

## March Week 1

Sunday

This week (2nd-8th) is eating disorders awareness week with our partners at SEED hosting a drop-in session on Friday 5th. There are also a wide range of activities including relaxation, gardening, and courses on addiction to name a few!

Monday 1st

**PNECET Supporters Social**  
11am

**BWD Anxiety, Stress and Feeling Overwhelmed - Audley**  
1pm

**Coffee Pods**  
1:30pm

**Divine Days Man-archy Support Group**  
7:30pm

Tuesday 2nd

**Divine Days Man-archy Support Group**  
9:30am

**PNECET Sporting Memories Online**  
11am

**Divine Days Man-archy Gardening Club**  
11am

**Menhear Gardening Project**  
1pm

**Menhear Zoom Peer Session**  
2pm

Wednesday 3rd

**LAL: Simple Relaxation Techniques (1/2)**  
10am

**PNECET Nutrition & Exercise**  
11am

**SWLICAN Intro to Passport Benefits**  
12:30pm

Thursday 4th

**What is Addiction?**  
10:30am

**PNECET Socially Distanced Walks**  
11am

**LAL: Singing and Music for Wellbeing (2/2)**  
1pm

**PNECET Forces Social Hour**  
5pm

Friday 5th

**BWD Dementia Awareness - online**  
10am

**An Inclusive Future - Wonder Woman**  
12:30 & 2pm

**BWD Origami and 3D Paper Workshop - Bank Top**  
1pm

**SEED Drop-In Eating Disorders Awareness Week**  
1pm

Saturday 6th

**Menhear Face to Face Peer Session**  
2pm

# Lancashire Recovery College Timetable

March Week 2

Sunday 7th

Monday the 8th is International Women's day. We will be hosting a special themed Coffee Pods group which is definitely one to look out for! The rest of the week is a real tour de force of variety with a bit of something for everyone!

Monday 8th

**PNECET**  
Supporters Social  
11am

**BWD**  
History All  
Around Me  
- online  
1pm

**Coffee Pods**  
1:30pm

**Divine Days**  
Man-archy  
Support Group  
7:30pm

Tuesday 9th

**Divine Days**  
Man-archy  
Support Group  
9:30am

**Service in Focus**  
10:30am

**PNECET**  
Sporting  
Memories Online  
11am

**Divine Days**  
Man-archy  
Gardening Club  
11am

**Menhear**  
Gardening Project  
1pm

**Menhear**  
Zoom Peer  
Session  
2pm

Wednesday 10th

**N-Compass**  
Mecc  
9:30am

**LAL: Simple**  
Relaxation  
Techniques (1/2)  
10am

**BWD**  
Health, Herbs &  
Happiness  
- Bank Top  
10am

**Understanding**  
Anxiety  
10:30am

**PNECET**  
Nutrition &  
Exercise  
11am

**SWLICAN**  
Personal  
Independence  
Payment  
12:30pm

Thursday 11th

**PNECET**  
Socially  
Distanced Walks  
11am

**Self-Compassion**  
(1/2)  
1:30pm

**PNECET**  
Forces Social  
Hour  
5pm

Friday 12th

**Shine:**  
Anger - The  
Forgotten  
Emotion  
(1/4)  
10:30am

**An Inclusive**  
Future  
- Wonder Woman  
12:30 & 2pm

**SEED Drop-In**  
Looking After  
Your Physical  
Health  
1pm

**Self-Compassion**  
(2/2)  
1:30pm

**SEED**  
Support Group  
The Body During  
Recovery  
7pm

Saturday 13th

**Menhear**  
Face to Face  
Peer Session  
2pm

## March Week 3

**Sunday 14th**

This week is Hydration and Nutrition week. Why not check out PNECET's Nutrition & Exercise session or SEED's Making Meal Plans? The 18th is International Social Prescribing Day and with so many activities to join in with, it'll be hard to choose.

