

Also available:



**FREE** Thrifty Kitchen

Thrifty Kitchen Cook and eat sessions are Back!  
Fridays 1.30 - 3.30  
Call us to book!

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

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



📞 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)

Summer 2024



# Weekly Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Drop-In Support: Monday - Friday 9am - 4pm				
<p><b>Counselling By Appointment</b></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 9am - 3.30pm</b></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 By Appointment</b></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 9am - 3.30pm</b></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>Call in for a chat every Friday between 9am - 1pm. Staff are on hand to help with queries. Free tea or coffee included!</p>
<p><b>Room Hire Available</b></p> 	<p><b>Slow Cooking 1.30pm - 3pm</b></p> <p><b>FREE:</b> 3 Week course covering recipes to make at home from scratch.</p> <p>At the end of the 3 weeks receive a FREE slow cooker to take home.</p> <p>Open to all, booking is essential. Contact reception for more information.</p>	<p><b>Walking Group 10.30am - 12pm</b></p> <p><b>FREE:</b> Friendly volunteer-led walking group. Meet at Reception. Walks Last around 1.5 hours.</p>	<p><b>PeerTalk 11am - 12.30pm</b></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>Digital Lessons 10am - 12pm</b></p> <p><b>FREE:</b> Suitable for complete beginners, free 1-1 help learning computer skills.</p>
	<p><b>Community Choir 10.30am - 12pm</b></p> <p><b>FREE:</b> Fun and friendly group, no previous experience needed. Led by Stef Portersmith.</p>	<p><b>Games Club 1pm - 3pm</b></p> <p><b>FREE:</b> Meet new people over a brew and game. Meeting weekly!</p>	<p><b>Craft Group 10am - 1pm</b></p> <p><b>FREE:</b> Come along and learn a new craft, or bring your own project from home.</p>	
	<p><b>NEW! Chess Club 1pm - 3pm</b></p> <p><b>FREE:</b> Learn to play or bring your chess board to play chess with other like-minded people.</p> 	<p><b>CV Clinic 1.30pm - 3.30pm</b></p> <p><b>FREE:</b> Receive expert help with updating your CV and applying for jobs. Book at reception.</p>	<p><b>Thrifty Kitchen 1.30 - 3.30</b></p> <p><b>FREE:</b> Learn how to cook a low cost meal from scratch in a friendly and social environment.</p> <p>This is a fantastic way to meet new people and have fun at the same time!</p> <p>All equipment and ingredients are provided but booking is essential.</p>	
	<p><b>Cash Prize Bingo 4pm - 6.30pm</b></p> <p><b>£4 Eyes Down at 4.30pm.</b> Family friendly cash prize Bingo.</p>	<p><b>Digital Lessons 10am - 12pm</b></p> <p><b>FREE:</b> Suitable for complete beginners, free 1-1 help learning computer skills.</p>	<p><b>Craft Group 10am - 1pm</b></p> <p><b>FREE:</b> Come along and learn a new craft, or bring your own project from home.</p>	

**Take a Virtual Tour of Dobcroft!**

Scan Here!



**Volunteer Opportunities Available!**

Most of Intact's services are delivered by Volunteers and we are always in need of more help.



Scan the QR Code to Apply  
Or Enquire at Reception

**Follow us on Eventbrite!**

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

[intact-preston.eventbrite.com](http://intact-preston.eventbrite.com)



**Scan me!**