

Community Roots @Deepdale March 2025

Introduction To Deaf Awareness (Online) 3:00pm	IHS Foundation Trust				minumely Roots &	seepaare	march 2025			
Roots/Enrolment Day 12:00pm Community 1:00pm Crafts 1:00pm Cooking Class 1:00pm Co	Monday 3 rd		Tuesday 4 th		Wednesday 5 th		Thursday 6 th		Friday 7 th	
Advance Activity			Community	1:00pm/	_	· ·			Talkin' Tables	11:00am/
Introduction To Introduction Introduction To Introduction Introduction To			Crafts	2:00pm						12:00pm
Introduction To 11:00am/ 12:00pm 11:00am/ 12:00pm			Tuesday 11 th				Thursday 13 th		Friday 14 th	
Mindfulness 12:00pm					Cooking Class	1:00pm				10:30am/ 12:00pm
Monday 17th Tuesday 18th Co-Production Explained Tuesday 25th Tuesday 25th Community Roots @Deepdale will open at 1:30pm Lab Books Beyond Words Book Club Tuesday 25th Book Club Tuesday 25th Tuesday 25th Wednesday 19th Sanctuary Cookalongs Cooking Class 1:00pm Advisory Group 1:00pm/ 2:30pm ME/CFS Support Group 3:00pm/ A:30pm Breakthrough Recovery Chorley Group 3:15pm/ Chorley Group 4:45pm Thursday 27th Thursday 27th Friday 28th Friday 28th Friday 28th Friday 28th Friday 28th Friday 28th Thursday 27th Friday 28th Friday 28th Thursday 27th Friday 28th Friday 28th Thursday 27th Friday 28th Thursday 27th Friday 28th Friday 28th Thursday 27th Thursda				1	Lab Life Through	3:30pm 3:00pm/	-	-	Talkin' Tables	11:00am/ 12:00pm
Co-Production Explained 10:00am/ Explained 11:30am Life Through Activity 4:30pm Breakthrough Recovery Community Roots @Deepdale will open at 1:30pm (Activity Activity Activit	Monday 17 th		Tuesday 18 th		, .		Thursday 20 th		Friday 21st	
Explained 11:30am Life Through Activity 4:30pm Group 3:00pm Breakthrough Recovery Chorley Group 4:45pm Monday 24 th Tuesday 25 th Wednesday 26 th Thursday 27 th Friday 28 th Books Beyond Words Book Club 11:30am Co-Production 1:30pm Chorley Group 11:30pm Cho					Sanctuary Cookalongs	9:00am/		1:00pm/	,	
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	Monday 31 st				,			l l		I

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.

Please call us with any enquires on – 01772 695365 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

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







Community Roots @Deepdale, Lowthorpe Road, Deepdale, Preston, PR1 6SB



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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 – March 2024									
Tuesday 4 th	Wednesday 5 th								
LSCFT Senior Peer Team	9:30am/4:30pm								
Preston Citizens	10:00am/12:00pm	Digital Skills	10:00am/12:00pm						
Financial Inclusion drop in	1:00pm/3:00pm								
Tuesday 11 th	Wednesday 12 th								
LSCFT Senior Peer Team	9:30am/4:30pm								
Preston Citizens	10:00am/12:00pm								
Financial Inclusion drop in	1:00pm/3:00pm								
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