



## Community Roots @Chai September 2025

Monday 1 <sup>st</sup>			Tuesday 2 <sup>nd</sup>			Wednesday 3 <sup>rd</sup>			Thursday 4 <sup>th</sup>			Friday 5 <sup>th</sup>								
Health Literacy		10:00am/ 12:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm	Ladies Yoga		12:30pm/ 1:30pm	Mental Health Sessions		12:30pm/ 1:30pm									
Living With ADHD		1:00pm/ 3:00pm	Understanding Stress		10:30am/ 12:00pm	Gardening Drop In		2:00pm/ 3:00pm												
Monday 8 <sup>th</sup>			Tuesday 9 <sup>th</sup>			Wednesday 10 <sup>th</sup>			Thursday 11 <sup>th</sup>			Friday 12 <sup>th</sup>								
Health Literacy		10:00am/ 12:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm	Co-Production Lab			1:30pm/ 3:30pm	Mental Health Sessions		12:30pm/ 1:30pm		Bi-Polar Peer Support Group			10:30am/ 12:00pm			
Understanding Stress		1:00pm/ 2:30pm	Gratitude & Joy		10:30am/ 12:00pm	Ladies Yoga		12:30pm/ 1:30pm												
						Gardening Drop In		2:00pm/ 3:00pm												
Monday 15 <sup>h</sup>			Tuesday 16 <sup>th</sup>			Wednesday 17 <sup>th</sup>			Thursday 18 <sup>th</sup>			Friday 19 <sup>th</sup>								
Health Literacy		10:00am/ 12:00pm		Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Ladies Yoga		12:30pm/ 1:30pm	Mental Health Sessions		12:30pm/ 1:30pm		Understanding Anxiety			1:30pm/ 3:30pm		
								The Wellbeing Toolbox												1:30pm/ 3:00pm
								Gardening Drop In												2:00pm/ 3:00pm
Monday 22 <sup>nd</sup>			Tuesday 23 <sup>rd</sup>			Wednesday 24 <sup>th</sup>			Thursday 25 <sup>th</sup>			Friday 26 <sup>th</sup>								
Health Literacy		10:00am/ 12:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm		Ladies Yoga		12:30pm/ 1:30pm	Mental Health Sessions		12:30pm/ 1:30pm		Bi-Polar Peer Support Group			10:30am/ 12:00pm			
Self-Compassion (1/2)		1:00pm/ 2:30pm					Gardening Drop In		2:00pm/ 3:00pm											
							Co-Production Lab												1:30pm/ 3:30pm	
Monday 29 <sup>th</sup>			Tuesday 30 <sup>th</sup>																	
Health Literacy		10:00am/ 12:00pm	Unity Hub Wellbeing Activities		10:00am/ 12:00pm															
Self-Compassion (2/2)		1:00pm/ 2:30pm																		

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 – 01282 628 530  
or email us on – [CommunityRoots@LSCFT.nhs.uk](mailto: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 – September 2025					
Tuesday 9th		Wednesday 3rd		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 23rd		Wednesday 10th		Thursday 11th	
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 17th		Thursday 18th	
		National Energy Action	10:00am/ 12:00pm	Inspire Drop In	10:00am/ 12:00pm
				Citizens Advice Bureau	10:00am/ 12:00pm
				Age UK Drop In	10:00am/ 12:00pm
		Wednesday 24th		Thursday 25th	
		National Energy Action	10:00am/ 12:00pm	Citizens Advice Bureau	10:00am/ 12:00pm
				Age UK Drop In	10:00am/ 12:00pm
				Men’s Carers Drop In	10:30am/ 12:30pm