

## May Week 1

Saturday 1st	Sunday 2nd	Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th
Seed – Drop-in – 11:00am	<p>We hope you have a lovely long bank holiday weekend. You'll notice lots of opportunities to get outside now restrictions are lifting. Perhaps a spot of gardening or walking group will help ease some of the anxiety we're all feeling as we re-emerge from lockdown?</p>	<h3>Bank Holiday</h3>	BWD – MHFA fully certified (1/4) – 9:30am	BWD – Round My Way – Online (2/4) – 10:00am	BWD – MHFA fully certified (2/4) – 9:30am	Birchwood – Gardening Group – 10:00am
Menhear – Face-to-Face peer session – 2:00pm			Man-archy Support Group – 9:30am	Birchwood – Walking Group – 10:00am	Birchwood – Yoga – 12:00pm	PNECET – Walking Football -11:00am
			Understanding EUPD – 10:30am	Living with ADHD – 10:30am	Shine – Anger – The Forgotten Emotion (4/4) – 1:30pm	An Inclusive Future – Wonder Woman – 12:30 & 2:00pm
			Coffee & Chat for people with Long Covid - 10:30am	Birchwood – Cooking Session – 12:30pm	Breathe – PTSD Support Group – 7:00pm	PERMA – Relationships – 12:30pm
			PNECET – Sporting Memories Online - 11:00am	Breathe – Mental Health Support Group – 7:00pm		BWD – Introduction to Knitting (2/2) – 1:00pm
			The Big Online Menopause Forum – 11:00am			SEED – Support Group – 7:00pm
			Man-archy Gardening Club – 11:00am			
			Menhear – Gardening Project – 1:00pm			
			Menhear – Zoom Peer Session – 2:00pm			
	Birchwood – Running/Walking Group – 1:00pm					

## May Week 2

Saturday 8th	Sunday 9th	Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
<p><b>SEED – Drop-in – 11:00am</b></p> <p><b>Birchwood – Knit &amp; Chatter – 12:00pm</b></p> <p><b>Menhear – Face-to-Face Peer Session – 2:00pm</b></p>	<p>We're always looking to work with people to create new courses and opportunities. If you think there's something missing from our timetable, let us know and we'll look to try and find the solution.</p> <p><b>Birchwood – Running/Walking Group – 1:00pm</b></p>	<p><b>Birchwood – Meditation – 10:00am</b></p> <p><b>Coffee Pods Group – 1:30pm</b></p> <p><b>Man-archy – Support Group – 7:30pm</b></p>	<p><b>BWD – MHFA – fully certified online (3/4) – 9:30am</b></p> <p><b>Man-archy Support Group – 9:30am</b></p> <p><b>Gratitude – 10:00am</b></p> <p><b>PNECET – Sporting Memories Online - 11:00am</b></p> <p><b>Man-archy – Gardening Club – 11:00am</b></p> <p><b>Menhear – Gardening Project – 1pm</b></p> <p><b>Menhear – Zoom Peer Session – 2p</b></p>	<p><b>BWD – Round My Way – Online (3/4) – 10am</b></p> <p><b>Birchwood – Walking Group – 10:00am</b></p> <p><b>Birchwood – Cooking Session – 12:30pm</b></p> <p><b>CPET – Wellness &amp; Recovery Workshops (1/6) – 1:00pm</b></p> <p><b>Breathe – Mental Health Support Group – 7:00pm</b></p>	<p><b>BWD – MHFA fully certified online – (4/4) – 9:30am</b></p> <p><b>Birchwood – Yoga – 12:00pm</b></p> <p><b>Birchwood – Cooking Session – 12:30pm</b></p> <p><b>Breathe – PTSD Support Group – 7:00pm</b></p>	<p><b>Birchwood – Gardening Group – 10:00am</b></p> <p><b>PNECET – Walking Football -11:00am</b></p> <p><b>An Inclusive Future – Wonder Woman – 12:30 &amp; 2:00pm</b></p> <p><b>PERMA – Meaning – 12:30pm</b></p> <p><b>Birchwood – Digital Inclusion – 12:30pm</b></p>



