

Also available:



Enjoy our delicious soups, light bites, and a daily special, freshly made with care. Don't miss **Curry Wednesday** for a warming midweek treat, and join us on **'Fry'day'** for a fabulous cooked breakfast to start your weekend right!

**Opening times:**  
Monday -Friday 9.15am-3pm  
Hot food served 9.30am-2pm  
Take out available.

We also offer a range of cakes and speciality barista coffees, including Lattes, Americanos Cappuccinos, and more.



Perfect to enjoy with your meal or just to relax and unwind!

Want Monthly Updates?

Scan the QR code to sign up for our Quarterly Newsletter



# The Intact Centre



## Contact us

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

Email: [info@intact-preston.org.uk](mailto:info@intact-preston.org.uk)

📞 01772 760 760

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

📺 Intact.Centre.3

📷 [intactcenter](https://www.instagram.com/intactcenter)

📶 FREE WiFi

📞 01772 760 760

📺 Intact.Centre.3

📷 [intactcenter](https://www.instagram.com/intactcenter)

Email: [info@intact-preston.org.uk](mailto:info@intact-preston.org.uk)

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)

Spring 2026

Coffee cup Vecteezy.com

# Weekly Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
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Drop-In Support: Monday - Friday 9am - 4pm

**Counselling**  
By Appointment

**FREE:** Person Centred Counselling with a BACP registered Counsellor.

Up to 8 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**  
9.15am - 3.30pm

Our community Food Club Up to £25 of food for £6 plus free fruit and veg..

Membership is FREE and gives you access to: A weekly shopping appointment for Ingol, Tanterton and Cottam Only.

Call 01772 760 760 to enquire about membership.

**Walking Group**  
10.30am - 12pm

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



**Whitby's Pantry**  
9.15am - 3.30pm

Our community Food Club Up to £25 of food for £6 plus free fruit and veg..

Membership is FREE and gives you access to: A weekly shopping appointment for Ingol, Tanterton and Cottam Only.

Call 01772 760 760 to enquire about membership.



**Call in for a chat every Friday between 9am - 1pm.**

**Staff are on hand to help with queries.**

**Saturday Open Days**  
10.30am-2pm

Join us for our monthly Saturday Open Days! Pop in for a brew and cake, or enjoy a delicious home-cooked meal.

There'll be loads of fun activities for all the family – and plenty of time to explore **Dobcroft Nature Reserve**.

Check our **Facebook** page or **Eventbrite** for upcoming dates and details.

For more information call 01772 760 760 or email: [info@intact-preston.org.uk](mailto:info@intact-preston.org.uk)



**Room Hire Available**

**Slow Cooking**  
1.30pm - 3pm

**FREE:** 3 Week course covering recipes to make at home from scratch.

At the end of the 3 weeks receive a FREE slow cooker to take home.

Open to all, booking is essential. Contact reception for more information.

**Community Choir**  
10.30am - 12pm

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

**PeerTalk**  
11am - 12.30pm

**FREE:** Peer support group for depression, anxiety and related conditions.  
[www.peertalk.org.uk](http://www.peertalk.org.uk)

**Digital Lessons**  
10am - 12pm

**FREE:** Suitable for complete beginners, 1-1 help learning computer skills.

**Take a Virtual Tour of Dobcroft!**



Green Flag Award Community

Scan Here!



**Community Lunch**  
Last Thursday of every month  
12 noon - 2.30pm  
All welcome!

**Craft Group**  
10am - 1pm

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

**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!**

**Games Club**  
1pm - 3pm

**FREE:** Meet new people over a friendly game. Meeting weekly!

**Global Table**  
1.30 - 3.30

**FREE:** Learn how to cook low-cost meals from around the world while sharing cultures and experiences.



**Cash Prize Bingo**  
4pm - 6.30pm

**£4 Eyes Down** at 4.30pm. Family friendly cash prize Bingo. Booking is essential.

It's a great way to meet new people and have fun at the same time!  
All equipment and ingredients are provided, but booking is essential.