**Monday 15th**

**PNECET Supporters Social**  
11am

**LAL: Mindfulness Techniques for Everyday Living (1/2)**  
10am

**Coffee Pods**  
1:30pm

**Divine Days Man-archy Support Group**  
7:30pm

**Tuesday 16th**

**Divine Days Man-archy Support Group**  
9:30am

**PNECET Sporting Memories Online**  
11am

**Divine Days Man-archy Gardening Club**  
11am

**Menhear Gardening Project**  
1pm

**Mental Health Awareness**  
1:30pm

**Menhear Zoom Peer Session**  
2pm

**Wednesday 17th**

**BWD Healthy Home Cooking with Jan - Online**  
10am

**PNECET Nutrition & Exercise**  
11am

**SWLICAN Employment Support Allowance**  
12:30pm

**Thursday 18th**

**BWD History All Around Me - online**  
10am

**Gratitude**  
10:30am

**PNECET Socially Distanced Walks**  
11am

**PNECET Forces Social Hour**  
5pm

**Friday 19th**

**Shine: Anger - The Forgotten Emotion (2/4)**  
10:30am

**An Inclusive Future - Wonder Woman**  
12:30 & 2pm

**SEED Drop-In Making Meal Plans**  
1pm

**Saturday 20th**

**Menhear Face to Face Peer Session**  
2pm

## March Week 4

**Sunday 21st**

With March coming towards a close this week, the activities show no signs of slowing down. This week sees us running our Introduction to PERMA course which is a pre-cursor to the full 5 week course that will begin in April.

**Monday 22nd**

**PNECET Supporters Social**  
11am

**LAL: Mindfulness Techniques for Everyday Living (2/2)**  
10am

**Coffee Pods**  
1:30pm

**Divine Days Man-archy Support Group**  
7:30pm

**Tuesday 23rd**

**Divine Days Man-archy Support Group**  
9:30am

**Understanding Depression**  
10:30am

**PNECET Sporting Memories Online**  
11am

**Divine Days Man-archy Gardening Club**  
11am

**Menhear Gardening Project**  
1pm

**Menhear Zoom Peer Session**  
2pm

**Wednesday 24th**

**SWLICAN Universal Credit**  
12:30pm

**PNECET Nutrition & Exercise**  
11am

**Thursday 25th**

**PNECET Socially Distanced Walks**  
11am

**LAL: Singing and Music for Wellbeing (1/2)**  
1pm

**PNECET Forces Social Hour**  
5pm

**Friday 26th**

**BWD Mental Health First Aid Awareness - Bank Top**  
9:15am

**Shine: Anger - The Forgotten Emotion (3/4)**  
10:30am

**Introduction to PERMA**  
12:30pm

**SEED Why Do I Feel Stuck?**  
1pm

**An Inclusive Future - Wonder Woman**  
12:30 & 2pm

**SEED Support Group Coping With Eating Challenges**  
7pm

**Saturday 27th**

**Menhear Face to Face Peer Session**  
2pm

March Week 5

Sunday 28th

Whether you would like to know more about what it's like to live with ADHD, or you are simply looking to connect with like minded people, we have got you covered. Look out for April's planner which should be launching this week!

Monday 29th

Coffee Pods  
1:30pm

PNECET  
Supporters Social  
11am

Divine Days  
Man-archy  
Support Group  
7:30pm

Tuesday 30th

Divine Days  
Man-archy  
Support Group  
9:30am

Living With  
ADHD  
10:30am

PNECET  
Sporting  
Memories Online  
11am

Divine Days  
Man-archy  
Gardening Club  
11am

Menhear  
Gardening Project  
1pm

Menhear  
Zoom Peer  
Session  
2pm

Wednesday 31st

PNECET  
Nutrition &  
Exercise  
11am

SWLICAN  
Appeals and  
Tribunals  
12:30pm

If you are struggling with your mental health and need extra support; you can contact any of the services below who all provide a free, confidential service.