## May Week 3



Saturday 15th	Sunday 16th	Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
<p>Birchwood – Veteran’s Breakfast Club – 10:00am</p> <p>SEED – Drop-in – 11:00am</p> <p>Menhear – Face-to-Face Peer Session – 2:00pm</p>	<p>We welcome new partners this month. You can read about SEED and Birchwood on the partners pages and find out how to access their opportunities. Remember, it’s all FREE to access and you’ll meet a great group of people.</p> <p>Birchwood – Running/Walking Club – 1:00pm</p>	<p>Birchwood – Meditation – 10:00am</p> <p>MECC – 10:00am</p> <p>Coffee Pods Group – 1:30pm</p> <p>Man-archy – Support Group – 7:30pm</p>	<p>Man-archy – Support Group – 9:30am</p> <p>Mental Health Awareness – 10:30am</p> <p>Coffee &amp; Chat for People with Long Covid – 10:30am</p> <p>PNECET – Sporting Memories Online – 11:00am</p> <p>Man-archy – Gardening Club – 11:00am</p> <p>Menhear – Gardening Project – 1:00pm</p> <p>Menhear – Zoom Peer Session – 2:00pm</p>	<p>BWD – Youth MHFA fully certified (1/4) – 9:30am</p> <p>LAL – Finding Positives in Challenging Times (1/2) – 10:00am</p> <p>BWD – Round My Way Online (4/4) – 10:00am</p> <p>Understanding Depression – 10:30am</p> <p>CPET – Wellness &amp; Recovery Workshops (2/6) – 1:00pm</p> <p>Breathe – Mental Health Support Group – 7:00pm</p>	<p>Birchwood – Yoga – 12:00pm</p> <p>Birchwood – Cooking Session – 12:30pm</p> <p>Understanding Anxiety – 1:30pm</p> <p>Breathe – PTSD Support Group – 7:00pm</p>	<p>Birchwood – Gardening Group – 10:00am</p> <p>BWD – Youth MHFA fully certified (2/4) – 9:30am</p> <p>LAL – Mindfulness Techniques for Everyday Living (1/2) – 10:00am</p> <p>PNECET – Walking Football -11:00am</p> <p>PERMA – Accomplishment – 12:30pm</p> <p>Birchwood – Digital Inclusion – 12:30pm</p> <p>An Inclusive Future – Wonder Woman – 12:30 &amp; 2pm</p> <p>SEED – Support Group – 7:00pm</p>


## May Week 4

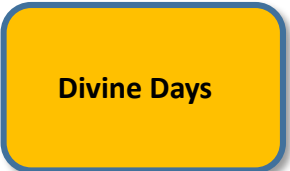


Saturday 22nd	Sunday 23rd	Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
<p><b>SEED – Drop-in – 11:00am</b></p> <p><b>Birchwood – Knit &amp; Chatter – 12:00pm</b></p> <p><b>Menhear – Face-to-Face Peer Session – 2:00pm</b></p>	<p>With another Bank holiday on the horizon, why not join us at Coffee Pods to find out about the latest well-being podcasts to listen to over the weekend? Remember to take some time for self-care and enjoy the opportunity to rest and reflect.</p> <p><b>Birchwood – Running/Walking Group – 1:00pm</b></p>	<p><b>Birchwood – Meditation – 10:00am</b></p> <p><b>Coffee Pods Group – 1:30pm</b></p> <p><b>Man-archy – Support Group – 7:30pm</b></p>	<p><b>Man-archy – Support Group – 9:30am</b></p> <p><b>Living With Addiction – 10:30am</b></p> <p><b>PNECET – Sporting Memories Online – 11:00am</b></p> <p><b>Man-archy – Gardening Club – 11:00am</b></p> <p><b>Menhear – Gardening Project – 1:00pm</b></p> <p><b>Menhear – Zoom Peer Session – 2:00pm</b></p>	<p><b>BWD – Youth MHFA fully certified (3/4) – (9:30am)</b></p> <p><b>LAL – Finding Positives in Challenging Times (2/2) – 10:00am</b></p> <p><b>Birchwood – Walking Group – 10:00am</b></p> <p><b>Birchwood – Cooking Session – 12:30pm</b></p> <p><b>CPET – Wellness &amp; Recovery Workshops (3/6) – 1:00pm</b></p> <p><b>Breathe – Mental Health Support Group – 7:00pm</b></p>	<p><b>BWD – First Steps to Mindfulness – 10:00am</b></p> <p><b>Self-Compassion Week 1 – 10:00am</b></p> <p><b>Birchwood – Yoga – 12:00pm</b></p> <p><b>Birchwood – Cooking Session – 12:30pm</b></p>	<p><b>BWD – Youth MHFA fully certified (4/4) – 9:30am</b></p> <p><b>LAL – Mindfulness Techniques for Everyday Living (2/2) – 10:00am</b></p> <p><b>Birchwood – Gardening Group – 10:00am</b></p> <p><b>PNECET – Walking Football – 11:00am</b></p> <p><b>An Inclusive Future – Wonder Woman – 12:30 &amp; 2pm</b></p> <p><b>Birchwood – Digital Inclusion – 12:30pm</b></p>

