



Online Signposting Clinic – East Lancashire
24th of February 2026



March'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

Examples of sessions Tuesday 3rd of March 1/3pm Living with ADHD. Long term conditions peer support session 4th March 2/4pm.

Enrolment Thursday 5th March 10am till 3pm to come down meet myself and Paddy. Looks at course material what sessions people would like to attend. We will help enrol anyone on the website so they have autonomy to book on any online or face to face sessions in the future. This is also an opportunity to discuss any other groups, sessions we have running with them.

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](#)

Volunteer role East Lancs Community Roots

[MyImpactPage - Lancashire and South Cumbria Foundation NHS Trust](#)

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. Poster added

These sessions are organised by the Community Roots team.

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Long term conditions group

Meet every 1st 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. Carers and family member's welcome.

Long term Conditions Group

Meet **3rd Wednesday** of every month at Cath Thom Leisure centre Clayton hall drive Clayton le moors BB5 5SG. Starting 18th 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.

Cath Thom Leisure centre Health and Wellbeing events Saturday the 14th of March 2026
12.30 till 3pm.

Free events, raffles, activities for all the family.

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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.

Chai centre Burnley 16th of April 21st of May 10am till 12pm enrolment required. Please email communityroots@lscft.nhs.uk

Rhydding methodist Church 16th April till 21st of May 2026 1 till 3pm enrolment required. Please email commuintyroots@lscft.nhs.uk

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Inclusive LGBTQIA+ Online Social Sessions

Next session Wednesday – Monthly Meetings – 2.30pm-3.30pm Online

A chance to meet like-minded people, discuss current issues and gain support. These sessions are led by you but facilitated by Spectrum Inclusion CIC with support from Community Roots staff. These sessions can also offer an opportunity to meet those who facilitate

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

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

Burnley FC 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](#)

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](#)

Volunteer opportunities website to help source great opportunities and options.

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Music Group

Fridays 1pm-3pm @ The Chai Centre, Burnley

Interactive session open to anyone 18+. Lots of instruments including guitars, bass, bongos, percussion etc. There's also the opportunity to use computers for music and beats etc. or feel free to sing along, rap or beatbox. No need to book. If you have any questions, please contact: Darren Ogden - Burnley CMHT LSCFT - 01282 657387.

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.

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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

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](#)

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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](#)

BURNLEY
FC IN THE COMMUNITY

Claret's 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

CVS HYNDURN & RIBBLE VALLEY
Community Voluntary Support

**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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NHS
Lancashire & South Cumbria
NHS Foundation Trust

East Lancashire Young People’s Mental Health

**Concerned about your Mental Health?
Are you under 18 or concerned about
someone under 18?**

Advice sessions are available on-line via
‘Attend Anywhere’
Delivered by CYPMH East
tinyurl.com/ELCAS-LSCFT



Enter the word “CYPMH East” as the first name and “drop in” as the second name followed by your date of birth.
You will then enter our virtual waiting area where we will collect you.

| | |
|---------------------------------------|-----------|
| Wednesday 4 th March 2026 | 1pm – 3pm |
| Wednesday 11 th March 2026 | 3pm – 5pm |
| Wednesday 18 th March 2026 | 5pm – 7pm |
| Wednesday 25 th March 2026 | 1pm – 3pm |

NHS
Providing NHS services



Hyndburn Rural PCN are hosting a Health and Wellbeing event

**Sat 14th March 2026
12.30 to 3.00pm**

The day will include community support from a host of health and wellbeing services:

- Raffle prizes
- Health advice
- Blood pressure checks
- Fun for all the family
- FREE entry



Cath Thom Leisure Centre (at Wilson Sports Village)
Clayton Hall Drive, Clayton-le-Moors, BB5 5SG

Shadsworth Hub

Session Timetable

Shadsworth Hub
Rothesay Road
Blackburn
BB1 2ES



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---------------------------------------|
| MORNING | MORNING | MORNING | MORNING | MORNING |
| Short Strolls 11am – 1pm | Simple Woodwork 10am – 12pm | Oaks Money Advice drop-in 9:30am – 3pm (bi-weekly) | The Wish Centre Drop-In 10am – 12pm (first Thursday of every month) | Book & A Brew 10am – 12pm |
| AFTERNOON | AFTERNOON | AFTERNOON | AFTERNOON | AFTERNOON |
| Moving, Stretching and Breathing 2 – 3:30pm | Craft and Chat 1 – 3pm | Tai Chi 1 – 2pm Midweek Munch 2 – 3pm | Healthy Cooking and Eating 1 – 3pm | Foodie Friday (eat in) 12:30 – 2pm |
| EVENING | EVENING | EVENING | EVENING | EVENING |
| MACS Academy Boxercise 6:30 – 7:30pm | Lancashire Mind Together After Loss 6 – 7:30pm (bi-weekly) | Beehive’s Majorettes 5 – 8pm | Community Gardening 3 – 5pm | Foodie Friday (take away) 2 – 4pm |

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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



Date:

6 Weeks Starting April 16th 10am to 12pm

Address:

Community Roots @Chai
Hurtley Street,
Burnley
BB10 1BY



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Date:

6 Weeks Starting April 16th 1pm to 3pm

Address:

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



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