



Community Roots @Chai Centre

Courses & Groups-October 2023									
Monday 2nd		Tuesday 3rd		Wednesday 4th		Thursday 5th		Friday 6th	
Understanding Mental Health Act (1/2)	10:00am-12:00pm	Men's Exercise Class	11:00am-12:00pm	Yoga Class	1:00pm – 2:00pm	Men's Circuit Class	11:00am- 12:00pm	Occupational Balance	10:00am – 12:00pm
						Ladies Circuit Class	1:00pm- 2:00pm		
						Gardening Group	1:00pm- 3:00pm		
Enrolment Day Community Roots									
Monday 9th		Tuesday 10th		Wednesday 11th		Thursday 12 th		Friday 13 th	
Understanding Mental Health Act (2/2)	10:00am-12:00pm	Healthy Cooking Class	10:00am-12:00pm	Volunteer Drop In	10:00am-12:00pm	Men's Circuit Class	11:00am-12:00pm	Wellbeing Tool Box (1/2)	10:00am-12:00pm
						Ladies Circuit Class	1:00pm-2:00pm		
Self Defence Class	1:00-2:00pm	Men's Exercise Class	11:00am-12:00pm	Yoga	1:00pm-2:00pm	Gardening Group	1:00pm-3:00pm		
Monday 16th		Tuesday 17th		Wednesday 18th		Thursday 19th		Friday 20th	
Approved Clinicians	10:00am – 12:00pm	Healthy Cooking Class	10:00am-12:00pm	Community Roots @Chai will be open at 1pm today.		Co-Production Meeting	10:00am – 12:00pm	Wellbeing Toolbox (2/2)	10:00am-12:00pm
						Gardening Group	1:00pm-3:00pm		
						Community Roots LSCFT Advisory Group			
Self Defence Class	1:00-2:00pm	Men's Exercise Class	11:00am-12:00pm	Yoga	1:00pm-2:00pm				
				Volunteer Drop In	10:00am - 2:00pm				
Monday 23rd		Tuesday 24th		Wednesday 25th		Thursday 26th		Friday 27th	
Understanding Approved Mental Health Professionals (1/2)	10:00am-12:00pm	Healthy Cooking Class	10:00am-12:00pm	Yoga Class	1:00pm-2:00pm	Men's Circuit Class	11:00am-12:00pm	Look out for our new classes coming next month	
						Gardening Group	1:00pm-3:00pm		
						Ladies Circuit Class	1:00pm-2:00pm		
Self Defence Class	1:00pm-2:00pm	Men's Exercise Class	11:00am-12:00pm	Volunteer Drop In	10:00am-2:00pm				
Monday 30th		Tuesday 31st		<p>Would you like to volunteer with us at Community Roots, come in to enquire or email for more information. We love to work alongside the community.</p> <p>Pop in for a brew and a chat about any of our wellbeing courses</p>					
Understanding Approved Mental Health Professionals (2/2)	10:00am-12:00pm	Men's Exercise Class	11:00am-12:00pm						

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

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





Community Roots @Chai Centre

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.

Monday 2nd		Thursday 5th	
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
Monday 9th		Thursday 12th	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
		Shine	9:00am – 5:00pm
Monday 16th		Thursdays 19th	
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
Monday 23rd		Thursdays 26th	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
		Shine	9:00am-5:00pm
Monday 30 th			
Burnley Borough Council Selective Licensing	11:30am- 1:00pm		
Inspire Drop In	10:00am – 12:00pm		

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or email us on – 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](#)

Community Roots LSCFT @Chai Centre,
Hurtley Street, Burnley, BB10 1BY