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| Day | Sessions Times |
| Monday | 12pm – 1pmMulti SportsAll Seasons Leisure Centre,Water Street, Chorley, PR7 1EX | 1pm - 2pmUnique Beats guitar sessionwith Nigel CleggPendle Yes HubScotland Road, Nelson BB9 7UU Contact Dave M 07859 739635 | 3pm – 4pmMulti Activities Blackburn Youth Zone, Jubilee Street, Blackburn BB1 1EP**(EXCEPT SCHOOL HOLIDAYS)** | 7.30pmMovement to Music (Say2)Zoom - Code: 3747934597 |
| **Tuesday** | 10am - 12pmMulti SportsStanley Park Sports CentreWest Park Drive Blackpool FY39HQ | 1pm – 2pmBoxersize & Fitness sessionThe Fighting Fitness Academy, Unit 3A Myrtle Grove Mill, Lench Rd, Waterfoot BB4 7JHContact: Paul Becouarn 07732 156060 | 1pm-3pmMellow mood round,Pendle Yes HubScotland Road, Nelson,Contact Dave M 07859 739635 |  |
| 11am – 12pmWalk & TalkMoor Park, Preston PR6 1AU | 1pm – 2pmYogaLofthouse BuildingLondon StreetFleetwood, FY7 6JL | 1.30pm - 2.30pmLadies Only YogaHaslingden Methodist Church,Manchester Rd Haslingden BB4 4BEContact Louise 07859 739902 | 4pm – 5pmFootball or BadmintonLeisure Box, Glen Way, Brierfield BB9 5NH |
| 12pm – 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 | 1pm – 2pmCircuit ClassLive Health & Fitness,Friday Street, Chorley PR6 0AA | 1pm – 3pmLittle pick and craft groupMorecambe libraryCentral DriveMorecambe LA4 5DL | 7.00pmCreative Writing (Say2)Film/Video Production CourseZoom - Code: 3747934597 |
| **Wednesday** | 10am – 12pmTable Tennis, Pop Up Activities, Chill & ChatNelson Independent Church, 9 Netherfield RoadNelson BB9 9AWContact Dave M 07859 739635 | 11.00am – 12pmWalk & TalkLeyland - Worden Park,Worden Lane PR25 3BD |  | 3pm – 5pm FootballAccrington Stanley Hub,Higham Playing Fields, Thorneyholme Road, Accrington BB5 6BD |
| 10am-12pmGym ClassStanley Park Sports CentreWest Park DriveBlackpool FY39HQ | 1pm – 2pmGym Session BA Fitness Trimpell S & S Club, Out Moss Lane, Morecambe LA44UP | 2pm – 3pmBadmintonSt Andrews Church HallWorden Lane, Leyland PR25 3EL | 6pm - 7pmFootball over 35’sHeysham MossgateSports & Community CentreTownson Way, Heysham, Morecambe LA3 2AW |
| **Thursday** | 10.00am – 12.00pmBreakfast Club (Light Activities, Chill & Chat)Trinity Hub, Bankhouse Lane, Bacup OL13 OALContact Louise 07859 739902 | 1.45pmMind & Body (Say2)‘Nutrition Coaching’Zoom - Code: 3747934597 | Kickboxing & Fitness2pm – 3pmBoxcleverUnit 6 Earnshaw Bridge Mill LongmeanygateLeyland, PR26 7PA | 4.15pm – 5.15pmFootballMorecambe bay primary schoolStation RoadMorecambe LA4 5JL |
| 11.00am – 12pmWalk & TalkPreston - Avenham Park,South Meadow Lane PR1 8JP | 2pm – 3pmBadminton Blackburn Youth Zone, Jubilee Street, Blackburn BB1 1EP**(EXCEPT SCHOOL HOLIDAYS)** | 3:30-4:30Gym or swimPendle Wavelengths, Leeds Rd,Nelson BB9 9TDContact Dave M 07859 739635 | 7pm – 8pmBadmintonWest View Leisure CentreRibbleton LanePreston PR1 5EP |
| **Friday** | -BoxerciseStanley Park Sports centreWest Park DriveBlackpool FY39HQ | 12:10pm - 1:10pmSnooker & Pool Alexandra Snooker Club5 Holme St Nelson BB9 9SSContact Dave M 07859 739635 | 2pm – 3pmCreative Together Share Skills Swop ShopPendle Yes Hub, Scotland Rd, NelsonContact Dave M 07859 739635 | 2pm – 4pmCycling Leisure Lakes Bike HubButler Street, Preston PR1 8BN**(Bikes and Helmets Available)**Contact Neil Mc 07577033410 |
| 12.00 till 1.30pmFootball SessionSouth Meadow Lane,Preston PR18JP | 1pm – 2pmFree flow danceMorecambe libraryCentral DriveMorecambe LA4 5DL | 2pm – 3pmStretch and relaxMorecambe libraryCentral DriveMorecambe LA4 5DL | 6pm – 7pmTrinity Food BankBankhouse Lane,Bacup OL13 OALContact: Louise 07859739902 |
| **Saturday** |  |  |  |  |
| Sunday |  | 1.00pmWalk & TalkMorecambe Battery CaféMorecambe Promenade |  | 8pm – 9pmBingo + Quiz via zoomMeeting 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 NewYou | Supporting wellbeing in the community - https://www.facebook.com/NewYouLancs/www.inspirenorthlancs.org.uk |
| CSI Team Contact Details |
| Tamasin Lamb | CSI United Together & New You Project Lead | 07724656681 | tlamb@activelancashire.org.uk | FT |
| Chris Blenkharn | CSI Support Mentor | 07922511671 | cblenkharn@activelancashire.org.uk | 10 hrs |
| Dave Bayliff | CSI Senior Support Mentor & United Together | 07728213041 | dbayliff@activelancashire.org.uk | FT |
| Gwen Hughes | CSI Stop Smoking Officer | 07474615073 | ghughes@activelancashire.org.uk | FT |
| Vacant | CSI Support Mentor | 07389181784 | @activelancashire.org.uk | 10 hrs |
| Neil McLean | CSI Admin & Support Mentor Central (New You) | 07577033410 | nmclean@activelancashire.org.uk | FT |
| Paul Swarbrick | CSI Support Mentor | 07944795285 | pswarbrick@activelancashire.org.uk | 10 hrs |
| Kristy Telford | Active Seconds Charity Shop/Hub Manager | 07724644600 | ktelford@activelancashire.org.uk | FT |
| Sharon Hayward | CSI Support Mentor | 07389182500 | shayward@activelancashire.org.uk | 15 hrs |
| Paul Becouarn | Rossendale Works Project Lead | 07732156060 | pbecouarn@activelancashire.org.uk | FT |
| Louise Gregory | Rossendale Works Project Officer | 07859739902 | lgregory@activelancashire.org.uk | FT |
| Dave Marshall | Pendle YES Hub Outreach Lead | 07859739635 | dmarshall@activelancashire.org.uk | FT |
| Dave Edwards | Pendle YES Hub Coach | 07746747409 | dedwards@activelancashire.org.uk | 25 hrs |

