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| **COVID-19 Support | Active LancashireCOVID-19 Support | Active Lancashire**  **CSI Lancashire Timetable 2021** | | | | |
| **Day** | **Sessions Times** | | | |
| **Monday** |  | 3pm – 4pm Multi Activities  Blackburn Youth Zone, Jubilee St, Blackburn BB1 1EP | 6pm – 7pm - (YPF) Snooker Hall  Bank Parade, Burnley BB11 1UH | 7.30pm – Movement to Music (Say2) Zoom - Code: 3747934597 |
| **Tuesday** | **Pilates**  11.30am - 12.30pm  The Healing Well  17-23 Gellibrand Street  Chorley, PR7 6EF  **Limited spaces available**  Contact Neil 07577033410  to book your place | 1 – 2pm Boxersize & Fitness session  2.15 – 3pm Yoga with Scott 12 – 5pm (Education, Chat & Chill with Employment opportunities) The Fighting Fitness Academy, Unit 3A Myrtle Grove Mill, Lench Rd, Waterfoot BB4 7JH  Contact: Paul Becouarn 07732 156060 | 1.30pm - 2.30pm Ladies Only Yoga  Haslingden Community Link,  Bury Rd BB4 5PG  Contact Louise 07859 739902 | 4pm – 5pm Football or Badminton  Leisure Box, Glen Way,  Brierfield BB9 5NH |
| 11am Boxercise Mash up Alkincoats Park, Colne. Meet at the Tennis Courts (weather permitting)  or at the HUB Contact Kristy 07724 644 600 | 7.00pm – Covid Stories (Say2)  Film/Video Production Course  Zoom - Code: 3747934597 |
| 11am – Walk & Talk Moor Park, Preston PR6 1AU | 1pm – 2pm Circuit Class Live Health & Fitness, Friday St, Chorley PR6 0AA | Beach Clean 1pm  Battery Café,  Morecambe promenade | 7.00pm – Inspire with CSI  Social Evening (Online Zoom) Contact Andy Toyton |
| **Wednesday** | 10 – 12pm - Table Tennis, Pop Up Activities, Chill & Chat at Nelson Independent Church, 9 Netherfield Rd, Nelson BB9 9AW  Contact Dave M 07859 739635 | 1pm  Female Only Boxercise Mash up  Pendle Yes Hub, Scotland Rd, Nelson  Contact Kristy 07724 644 600 | 11am – 12pm Tennis/Walk & Talk Stubbylee Park, Bacup  Contact Paul Becouarn 07732156060 | 2pm Cycling at Leisure Lakes Bike Hub, Butler St, Preston PR1 8BN |
| 11.00am – Walk & Talk  Leyland - Worden Park, Worden Lane PR25 3BD | 1pm Gym Session  BA Fitness Trimpell S & S Club,  Out Moss Lane, Morecambe LA44UP | 1pm Boxercise at Tommy's Gym, London Street Fleetwood FY7 6JL | 3pm – 4pm Ski Rossendale Rossendale Youth Works Call Cliff Adamson 07907106589 |
|  |  | 2pm - 3pm Badminton  St Andrews Church Hall  Worden Lane, Leyland PR25 3EL | 3pm – 5pm Football  Accrington Stanley Hub, Higham Playing Fields, Thorneyholme Rd, Accrington BB5 6BD |
| **Thursday** | 11.00am – Walk & Talk  Preston - Avenham Park, South Meadow Lane PR1 8JP | 10.00am – 12.00pm Breakfast Club (Light Activities, Chill & Chat) Trinity Hub, Bankhouse Lane, Bacup OL13 OAL  Contact Louise 07859 739902 | 1pm Cycling Group (bikes provided)  Trinity Baptist Church, Bankhouse Lane, Bacup OL13 OAL  Contact Paul Becouarn 07732 156060 | 4pm - 5pm (YPF) Kickboxing  Dragons' Kickboxing Club, Unit 21, Habergham Hill, Coal Clough Lane, Burnley BB11 5BS |
| 11am - 12 noon - Virtual Youth Hub  Zoom – 784 8498 1334  Passcode: 37MW8n  Contact Kristy: 07724 644600 | 12.30 - 2.30pm Shenkido – Mindfulness & Meditation. 12A Market St, Bacup or 1 - 2pm on Zoom Code 889 70951878 - Password 604261  Contact Louise 07859 739902 | 1.45pm – Mind & Body (Say2)  ‘Nutrition Coaching’  Zoom - Code: 3747934597 |
| **Friday** | 9.10am - Mimi Breath Work Live via Zoom from Bali  ID: 830 3031 1209 Passcode: 605003 |  | 12.00 till 1.30pm - Football Session  South Meadow Lane, Preston PR18JP | 6pm – 7pm Trinity Food Bank  Bankhouse Lane, Bacup OL13 OAL  Contact: Louise 07859739902 |
