For more information about our sessions please visit;

https://communityroots.membersarea.lscft.nhs.uk/our-sessions

Or call the team on; 01772 695 365

Date	Online Sessions
Tuesday 3/11	Understanding Chronic Pain: A Mind-body Introduction - 2pm to 3.30pm
Tuesday 17/11	Making Sense Of Emotions In Persistent Pain - 1.30pm to 3pm
Thursday 19/11	Persistant Pain, Thoughts And Possibilities - 1.30pm tp 3pm

Wanting to learn more about what these sessions are? Scan the QR code to view our digital timetable and read more information about each session taking place this month.

Community Roots

Hope • Opportunity • Wellbeing

NHS Lancashire & South Cumbria NHS Foundation Trust

Central & West

November 2026 Central & West Timetable



- Activity
- Belonging
- Choice
- Hope
- Self-Perception
- Wellbeing



Date	Community Roots @Deepdale, Lowthorpe Road, Preston, PR1 6SB
Tuesday 3/11	Respiratory Peer Support Group - 10.30am to 12pm Crafternoon - 1pm to 3pm
Thursday 5/11	FND Peer Support Group - 1pm to 3pm Financial Inclusion Drop In - 1pm to 3pm
Friday 6/11	Dementia Awareness Session - 12.30pm to 3pm
Monday 9/11	Wellbeing Content Creation - 12pm to 3pm
Tuesday 10/11	Pain Peer Support Group - 1pm to 2.30pm Crafternoon - 1pm to 3pm
Thursday 12/11	ME/CFS Support Group - 1pm to 3pm
Monday 16/11	Books Beyond Words Book Club - 10.30am to 12pm
Tuesday 17/11	Crafternoon - 1pm to 3pm
Wednesday 18/11	Talking Therapies Explained - 1pm to 2pm
Thursday 19/11	FND Peer Support Group - 1pm to 3pm Financial Inclusion Drop In - 1pm to 3pm
Friday 20/11	Wellbeing Postcards - 10.30am to 12pm
Monday 23/11	Mindful Mourning (1/5) - 1pm to 3pm
Tuesday 24/11	Books Beyond Words - 10.30am to 12pm Pain Peer Support Group - 1pm to 2.30pm Crafternoon - 1pm to 3pm
Wednesday 25/11	Living With ADHD - 1.30pm to 3.30pm
Thursday 26/11	ME/CFS Support Group - 1pm to 3pm
Friday 27/11	Talking Therapies Explained - 1pm to 2pm
Monday 30/11	Mindful Mourning (2/5) - 1pm to 3pm

Please call us with any enquires on – 01772 695365
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

Bringing Our Sessions To You

Throughout 2026 we will be delivering sessions in places local to you! If you would like us to deliver at your site please do let us know by contacting the team via our email address; Community.roots@lscft.nhs.uk

Date	The Harris Museum, Preston, PR1 2PP
Wednesday 4/11	Wellbeing Toolbox - 1pm to 3pm
Monday 16/11	Letter Writing - 1pm to 3pm

Date	Leyland Morrisons, Olympian Way, Leyland, PR25 3UR
Tuesday 3/11	OCD Peer Support Group - 10.30am to 12pm
Tuesday 17/11	OCD Peer Support Group - 10.30am to 12pm

Date	Buttermere Community Centre, Buttermere Avenue, PR7 2JG
Tuesday 3/11	ME/CFS Peer Support Group - 1pm to 3pm
Tuesday 17/11	ME/CFS Peer Support Group - 1pm to 3pm

Date	St. Stephen's Primary School, S Meadow Ln, Preston PR1 8JN
Monday 2/11	Navigating Autism - 1.45pm to 3.15pm
Monday 23/11	Navigating ADHD - 1.45pm to 3.15pm
Monday 30/11	Understanding Autism - 1.45pm to 3.15pm

Date	St Stephens Church PR1 8DY
Wednesday 4/11	Understanding Anxiety (Mums Group) - 9am to 10.30am

Date	Our Lady's and St Edwards Church PR2 9UE
Thursday 26/11	Lancashire Eating Disorder Carer Support Group - 6pm to 8pm