Intact
Making a difference by ...
Community Centre

WHAT'S ON at Intact!

WEEKLY ACTIVITIES & SUPPORT SERVICES

Making a difference by being there





EVERYONE WELCOME!

49 Whitby Avenue, Ingol, Preston PR2 3YP | 01772 760760 | Open Mon – Fri 9am – 4pm

WHITBY'S PANTRY | Monday - Friday | 9.15am - 3.30pm

Our community Food Club. Up to £25 food for just £6!

MONDAY

COUNSELLING
By Appointment
FREE person-centred counselling.



TUESDAY

SLOW COOKING
1.30pm – 3pm
Learn simple, low-cost recipes.

WHITBY'S CAFÉ
Soups, light bites & freshly made daily specials.

Curry Wednesday

Cooked breakfasts on 'Fry'day!

Open Monday – Friday
9.15am – 3pm
Hot food: 9.30am – 2pm

Cakes & barista coffees: lattes, Americanos, cappuccinos & more.

Enjoy with a meal or relax and unwind.

WEDNESDAY

WALKING GROUP
10.30am – 12pm
Friendly volunteer-led walks.

COMMUNITY CHOIR
11am – 12.30pm
Fun and friendly group, no experience needed.



THURSDAY

PEERTALK
11am – 12.30pm
Peer support for mental wellbeing.

COMMUNITY LUNCH
Last Thursday of every month
12 noon – 2.30pm

GAMES CLUB
1pm – 3pm
Meet new people over a friendly game.

CASH PRIZE BINGO
4pm – 6.30pm
Booking essential.

FRIDAY

FRIENDLY FRIDAYS
9am – 1pm
Drop in for a chat and support.

DIGITAL LESSONS
10am – 12pm
FREE computer skills support.

CRAFT GROUP
10am – 1pm
Creative activities for all abilities.

SUNSHINE CIRCLE
(Warm Space)
1.30pm – 3.30pm
A welcoming space for warmth, friendship and a chat.

SATURDAY

MONTHLY OPEN DAYS
10.30am – 2pm
Join us for activities, refreshments and plenty of community fun!







ADVICE & SUPPORT
Energy, budgeting & benefits
Confidential help and support

DIGITAL SUPPORT
Improve your skills and get online.

VOLUNTEERING
Make a difference, learn new skills and meet people.

WELLBEING ACTIVITIES
Support your mental and physical health.

SCAN ME!

Stay Connected!

Find out more and book activities on Eventbrite or visit our website.

www.intact-preston.org.uk
Intact Centre

A STRONGER COMMUNITY TOGETHER

KINDNESS ♥ RESPECT ♥ INCLUSION ♥ COMMUNITY