

September Week 1

Wednesday 1st

Thursday 2nd

Friday 3rd

Saturday 4th

Sunday 5th

September might see the nights drawing in and the change in the seasons can be a difficult time. However, Lancashire Recovery College and our partners still have a huge variety of face to face and online offers for you to experience. So take some time for yourself this month and make your own well-being a priority. Remember - self-care is not selfish.

CPET-People
Living with Pain –
Support Group -
10:30am

Birchwood –
Community Shop
– 11:00am

Birchwood –
Cooking Session –
12:30pm

Birchwood –
Music Club –
2:00pm

Phoenix Rising–
Yoga for Anxiety
(5/5) – Mandala
– 7:30pm

Peer Talk –Peer
Support Group-
Intact Centre-
11:00am

Phoenix Rising–
End of course
celebration –
The Gathering
Fields – 11:00am

Birchwood –
Book Club –
12:30pm

Birchwood –
Bereavement
Group – 6:00pm

Peer Talk –Peer
Support Group-
Central
Methodist
Church- 7:30pm

Living with ADHD
– 10:30am

PNECET –
Walking Football
-11:00am

An Inclusive
Future – Wonder
Woman – 12:30
& 2:00pm

Birchwood –
Digital Inclusion –
12:30pm

Birchwood –
Volunteer
Workshop –
3:00pm

Birchwood –
Veterans Meet-
up (NEW
LOCATION: The
Pulse,
Skelmersdale)
(Every 4 weeks –
Please Enquire)
10:00am

Seed – Drop-in –
11:00am

Birchwood – Knit
& Chatter –
(Every 2 weeks-
please Enquire
12:00pm

Saturday 4th see
Prestons Mela at
the Flag Market
and inside [the
Harris](#). The event
is bursting with
performances
and traditional
South Asian
music and
dancing and
features a
variety of stalls,
food, and
workshops,
where you can
get involved
in henna tattoos
and printing
techniques.

September Week 2

Monday 6th

Birchwood –
Community Shop
– 11:00am

Birchwood –
Meditation –
12:00pm

Birchwood –
Photography
Class – 1:30pm

Man-archy –
Support Group –
7:30pm

Tuesday 7th

Man-archy
Support Group –
9:30am

CPET – Coffee &
Chat for people
with Long Covid–
10:30am

PNECET –
Sporting
Memories Online
- 11:00am

Man-archy –
Gardening Club –
11:00am

LAL – Adult
Advice and
Enrolment-
Nelson & Colne
College-4:00pm

Birchwood –
Cooking Session –
12:30pm

Phoenix Rising–
Groove (5/5) –
Mandala –
6:00pm

Wednesday 8th

Birchwood –
Cooking Session –
12:30pm

Birchwood –
Music Club –
2:00pm

LAL – Adult
Advice and
Enrolment-The
Waterside
Centre,
Accrington-
4:00pm

Thursday 9th

Peer Talk –Peer
Support Group-
Intact Centre-
11:00am

Birchwood –
Employability
Workshop –
12:30pm

Birchwood – Book
Club – 12:30pm

LAL – Adult
Advice and
Enrolment-
Accrington &
Rossendale
College/Nelson
& Colne College-
4:00pm

Birchwood –
Bereavement
Group – 6:00pm

Peer Talk –Peer
Support Group-
Central
Methodist
Church- 7:30pm

Friday 10th



Recovery College
& HARRI at
Preston Bus
Terminal
11:00am-3:00pm



Saturday 11th Sunday 12th

There are numerous events and resources available relating to World Suicide Prevention Day (Friday 10th September). Below are just a few;

Zero Suicide Alliance training;
<https://www.zerosuicidealliance.com/training>

Vigil and candle led mile walk in Blackburn
10am-11am;
<https://www.eventbrite.co.uk/e/walk-a-mile-in-someone-elses-shoes-for-world-suicide-prevention-day-tickets-167298645753>

Vigil and candle led mile walk in Darwen
12:30pm-1:30pm;
<https://www.eventbrite.co.uk/e/walk-a-mile-in-someone-elses-shoes-for-world-suicide-prevention-day-tickets-167604145511>

Lancashire Mind have some great materials and training which can be found on their website;
<https://www.lancashiremind.org.uk/>

