





## Community Roots @Chai Centre

Courses & Groups-December 2023									
<p>WISING YOU ALL A MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE RECOVERY COLLEGE TEAM</p>  				<p>WE KNOW CHRISTMAS AND THE WINTER MONTHS CAN BE THE HARDEST, TAKE TIME FOR YOURSELF WHERE POSSIBLE</p> <p>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</p>				Friday 1st	
				Journaling	10:00am-11:00am				
Monday 4th		Tuesday 5th		Wednesday 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 Zone	10:00am – 11:00am	Men's Exercise Class	11:00am-12:00pm	Self Compassion (2/2)	10:00am-11:30am	Men's Circuit Class	11:00am – 12:00pm	Wellbeing Toolbox (2/2)	10:00am-11:30am
Understanding Depression	10:00am-12:00am			Sewing Class	10:00am-12:00pm	Co – Production Meeting	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-11:00am	Men's Exercise Class	11:00am-12:00pm	Sewing Class	10:00am-12:00pm	Volunteer Drop In	10:00am – 2:00pm	Community Crafts	10:00am-12:00pm
Challenging Unhelpful Thoughts	10:00am – 12:00pm			Yoga	1:00pm-2:00pm	Ladies Circuit Class	1:00pm – 2:00pm		
						Gardening Group	1:00pm – 3:00pm		
Monday 25th		Tuesday 26th		Wednesday 27th		Thursday 28th		Friday 29th	
CLOSED FOR BANK HOLIDAY				Staff Training	10:00am-12:00am	Community Craft	1:00pm-3:00pm	Drop In and chat: Stay connected	
				Drop in and chat: Stay connected					
				Sewing Class	10:00am-12:00pm				

Please call us with any enquires on – 01282 628530  
or email us on – [CommunityRoots@LSCFT.nhs.uk](mailto:CommunityRoots@LSCFT.nhs.uk)

To book onto the sessions please visit our members area on:

[Community Roots LSCft :: Lancashire and South Cumbria NHS Foundation Trust](https://www.lscft.nhs.uk)

We welcome all to our Advisory Group to help us develop the college, so come along to have your 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.**

<b>Weekly Community Support Drop in sessions – December 2023</b>			
<b>Mon 4<sup>th</sup></b>		<b>Thursday 7th</b>	
Burnley Borough Council Selective Licensing	11:30am -1:00pm	Age UK	11:00am-2:00pm
		Shine	9:00am – 5:00pm
<b>Mon 11<sup>th</sup></b>		<b>Thursday 14th</b>	
Burnley Borough Council Selective Licensing	11:30am -1:00pm	Age UK	11:00am-2:00pm
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<b>Mon 18<sup>th</sup></b>		<b>Thursdays 21st</b>	
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**Recovery College@Chai Centre, Hurtley Street, Burnley, BB10 1BY**