| 2-3pm – Creative Together  Share Skills Swop Shop  Pendle Yes Hub, Scotland Rd, Nelson  Contact Kristy: 07724 644 600 |
| **Saturday** |  | 11am-12pm Football  St Martins, University of Cumbria, Lancaster, LA13JD |  | 5.00pm – LUF Lounge (Online)  Facebook.com/redroserecovery |
| **Sunday** |  |  | 1.00pm Walk & Talk Morecambe Sailing Club LA4 5AS | 8pm – 9pm Bingo Live via zoom with Sharon ID: 795 428 9742  Passcode: 67839A |

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| **Team Contact Details** | | | | |
| CSI Facebook details - **www.facebook.com/LancashireCSI** | | | | |
| CSI with NewYou Chit Chat Column – Follow this link to join the WhatsApp group:-  **https://chat.whatsapp.com/ICBGqAzHrDNDIhrlw5QOZa** | | | | |
| **Please contact the support worker for your area before attending a face to face activity.** | | | | |
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| Active Lancashire with CSI | Working with our Local Authorities/Partners to promote local activities and helping to keep peoples mental health and wellbeing in a good place - https://www.activelancashire.org.uk/ | | | |
| CGL Inspire | CGL – North, Central & East information booklet produced - https://inspirelancs.org.uk/ - A number of groups running. | | | |
| NewYou | Supporting wellbeing in the community - https://www.facebook.com/NewYouLancs/www.inspirenorthlancs.org.uk | | | |
| **CSI Team Contact Details** | | | | |
| Tamasin Lamb | United Together Project Lead & CSI/New You North SW | 07724656681 | tlamb@activelancashire.org.uk | FT |
| Dave Bayliff | United Together Project & Homeless Project | 07728213041 | dbayliff@activelancashire.org.uk | FT |
| Alan Kenyon | United Together Project | 07434835559 | akenyon@activelancashire.org.uk | 15 hrs |
| James Rasmussen | Homeless Project – CSI Support Worker & United Together | 07389181784 | jramussen@activelancashire.org.uk | 10 + 5hrs |
| Sharon Hayward | Homeless Project – CSI Support Worker | 07389182500 | shayward@activelancashire.org.uk | 10 hrs |
| Jacob Forkin | Active Seconds Charity Retail Shop/Hub Officer | 01254785986 | jforkin@activelancashire.org.uk | FT |
| Tom Rye | Active Seconds Charity Retail Shop/Hub Lead | 07726243811 | trye@activelancashire.org.uk | FT |
| Thomas Whalley | Kickstart Active Seconds Charity Retail Shop Online | 07474615073 | twhalley@activelancashire.org.uk | 25 hrs |
| Neil McLean | CSI Admin & Support Worker | 07577033410 | nmclean@activelancashire.org.uk | 1 day |
| Paul Swarbrick | CSI Support Worker | 07944795285 | pswarbrick@activelancashire.org.uk | 10 hrs |
| Joe Duffield | CSI Support Worker | 07922511671 | jduffield@activelancashire.org.uk | 10 hrs |
| Louise Gregory | Rossendale Works Project Officer | 07859739902 | lgregory@activelancashire.org.uk | FT |
| Cliff Adamson | Rossendale Works Project Officer | 07907106589 | cadamson@activelancashire.org.uk | FT |
| Kristy Telford | Pendle YES Hub Outreach Lead | 07724644600 | ktelford@activelancashire.org.uk | FT |
| Dave Marshall | Pendle YES Hub Coach & Outreach Worker | 07859739635 | dmarshall@activelancashire.org.uk | 32 hrs |
| Marta Pakula | Pendle YES Hub Project Lead | 07861681427 | mpakula@activelancashire.org.uk | FT |
| Paul Becouarn | Rossendale Works Project Leads | 07732156060 | pbecouarn@activelancashire.org.uk | FT |

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