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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 HallBank Parade, Burnley BB11 1UH | 7.30pm – Movement to Music (Say2)Zoom - Code: 3747934597 |
| **Tuesday** | **Pilates** 11.30am - 12.30pm The Healing Well17-23 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 Scott12 – 5pm (Education, Chat & Chill with Employment opportunities)The Fighting Fitness Academy, Unit 3A Myrtle Grove Mill, Lench Rd, Waterfoot BB4 7JHContact: Paul Becouarn 07732 156060 | 1.30pm - 2.30pm Ladies Only YogaHaslingden Community Link, Bury Rd BB4 5PGContact Louise 07859 739902 | 4pm – 5pm Football or BadmintonLeisure Box, Glen Way, Brierfield BB9 5NH |
| 11am Boxercise Mash upAlkincoats Park, Colne. Meet at the Tennis Courts (weather permitting)or at the HUBContact Kristy 07724 644 600 | 7.00pm – Covid Stories (Say2)Film/Video Production CourseZoom - Code: 3747934597 |
| 11am – Walk & TalkMoor Park, Preston PR6 1AU | 1pm – 2pm Circuit ClassLive Health & Fitness, Friday St,Chorley PR6 0AA | Beach Clean 1pmBattery 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 9AWContact Dave M 07859 739635 | 1pm Female Only Boxercise Mash up Pendle Yes Hub, Scotland Rd, NelsonContact Kristy 07724 644 600 | 11am – 12pm Tennis/Walk & TalkStubbylee Park, Bacup Contact Paul Becouarn 07732156060 | 2pm Cycling at Leisure Lakes Bike Hub, Butler St, Preston PR1 8BN |
| 11.00am – Walk & TalkLeyland - Worden Park,Worden Lane PR25 3BD | 1pm Gym Session BA Fitness Trimpell S & S Club, Out Moss Lane, Morecambe LA44UP | 1pm Boxerciseat Tommy's Gym, London Street Fleetwood FY7 6JL | 3pm – 4pm Ski RossendaleRossendale Youth WorksCall Cliff Adamson 07907106589 |
|  |  | 2pm - 3pm BadmintonSt Andrews Church HallWorden Lane, Leyland PR25 3EL | 3pm – 5pm FootballAccrington Stanley Hub, Higham Playing Fields, Thorneyholme Rd,Accrington BB5 6BD |
| **Thursday** | 11.00am – Walk & TalkPreston - Avenham Park,South Meadow Lane PR1 8JP | 10.00am – 12.00pm Breakfast Club (Light Activities, Chill & Chat) Trinity Hub, Bankhouse Lane, Bacup OL13 OALContact Louise 07859 739902 | 1pm Cycling Group (bikes provided)Trinity Baptist Church, Bankhouse Lane, Bacup OL13 OALContact 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 HubZoom – 784 8498 1334Passcode: 37MW8nContact Kristy: 07724 644600 | 12.30 - 2.30pm Shenkido – Mindfulness & Meditation. 12A Market St, Bacupor 1 - 2pm on ZoomCode 889 70951878 - Password 604261 Contact Louise 07859 739902 | 1.45pm – Mind & Body (Say2)‘Nutrition Coaching’Zoom - Code: 3747934597 |
| **Friday** | 9.10am - Mimi Breath WorkLive via Zoom from BaliID: 830 3031 1209 Passcode: 605003 |  | 12.00 till 1.30pm - Football SessionSouth Meadow Lane, Preston PR18JP | 6pm – 7pm Trinity Food BankBankhouse Lane, Bacup OL13 OALContact: Louise 07859739902 |
| 2-3pm – Creative Together Share Skills Swop ShopPendle Yes Hub, Scotland Rd, NelsonContact Kristy: 07724 644 600 |
| **Saturday** |  | 11am-12pm FootballSt Martins, University of Cumbria, Lancaster, LA13JD |  | 5.00pm – LUF Lounge (Online)Facebook.com/redroserecovery |
| **Sunday** |  |  | 1.00pm Walk & TalkMorecambe Sailing Club LA4 5AS | 8pm – 9pm Bingo Live via zoom with Sharon ID: 795 428 9742Passcode: 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 Lancashirewith CSI | Working with our Local Authorities/Partners to promote local activities and helping to keep peoplesmental 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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