

**September 2026 Community Roots, Chai timetable** is now out for **October 2026**

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 posters/adding to sign posting clinic/sharing [dale.banyard@lscft.nhs.uk](mailto:dale.banyard@lscft.nhs.uk)

Email for details [Community.Roots@lscft.nhs.uk](mailto:Community.Roots@lscft.nhs.uk)

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](#)

Welcome Chi our new east Lancs facilitator who started in post this week!

**Long term conditions group**

**Meet every 1<sup>st</sup> Wednesday of the month, 2pm-4pm @ Chai Centre**, Hurtley Street, Burnley BB10 1BY. Next session is **7<sup>th</sup> of October 2026**.

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.

These sessions are organised by the Community Roots team.

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## Long term Conditions Group

Meet **3<sup>rd</sup> Wednesday** of every month at Cath Thom Leisure centre Clayton Hall drive Clayton le moors BB5 5SG. Next date is the **21<sup>st</sup> of October 1 till 3pm**. This month we have the Hyndburn rural PCN delivering a session on Pain management, pacing and partnering with the pharmacy team to bring some idea's, support and guidance to our LTC community.

## Upcoming Chai centre sessions October 2026

**6/10/26** Tuesday 12 till 2pm **"Craftanoon"** – coffee and Creative session. Anybody welcome, please signpost to this event. Chai centre Burnley BB10 1BY

**8/10/26** Thursday **Living with ADHD session. Peer support session** 1 till 3pm- Chai Centre Burnley BB10 1BY

**13/10/26** Tuesday 12 till 2pm **"Craftanoon"** – coffee and Creative session. Chai centre Burnley BB10 1BY

**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 **29<sup>th</sup> of September 2026**.

Gill also has some **creative Saturday events** for those bereaved by suicide.

**Saturday October 24 - 10.30-3.30**, Rhydding's methodist Church Oswaldtwistle. **Special guest Sadie Clark** writer, actress and comedian. Limited spaces.

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**Rachel McKenna – Education support to improve Oral health for children, focus on age 2 to 5 years. They also offer community partners training to support local play groups and family settings.**

[Let's Get Brushing | Lancashire Service Finder](#)

### **Carefit community**

**Jemma** [Carefit | Burnley | Facebook](#) email [carefit\\_health@outlook.com](mailto:carefit_health@outlook.com)

Based in Burnley, falls prevention passionate around bringing people together reducing isolation. Helping feel confident within a gym or exercise environment with a pathway through,

Free walking sessions Monday 11am

Thursday 10.30am.

Wednesdays Chair Pilates 11am.

**Care fit has a venue accessible after 3pm most days, some availability during the week. They are looking for partners to support with a Mental health background to widen their offer to the people who attend.**

### **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.

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22/9/26

**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.

Burnley FC in the Community run health and wellbeing projects please email Martin Payne if you want to collaborate

[m.payne@burnleyfc.com](mailto:m.payne@burnleyfc.com)

**Lisa Nicholson**

<https://www.Livedlives.uk>

### **Beacon family support**

Training (two hours a week for four weeks) and support for lived experience supporting marginalised people for family members and carers for people struggling.

More understanding around addiction, domestic violence, HIV, mental health - depression, and other mental health issues or neuro diversity. Live experience and support to feel empowered.

This transitions into wider groups and more community support with others within the community.

### **Breast screening**

Sanam Taj

[sanam.taj@elht.nhs.uk](mailto:sanam.taj@elht.nhs.uk) our Nelson Ladies to look at early diagnosis around different cancers and people feeling that support and push. Please look at encouraging your clients, family members, neighbours.

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22/9/26

## **Lisa Ross**

Lisa Ross [lisa.ross@bprcvs.co.uk](mailto:lisa.ross@bprcvs.co.uk)

Lead for Volunteering for health within the community, NHS, hospitals all NHS buildings.  
Poster attached.

