

Lancashire Recovery College Timetable




November Week 1

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
Birchwood – Tea & me – 10:00am	CPET – Coffee & Chat for people with Long Covid– 10:30am	BWD – Youth MHFA Certified – Bank Top - (1/3) – 9:15am	BWD – Youth MHFA Certified (2/3) – Bank Top - 9:15am	BWD – Youth MHFA Certified (3/3) – Bank Top 9:15am	Phoenix Rising – Yoga for peace of mind– 9:00am	<p>We're really excited to be launching our EVERYBODY MOVES course this month, in partnership with Dance Syndrome! Let's keep moving together this autumn with inclusive dance routines, ready to bust a move at our festive celebrations. All from the cosy comfort of your living room!</p>
LAL – Creative ways to improve your wellbeing – Online (1/2) – 1:00pm	Confidence & Assertiveness (1/2) – 10:30am	Birchwood – Walking by Birchwood – 10:00am	Birchwood – Art by Birchwood – 10:30am	PNECET – Walking Football -11:00am	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
Phoenix Rising – Chair Yoga – 5:00pm	Birchwood – Meditation – 11:00am	Phoenix Rising – Nature to Nurture - Brockholes– 11:00am	PNECET – Walk and Talk for Lilywhites - 10:30am	Shine Coaching – Food & Mood (2/2) – 12:00pm	Seed – Drop-in – 11:00am	
Man-archy – Support Group – 7:30pm	PNECET – Sporting Memories Online - 11:00am	The Well being Lunchbox – Where's the stress? – 12:30pm	Peer Talk –Peer Support Group-Intact Centre- 11:00am	PERMA – Meaning – 12:30pm	Birchwood – Knit & Chatter – (Every 2 weeks-please Enquire) 12:00pm	
	Birchwood – Meditation – 12:00pm	Birchwood – Cooking Session – 12:30pm	Divine Days – Relaxation Class–The Zone - 12:20pm	An Inclusive Future – Wonder Woman – 12:30 & 2:00pm	Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
	Birchwood – Flowers by Birchwood – 12:30pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm			

Lancashire Recovery College Timetable



November Week 2

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
Birchwood – Tea & me – 10:00am	Confidence & Assertiveness (2/2) – 10:30am	Birchwood – Walking by Birchwood – 10:00am	Birchwood – Art by Birchwood – 10:30am	PNECET – Walking Football -11:00am	Phoenix Rising – Yoga for peace of mind– 9:00am	 <p>November 15th to 21st is Real Living Wage week. Lancashire Recovery College supports this campaign alongside our partners at Citizens UK. Check out our ‘The real living wage: what is it and why does it matter’ workshop on the 15th to find out more</p>
LAL – Creative ways to improve your wellbeing – Online (2/2) – 1:00pm	Birchwood – Meditation – 11:00am	Phoenix Rising – Nature to Nurture - Brockholes– 11:00am	PNECET – Walk and Talk for Lilywhites - 10:30am	PERMA – Accomplishment – 12:30pm	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
Phoenix Rising – Chair Yoga – 5:00pm	PNECET – Sporting Memories Online - 11:00am	Birchwood – Cooking Session – 12:30pm	Peer Talk –Peer Support Group-Intact Centre- 11:00am	CPET – Wellness & Recovery Workshop (1/6)– 12:30pm	Seed – Drop-in – 11:00am	
Breathe Therapies – Carers Advice & Info Clinic - 7:00pm	Birchwood – Meditation – 12:00pm	Living with ADHD – 1:00pm	Birchwood – Yoga by Birchwood – 12:00pm	An Inclusive Future – Wonder Woman – 12:30 & 2pm	Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
Man-archy – Support Group – 7:30pm	Birchwood – Flowers by Birchwood – 12:30pm		Divine Days – Relaxation Class –The Zone - 12:20pm	Breathe – Mental Health Support Group – 7:00pm		
	BWD – Dementia Friends - Online – 1:00pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm			

Lancashire Recovery College Timetable



November Week 3
(Real Living Wage Week)

Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
Birchwood – Tea & me – 10:00am	CPET – Coffee & Chat for people with Long Covid– 10:30am	BWD – MHFA Awareness - Bank Top – 9:30am	Peer Talk –Peer Support Group-Intact Centre- 11:00am	Shine Coaching – Improve your response to stress and conflict (1/2) – 10:00am	Phoenix Rising – Yoga for peace of mind– 9:00am	Next week sees the return of our ever popular Self-Compassion course as well as chances to get outside with the fantastic Phoenix Rising: Nature to Nurture sessions. If Yoga or meditation are more your style, then good news, as we have those on offer too!
The Real Living Wage – What is it and why does it matter? – 10:30am	Birchwood – Meditation – 11:00am	Phoenix Rising – Nature to Nurture - Brockholes– 11:00am	Divine Days – Relaxation Class–The Zone - 12:20pm	PNECET – Walking Football -11:00am	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
DanceSyndrome – Everybody Moves (1/4) – 2:30pm	PNECET – Sporting Memories Online – 11:00am	Birchwood – Cooking Session – 12:30pm	LAL – Mindfulness techniques for everyday living – Online (1/2) – 6:00pm	CPET – Wellness & Recovery Workshop (2/6)– 12:30pm	SEED – Drop-in – 11:00am	
Phoenix Rising – Chair Yoga – 5:00pm	Birchwood – Meditation – 12:00pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm	An Inclusive Future – Wonder Woman – 12:30 & 2pm	Birchwood – Knit & Chatter – (Every 2 weeks-please Enquire) 12:00pm	
Man-archy – Support Group – 7:30pm	Birchwood – Flowers by Birchwood – 12:30pm				Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
	20 th Anniversary Celebrations of The Real Living Wage – 5:00pm					

November Week 4

Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
Birchwood – Tea & me – 10:00am	Gratitude – 10:30am	Birchwood – Walking by Birchwood – 10:00am	Peer Talk –Peer Support Group-Intact Centre- 11:00am	Shine Coaching – Improve your response to stress and conflict (2/2) – 10:00am	Phoenix Rising – Yoga for peace of mind– 9:00am	<p>We hope you have found an offer that suits you. Remember, our engagement vehicle HARRI is also out and about in across Lancashire and South Cumbria with information about further opportunities and support available. E-mail HARRI@lscft.nhs.uk for details of when we will be near you!</p>
Self-Compassion (1/2) – 11:00am	PNECET – Sporting Memories Online – 11:00am	Phoenix Rising – Nature to Nurture - Brockholes– 11:00am	Divine Days – Relaxation Class–The Zone - 12:20pm	Mental Health Awareness – 10:30am	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
DanceSyndrome – Everybody Moves (2/4) – 2:30pm	Birchwood – Meditation – 12:00pm	Birchwood – Cooking Session – 12:30pm	LAL – Mindfulness techniques for everyday living – Online (2/2) – 6:00pm	PNECET – Walking Football -11:00am	SEED – Drop-in – 11:00am	
Phoenix Rising – Chair Yoga – 5:00pm	Birchwood – Flowers by Birchwood – 12:30pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm	CPET – Wellness & Recovery Workshop (3/6)– 12:30pm	Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
Breathe Therapies – Carers Advice & Info Clinic - 7:00pm	LAL – Finding Positives in Challenging Times – Online (1/2) – 6:00pm			An Inclusive Future – Wonder Woman – 12:30 & 2pm		
Man-archy – Support Group – 7:30pm				Breathe – Mental Health Support Group – 7:00pm		

November
Week 5

Monday 29th

Tuesday 30th

Birchwood – Tea
& me – 10:00am

Self-Compassion
(2/2) – 11:00am

DanceSyndrome
– Everybody
Moves (3/4) –
2:30pm

Phoenix Rising –
Chair Yoga –
5:00pm

Man-archy –
Support Group –
7:30pm

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

PNECET –
Sporting
Memories Online
– 11:00am





Understanding
EUPD – 11:00am


Birchwood –
Meditation –
12:00pm

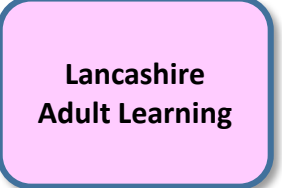

Birchwood –
Flowers by
Birchwood –
12:30pm



LAL – Finding
Positives in
Challenging
Times – Online
(2/2) – 6:00pm

Remember that you can sign-up to our ‘first-glance’ group to receive your own copy of our monthly planner, as well as any other updates and Recovery College news. Just e-mail recovery.college@lscft.nhs.uk or call 01772 695 365 to join our distribution group and receive all of our updates as soon as they are released. You can also follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College LSCFT) to find out about the latest well-being offers in your part of Lancashire or South Cumbria.



