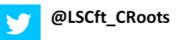


Community Roots @Chai Centre

				-	Groups-Decem				
WISING YOU ALL A MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE				WE KNOW CHRISTMAS AND THE WINTER MONTHS CAN BE THE HARDEST, TAKE TIME FOR YOURSELF WHERE POSSIBLE WE ARE STILL OPEN FOR YOU TO POP IN , HAVE A BREW AND GET INVOLVED WITH ARTS AND CRAFTS AS WE WIND DOWN FOR CHRISTMAS				Friday 1st	
RECOVERY COLLEGE TEAM			Journaling					10:00am 11:00am	
Monday	Monday 4th		Tuesday 5th		day 6th	Thursday 7th		Friday 8th	
Enrolment	Day	Men's Exercise Class	11:00am- 12:00pm	Self Compassion (1/2)	10:00am- 11:30am	Counting Sheep	10:00am – 11:30am	Wellbeing Toolbox (1/2)	10:00am 11:30am
Ladies Tone Zone	10:00am- 11:00am			Sewing Class	10:00am 12:00pm	Gardening Group	1:00pm – 3:00pm		
				Yoga	1:00pm- 2:00pm	Ladies Circuit Class	1:00pm – 2:00pm		
Monday 11th		Tuesday 12th		Wednesday 13th		Thursday 14th		Friday 15th	
Ladies Tone	10:00am –	Men's Exercise	11:00am-	Self	10:00am-	Men's Circuit Class	11:00am – 12:00pm	Wellbeing	10:00am
Zone	11:00am	Class	12:00pm	Compassion (2/2)	11:30am	Co – Production Meeting	10:00am-12:00pm	Toolbox (2/2)	11:30am
Understanding Depression			-	Sewing Class	10:00am- 12:00pm				
				Yoga	1:00pm- 2:00pm	Gardening Group	1:00pm – 3:00pm		
Monday 18th		Tuesday 19th		Wednesday 20th		Thursday 21st		Friday 22nd	
Ladies Tone Zone	10:00am-	Men's	11:00am-	Sewing Class	10:00am-	Volunteer Drop In	10:00am – 2:00pm	Community	10:00am-
	11:00am	Exercise	12:00pm		12:00pm	Ladies Circuit Class	1:00pm – 2:00pm	Crafts	12:00pm
Challenging	10:00am – 12:00pm	Class				Gardening Group	1:00pm – 3:00pm		
Unhelpful Thoughts	12.00pm			Yoga	1:00pm- 2:00pm	Advisory Group	1:00pm-2:30pm		
Monday 25th		Tuesday 26th		Wednesday 27th		Thursday 28th		Friday 29 th	
CLOSED FOR BANK HOLIDAY				Staff Training	10:00am- 12:00am	Community Craft	1:00pm- 3:00pm	Drop In ar Sta	
				Drop in and chat:				connected	
				Stay					
				connected					
				Sewing Class	10:00am- 12:00pm				
	-	y enquires on – 012 munity Roots@LSC					all to our Advisory	-	
To book on	to the sessions	please visit our me	embers area on:			develop the	college, so come al	ong to nave	your
							sav		

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say!

If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions – December 2023								
Mon 4 th		Thursday 7th						
Burnley Borough Council Selective Licensing	11:30am -1:00pm	Age UK	11:00am- 2:00pm					
		Shine	9:00am – 5:00pm					
Mon 11 th		Thursday 14th						
Burnley Borough Council Selective Licensing	11:30am -1:00pm	Age UK	11:00am- 2:00pm					
Inspire Drop In	10:00am -12:00pm	Shine	9:00am – 5:00pm					
Mon 18 th	·	Thursdays 21st						
Burnley Borough Council Selective Licensing	11:30am -1:00pm	Age UK	11:00am- 2:00pm					
		Shine	9:00am – 5:00pm					

Please call us with any enquires on - 01282 628530 or email us on – Community Roots@LSCFT.nhs.uk

To book onto the sessions please visit our members

area on;

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NHS Lancashire & South Cumbria









Recovery College@Chai Centre, Hurtley Street, Burnley, BB10 1BY