June 2026 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
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

Highlight of the month

Age UK Lancashire – Scams Prevention and Support Programme

Age UK Lancashire offers a dedicated Scams Prevention and Support Programme for adults aged 50 and over across Lancashire. The free service provides personalised support to help people recognise, avoid, and recover from the impact of fraud and scams.

Support is delivered by **Gareth Beaty**, who works directly with individuals and communities across Lancashire through one-to-one guidance, home visits, risk assessments, and awareness sessions. The programme helps people build confidence, stay safe, and know where to report concerns.

The service can provide support with:

- Telephone, postal, and online scams
- Doorstep scams and courier fraud
- Romance and financial scams
- Support following fraud or scam victimisation

- Rebuilding confidence and reducing the risk of repeat targeting
- Advice for family members and carers concerned about a loved one

Contact Details

Gareth Beaty
Scams Prevention and Support Programme
📧 **gbeaty@ageuklancs.org.uk**
📞 **0300 303 1234**

Referrals and enquiries are welcomed from individuals, families, community organisations, and professionals supporting older adults across Lancashire.

Lancashire mind

Lancashire Mind harmonyroberts@lancashiremind.org.uk

A huge thank you to Harmony for sharing information about the 1-to-1 coaching service and explaining the recent changes to the referral process, helping partners better understand how to access support for people who may benefit.

Thank you also to Grace for courageously sharing her lived experience of baby loss and speaking about the important project she is involved in. Her personal insight highlighted the value of compassionate support and the positive difference this work can make for bereaved families.

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.

Children's Early Intervention Hubs - Lancashire Mind

Cake & Conversation

Community Networking Opportunity – Coffee, Cake and Collaboration

Local voluntary, community and faith organisations are invited to attend *Coffee, Cake and Collaboration*, a relaxed networking event designed to bring together people who support communities across Pendle and the surrounding areas. The event offers an opportunity to connect with like-minded individuals, share ideas, build partnerships, and learn about local services and projects. It is a great chance to strengthen community links, explore collaborative working opportunities, and raise awareness of the support available for local residents.

Date: 24th June
Time: 12:30pm – 2:30pm
Venue: Hodge House, Regent Street, Nelson, Lancashire, BB9 8LJ

This event may be particularly useful for voluntary groups, community organisations, charities, peer support groups, and professionals looking to develop local networks and improve signposting opportunities for the people they support. **Please register via the poster and QR code.**

Active Lancashire

Walk Wednesdays – Pendle for young people. Address 39-41 Scotland Road Nelson BB9 7UT 1 till 2pm.

Greater Good Project

Monday meet up free for 12-18 years, Haslingden Community Link Starting Monday 11th of May 6pm – 7.15pm.

S.I.S Strength in Struggles Project

Ribble Valley area

Our Services - Strength In Struggles Mental Health Support

Dates for the Diary

Armed Forces Day (21 June): Head to Towneley Park for a free, family-friendly event honouring the British Armed Forces, delivered in partnership with Burnley Council.

- **Scott Park Family Fun Day (14 June):** Enjoy an afternoon at Scott Park with live music, donkey rides, inflatables, and a funfair.

Accrington & Hyndburn

- **Carers Week Celebration (11 June):** Celebrate 25 years of Carers Link Lancashire at Accrington Town Hall for a free community celebration.

Craft Club (11 & 25 June): Drop in to Space 2 Make to work on your half-finished craft projects in a social setting with cake available.

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

Long term conditions group

Meet every 1st Wednesday of the month, 2pm-4pm @ Chai Centre, Hurtley Street, Burnley BB10 1BY. Next session is **6th May.**
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 and raspatory/COPD. 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. Next date is the **17th of June 1 till 3pm.** This month we are looking at "**the hope box**", where I will share mine and how it helps me in Crisis moments or times of struggle. We also welcome **Angela from Carers link** to discuss any support you may not be aware of and how to access them.
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.

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. This is a new group where you can sit and listen, sharing in the experiences with others who have been bereaved by suicide. Next session **9th of June 2026.**

Hyndburn bereavement support group

Walk & Talk dogs welcome on leads. Meet Champs Funeral services BB5 5DY. This session was held **Tuesday 2nd of June 6.30pm.** Friendly safe space to share and be with others. Updates provided via the facebook group **Hyndburn Bereavement support.**

Lancashire Parent/Carer forum

Hyndburn drop in family hubs, this is for people who support and carer for young people with special educational needs or disabilities. Share your thoughts and discuss with Lancashire county council, NHS providers and other services providers**. 1st Friday of the Month 9.30am till 11.30** @The park family hub, Norfolk grove, Accrington, BB5 4RY.

Family Hub Hyndburn

Are you a parent/carer who supports and cares for a young person with special educational needs. Please share your thoughts with us **1st Friday of Month 9.30 – 11.30am.** The Park family hub**,** Norfolk grove, Accrington, BB5 4RY

Sons of Anxiety

Sunday free Strong man session Pearson street, Blackburn BB2 2ES. All welcome 18 + @sons of anxiety strength club facebook group.

Church on the street Burnley

What's On at Church on the Street - Burnley & Lancashire

Church on the street offer an array of support daily from Mental health support, Calico Homeless navigator, Advice for refugee's, Free hot food in the café with refreshments. Women's worth sessions on Wednesdays I offer one of mental health sessions and Community Root sessions.

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

- 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

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 16th June to the 15th 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

Volunteer opportunities website to help source great opportunities and options.

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 IPSservice@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

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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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 Ribbleton 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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