Lancashire Recovery College Timetable

September Week 3

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
<p>Understanding EUPD – 10:30am</p>	<p>Man-archy Support Group – 9:30am</p>		<p>LAL – Simple Relaxation Techniques (1/2) – 10:00am</p>	<p>Gratitude – 10:30am</p>	<p>Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am</p>	<p>Phoenix Rising– Breathe & Draw (1/4) – Mandala Preston – 2:00pm</p> <p>If you would like to receive our October planner before anybody else, please e-mail recovery.college@lscft.nhs.uk to be added to our 'first glance group</p>
<p>Birchwood – Community Shop – 11:00am</p>	<p>LAL – Finding Positives in Challenging Times (1/2) – 10:00am</p>	<p>Phoenix Rising– Nature to Nurture – Brockholes – 11:00am</p>	<p>Peer Talk –Peer Support Group-Intact Centre- 11:00am</p>	<p>PNECET – Walking Football -11:00am</p>		
<p>LAL – Mindfulness Techniques for Everyday Living (1/2) – 1:00pm</p>	<p>PNECET – Sporting Memories Online – 11:00am</p>	<p>Birchwood – Cooking Session – 12:30pm</p>	<p>Birchwood – Employability Workshop – 12:30pm</p>	<p>An Inclusive Future – Wonder Woman – 12:30 & 2pm</p>	<p>SEED – Drop-in – 11:00am</p>	
<p>Breathe Therapies – Carers Advice & Info Clinic - 7:00pm</p>	<p>Man-archy – Gardening Club – 11:00am</p>	<p>Birchwood – Music Club – 2:00pm</p>	<p>Birchwood – Bereavement Group – 6:00pm</p>	<p>Shine Coaching – How to make small changes to improve your mood (1/2) – 12:00pm</p>	<p>Birchwood – Knit & Chatter – (Every 2 weeks- please Enquire 12:00pm</p>	
<p>Man-archy – Support Group – 7:30pm</p>	<p>Birchwood – Cooking Session – 12:30pm</p>		<p>Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm</p>	<p>Birchwood – Digital Inclusion – 12:30pm</p>		
	<p>Birchwood – Creative Writing Class – 6:00pm</p>					

Lancashire Recovery College Timetable

September
Week 4

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th	Sunday 26th
Understanding Anxiety – 10:30am	Man-archy – Support Group – 9:30am		LAL – Simple Relaxation Techniques (2/2) – 10:00am	Birchwood – Community Shop – 11:00am	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	Phoenix Rising – Breathe & Draw (2/4) – Mandala Preston – 2:00pm
Birchwood – Community Shop – 11:00am	LAL – Finding Positives in Challenging Times (2/2) – 10:00am	Phoenix Rising – Nature to Nurture – Brockholes – 11:00am	Peer Talk – Peer Support Group – Intact Centre – 11:00am	PNECET – Walking Football – 11:00am		<p>We are delighted to be delivering our first face to face courses for several months, next week. These will be held in the mobile event tent, at Preston Markets</p>
LAL – Mindfulness Techniques for Everyday Living (2/2) – 1:00pm	CPET – Coffee & Chat for people with Long Covid – 10:30am	Birchwood – Cooking Session – 12:30pm	Birchwood – Employability Workshop – 12:30pm	Introduction to PERMA – 12:30pm	SEED – Drop-in – 11:00am	
Birchwood – Photography Class – 1:30pm	PNECET – Sporting Memories Online – 11:00am	Birchwood – Music Club – 2:00pm	Birchwood – Bereavement Group – 6:00pm	Birchwood – Digital Inclusion – 12:30pm	Birchwood – Knit & Chatter – (Every 2 weeks – please Enquire) 12:00pm	
Man-archy – Support Group – 7:30pm	Man-archy – Gardening Club – 11:00am		Peer Talk – Peer Support Group – Central Methodist Church – 7:30pm	An Inclusive Future – Wonder Woman – 12:30 & 2pm		
	Birchwood – Creative Writing Class – 6:00pm			Breathe – Mental Health Support Group – 7:00pm		