# Lancashire Recovery College Timetable

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>Lancashire Recovery College online courses include Self-Compassion, Coffee Pods, and courses to help you understand mental health conditions, including anxiety, depression and ADHD.</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 <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or use this link: <a href="http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559">www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</a> Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&amp;SCFT).</p>
	<p>Community Prevention and Engagement (CPET) are hosting Wellness and Recovery Workshops, where you can learn what is meant by recovery, how hope plays a role in a person's recovery, how to stop triggers, and more, over 6 weekly sessions.</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>Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Community Prevention &amp; Engagement Team, or use this link for the Wellness, Recovery Workshops: <a href="https://www.eventbrite.co.uk/e/wellness-recovery-workshop-tickets-141145474915?aff=ebsdoporgprofile">https://www.eventbrite.co.uk/e/wellness-recovery-workshop-tickets-141145474915?aff=ebsdoporgprofile</a></p>

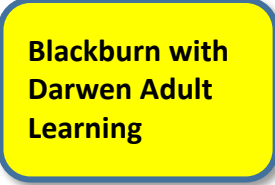



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	Lancashire Adult Learning	<p>Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. LAL currently offers an extensive range of subjects to learners, with over 2000 courses delivered through more than 300 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.</p>	<p>Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or use this link: <a href="http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559">www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</a></p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&amp;SCFT).</p>
	An Inclusive Future CIC: Wonder Woman Employment & Training Programme.	<p>The project is designed to help women of all ages and backgrounds improve their employability where issues of confidence, anxiety and negative self-image are at play. The project will be female led and offer a 12-week programme consisting of 2½ hours facilitated weekly sessions, and 2½ hours unsupervised (either individual and or with buddies) per week.</p>	To find out more, email Paul White on <a href="mailto:Paulwhite507@yahoo.co.uk">Paulwhite507@yahoo.co.uk</a> or call 07960 279251





Colour Code & Logo	Event Descriptions
<div data-bbox="96 554 504 796" style="border: 1px solid blue; border-radius: 15px; background-color: #8e7cc3; padding: 10px; text-align: center; color: white; margin-bottom: 20px;"> <p><b>Preston North End Community and Engagement Trust</b></p> </div> <div data-bbox="96 939 591 1116">  <p style="font-size: small;">Alistair White Community Inclusion Officer T 01772 603309</p> <p style="font-size: x-small;">@pnecommunity PNECET www.pnecet.net</p> </div>	<p><b><u>Sporting Memories Online</u></b></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>- How to participate;</p> <p>Please e-mail <a href="mailto:Hannah.White@PNE.com">Hannah.White@PNE.com</a> for a Zoom guide</p> <p><b><u>Walking Football</u></b></p> <p>Played at Playfootball in Ingol. Prior registration is required in order to receive your instructions and safety information.</p> <p>To register please e-mail <a href="mailto:Emma.White@PNE.com">Emma.White@PNE.com</a></p>



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  	<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>



