



Community Roots @Chai September 2024

Monday 2nd		Tuesday 3rd		Wednesday 4th		Thursday 5th		Friday 6th	
Living with ADHD	10:30am-11:30am	Zentangle	10:00am-11:30am	Nature and Wellbeing	10:00-12:00pm	Co-Production Explained	10:30am-12:00pm	Gratitude and Joy	11:00am-12:30pm
				Ladies Yoga	12:30pm-1:30pm				
				Gardening Drop In	2:00pm-3:00pm				
Monday 9th		Tuesday 10th		Wednesday 11th		Thursday 12th		Friday 13th	
Enrolment Day		Understanding Anxiety	10:30am-11:30am	Nature and Wellbeing	10:00am-12:00pm	Co-Production Lab	1:30pm-3:30pm	Mental Health Awareness	11:00am-12:00pm
				Ladies Yoga	12:30pm-1:30pm				
				Gardening Drop In	2:00pm-3:00pm				
Understanding the Mental Act (1/2)	10:00am-11:30am	Approved Mental Health Professionals (1/2)	2:00pm-3:30pm	Nature and Wellbeing	10:00am-12:00pm	Approved Clinical Roles	10:00am-11:30am	Men's Exercise	4:00pm-5:00pm
				Ladies Yoga	12:30pm-1:30pm				
				Mental Health Advocacy	1:00pm-2:30pm				
Understanding the Mental Act (2/2)	10:00am-11:30am	Approved Mental Health Professionals (2/2)	2:00pm-3:30pm	Gardening Drop In	2:00pm-3:00pm	Nature and Art	1:00pm-3:00pm	Men's Exercise	4:00pm-5:00pm
				Living as a Carer	2:30pm-3:30pm				
Understanding the Mental Act (2/2)	10:00am-11:30am	Approved Mental Health Professionals (2/2)	2:00pm-3:30pm	Nature and Wellbeing	10:00am-12:00pm	Co-Production Lab	1:30pm-3:30pm	Men's Exercise	4:00pm-5:00pm
				Ladies Yoga	12:30pm-1:30pm				
				Gardening Drop In	2:00pm-3:00pm				
Living as a Carer				Ladies Yoga	12:30pm-1:30pm				
				Gardening Drop In	2:00pm-3:00pm				
				Living as a Carer	2:30pm-3:30pm				
Monday 30th									
HEE Review	10:30am-12:00pm								

We welcome all to our Advisory Group to help us develop the service, so come along to have your say! Our Enrolment days are a fantastic opportunity to meet the team, book onto sessions and learn about how our sessions can benefit your wellbeing

Struggling to get to one of our sites? Our green highlighted sessions are online as well as face to face offering the same session quality.

Please call us with any enquires on – 01282 628 530
or email us on – CommunityRoots@LSCFT.nhs.uk
To book onto the sessions please visit our members area on;

[Community Roots LSCft :: Lancashire and South Cumbria NHS Foundation Trust](https://www.lscft.nhs.uk)



LSCft Community Roots



@LSCft_CRoots



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Community Roots LSCFT @Chai Centre,
Hurtley Street, Burnley, BB10 1BY



Weekly Community Support Drop in sessions – August 2024					
Monday 2nd		Tuesday 7th		Thursday 5th	
Inspire Drop In	10:00am-12:00pm	Free Health Check	1:00pm-3:00pm	Age UK (Ladies Over 50)	10:00am-12:00pm
				Shine Coaching	10:00am-2:00pm
Monday 9th				Thursday 12th	
Smoke Free Lancashire	10:00am-3:00pm			Age UK (Ladies Over 50)	10:00am-12:00pm
Long Covid Drop In	12:00pm-2:00pm			Shine Coaching	10:00am-2:00pm
Monday 16th				Thursday 19th	
Inspire Drop In	10:00am-12:00pm			Age UK (Ladies Over 50)	10:00am-12:00pm
				Shine Coaching	10:00am-2:00pm
Monday 23rd				Thursday 26th	
Smoke Free Lancashire	10:00am-3:00pm			Age UK (Ladies Over 50)	10:00am-12:00pm
				Shine Coaching	10:00am-2:00pm
Monday 30th				Men's Carers Drop In	
Inspire Drop In	10:00am-12:00pm				

If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

