

Coming up:
Aug - Oct 2017

The Intact Centre

'Celebrate
Ingol's Golden
Jubilee'
Wed 30th Aug
12pm - 3.30pm

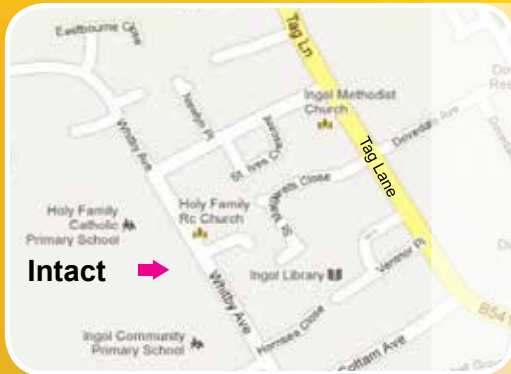
'Intact
Annual
General
Meeting'
Wed 6th Sept
12.30pm

'Get Online
Week'
2nd - 8th October

'Pumpkin
Fest'
October
(date to be
confirmed)



Open Monday to Friday from 10am



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



📞 01772 760 760
🌐 www.intact-preston.org.uk
📱 Intact.Centre.3
🐦 @IntactCentre

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🐦 @IntactCentre

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



'What's On' at Intact

www.intact-preston.org.uk

Aug - Oct
2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am - 4pm: Intact Drop-In (Monday to Friday) FREE confidential support and information for all.					
Computer Lessons 9.30am - 12.30pm	Computer Drop-in 9.30am - 3.30pm	Computer Lessons 9.30am - 12.30pm	Computer Lessons 9.30am - 12.30pm	Computer Lessons 9.30am - 12.30pm	Connect @ Community Chill Zone 5pm - 7pm
FREE: 1-2-1 support. Ideal for beginners.	FREE: Friendly and informal use of computers with Internet access..	FREE: 1-2-1 support. Ideal for beginners.	FREE: 1-2-1 support. Ideal for beginners.	FREE: 1-2-1 support. Ideal for beginners.	FREE: Chill-out time for adults and families to get together in a safe environment.
Call into Whitby's for a range of refreshing drinks and delicious food. from 10am Monday - Friday	Chiropodist (fortnightly) 9.30am - 12.30pm Sore feet? Come and see Melissa to work her magic! <i>(Prices vary dependant on treatment.)</i>	Citizens Advice 9.15am - 1pm FREE: Confidential advice and information. By appointment only.	Yoga 9.30am - 10.30am £4 per session. All abilities welcome. Early booking is essential.	Direct Help 9.30am - 12.30pm Help, guidance and support service. Appointments available.	*FREE: Tutor led 'Colour Your Life' Art session starting Tuesday 7th November for 7 weeks. For more information 01772 760 760 or email: verity.griffiths@intact-preston.org.uk
Computer Drop-in 1pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	Community Supermarket 11am - 11.30am £2 for a bag of food. <i>Limited availability, enquire at reception.</i>	Walking for Health 10am - 11.30am FREE: Get out and about and get fit at the same time. Meet at the Intact Centre.	Walking for Health 10.30am - 11.30am FREE: Gentle walk in Haslam Park. Meet in the Haslam car park.	Toddler Group 10am - 11.30 am Free: For children aged 0-5 years.	*NEW: Peer Talk Group Starting Thursdays 10.45am from September 14th. Peer support group for people who live with depression and to support their families.
Food Prize Bingo 12.45pm - 2.45pm Enjoy a game of bingo and make new friends.	*Arts and Craft Group 1pm - 3pm FREE: Socialise and have fun in this informal arts and craft session.	Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs	* The 'Weigh Forward' 1pm - 2pm FREE: 12 week rolling programme as part of the 'Shape Up' course.	Lunch Bunch 12pm - 1pm £3.50 for lunch and free entry to 1-2-3 Group. Every second Friday of the Month	
Fitter Finances 1pm - 3pm 'How healthy are your finances? We can help save you money!!! Just ask....'	Direct Help 1pm - 3pm Help, guidance and support service. Appointments available.	Quit Squad 1pm - 4pm FREE: 1-2-1 support for quitting smoking or e-cigarettes.	Basic Aerobics 12.30pm - 1pm FREE: Aerobic sessions for all ages and abilities.	1-2-3 Friendship Group 1pm - 3pm £1.50: Friendship group. See <i>timetable of weekly activities.</i>	
Yoga 5.30pm - 6.30pm £5. Private classes for mixed abilities.	Walking for Health 6pm - 7pm FREE: Gentle walking group. Meet at The Green Frog at Riversway Docks.	Monthly Reading Group 1.30pm - 2.30 pm Free: Discuss and review a different book each month. (First Wednesday of each month.)	Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs	Computer Drop-in 1pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	
		Food Co-op Wednesdays Collect your fruit, veg or salad bags. ONLY £4 each (Pick up 1pm - 3pm)	Community Voices Singing Group 4.30pm - 6pm 'Young Persons Community Choir.' Ages 5-16. £1.50. First session FREE.		

At Intact we also have great facilities for hire ideal for sport, leisure, education and parties. Please call Lynda on **01772 760 760** for more information.

 **FREE WiFi**

All activities will take place at the Intact Centre unless otherwise stated.

The majority of activities provided by Intact are **FREE**. However, some activities may be subject to a small fee. Please ask for details.

- Learning and Skills
- Employability
- Adults all ages (18 +)
- Young People

August - October 2017

Work Academy 10am - 2pm
Starts Thursday 14th Sept. Overcome barriers to work with friendly mentoring and specialist support. Refreshments available.

'Cook and Eat'
New sessions starting soon. Please call for details.

☎ 01772 760 760
 🌐 www.intact-preston.org.uk
 📍 Intact.Centre.3
 🐦 @IntactCentre
 Or email Deb: debra.fitzsimmons@intact-preston.org.uk