

December Week 1

Sunday	Monday	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th	Saturday 5th
<p>Check out the Man-archy Project from Divine days which promises to be a fantastic support for many men in the local area.</p>		<p>Divine Days Man-archy Support Group 9:30am</p>	<p>N-Compass Key Models of Mental Health 9:30am</p>	<p>Lancs Mind Suicide First Aid 9:30am - 12:30pm</p>	<p>BWD Dementia Awareness Online 10am</p>	
		<p>PNECET Sporting Memories Online 11am</p>	<p>Divine Days Man-archy 1 to 1 Befriending 10am</p>	<p>PNECET Socially Distanced Walks * 11am</p>	<p>BWD Soups & Starters Online 10am</p>	<p>Menhear Face to Face Peer Session 2pm</p>
		<p>Divine Days Man-archy Gardening Club 11am</p>	<p>PNECET Nutrition and Exercise 11am</p>	<p>Menhear Boat Project 12pm</p>	<p>Person Centred Care Focus Groups 10:30am</p>	
		<p>Menhear Gardening Project 1pm</p>	<p>Gratitude 3pm</p>	<p>Counting Sheep (1/2) 2pm</p>	<p>Living with ADHD 11am</p>	
		<p>Menhear Zoom Peer Session 2pm</p>		<p>PNECET Forces Social Hour 5pm</p>	<p>TFI Fridays 12:30pm</p>	
					<p>Be a Winter Friend 2:30pm</p>	
					<p>Person Centred Care Focus Groups 1pm & 3:30pm</p>	



Lancashire Recovery College Timetable

December Week 2

Sunday 6th	Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
	BWD (online) Dementia Friendly Reminiscence 10am	Divine Days Man-archy Support Group 9:30am	N-Compass Connect 5 Session 1 9:30am	N-Compass Connect 5 Session 2 - 9:30am Session 3 - 1:30pm	BWD (Audley) MHFA 9:30am-2:30pm (2/3)	
	5 Ways to Improve Your Mental Wellbeing 10am	PNECET Sporting Memories Online 11am	Lancs Mind Suicide First Aid 9:30am - 12:30pm	BWD (Audley) MHFA: 9:30am-2:30pm (1/3)	Intro to Change Talks with Sam Tyrer 11am	Menhear Face to Face Peer Session 2pm
	PNECET Supporters Social 11am	Divine Days Man-archy Gardening Club 11am	Divine Days Man-archy 1 to 1 Befriending 10am	PERMA - Introduction 10am	TFI Fridays 12:30pm	
	Coffee Pods 12:30pm	Menhear Gardening Project 1pm	BWD (Audley) Dementia Awareness 10am	PNECET: Socially Distanced Walks * 11am	5 Ways to Improve Your Mental Wellbeing 1pm	
	BWD (online) Anxiety, Stress & Feeling Overwhelmed 1pm	Self-Compassion (1/2) 1:30pm	PNECET Nutrition and Exercise 11am	Myplace: N2N online 11am-12:30pm		
	Menhear Gardening Project 1pm	Menhear Zoom Peer Session 2pm	Xmas Quiz 2pm	N-Compass MECC, Self-Care & Resilience 1:30pm	BWD Healthy Italian Cooking Online 2pm	
	Intro to Chair Based Exercise 1:30pm			Counting Sheep (2/2) 2pm		
	Divine Days Man-archy Support Group 7:30pm			PNECET: Forces Social Hour 5pm		

Suicide first aid, Dementia awareness and gardening projects are just a few of our partner offerings this week!

