



## Community Roots @Chai February 2025

Monday 3 <sup>rd</sup>		Tuesday 4 <sup>th</sup>		Wednesday 5 <sup>th</sup>		Thursday 6 <sup>th</sup>		Friday 7 <sup>th</sup>	
Introduction To Community Roots/Enrolment Day	10:30am/ 12:00pm	Could it be Menopause	10:00am/ 12:00pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Male Group	10:00am/ 12:00pm
		Connecting Communities	10:00am/ 12:30pm	Nature and Wellbeing	10:00am/ 12:00pm	Nature and Art	1:00pm/ 3:00pm		
		Ladies Chit Chat Group	11:30am/ 2:30pm	Ladies Yoga	12:30pm/ 1:30pm				
				Garden Drop In	2:00pm/ 3:00pm				
Monday 10 <sup>th</sup>		Tuesday 11 <sup>th</sup>		Wednesday 12 <sup>th</sup>		Thursday 13 <sup>th</sup>		Friday 14 <sup>th</sup>	
Chai and Natter	10:30am/ 12:00pm	Connecting Communities	10:00am/ 12:30pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Male Group	10:00am/ 12:00pm
		Ladies Chit Chat Group	11:30am/ 2:30pm	Nature and Wellbeing	10:00am/ 12:00pm				
				Ladies Yoga	12:30pm/ 1:30pm				
				Co-Production Lab	1:30pm/ 3:30pm				
Garden Drop In	2:00pm/ 3:00pm								
Monday 17 <sup>th</sup>		Tuesday 18 <sup>th</sup>		Wednesday 19 <sup>th</sup>		Thursday 20 <sup>th</sup>		Friday 21 <sup>st</sup>	
Chai and Natter	10:30am/ 12:00pm	Connecting Communities	10:00am/ 12:30pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Male Group	10:00am/ 12:00pm
		Ladies Chit Chat Group	10:00am/ 12:30pm	Nature and Wellbeing	10:00am/ 12:00pm	Advisory Group	1:00pm/ 2:30pm		
				Ladies Yoga	12:30pm/ 1:30pm	Nature and Art	1:00pm/ 3:00pm		
				Garden Drop In	2:00pm/ 3:00pm				
Monday 24 <sup>th</sup>		Tuesday 25 <sup>th</sup>		Wednesday 26 <sup>th</sup>		Thursday 27 <sup>th</sup>		Friday 28 <sup>th</sup>	
Chai and Natter	10:30am/ 12:00pm	Connecting Communities	10:00am/ 12:30pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Ladies Group	10:00am/ 12:00pm	Age UK Male Group	10:00am/ 12:00pm
				Nature and Wellbeing	10:00am/ 12:00pm				
				Ladies Yoga	12:30pm/ 1:30pm				
				Co-Production Lab	1:30pm/ 3:30pm				
				Garden Drop In	2:00pm/ 3:00pm				

Please call us with any enquires on – 01282 628 530  
or email us on – [CommunityRoots@LSCFT.nhs.uk](mailto: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](#)

**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.**

**We welcome all to our Advisory Group to help us develop the college, 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**





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.

Weekly Community Support Drop in sessions – February 2025					
Monday 3 <sup>rd</sup>		Tuesday 4 <sup>th</sup>		Thursday 6 <sup>th</sup>	
Inspire Drop In	10:00am/ 12:00pm	Free Health Checks	1:00pm/ 3:00pm	Age Uk (ladies over 50)	10:00am/ 12:00pm
		Age UK Drop In	10:00am/ 4:00pm	National Energy Action	10:00am/ 12:00pm
Monday 10 <sup>th</sup>		Tuesday 11 <sup>th</sup>		Thursday 13 <sup>th</sup>	
Smoke Free Lancashire	11:00am/ 3:00pm	Age UK Drop In	10:00am/ 4:00pm	Age Uk (ladies over 50)	10:00am/ 12:00pm
				National Energy Action	10:00am/ 12:00pm
Monday 17 <sup>th</sup>		Tuesday 18 <sup>th</sup>		Thursday 20 <sup>th</sup>	
Inspire Drop In	10:00am/ 12:00pm	Age UK Drop In	10:00am/ 4:00pm	Age Uk (ladies over 50)	10:00am/ 12:00pm
Long Covid Drop In	12:00pm/ 2:00pm			National Energy Action	10:00am/ 12:00pm
Monday 24 <sup>th</sup>		Tuesday 25 <sup>th</sup>		Thursday 27 <sup>th</sup>	
Smoke Free Lancashire	11:00am/ 3:00pm	Age UK Drop In	10:00am/ 4:00pm	Age Uk (ladies over 50)	10:00am/ 12:00pm
				National Energy Action	10:00am/ 12:00pm

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