



Community Roots @Chai November 2025

Monday 3 rd			Tuesday 4 th			Wednesday 5 th			Thursday 6 th			Friday 7 th		
Introduction To Mindfulness		1:00pm/ 3:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm	Co-Production Lab		10:30am/ 12:00pm				Bi-Polar Peer Support Group		10.30am/ 12:00pm
			Understanding Anxiety		10:30am/ 12:00pm	Ladies Yoga		12:30pm/ 1:30pm						
						Gardening Drop In		2:00pm/ 3:00pm						
Monday 10 th			Tuesday 11 th			Wednesday 12 th			Thursday 13 th			Friday 14 th		
Tree Of Life		1:00pm/ 2:30pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm	Ladies Yoga		12:30pm/ 1:30pm	Zentangle		10:30am/ 12:00pm	Understanding Autism		1:00pm/ 2:30pm
			Understanding Depression		10:30am/ 12:00pm	Gardening Drop In		2:00pm/ 3:00pm						
Monday 17 th			Tuesday 18 th			Wednesday 19 th			Thursday 20 th			Friday 21 st		
Journalling For Mental Wellness		10:00am/ 12:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm	Co-Production Lab		10:30am/ 11:30pm				Bi-Polar Peer Support Group		10.30am/ 12:00pm
			Understanding Stress		10:30am/ 12:00pm	Ladies Yoga		12:30pm/ 1:30pm						
						Gardening Drop In		2:00pm/ 3:00pm						
Monday 24 th			Tuesday 25 th			Wednesday 26 ^h			Thursday 27 th			Friday 28 th		
Living With ADHD		1:00pm/ 3.00pm				Occupational Balance		10:00am/ 11:30pm	Counting Sheep		1:00pm/ 3:00pm	Heightened Sensitivity		1:00pm/ 2:30pm
						Ladies Yoga		12:30pm/ 1:30pm						
						Gardening Drop In		2:00pm/ 3:00pm						

Please call us with any enquires on – 01282 628 530
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 network Group to help us develop the service 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 can benefit your wellbeing



LSCft Community Roots



@LSCft_CRoots



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**Community Roots LSCFT @Chai Centre,
Hurtley Street, Burnley, BB10 1BY**



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 – November 2025					
Tuesday 4th		Wednesday 5th		Thursday 4th	
Employment Support	10:00am/ 12:00pm	National Energy Action	10:00am/ 12:00pm	Inspire Drop In	10:00am/ 12:00pm
				Age UK Drop In	10:00am/ 12:00pm
				Citizens Advice Bureau	10:00am/ 12:00pm
Tuesday 18th		Wednesday 12th		Thursday 18th	
Employment Support	10:00am/ 12:00pm	National Energy Action	10:00am/ 12:00pm	Citizens Advice Bureau	10:00am/ 12:00pm
				Age UK Drop In	10:00am/ 12:00pm
		Wednesday 19th			
		National Energy Action	10:00am/ 12:00pm		
		Wednesday 26th			
		National Energy Action	10:00am/ 12:00pm		