



Online Signposting Clinic – East Lancashire  
24<sup>th</sup> of March 2026



**April's Community Roots, Chai timetable** is now out.

You can find this on the website: [Session Timetables :: Lancashire and South Cumbria NHS Foundation Trust](#)

To book onto these sessions please enrol via the following link: [Home :: Lancashire and South Cumbria Community Roots](#)

Email for details [Community.Roots@lscft.nhs.uk](mailto:Community.Roots@lscft.nhs.uk)

April timetable limited this month

Please use our **Facebook Group** to find signposting opportunities in your area and to post about any groups or organisations that help reduce social isolation and improve health and wellbeing:

[Connect Your Community LSCft | Facebook Group](#)

To work alongside myself and Paddy co facilitating sessions either in the community or at the Chai Centre to help deliver and welcome people. To have their own idea's and aspirations on what could be coproduced in house that they feel would benefit the community. 3 applications, one already taken on thanks so much for the sharing.

### **Long term conditions group**

**Meet every 1<sup>st</sup> Wednesday of the month, 2pm-4pm @ Chai Centre, Hurtley Street, Burnley BB10 1BY**

Open to anyone with a long term condition, this could include but is not limited to the following conditions/ symptoms: ME/CFS, chronic pain, poor mobility and/ or sight impairment. This is an opportunity to meet others who understand. This group is run in Partnership with Talking Therapies. Group encourage guest speakers to attend.

These sessions are organised by the Community Roots team.

If you know of any VCFSE organisations that are working to reduce social isolation and promote health and wellbeing, please encourage them to get in touch with us at the email address below to join our mailing list: [Community.roots@lscft.nhs.uk](mailto:Community.roots@lscft.nhs.uk)



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Carers and family member's welcome.



### **Long term Conditions Group**

Meet **3<sup>rd</sup> Wednesday** of every month at Cath Thom Leisure centre Clayton hall drive Clayton le moors BB5 5SG. Starting 18<sup>th</sup> March 1 till 3pm. Initial idea from Hyndburn rural PCN who were running a chronic pain management session over a period of weeks and the peer support should come from those with lived experience to share idea's, tools learnt. Cath Thom have lots of physical health schemes, trim trail, they are keen to work along services and the community to create a pathway back into exercise if people want it.

### **Wellness & Recovery Workshops**

Wellness and Recovery workshops are great for anyone over 18 with mild mental health difficulties or those struggling with their mental wellbeing. We work through a Wellness and Recovery Action Plan which helps attendees to identify their triggers and early warning signs and supports individuals to use healthy coping strategies to manage daily life. These workshops are peer led and as such we encourage participants to share their experiences.

The Wellness and Recovery workshops are open to anyone in the community and there is no referral necessary however booking is required. Those wishing to attend will need to enrol with Community Roots if they have not already done so. Enrolling is a one-off experience which will then enable you to book onto any future courses/ groups that you wish to attend with Community Roots in the Lancashire/ South Cumbria area. Please note the Wellness and Recovery workshops are for people struggling with their mental wellbeing who are ready to start their recovery journey. They are **not** suitable for professionals looking to learn about mental health.

This is a 6 week course; As spaces are limited we ask that you check you can make all the dates before booking. Please share these workshops with anyone who could benefit from them. We have 2 sets of Wellness and Recovery Workshops coming up in your area starting this May 2026.

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**Chai centre Burnley 16<sup>th</sup> of April 21<sup>st</sup> of May 10am till 12pm** enrolment required. Please email [communityroots@lscft.nhs.uk](mailto:communityroots@lscft.nhs.uk)

**Rhydding methodist Church 16<sup>th</sup> April till 21<sup>st</sup> of May 2026 1 till 3pm** enrolment required. Please email [commuintyroots@lscft.nhs.uk](mailto:commuintyroots@lscft.nhs.uk)

**BYIB** Beside you in bereavement. Free counselling sessions for those bereaved by suicide. Peer support offered in small group in Oswaldtwistle Methodist church fortnightly every other Tuesday.