September Week 5

Monday 27th Tuesday 28th Wednesday 29th Thursday 30th

Self-Compassion
(1/2)-MET
Preston- 10:30am

Birchwood –
Community Shop
– 11:00am

Birchwood –
Photography
Class – 1:30pm

Breathe
Therapies –
Carers Advice &
Info Clinic -
7:00pm

Man-archy –
Support Group –
7:30pm

Man-archy –
Support Group –
9:30am

PNECET –
Sporting
Memories Online
– 11:00am

Man-archy –
Gardening Club –
11:00am

Understanding
Depression–
2:00pm

Birchwood –
Creative Writing
Class – 6:00pm

Living with ADHD
– 10:30am

Phoenix Rising–
Nature to
Nurture –
Brockholes –
11:00am

Birchwood –
Cooking Session –
12:30pm

Birchwood –
Music Club –
2:00pm

Self-Compassion
(1/2)-MET
Preston -
10:30am

Peer Talk –Peer
Support Group-
Intact Centre-
11:00am

Birchwood –
Employability
Workshop –
12:30pm

Mental Health
Awareness –
MET Preston-
1:30pm





Birchwood –
Bereavement
Group – 6:00pm


Peer Talk –Peer
Support Group-
Central
Methodist
Church- 7:30pm

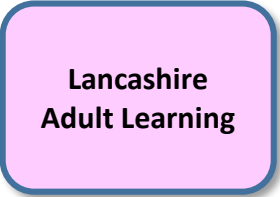

We are always looking to engage with our communities and welcome any ideas or input that people may have. We will soon be re-launching our advisory groups. These are your chance to tell us what you would like to see and what you feel that your community needs. Please look out for these on future planners and please attend if you can!



Remember you can always e-mail us at recovery.college@lscft.nhs.uk or call us on 01772 695365



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, Gratitude, PERMA 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 www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559 Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>
 	<p>Community Prevention and Engagement (CPET) are hosting fortnightly sessions for people who are experiencing the effects of Long Covid. They have also developed a group for people living with pain.</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 www.eventbrite.co.uk and search Community Prevention & Engagement Team. For the group for people living with pain; Please click on the link below; Young People Living with Pain in Central Lancashire Support Group Tickets, Wed 1 Sep 2021 at 10:30 Eventbrite</p>




Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>Phoenix Rising Free, friendly 6-week courses and one-day events across Visual Arts, Physical Activity, and Nature with online and in-person options. The courses and events are beginner-friendly, fun and designed to enable you to learn a new skill, try out a new potential hobby or reconnect with an old hobby or interest. You can sign up to one or more of the 6 week courses and/or our one-day events.</p>	<p>The programme is a collaboration between Lancashire Recovery College, visual arts organisation Green Close, the Gathering Fields eco-retreat centre, Lancashire Wildlife Trust and the Mandala Yoga & Wellbeing centre, Preston. Our programme continues in August – where we will explore the release and joy of the wilderness, wildflower meadows and being able to finally get outside after the restraints and difficulties of lockdown.</p>	<p>You can find and register for, the Phoenix Rising courses on the Lancashire Recovery College Eventbrite page www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively you can visit www.greenclose.org/phoenix-rising-free where you will be able to find out more about the project and register while you are there.</p>

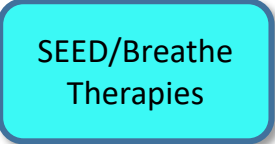


Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>Lancashire Adult Learning</p>  <p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. 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 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>Lancashire Adult Learning offer a wide variety of courses that can also be accessed via their website; LAL - Lancashire Adult Learning Courses. Over 300 Venues</p>

