

Session Descriptions

Creative Writing Session - This session is an opportunity to slow down, connect with yourself, and explore your thoughts in a safe, creative way.

Ladies Yoga - Join us and our Partner Niki for a relaxing Yoga session. Begginers are welcome to attend.

Long Term Conditions Peer Support Group - Meet others and share lived experience of how you cope with long term conditions.

Abstract Gardens - Explore wellbeing through this creative arts focused session.

For more information about our sessions please visit;

<https://communityroots.membersarea.lscft.nhs.uk/our-sessions>

Or call the team on; [01282 628 530](tel:01282628530)



LSCft Community Roots



Pennine

August 2026 Pennine Timetable



- Activity
- Belonging
- Choice
- Hope
- Self-Perception
- Wellbeing



Bringing Our Sessions To You

Throughout 2026 we will be delivering sessions in places local to you! If you would like us to deliver at your site please do let us know by contacting the team via our email address;

Community.roots@lscft.nhs.uk

Date	Community Roots @Chai, Hurlley Street
4/8/26	Unity Hub Wellbeing Activity - 10am to 1pm
5/8/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm Long Term Conditions Peer Support Group - 2pm to 4pm
11/8/26	Unity Hub Wellbeing Activity - 10am to 1pm
12/8/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm
18/8/26	Unity Hub Wellbeing Activity - 10am to 1pm Creative Writing Session - 12pm to 1.30pm
19/8/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm
24/8/26	Abstract Gardens Session - 12pm to 2pm
25/8/26	Unity Hub Wellbeing Activity - 10am to 1pm
26/8/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm

Date	Chapple Street, oswaldtwistle, BB5 3EP
11/8/26	Beside You In Berevement - 12pm to 2pm
25/8/26	Beside You In Berevement - 12pm to 2pm

Date	James Street, Darwen, BB3 1AS
25/8/26	James Street Project - 3pm to 4pm

Please call us with any enquires on – [01282 628 530](tel:01282628530)
or email us on – Community.Roots@LSCFT.nhs.uk
To book onto the sessions please visit our members
area on;

[Community Roots LSCft :: Lancashire and South
Cumbria NHS Foundation Trust](#)

