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| Day | Sessions Times | | | |
| Monday | 12pm – 1pm  Multi Sports  All Seasons Leisure Centre,  Water Street, Chorley, PR7 1EX | 1pm - 2pm  Unique Beats guitar session  with Nigel Clegg  Pendle Yes Hub  Scotland Road, Nelson BB9 7UU  Contact Dave M 07859 739635 | 3pm – 4pm  Multi Activities  Blackburn Youth Zone,  Jubilee Street, Blackburn BB1 1EP  **(EXCEPT SCHOOL HOLIDAYS)** | 7.30pm  Movement to Music (Say2) Zoom - Code: 3747934597 |
| **Tuesday** | 10am - 12pm  Multi Sports  Stanley Park Sports Centre  West Park Drive Blackpool FY39HQ | 1pm – 2pm  Boxersize & Fitness session  The Fighting Fitness Academy, Unit 3A Myrtle Grove Mill, Lench Rd, Waterfoot BB4 7JH  Contact: Paul Becouarn 07732 156060 | 1pm-3pm  Mellow mood round,  Pendle Yes Hub  Scotland Road, Nelson,  Contact Dave M 07859 739635 |  |
| 11am – 12pm  Walk & Talk Moor Park, Preston PR6 1AU | 1pm – 2pm  Yoga  Lofthouse Building  London Street  Fleetwood, FY7 6JL | 1.30pm - 2.30pm  Ladies Only Yoga  Haslingden Methodist Church,  Manchester Rd Haslingden BB4 4BE  Contact Louise 07859 739902 | 4pm – 5pm  Football or Badminton  Leisure 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 7JH  Contact: Paul Becouarn 07732 156060 | 1pm – 2pm  Circuit Class Live Health & Fitness,  Friday Street, Chorley PR6 0AA | 1pm – 3pm  Little pick and craft group  Morecambe library  Central Drive  Morecambe LA4 5DL | 7.00pm  Creative Writing (Say2)  Film/Video Production Course  Zoom - Code: 3747934597 |
| **Wednesday** | 10am – 12pm  Table Tennis, Pop Up Activities, Chill & Chat  Nelson Independent Church, 9 Netherfield Road  Nelson BB9 9AW  Contact Dave M 07859 739635 | 11.00am – 12pm  Walk & Talk  Leyland - Worden Park, Worden Lane PR25 3BD |  | 3pm – 5pm Football  Accrington Stanley Hub,  Higham Playing Fields, Thorneyholme Road, Accrington BB5 6BD |
| 10am-12pm  Gym Class  Stanley Park Sports Centre  West Park Drive  Blackpool FY39HQ | 1pm – 2pm  Gym Session  BA Fitness Trimpell S & S Club,  Out Moss Lane, Morecambe LA44UP | 2pm – 3pm  Badminton  St Andrews Church Hall  Worden Lane, Leyland PR25 3EL | 6pm - 7pm  Football over 35’s  Heysham Mossgate  Sports & Community Centre  Townson Way, Heysham, Morecambe LA3 2AW |
| **Thursday** | 10.00am – 12.00pm  Breakfast Club (Light Activities, Chill & Chat)  Trinity Hub, Bankhouse Lane, Bacup OL13 OAL  Contact Louise 07859 739902 | 1.45pm  Mind & Body (Say2)  ‘Nutrition Coaching’  Zoom - Code: 3747934597 | Kickboxing & Fitness  2pm – 3pm  Boxclever  Unit 6 Earnshaw Bridge Mill Longmeanygate  Leyland, PR26 7PA | 4.15pm – 5.15pm  Football  Morecambe bay primary school  Station Road  Morecambe LA4 5JL |
| 11.00am – 12pm  Walk & Talk  Preston - Avenham Park, South Meadow Lane PR1 8JP | 2pm – 3pm  Badminton  Blackburn Youth Zone,  Jubilee Street, Blackburn BB1 1EP  **(EXCEPT SCHOOL HOLIDAYS)** | 3:30-4:30  Gym or swim  Pendle Wavelengths, Leeds Rd, Nelson BB9 9TD  Contact Dave M 07859 739635 | 7pm – 8pm  Badminton  West View Leisure Centre  Ribbleton Lane  Preston PR1 5EP |
| **Friday** | -  Boxercise  Stanley Park Sports centre  West Park Drive  Blackpool FY39HQ | 12:10pm - 1:10pm  Snooker & Pool  Alexandra Snooker Club  5 Holme St Nelson BB9 9SS  Contact Dave M 07859 739635 | 2pm – 3pm  Creative Together  Share Skills Swop Shop  Pendle Yes Hub, Scotland Rd, Nelson  Contact Dave M 07859 739635 | 2pm – 4pm  Cycling  Leisure Lakes Bike Hub  Butler Street, Preston PR1 8BN  **(Bikes and Helmets Available)**  Contact Neil Mc 07577033410 |
| 12.00 till 1.30pm  Football Session  South Meadow Lane,  Preston PR18JP | 1pm – 2pm  Free flow dance  Morecambe library  Central Drive  Morecambe LA4 5DL | 2pm – 3pm  Stretch and relax  Morecambe library  Central Drive  Morecambe LA4 5DL | 6pm – 7pm  Trinity Food Bank  Bankhouse Lane,  Bacup OL13 OAL  Contact: Louise 07859739902 |
| **Saturday** |  |  |  |  |
| Sunday |  | 1.00pm  Walk & Talk Morecambe Battery Café  Morecambe Promenade |  | 8pm – 9pm  Bingo + Quiz via zoom  Meeting 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 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 |