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</p> <p>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.</p> <p>CPET are also running a 6-week Wellness and Recovery Workshops programme which begins on Friday 12th of November.</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>For the Long Covid sessions, please e-mail lucy.jones2@lscft.nhs.uk.</p> <p>To book onto the Wellness and Recovery Workshops at Adlington Library please contact the library on 0300 123 6703 or e-mail Adlington.library@lancashire.gov.uk</p>

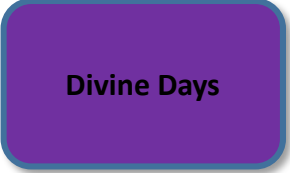

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>Phoenix Rising</p> <p>Free, friendly 6-week courses and one-day events across Visual Arts, Physical Activity, and Nature with online and in-person options. The courses and events are beginner-friendly, 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>

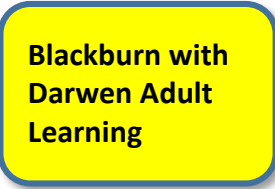



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>An Inclusive Future CIC</p> 	<p>An Inclusive Future CIC: Wonder Woman Employment & Training Programme.</p>	<p>The project is designed to help women of all ages and backgrounds improve their employability 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="104 554 504 796" style="border: 1px solid blue; border-radius: 15px; background-color: #8e7cc3; color: white; padding: 10px; text-align: center;"> <p>Preston North End Community and Engagement Trust</p> </div> <div data-bbox="104 943 591 1115" style="margin-top: 20px;"> <p>Alistair White Community Inclusion Officer T 01772 603309</p> <p>@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>Complete the online form on pne.com/pnecetwalkingfootball to book your place on a session.</p> <p><u>Walk And Talk For Lilywhites</u></p> <p>Walk And Talk For Lilywhites is a weekly walking group that encourages men and women of all ages to combine the benefits of face-to-face social interaction and physical exercise by walking around Moor Park. The group runs from 10.30am every Thursday with participants meeting by the Sir Tom Finney Splash Statue from 10.15am.</p> <p>Complete our online sign-up form at pne.com/walkandtalk before attending your first session</p>



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 	<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>For the support group, please e-mail Richard@divinedays.co.uk</p> <ul style="list-style-type: none"> - Alternatively you can call Richard on 07782548395.



Colour Code & Logo	Event Name	Organiser Description	Contact Details/How to Participate
 	<p><u>Relaxation Class:</u></p> <ul style="list-style-type: none"> • Yoga, breathing techniques & stretches. • Calming music & meditation. • Go home feeling relaxed. <p><u>Divine Inspiration:</u></p> <p>Community Dance Class Inclusive community dance classes collaborating with Inspiration Dance School and Divine Days Dance School ,working on performance skills towards events and competitions making dance for everyone.</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. 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>To book a place, please visit www.bookwhen.com/divine-days-community For any enquiries, please call 07802 551004 or e-mail info@divinedays.co.uk.</p> <p>Divine days also offer Dance classes for adults with additional needs (Thursdays and Saturdays), as well as Divine Dance and Hi-Heels (Both Thursdays) – Please visit www.divinedays.co.uk for further information.</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>

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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 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>

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<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>

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 	<p>Improve your response to stress and conflict</p> <p>Do you notice the emotional response that causes you stress and conflict? Join us for these two sessions to look at the role stress plays in our experience of conflict and anger. Whether you find yourself getting frustrated with yourself, others or both we could all probably benefit from re learning our negative relationship with a basic emotion; anger. Join our volunteer with lived experience & life coach & learn more about our conflict/ anger response, accept and make peace with it & learn some foundation tools to enable you to manage your experience of stress, conflict and anger and look at it in a different way</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 & 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>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p>Everybody moves is an inclusive, interactive & super fun programme to get you moving & dancing as you probably have never imagined you could! Not only will you learn new skills, new moves & get fit & active, you'll also make new friends & feel a real sense of both achievement & belonging!</p> <p>Come & join DanceSyndrome, meet the team and experience our inclusive dance workshops in a safe, encouraging space.</p> <p>The sessions will be co-delivered by a dance artist and a dance leader with a disability and will focus on; getting to know each other; developing connections through dance; and introducing creative activities to begin to develop choreography.</p>	<p>Jen Blackwell has Down's syndrome and is the inspiration behind multi award winning charity, DanceSyndrome. With the support of her family, she co-founded DanceSyndrome in 2009, and which became a registered charity in 2013. Jen's dream was to be a community dance leader providing accessible dance for everyone. Her challenge to find appropriate inclusive dance opportunities, dance leadership and performance training led to Jen and her Mum setting up their own organisation. DanceSyndrome operates a unique co-delivery model providing dance training in the community and online - both in the form of inclusive technique classes and open creative sessions. DanceSyndrome offers a broad programme of innovative dance, leadership and inclusion workshops and training to address health inequalities, social inclusion, prevention, and transformation. DanceSyndrome also developed and delivers the 'Dance by Example' training course accredited by Sports Leaders UK as well as performing spectacular routines all over the UK and delivering inspirational and motivational talks and presentations.</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;</p> <p>https://www.eventbrite.co.uk/e/193428609177</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>