Lancashire Recovery College Timetable

December Week 3

Sunday 13th	Monday 14th	Tuesday 15th	Wednesday 16th	Thursday 17th	Friday 18th	Saturday 19th
	5 Ways to Improve Your Mental Wellbeing 10am	Divine Days Man-archy Support Group 9:30am	BWD Xmas Party Treats Online 10am	BWD (Audley) MHFA 9:30am-2:30pm (3/3)		
	PNECET Supporters Social 11am	Alcohol Awareness & Recovery 11am		Finding Positives in Challenging Times 10am	Christmas Craft and Chat 1pm	
	Coffee Pods 12:30pm	PNECET Sporting Memories Online 11am	Divine Days Man-archy 1 to 1 Befriending 10am			Menhear Face to Face Peer Session 2pm
	Menhear Gardening Project 1pm	Divine Days Man-archy Gardening Club 11am	What is Addiction? 11am	PNECET Socially Distanced Walks* 11am	5 Ways to Improve Your Mental Wellbeing 1pm	
	Intro to Chair Based Exercise 1:30pm	Menhear Gardening Project 1pm	PNECET Nutrition and Exercise 11am	Menhear Boat Project 12pm		
	Coping With Low Mood at Xmas 3pm	Self-Compassion (2/2) 1:30pm		Understanding Anxiety 1:30pm		
	Divine Days Man-archy Support Group 7:30pm	Menhear Zoom Peer Session 2pm	Mental Health Awareness 5:30pm	PNECET Forces Social Hour 5pm		

We may be getting close to the festive period but there is still so much on offer to help support your well-being.



Lancashire Recovery College Timetable

December Week 4

Sunday 20th

Monday 21st

Tuesday 22nd

Wednesday 23rd

Thursday 24th

Friday 25th

Saturday 26th

Maybe you could enjoy a little Christmas crafting this week?

PNECET Supporters Social 11am

Menhear Gardening Project 1pm

Christmas Craft and Chat 1pm

Divine Days Man-archy Support Group 7:30pm

Divine Days Man-archy Support Group 9:30am

PNECET Sporting Memories Online 11am

Divine Days Man-archy Gardening Club 11am

Menhear Gardening Project 1pm

Menhear Zoom Peer Session 2pm

Merry Christmas from Lancashire Recovery College

Divine Days Man-archy 1 to 1 Befriending 10am

Menhear Boat Project 12pm

PNECET Nutrition and Exercise 11am

Menhear Face to Face Peer Session 2pm

We know Christmas can be a difficult time for many, here are details of some support services you can contact if you need to talk; LSCFT 24 hour Helpline 0800 9530110 Samaritans 116 123 Text SHOUT to 85258 #BeaWinterFriend

December Week 5

Sunday 27th

Monday 28th

Tuesday 29th

Wednesday 30th

Thursday 31st

Menhear
Gardening Project
1pm

Divine Days
Man-archy
Support Group
9:30am

Divine Days
Man-archy
1 to 1 Befriending
10am

Menhear
Boat Project
12pm

Divine Days
Man-archy
Gardening Club
11am

Stay Connected
Drop in
11am

Stay Connected
Drop in
1:30pm



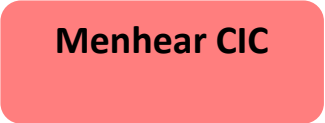

Menhear
Gardening Project
1pm



Menhear
Zoom Peer Session
2pm

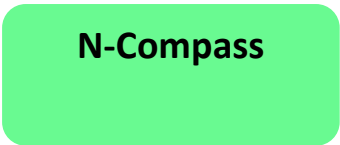



Thanks to all our supporters and partners for helping Recovery College grow in 2020. We have been overwhelmed by your response to prioritising wellbeing during such difficult times, community spirit has shone through and we look forward to working alongside you all in 2021 while we recover together from the pandemic.




