

Also available:



**Whitby's  
Homemade**  
Did you know we make our  
own Frozen ready meals?  
Each meal is lovingly prepared  
on-site by our talented chef  
Lia and available for purchase  
from  
Whitby's Food Hub!

### Dobcroft Nature Reserve

We hold regular events  
and activities on our  
private 5 acre nature  
reserve 'Dobcroft'.

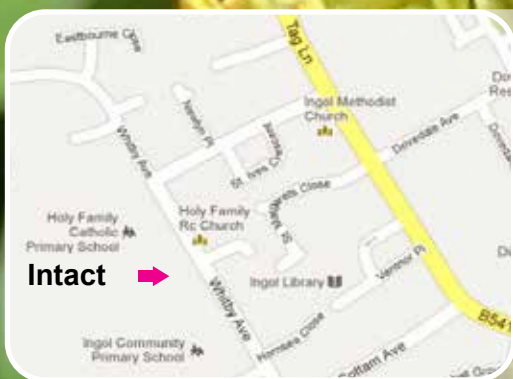
Keep up to date with  
what's going on by  
signing up to our  
newsletter:



Sign up to our Newsletter!



# The Intact Centre



### Contact us

The Intact Centre  
49 Whitby Avenue  
Ingol, Preston PR2 3YP



FREE WiFi

- 01772 760 760
- [www.intact-preston.org.uk](http://www.intact-preston.org.uk)
- Intact.Centre.3
- @IntactCentre

01772 760 760

Intact.Centre.3

@IntactCentre

Intact is a Registered Charity, No. 1128330 | Company Registration No. 6716300



## 'What's On' at Intact

[www.intact-preston.org.uk](http://www.intact-preston.org.uk)

Summer  
2022

# Weekly Activities Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Drop-In Support: Monday - Friday 9am - 4pm</b>				
<p><b>Counselling</b> By Appointment</p> <p><b>FREE:</b> Person Centred Counselling with a BACP registered Counsellor.</p>	<p><b>Whitby's Pantry</b> 9am - 3pm</p> <p>Our community Food Club Up to £25 of food for £5.</p> <p>Membership is FREE and gives you access to:</p> <p>A weekly shopping appointment, including free fruit and veg for just <b>£5</b>.</p> <p>Call 01772 760760 to enquire about membership.</p>	<p><b>Counselling</b> By Appointment</p> <p><b>FREE:</b> Person Centred Counselling with a BACP registered Counsellor.</p>	<p><b>Direct Help</b> 9am - 4pm</p> <p><b>FREE:</b> 1-1 Appointments available for help, guidance and support on a range of issues.</p>	<p><b>Digital Drop-in</b> 10am - 12pm</p> <p><b>FREE:</b> Drop in assistance with form filling, job applications, digital devices and more!</p> <p>If we can't help we'll find someone who can.</p> <p>Complimentary Tea and Coffee provided!</p>
<p><b>Computer Access</b> 9am - 3.30pm</p> <p><b>FREE:</b> Use of computers and Internet for those with no access at home. Appointments available.</p>	<p><b>Computer Access</b> 9.30am - 3.30pm</p> <p><b>FREE:</b> Use of computers and Internet for those with no access at home. Appointments available.</p>	<p><b>Whitby's Pantry</b> 9am - 1pm</p> <p>Our community Food Club Up to £25 of food for £5. Call to enquire about membership.</p>	<p><b>PeerTalk</b> 11am - 12.30pm</p> <p><b>FREE:</b> Peer support group for depression, anxiety and related conditions. <a href="http://www.peertalk.org.uk">www.peertalk.org.uk</a></p>	<p><b>Thrifty Kitchen</b> 10.30am - 12.30pm</p> <p><b>FREE:</b> Cook and eat group.</p> <p>Meet new people and learn how to cook a low-cost meal from scratch.</p> <p>All equipment and ingredients are provided.</p> <p>Sessions are FREE but booking is essential.</p>
<p><b>Dobcroft Tours</b> 10.30am - 11.30 am</p> <p><b>FREE:</b> Visit Dobcroft: The Intact Centre's Nature Reserve and home of the endangered Great Crested Newt.</p> <p>Learn about Nature Conservation and how we manage and improve the habitat to protect native species, and see our volunteer land management team in action!</p>	<p><b>Digital Lessons</b> 9.30am - 12.30pm</p> <p><b>FREE: Suitable for Complete Beginners</b></p> <p>1-1 help learning the basics of computers, phones, digital devices and the Internet.</p> <p>Tailored to you, our friendly volunteers will help you learn at your pace!</p>	<p><b>Tea and Trowels</b> 10.30am - 1.30pm</p> <p><b>FREE:</b> Friendly Social group carrying out light gardening jobs in the Sensory Garden and Dobcroft Nature Reserve, followed by a brew and a biscuit!</p> <p>An excellent way to gently exercise, get some fresh air and socialise with new people.</p>	<p><b>Walking Group</b> 10.30am - 12.00pm</p> <p><b>FREE:</b> Get out and about with our friendly volunteer-led walking group.</p> <p>Meet at Reception. Walks Last around 1.5 hours, wear footwear and clothing appropriate for the weather.</p>	<p><b>Work Club</b> 1.30pm - 3.30pm</p> <p><b>FREE:</b> Drop-in advice and Appointments are available for 1-1 help with:</p> <ul style="list-style-type: none"> <li>- Updating your CV</li> <li>- Applying for jobs</li> <li>- Creating an action plan to get you back into work.</li> </ul> <p>Computer access is also available for anyone wanting to apply for jobs in a friendly social environment.</p>
<p><b>Bingo</b> 1pm - 3pm</p> <p>Eyes Down 1pm - 3pm</p> <p>Tickets on sale from 12.45</p> <p>3 Books of 10 games for £2.50.</p> <p>3 Flyer Tickets for 50p.</p> <p><b>New Members first session FREE!</b></p> <p>Half time break with tea/coffee &amp; biscuits for small charge.</p>				
<p><b>ROOM HIRE AVAILABLE</b></p> <p>For enquiries contact: <a href="mailto:matthew.beck@intact-preston.org.uk">matthew.beck@intact-preston.org.uk</a></p>				

## Coming Soon:

**'A Right Royal Welcome'**  
**Community Arts and Food Festival**

Join us in celebrating the Queen's Platinum Jubilee at this fun, free event for all the family.

**11am - 3pm**  
**Thursday 2nd June**

**Follow us on Eventbrite:**

Keep up to date with all our latest events on our Eventbrite page:

[intact-preston.eventbrite.com](http://intact-preston.eventbrite.com)



**Scan with your smartphone**