Lisa is looking to organise a “Meet the funder fair” the end of November this year and she will keep us updated on this for our volunteers, services and incredible services like yourselves.

## **S.I.S Strength in Struggles Project**

**Ribble Valley**, Whalley Abbey. **New** Monday PEER SUPPORT SESSIONS,

[Our Services - Strength In Struggles Mental Health Support](#)

## **Sons of Anxiety**

Paddy co runs this – [William.lawson@lscft.nhs.uk](mailto:William.lawson@lscft.nhs.uk)

Sunday free Strong man session Pearson street, Blackburn BB2 2ES. All welcome 18 + @sons of anxiety strength club facebook group.  
Open to everyone in the community. Free group.

## **The Lancashire Health Hub**

The **Lancashire Health Hub**, which offers trusted health information in multiple languages to offer local service directories, health literacy resources and signposting support for both professionals and members of the public. If you are part of a long-term service that offers inclusive support please email [Katie.Roper@lscft.nhs.uk](mailto:Katie.Roper@lscft.nhs.uk) for the possibility to add your service to the site.

[Lancashire Health Hub | Health Information Lancashire](#)

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**Senior Pathway Navigator -Lancashire & South Cumbria Footprint | CYP | Autism Specialist Network | Lancashire & South Cumbria NHS Foundation Trust**  
[Emma.Ziegloser@lscft.nhs.uk](mailto:Emma.Ziegloser@lscft.nhs.uk)

## **Lancashire mind**

**Lancashire Mind** [harmonyroberts@lancashiremind.org.uk](mailto: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**

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The Active travel programme is designed to break down those barriers of fear and low confidence to give you a reason to be apart of something and be part of a community.

What makes this enticing is;

- Its local to our community and is in smaller groups so its not overbearing
- It gives you a chance to be apart of something.
- Has a buddy system to keep all parties accountable
- It has guided walked and researched routes
- All abilities and ages welcome
- Equipment such as walking boots, sticks and raincoats can also be provided.

When the walks are?!

Our Carefit walks will be on Mondays @ 11am  
If you have any unanswered questions then just get in touch 😊

How to contact us;  
Our Home: Unit 3, Siberia Mill, Harle Syke, Burnley  
Instagram & Facebook; Carefit Health  
Email; Carefit\_health@outlook.com  
Mobile - Jemma : 07766234849  
Dan 07913309091




# Carefit Felting

Needle felting is a stress relieving art and you can make something to take home too.

If you are looking for something new to try, to learn a new skill, Its great for developing fine motor skills, its also relaxing and mindful.

Limited Spaces!  
£12 for 2 hours

Starting 11<sup>th</sup>  
August  
3pm - 5pm

Tea & Coffee facilities available too!

Contact Carefit or Felts Forever to book your space!



## Tuesdays 1pm LOWER ABILITY CLASS

Our lower ability isn't a one size fits all - Its brilliant if you want to grow your confidence, if you're coming back from an injury/ setback or even if you want to try something different.




When? Tuesdays  
Where? - Unit 3, Siberia Mill, Harle Syke  
What Time? 1pm  
What do I need?  
Yourself, A drink and the willingness to give it a go

£5 Per session




## The Stories We Carry: In Our Own Words

A One-Day Creative Writing Workshop for People Bereaved by Suicide

Join us for a supportive one-day creative writing workshop with Sadie Clark writer, actress and comedian.

Designed to explore the personal impact of suicide loss. Through guided writing exercises, participants will share their stories, reflect on their experiences, and have the opportunity to contribute to an upcoming book. Open to all levels of writing experience.

**Date And Time:**  
Saturday October 24<sup>th</sup> - 10.30-3.30

**Address:**  
Rhydding's Methodist Church ,Oswaldtwistle, Accrington, BB5 3EP

**Contact Me**

📞 07410 986381  
✉️ GBrooks@BYIB.co.uk



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