#BeaWinterFriend


Lancashire Recovery College Timetable



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p>Lancashire Recovery College online courses include PERMA, Coffee Pods, and this month we have various Christmas related sessions such as Christmas Craft and Chat, and Coping With Low Mood at Christmas.</p>	<p>Lancashire Recovery College courses are co-developed with experts by experience and experts by profession to produce courses that enhance well being and social opportunities within your community. We believe that this approach captures the true value of recovery, hope, opportunity and control.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>
 	<p>Menhear group CIC—Men's Group Zoom Sessions</p>	<p>Menhear is a new service that aims to try and satisfy the need for mutual support among men in a safe and nurturing environment via group sessions.</p>	<p>E-mail menhear19@gmail.com, visit www.menhear.co.uk, or visit www.facebook.com/menhearcic/ for the link.</p>



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>BWD: Blackburn with Darwen Adult Learning.</p>	<p>Whether you want to learn a new skill, improve your health and wellbeing or progress your career prospects, we have a course for you at Blackburn with Darwen Adult Learning. With a wide range of online, and face to face, courses and workshops across Blackburn with Darwen there is something for everyone. Our courses offer learning which: improves your health and wellbeing; is built around what you want to learn; helps you to do more than you thought; supports you in taking the next steps to further learning, volunteering or employment.</p>	<p>For more information on all of our courses please call 01254 507720 or visit our website www.bwdlearning.org</p>
	<p>Online Ecotherapy – Lancashire Recovery College (hosted by Myplace).</p>	<p>Myplace is an exciting and innovative ecotherapy project aimed at empowering people to connect with local environments in order to learn new skills, build resilience and improve their mental wellbeing.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	N-Compass	N-Compass operates across the North of England to help people regain control of their lives, providing hope and a sense of purpose, through the provision of Carers, Advocacy, Wellbeing, Counselling and Volunteering Services.	Contact: katharine.lonsdale@n-compass.org.uk
 	Lancashire Adult Learning	Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. LAL currently offers an extensive range of subjects to learners, with over 2000 courses delivered through more than 300 venues across Lancashire. This helps over 14,500 learners, many of whom have very diverse motivations for engaging with LAL's offer, and makes LAL one of the UK's largest Adult Community Learning Providers.	Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or follow us on Facebook (Lancashire Recovery College L&SCFT) and click on the links there.

Colour Code & Logo	Event Name & Organiser	Organiser Description	Event Description	Contact Details/ How to Participate
  	<p>Divine Days: Man-archy Project</p>	<p>At Divine Days Community we help you find your voice. We help give you confidence. We help you connect, make friends and join in meaningful and supportive activities.</p> <p>At Divine Days Community, we care. We will provide love, support, inclusion, acceptance, and an environment for your family member, your children, your young person, or those you support, to thrive.</p> <p>Whether they want to learn a new skill or whether they want to develop an existing skill, Divine Days Community provides a creative program of disability-friendly activities as well as a wide range of projects that promote inclusion and acceptance.</p>	<p>Man-archy is a new men's mental health project in Skelmersdale to support men impacted by Covid-19. The project will help to reconnect men to help each other through challenges and to reconnect with their community.</p> <p>The support group helps men to become more physically active and follow a more healthy lifestyle looking after both their hearts and minds.</p> <p>Man-archy also offers a free advice and guidance service to help link men into local services and projects.</p>	<p>Email man-archy@divinedays.co.uk, or phone 07782548395</p>

