Support: Monday - Friday 9am - 4pm				
<p><b>Counselling</b> By Appointment</p> <p><b>FREE:</b> 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><b>Whitby's Pantry</b> 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><b>Counselling</b> By Appointment</p> <p><b>FREE:</b> 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><b>Whitby's Pantry</b> 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><b>FRIENDLY FRIDAYS</b></p> <p><b>Call in for a chat every Friday between 9am - 1pm.</b></p> <p><b>Staff are on hand to help with queries.</b></p> <p><b>Free tea or coffee included!</b></p>
<p><b>Evenings with Intact</b> 4pm - 6.30pm</p> <p><b>FREE:</b> 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><b>Room Hire Available</b></p> 	<p><b>Whitby's Pantry</b> 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><b>PeerTalk</b> 11am - 12.30pm</p> <p><b>FREE:</b> Peer support group for depression, anxiety and related conditions. <a href="http://www.peertalk.org.uk">www.peertalk.org.uk</a></p> <p><b>Games Club</b> 1pm - 3pm</p> <p><b>FREE:</b> Meet new people over a brew and game. Meeting weekly!</p>	<p><b>Digital Lessons</b> 10am - 12pm</p> <p><b>FREE: Suitable for Complete Beginners</b></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><b>Follow us on Eventbrite:</b></p> <p>Keep up to date with all our latest events on our Eventbrite page:</p> <p><a href="http://intact-preston.eventbrite.com">intact-preston.eventbrite.com</a></p>				
 <p><b>Scan me!</b></p>				
		<p><b>Walking Group</b> 10.30am - 12pm</p> <p><b>FREE:</b> Friendly volunteer-led walking group. Meet at Reception. Walks Last around 1.5 hours.</p>	<p><b>CV Clinic</b> 1.30pm - 3.30pm</p> <p><b>FREE:</b> Receive expert help with updating your CV and applying for jobs. Book at reception.</p>	<p><b>Craft Group</b> 10am - 1pm</p> <p><b>FREE:</b> Come along and learn a new craft, or bring your own project from home.</p>
		<p><b>Community Choir</b> 10.30am - 12pm</p> <p><b>FREE:</b> Fun and friendly group, no previous experience needed. Led by Stef Portersmith.</p>	<p><b>Evenings with Intact</b> 4pm - 6.30pm</p> <p><b>FREE:</b> 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](mailto:info@intact-preston.org.uk)