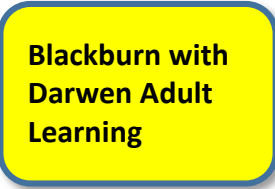



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p><u>Lancashire Adult Learning</u> <u>Adult Advice and Enrolment events</u></p> <p>Book your place today at our Adult Advice and Enrolment Events Whether you are pursuing education to improve your career possibilities or looking to find a profession you are passionate about; LAL can help you with your future aspirations.</p> <p>At our Adult Advice and Enrolment Events you will be able to:</p> <ul style="list-style-type: none"> · Learn about our wide range of courses to suit all abilities at different levels · Meet our expert tutors · Get help with fees and finance and how you may be able to study for FREE* · Explore our flexible study options to fit around your home and work life <p>*Depending on your personal circumstances. Funding options and loans are also available.</p>	<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><u>Tuesday 7 September, 4pm – 7.30pm</u> Nelson and Colne College, Scotland Rd, Barrowford, Nelson BB9 7YT: Register below; Adult Advice and Enrolment Event - Nelson & Colne College</p> <p><u>Wednesday 8 September, 4pm - 7.30pm</u> The Waterside Centre, St James Court West, St James Street, Accrington, BB5 1NA: Register Below; Adult Advice and Enrolment Event - Accrington & Rossendale College (accross.ac.uk)</p> <p><u>Thursday 9 September, 4pm – 7.30pm</u> Accrington and Rossendale College, Sandy Lane, Accrington, BB5 2AR: Register Below; Adult Advice and Enrolment Event - Accrington & Rossendale College (accross.ac.uk)</p> <p><u>Thursday 9 September, 4pm – 7.30pm</u> Nelson and Colne College, Scotland Rd, Barrowford, Nelson BB9 7YT Adult Advice and Enrolment Event - Nelson & Colne College</p>


Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>An Inclusive Future CIC</p> 	<p>An Inclusive Future CIC: Wonder Woman Employment & Training Programme.</p>	<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>	<p>To find out more, email Paul White on Paulwhite507@yahoo.co.uk or call 07960 279251</p>



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;"> <p>Preston North End Community and Engagement Trust</p> </div> <div data-bbox="96 939 591 1116" style="margin-top: 20px;">  <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><u>Sporting Memories Online</u></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 Hannah.White@PNE.com for a Zoom guide</p> <p><u>Walking Football</u></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 Emma.White@PNE.com</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
  	<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. Alternatively you can call Richard on 07782548395.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
  	<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>Support Group 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>Drop-in Service</p> <ul style="list-style-type: none"> * 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>Drop-In: Every Saturday 11am-1pm: Drop-In Link: https://bit.ly/DropInGroup Meeting ID: 789 0274 9973</p> <p>Support Group: Fridays (Fortnightly) – 7pm-8:30pm: Support Group Link: https://bit.ly/SEEDLancsSG Meeting ID: 756 5416 4158</p> <p>Carers' Advice & Info Clinic: Mondays (Fortnightly) 7pm-8.30pm: Carers Link: : https://bit.ly/CarerClinic Meeting ID: 795 1315 0828</p> <p><i>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.lancashire 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!</i></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 via the link below; www.bwdlearning.org/findacourse</p>
 	<p>Peer Talk - Preston</p>	<p>PeerTalk Support Groups provide a forum for individuals who experience depression, anxiety and/or other related emotional distress to:</p> <ul style="list-style-type: none"> • Meet other people who experience similar challenges and communicate with them in a supportive, confidential (within normal limits) and proactive environment with two trained PeerTalk facilitators • Give and / or receive support to help them cope better 	<p>There is no need to book in advance, you can simply turn up to a session. You can click here for an information leaflet or visit https://www.peertalk.org.uk/support-groups to find out more. Please e-mail enquiries to enquiries@peertalk.org.uk or call Tel: 07719 562 617.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
<div data-bbox="127 411 402 582" style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center; background-color: #d9ead3;"> <p>The Birchwood Centre</p> </div> <div data-bbox="63 756 471 878" style="margin-top: 20px;">  </div>	<p>The Birchwood Centre Social Inclusion Team</p>	<p>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.</p>	<p>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, craft and flower arranging, Tribal Dance and many more, please call 01695 713248 or visit https://www.birchwoodcentre.co.uk/birchwood-social-inclusion-session-schedule</p> <p>All face-to-face sessions are held at either Ennerdale House, Skelmersdale, WN8 6AN or Tanhouse Community Centre, Ennerdale, WN8 6AN.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p>How to make small changes to improve your mood Have you ever wondered if you could feel better than this? Have more energy? Experience less stress and anxiety? Improve your mood? Therapy and coaching can support you in feeling emotionally stronger, but did you know that the choices you make every single day impact your mood massively? Join us for our new 2 part workshop where you'll discover:</p> <ul style="list-style-type: none"> - how the foods and drinks you choose impact your mood - why it's so challenging to improve lifestyle habits like eating well and exercising (just a heads up - it's not your fault!) - how to care for yourself in a way that supports good mood by making bitesize habit changes that work! 	<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 & 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 www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Or click the direct link to book onto the course below; https://www.eventbrite.co.uk/e/168079946645</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>