Colour Code & Logo	Event Descriptions
<div data-bbox="136 459 474 762" style="background-color: #d1c4e9; border-radius: 15px; padding: 10px; text-align: center;"> <p>PNECET: Preston North End Community and Engagement Trust</p> </div> <div data-bbox="107 842 510 938" style="margin-top: 10px;">  <p style="font-size: small;">Allstair White Community Inclusion Officer T 01772 693309</p> <p style="font-size: x-small;">@pnecommunity PNECET www.pnec.net/pnecet</p> </div>	<p><i>* Socially Distanced Walks are subject to government guidelines.</i></p> <p><u>Forces Social Hour</u></p> <p>This session is open to anyone who currently or has previously served in the armed forces. It is an opportunity to meet new people while sharing details of local community offers and support. You can also get to know some of the current PNE Forces squad ahead of the eventual safe return to our football sessions.</p> <p><u>Nutrition and Exercise</u></p> <p>The part-time nutrition and exercise online meeting will offer participants the chance to meet with other like-minded people and discuss how to lead a healthier and more active lifestyle. You can join for healthy meal and nutrition tips as well as joining in with light physical activities as part of the session.</p> <p><u>Sporting Memories Online</u></p>
<p>How to Participate</p>	<p>This session takes place via Zoom, where people living with dementia, depression or loneliness can attend. During the sessions, as a group we will reminisce about past sporting events, childhood sporting memories and memorabilia whilst also having games and quizzes too. The purpose of the session is to exercise people's memories, stimulating memories that they can discuss with others who may have had similar experiences. During these sessions, we also have special guests such as authors, sports journalists, ex-professional players and many more. The target group for these sessions is people aged 50+.</p>
<p>Email alistair.white@pne.com for details to join and a Zoom guide.</p>	

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	Lancashire Mind: Suicide First Aid Training	Lancashire Mind are leading a consortium of training providers to deliver a range of workshops and courses to increase suicide awareness across Lancashire and South Cumbria. The aim is to contribute towards reducing the rates of suicide in Lancashire, which are the third highest in England, by supporting people to learn more about suicide.	To participate, email: admin@lancashiremind.org.uk
	Lancashire and South Cumbria NHS Foundation Trust are running Person Centred Care Focus Groups on the 4th December.	LSCft are running a series of focus groups to help them understand what Person Centred Care means to you. If you are a service user, carer, or member of staff we want you to help us: understand what Person Centred Care means to you; what further support is needed to deliver Person Centred Care; what are the barriers and how can we work together to overcome these barriers; and to co-produce a Person Centred Care framework with the right resources and ambassadors. The sessions will be hosted by Tommy Whitelaw, the National Lead for Caring and Outreach Carer Voices Scotland, and Paul Jebb, the Associate Director of Nursing, Experience & Engagement for LSCft.	The sessions will take place on Microsoft Teams. For more information and to register, please email communications@lancashirecare.nhs.uk

Colour Code & Logo	Event Name & Organiser	Organiser Description	Event Description	Contact Details/ How to Participate
 <p>Community Prevention & Engagement Team</p>  <p>Connect MY Community</p>	<p>Community Prevention & Engagement Team, running Change Talks and Alcohol Awareness & Recovery.</p>	<p>The Community Prevention and Engagement Team [CPET] aims to support people in improving and maintaining their mental health and wellbeing by making community connections, support networks and gain meaningful occupation. Through a recovery focused support plan; CPET aims to build service users confidence and resilience to achieve personal goals. By practicing person centred, strength based approaches we empower individuals to support their own mental health and wellbeing through social inclusion.</p>	<p><u>Change Talks:</u> Change Talks offers mental health education to 11-21 year olds. In this special edition CAD TALK, we talk to Sam Tyrer to find out more about Change Talks in terms of how others can access this service for their school, college, community group event or business, and why you should, we will also look at if and why Mental Health should be taught in schools and more about their new Train the Trainer model for new facilitators of their service moving into 2021.</p> <p><u>Alcohol Awareness and Recovery:</u> This is an open discussion about alcohol addiction & recovery in Central Lancashire, what can be done to improve figures, & what local support is there. In this open discussion, our guests will talk about why alcohol addiction is so prominent in Lancashire, how this can be remedied, and what support there is in the community to aid in their recovery.</p>	<p>Follow the links:</p> <p>https://www.eventbrite.co.uk/e/cad-talks-special-an-introduction-to-change-talks-with-sam-tyrer-tickets-128851009839?aff=recoverycollege</p> <p>And</p> <p>https://www.eventbrite.co.uk/e/cad-talks-alcohol-addiction-recovery-in-central-lancashire-tickets-124577806573?aff=recoverycollege</p>