**Lancashire Mind** [harmonyroberts@lancashiremind.org.uk](mailto:harmonyroberts@lancashiremind.org.uk)

[Children's Peer Support - Lancashire Mind](#)

- 1:1 Peer Support Wellbeing Coaching (virtual sessions)
- Support to access existing community groups
- Signposting to specialist support
- Peer support training
- Establishing new groups for young people
- Areas covered North Lancs/East Lancs/Blackpool/Blackburn with Darwen

This is just one of the projects they are offering, please get in touch for any further information.

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## Talking Therapies

### Current waits:

- Assessment: ~4 weeks
- CBT: 16–20 weeks
- Face-to-face: up to 40 weeks
- Counselling: up to 47 weeks

### [Psychological talking therapies](#)

**Spectrum Inclusion LGBTQIA+** groups across East Lancashire should you prefer to attend a group in person. For more information or to gain the link to attend please email:

[info@spectruminclusion.co.uk](mailto:info@spectruminclusion.co.uk)

- Covers East Lancs

### What's available:

- Social groups (Darwen & Rossendale)
- **New monthly art group (from May)**
- LGBTQ+ carers group
- 1:1 support & signposting
- Family support

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**SEND / Neurodiversity** Emma Ziegloser - Emma.Ziegloser@lscft.nhs.uk

Promoting **SEND roadshows** poster attached with dates and offerings.

[Special educational needs and disabilities \(SEND\) - local offer - Lancashire County Council](#)

**Young Carers Barnardo's** – Denise Whiteside - denise.whiteside@barnardos.org.uk

- For ages **5–18** supporting someone at home

**Key info:**

- Referrals open to anyone
- Waiting list around **4 months**
- Prioritising:
  - Younger children
  - 17-year-olds (before transition to adult services)



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**The Magdalene Project** is a Christian Charity, founded in 1999, offering an independent counselling service, covering East Lancashire, which specialises in sexual trauma and abuse but covering many other areas of need. We work with all ages, genders, ethnicities, religions and social backgrounds, irrespective of their ability to pay.

<https://www.themagdaleneproject.co.uk/>

**Managing menopause** June 2026 16<sup>th</sup> June to the 15<sup>th</sup> of July 11 till 1pm. 6 week sessions to support you with your journey. Poster and QR attached please refer to East Lancs areas covered.

**Clarets Cardiac Support Group** Tuesdays 10am till 12pm NEW Session. Poster attach

**Burnley FC Community groups** at the Leisure box Nelson Northlight, Glen Way, Brierfield BB9 5NH

[Health and Wellbeing - Burnley FC In The Community](#)

Example of sessions include, Parkinson's community group, Clarets against Cancer group. Really warm engaging environment, staff and peer support.

[Mind2Muscle](#)

**East Lancashire Talking therapies**

<https://lancashirewomen.org/project/nhs-talking-therapies-east-lancashire/>

**Slow days social** facebook group Accrington based younger people abstaining from alcohol drinking, walks, meet ups, check in's online in a private group  
New website launched details emailed from Lorna Powell.

[Local volunteering opportunities in Burnley, Pendle & Rossendale : Burnley Pendle & Rossendale Council For Voluntary Service](#)

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Volunteer opportunities website to help source great opportunities and options.



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**Pheonix Hub Blackburn** Safe space, laundry facilities, shower room, Community Mental health teams present, drug & alcohol support. Now launching a free GP service Every Tuesdays. People must be registered with a GP for the service to access medical history. 01254 677338 Ask for Sandra

### **Newground Together - Energy Advice for Pendle area**

Newground can do home visits or people can book 1 to 1 appointments in their office for energy advice and hints, tips and tricks to keep their heating bill down. Those they work with can receive a free goody bag with a blanket, LED Light Bulbs, radiator reflectors etc. This is a free service open to anyone with a Pendle postcode. To refer to this service visit:

[Complete Form](#)

For those on pre-payment meters Newground can offer fuel vouchers if people are in fuel poverty. They also work with Together Housing tenants in Rossendale and Blackburn area.