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	<p>S.E.E.D (Support and Education for Eating Disorders) is a registered charity based in Preston, serving Lancashire and the North West of England. S.E.E.D was founded in 2007 by Chief Executive Shelley Perry to provide a network of support for sufferers of eating/food/weight related issues and their family members, carers, friends etc. We are the only service of this kind in Lancashire, with S.E.E.D providing information, advice, education, resources, training and practical help for anyone affected by or supporting individuals with eating disorders. Breathe is a Not For Profit Organisation and the treatment arm of the charity offering support and education for eating disorders. At Breathe aims to ensure that anyone in Preston and the North West who are experiencing an eating disorder, obesity, mental health or wellbeing issues can have access to the most appropriate help and sufficient treatment to overcome the difficulties they may be facing.</p>	<p><b>Support Group</b> Our support group provides education on relevant eating disorder and mental health aspects of recovery, and is held in a safe, comfortable and confidential environment. The group focuses on topics such as healthy eating and realistic expectations, managing mealtimes and coping during holiday periods.</p> <p><b>Drop-in Service</b> * Find out where you can receive treatment, therapy, support and advice in your area Receive information and help regarding specific topic areas relevant to eating disorder sufferers and carers * Complete creative and educational worksheets which can help you on your road to recovery * Have space and time to explore how you're feeling and express yourself through our wide range of art resources * Help to develop and improve your life skills and build self-confidence * Meet and chat informally with both other sufferers and our volunteers in a relaxed, safe and confidential environment * Access our useful resources and find out about our self-help group and calendar of support groups for forthcoming weeks</p>	<p><b>Support Group</b> Our support groups are run fortnightly by Emma, Laura and Marina, from 7-8:30pm on Fridays and can be joined through this link: <a href="https://bit.ly/SEEDLancsSG">https://bit.ly/SEEDLancsSG</a></p> <p><b>Drop-in</b> Join the Drop-in, 1-3pm every Friday on Zoom with Safeera by clicking here: <a href="https://bit.ly/DropInGroup">https://bit.ly/DropInGroup</a> We also post the Zoom links at the beginning of every week on our social media pages and again on the day of the support group. Our social media pages are: @s.e.e.dlancashire on Facebook, @seed.lancashire on Instagram, @SEEDLancashire on Twitter or S.E.E.D Lancashire on LinkedIn. Call us at 01772 915735 for any additional questions or queries!</p> <p>Breathe Mental Health Support Group Link: <a href="https://hubs.li/H0tPNB90">https://hubs.li/H0tPNB90</a></p> <p>Breathe PTSD Support Group Link: <a href="https://us02web.zoom.us/j/82471773198">https://us02web.zoom.us/j/82471773198</a></p>

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 	<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 <b>Blackburn with Darwen Adult Learning</b>. 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 via the link below;  <a href="http://www.bwdlearning.org/findacourse">www.bwdlearning.org/findacourse</a></p>
 	<p>Lancashire &amp; South Cumbria NHS Foundation Trust introduces the Big Online Menopause Forum.</p> <p><i>(Please note that this event is open to LSCFT staff only).</i></p>	<p>LSCFT provides health and well-being services for a population of around 1.8 million and employs around 6500 people.</p>	<p>To book your place on the forum; please click on the link below;  <a href="https://www.eventbrite.co.uk/e/the-big-online-menopause-forum-tickets-148599662591">https://www.eventbrite.co.uk/e/the-big-online-menopause-forum-tickets-148599662591</a></p>

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  	The Birchwood Centre Social Inclusion Team	The Birchwood Centre social inclusion team provide a range of services for adults and young people, to prevent homelessness, reduce social isolation and improve health and well-being. They have been engaging with the community and surrounding areas for nearly 12 months. During that time, they have set up sessional work, befriended local people, supported language classes, filmed education food videos, and continued to offer the Birchwood community shop.	To book onto any of the Birchwood Centre's activities displayed on our planner, please call 01695 713248. For details on the full Birchwood Centre range of activities including Psy—tap therapy, art classes, virtual book club and much much more please call 01695 713248 or visit <a href="https://www.birchwoodcentre.co.uk/birchwood-social-inclusion-session-schedule">https://www.birchwoodcentre.co.uk/birchwood-social-inclusion-session-schedule</a>  All face-to-face sessions are held at either Ennerdale House, Skelmersdale, WN8 6AN or Tanhouse Community Centre, Ennerdale, WN8 6AN.
  	Menhear group CIC—Men's Group Zoom Sessions	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.	E-mail <a href="mailto:menhear19@gmail.com">menhear19@gmail.com</a> , visit <a href="http://www.menhear.co.uk">www.menhear.co.uk</a> , or visit <a href="https://www.facebook.com/menhearcic/">www.facebook.com/menhearcic/</a> for the link.

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  	<p>'Anger the forgotten emotion' aimed at men, everyone welcome. 'Whether you find yourself getting frustrated with yourself, others or both we could all probably benefit from relearning our negative relationship with a basic emotion; anger. Join our volunteer with lived experience &amp; life coach &amp; you will be taken on a journey to understand our anger response, make peace with it &amp; learn a very wide variety of tools to enable you to manage your experience of conflict and anger. You and others around you will benefit from this enlightening course.'</p>	<p>At Shine Coaching we offer men who experience anger and conflict in their lives one-to-one coaching over the phone with their own life coach. We offer goal-oriented, practical solutions for men to recognise &amp; reduce anger and conflict and, as a result, improve their mental health and wellbeing. We work with our clients to develop practical solutions which help them to understand themselves and make changes. Coaching seeks to change ingrained habits and this is done by breaking associations and patterns of thinking related to the behaviour you wish to change.</p>	<p>Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or use this link: <a href="http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559">www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</a></p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&amp;SCFT).</p>