



Community Roots @Deepdale March 2025

Monday 3 rd		Tuesday 4 th		Wednesday 5 th		Thursday 6 th		Friday 7 th	
Introduction To Community Roots/Enrolment Day	10:30am/12:00pm	Community Crafts	1:00pm/2:00pm	Sanctuary Cookalongs Cooking Class	9:00am/1:00pm	ME/CFS Support Group	1:00pm/3:00pm	Talkin' Tables	11:00am/12:00pm
Introduction To Deaf Awareness (Online)	1:00pm/3:00pm			Life Through Activity	3:00pm/4:30pm	Breakthrough Recovery Chorley Group	3:15pm/4:45pm		
Monday 10 th		Tuesday 11 th		Wednesday 12 th		Thursday 13 th		Friday 14 th	
		Introduction To Mindfulness	11:00am/12:00pm	Sanctuary Cookalongs Cooking Class	9:00am/1:00pm	Breakthrough Recovery Chorley Group	3:15pm/4:45pm	Bi Polar Peer Support Group	10:30am/12:00pm
				Co-Production Lab	1:30pm/3:30pm			Talkin' Tables	11:00am/12:00pm
				Life Through Activity	3:00pm/4:30pm				
Monday 17 th		Tuesday 18 th		Wednesday 19 th		Thursday 20 th		Friday 21 st	
		Co-Production Explained	10:00am/11:30am	Sanctuary Cookalongs Cooking Class	9:00am/1:00pm	Advisory Group	1:00pm/2:30pm	Talkin' Tables	11:00am/12:00pm
				Life Through Activity	3:00pm/4:30pm	ME/CFS Support Group	1:00pm/3:00pm		
						Breakthrough Recovery Chorley Group	3:15pm/4:45pm		
Monday 24 th		Tuesday 25 th		Wednesday 26 th		Thursday 27 th		Friday 28 th	
		Books Beyond Words Book Club	10:00am/11:30am	Community Roots @Deepdale will open at 1:30pm today.		Breakthrough Recovery Chorley Group	3:15pm/4:45pm	Bi Polar Peer Support Group	10:30am/12:00pm
				Co-Production Lab	1:30pm/3:30pm			Talkin' Tables	11:00am/12:00pm
				Life Through Activity	3:00pm/4:30pm				
Monday 31 st									

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 – 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](#)

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**



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 4th		Wednesday 5th	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 11th		Wednesday 12th	
LSCFT Senior Peer Team	9:30am/4:30pm		
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 21st		Wednesday 22nd	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 28th		Wednesday 29th	
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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