### **Active Lancashire – Challenge through Sport Initiative**

CSI is a behaviour change programme for people who need to build up their resilience to substance misuse. This includes working with those with Mental Health issues (especially Dual Diagnosis), those in the Criminal Justice System and just as importantly their friends and families. The key focus is to engage people into activities to: build their resilience, connect with other people, integrate back into their community, build confidence/self-esteem, and improve physical and mental wellbeing. 1 to 1 and group support is available as part of this program. Visit this link to find out more: [Challenge through Sport Initiative - Active Lancashire](#)

### **Individual Placement and Support (IPS) team.**

IPS is an evidence-based approach that helps people with severe mental illness find and maintain paid employment. They work with individuals aged 16 and over on a one-to-one basis, providing personalised support out in the community. You can send referrals through to [IPService@blackpool.gov.uk](mailto:IPService@blackpool.gov.uk)

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### **Carers Link Lancashire**

Offer advice and support for unpaid carers. Carers Link can put referrals in to adult social care if the disabled person requires adaptations to the home and support the carer to apply for benefits for the person they are caring for. They have a specialist ASD support officer who provides support and advice to parents of children with autism. They provide monthly peer support groups for these parents in Burnley, Pendle, Hyndburn and the Ribble Valley. You can find dates/ times for these on their website: [Autism Support | carers-link-01](#) They also have a dedicated dementia specialist to support carers of people with dementia. The specialist can signpost to training, support and groups for the carer as well as dementia friendly sessions for the person they are caring for. Carers can self-refer via the website or professionals have the option to make a referral on their behalf: [Home | carers-link](#)

### **La Latte Lounge Community CIC, Rawtenstall**

Offer lots of groups and activities at their venue: 1c/1d Bank Street, Rawtenstall. These include:

Mondays - Life after Loss 10am-2pm/ Mens Meet Up 1pm-3pm

Tuesdays – Knit and Knatter 10am-12pm/ Tune in Tuesdays 6pm-8pm

Wednesdays – Women’s Worries & Wellbeing 4pm-7pm/ Art Classes 5pm-7pm/ Women’s Workshop 6pm-8pm

Thursdays – Information Hub

Fridays – Red Rose Recovery Group 10am-11.30am/ French Classes 1.30pm-2.30pm

Saturdays – Weekend Walkers 12pm-1pm/ Quiz 2pm-3pm

If you have any questions, please contact them by calling: 07770 244825. Alternatively you can find them on Facebook: [La Latte Lounge Community Cafe CIC](#)

[Special educational needs and disabilities \(SEND\) - local offer - Lancashire County Council](#)

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**BURNLEY**  
FC IN THE COMMUNITY

**Clarets Cardiac**  
Support Group

**10AM - 12PM**

- SOCIAL • GAMES • TRIPS • ADVICE
- SUPPORT • GET CREATIVE

**THE LEISURE BOX**

**FOR MORE INFO PLEASE CONTACT MARTIN  
AT M.PAYNE@BURNLEYFC.COM**

**FIND US AT:  
NORTHLIGHT, GLEN WAY, BRIERFIELD BB9 5NH**

**PAIN MANAGEMENT  
PEER SUPPORT GROUP**

- » Do you live with chronic/ long term pain?
- » Would you like to find ways to get control back over your pain?
- » Would you like to chat with people who live with similar challenges?

**Please just turn up - no need to book**

- 📍 Suite 2, Hyndburn Sports Centre
- 🕒 Friday 1pm - 3pm
- 🅐 Free parking, accessible building with lift
- £ FREE to attend

Zoe Mount - Chronic Pain Social Prescriber  
for Hyndburn and Ribble Valley CVS

- ☎ 07842445711
- ✉ Zoe.Mount@hrv-cvs.org.uk

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## Wellness & Recovery Workshops

Support Through Lived Experience

The Wellness & Recovery Workshops are for people who are struggling with their mental health and are ready to start their recovery journey.

