



Community Roots @Chai Centre

Courses & Groups-November 2023

Pop in for a brew and a chat about any of our wellbeing courses.									
Wednesday 1st		Thursday 2nd		Friday 3rd					
Sewing Class	10:00am – 12:00pm	Men's Circuit Class	11:00am-12:00pm	Brew And Chat	10:00 am – 12:00pm				
HEE Session Advocacy	10:00am- 12:00pm	Gardening Class	1:00pm-3:00pm						
Yoga	1:00pm – 2:00pm								
Monday 6th		Tuesday 7th		Wednesday 8th		Thursday 9th		Friday 10th	
Enrolment Day		Men's Exercise Class	11:00am-12:00pm	The Happy Edit (1/2)	10:00am-11:30am	Living With Addiction	10:00am-12:00pm	Understanding Stress	10:00am-12:00pm
Ladies Tone Zone	10:00am-11:00am			Yoga	1:00pm-2:00pm	Men's Circuit Class	11:00am-12:00pm		
Self Defence Class	1:00pm-2:00pm					Gardening Group	1:00pm-3:00pm		
Monday 13th		Tuesday 14th		Wednesday 15th		Thursday 16th		Friday 17th	
Ladies Tone Zone	10:00am – 11:00am	Men's Exercise Class	11:00am-12:00pm	The Happy Edit (2/2)	10:00am-11:30am	Men's Circuit Class	11:00am – 12:00pm	Understanding Depression	10:00am-12:00pm
Self Defence Class	1:00pm-2:00pm			Sewing Class	10:00am – 12:00pm	Co – Production Meeting	10:00am-12:00pm		
Brain Health Breakthrough CIC - Long Covid peer support drop-in	12:00pm 3:00pm			Yoga	1:00pm- 2:00pm	Community Roots Advisory Group	1:00pm-2:30pm		
		Gardening Group	1:00pm – 3:00pm						
Monday 20th		Tuesday 21st		Wednesday 22nd		Thursday 23rd		Friday 24th	
Ladies Tone Zone	10:00am-11:00am	Men's Exercise Class	11:00am-12:00pm	Community Roots @Chai will open at 1:00pm today		Men's Circuit Class	11:00am-12:00pm	Occupational Balance	10:00am-12:00pm
Self Defence Class	1:00pm-2:00pm			Sewing Class	10:00am – 12:00pm	Gardening Group	1:00pm-3:00pm		
				Volunteer Drop in	10:00am – 2:00pm				
		Yoga	1:00pm – 2:00pm						
Monday 27th		Tuesday 28th		Wednesday 29th		Thursday 30th		Come along to our Co-production meetings to get involved in making new sessions.	
Mental Health Awareness	10:00am-12:00pm	Men's Exercise Class	11:00am-12:00pm	Sewing Class	10:00am - 12:00am	Men's Circuit Class	11:00am-12:00pm		
Ladies Tone Zone	10:00am-11:00am			Yoga	1:00pm-2:00pm	Gardening Group	1:00pm-3:00pm		
Self Defence Class	1:00pm-2:00pm								



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 2023

Monday 6th		Thursday 9th	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
		Shine	9:00am – 5:00pm
Monday 13th		Thursday 16th	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
Inspire Drop In	10:00am – 12:00pm	Shine	9:00am – 5:00pm
Monday 20th		Thursdays 23rd	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
		Shine	9:00am – 5:00pm
Monday 27th		Thursdays 30th	
Burnley Borough Council Selective Licensing	11:30am- 1:00pm	Age UK	11:00am- 2:00pm
Inspire Drop In	10:00am – 12:00pm	Shine	9:00am-5:00pm

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

**Please call us with any enquires on – 01282 628530
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](https://www.lscft.nhs.uk)