Through these workshops we aim to assist individuals to develop an effective action plan which will aid their wellbeing and support them through life's day to day challenges. To register your interest please email [community.roots@lscft.nhs.uk](mailto:community.roots@lscft.nhs.uk)



**Date:**

6 Weeks Starting April 16<sup>th</sup> 10am to 12pm

**Address:**

Community Roots @Chai  
Hurtley Street,  
Burnley  
BB10 1BY



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**Date:**

6 Weeks Starting April 16<sup>th</sup> 1pm to 3pm

**Address:**

Rhydding Methodist Church,  
Chapel St,  
Oswaldtwistle,  
Accrington BB5 3EP



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# Lancashire SEND Roadshow

2025/2026

The roadshows are for families and practitioners to find out more about support and services available for Children and Young People with Special Educational Needs and Disabilities (SEND) and their parents and carers.

These Roadshows are happening across Lancashire bringing the SEND Local Offer to your area.

The SEND Local Offer brings together all services in Lancashire for children and young people aged 0-25 with SEND, and their families.



Lancashire SEND Roadshow

## Dates across Lancashire are:

25th Sept 2025 9:30 – 1 pm	Kirkham Family Hub
22nd Oct 2025 9:30 – 1 pm	Skelmersdale Family Hub and The Zone
3rd Dec 2025 9:30 – 1pm	Pendle and Burnley Jimmy McIlroy Suite Burnley Football Club
28th January 2026 9:30 – 1 pm	The Park Family Hub Accrington
4th February 2026 9:30 – 1 pm	Inspire Youth Zone Chorley
26th March 2026 9:30 – 1 pm	Clitheroe Family Hub
15th April 2026 9:30 – 1 pm	Lune Park Family Hub Lancaster
6th May 2026 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
16th June 2026 9:30 – 1 pm	Fleetwood Library
1st July 2026 1:30 – 4:30 pm	Moor Nook Ribblesdale Family Hub



Please scan the following QR codes for more information:



Local Offer



Family Hubs

## BYIB

Beside You In Bereavement are running a new support group and counselling sessions for those bereaved by suicide.

Venue: Rhyddings Methodist Church, Chappel Street, Oswaldtwistle

12 - 2.00 Tuesdays  
May 12th & 26th  
June 9th & 23rd

For further information/ telephone conversation and to book an initial counselling session. Please contact Gill - 07410 986381

People are welcome to access support at any point in their grief

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## Managing the Menopause

A free 6 week interactive course will help you learn how to cope with anxiety, stress, and low mood. The aim is to improve your overall wellbeing during the menopause. The course is based on Cognitive Behavioural Therapy (CBT) techniques and each session will look at different things that can affect our wellbeing and we will teach you coping strategies.

Wednesdays, 10<sup>th</sup> June - 15<sup>th</sup> July 2026  
11am-1pm via Microsoft Teams

**Topics include:**

- Stress Management
- Breathing Techniques
- Managing Worry
- Improving Confidence
- Assertiveness skills
- Improving wellbeing
- Managing Sleep
- Improving mood
- Problem solving
- Maintenance Plans

"I found it helpful, enlightening, so pleased it was a group session as I don't think I'd have got this far if it had been 1:1"

"I enjoyed the non-judgmental and inclusivity aspect of the workshop"

To refer yourself scan the QR code to access our online referral form. Alternatively, contact your local team via phone:

- Blackburn with Darwen: 01254 226037
- Burnley: 01282 657268
- Hyndburn & Rossendale: 01254 226007
- Pendle & Ribbles Valley: 01282 657927



Please note that NHS Talking Therapies offer short-term psychological interventions for people who experience common mental health problems and cannot provide urgent/emergency services. If you feel at risk of harming yourself, or someone else please contact your GP or for immediate support call 111.

# Together We Thrive

formerly Families First

## A welcoming drop-in dedicated to prioritizing YOU.

We cater for everyone, from the youngest to the oldest, whether you're single or part of a multi-generational family



### HELP FOR ALL

Support and Advice for All Ages

Join us for a Community drop in!  
Come along for **FREE** support and the chance to chat with a range of local services.

Date: 1st Monday Of Every Month

Location: Rhyddings Methodist Church

Oswaldtwistle, BB5 3HH Time: 1pm ~ 3pm



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