**LSCFT 24 hour Helpline**



**0800 9530110**

**Samaritans 116 123**



**Text SHOUT to 85258**

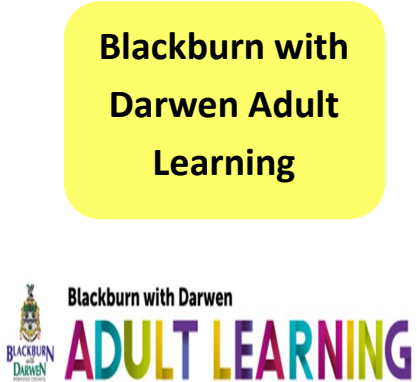



# Lancashire Recovery College Timetable

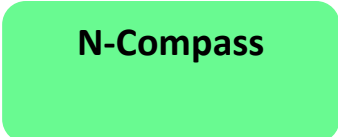

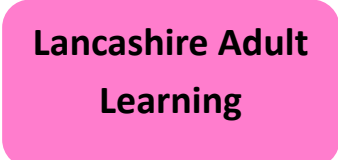

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	Lancashire Recovery College online courses include Self-Compassion, Coffee Pods, and courses to help you understand mental health conditions, including anxiety, depression and ADHD.	Lancashire Recovery College courses are co-developed with experts by experience and experts by profession to produce courses that enhance well being and social opportunities within your community. We believe that this approach captures the true value of recovery, hope, opportunity and control.	<p>Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or use this link: <a href="http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559">www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</a></p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&amp;SCFT).</p>
	South West Lancashire Independent Community Advice Network (SWLICAN or ICAN for short).	South West Lancashire Independent Community Advice Network (SWLICAN or ICAN for short.) is a driver of social inclusion through the provisions of accessible resources, training and social activities for individuals and local Voluntary, Community and Faith organisations in West Lancashire. ICAN's basic philosophy is the empowerment of people to be active citizens who are able to help themselves, either by accessing services or volunteering and em-	To book, or if you have any questions please call 01695 726269, or email <a href="mailto:admin@swlican.org">admin@swlican.org</a> , or use the contact panel on the website <a href="http://www.swlican.org/courses.php">http://www.swlican.org/courses.php</a> to contact the team.


# Lancashire Recovery College Timetable




Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/ How to Participate
	<p>'Anger the forgotten emotion' aimed at men, everyone welcome.</p> <p>'Whether you find yourself getting frustrated with yourself, others or both we could all probably benefit from relearning our negative relationship with a basic emotion; anger. Join our volunteer with lived experience &amp; life coach &amp; you will be taken on a journey to understand our anger response, make peace with it &amp; learn a very wide variety of tools to enable you to manage your experience of conflict and anger. You and others around you will benefit from this enlightening course.'</p>	<p>At Shine Coaching we offer men who experience anger and conflict in their lives one-to-one coaching over the phone with their own life coach. We offer goal-oriented, practical solutions for men to recognise &amp; reduce anger and conflict and, as a result, improve their mental health and wellbeing. We work with our clients to develop practical solutions which help them to understand themselves and make changes. Coaching seeks to change ingrained habits and this is done by breaking associations and patterns of thinking related to the behaviour you wish to change.</p>	<p>Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or use this link: <a href="http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559">www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</a> Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&amp;SCFT).</p>
	<p>Menhear group CIC—Men's Group Zoom Sessions</p>	<p>Menhear is a new service that aims to try and satisfy the need for mutual support among men in a safe and nurturing environment via group sessions.</p>	<p>E-mail <a href="mailto:menhear19@gmail.com">menhear19@gmail.com</a>, visit <a href="http://www.menhear.co.uk">www.menhear.co.uk</a>, or visit <a href="https://www.facebook.com/menhearcic/">www.facebook.com/menhearcic/</a> for the link.</p>


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	<p>BWD: Blackburn with Darwen Adult Learning.</p>	<p>Whether you want to learn a new skill, improve your health and wellbeing or progress your career prospects, we have a course for you at <b>Blackburn with Darwen Adult Learning</b>. With a wide range of online, and face to face, courses and workshops across Blackburn with Darwen there is something for everyone. Our courses offer learning which: improves your health and wellbeing; is built around what you want to learn; helps you to do more than you thought; supports you in taking the next steps to further learning, volunteering or employment.</p>	<p>For more information on all of our courses please call 01254 507720 or visit our website <a href="http://www.bwdlearning.org">www.bwdlearning.org</a></p>
	<p>An Inclusive Future CIC:</p> <p>Wonder Woman Employment &amp; Training Programme.</p>	<p>The project is designed to help women of all ages and backgrounds improve their employability where issues of confidence, anxiety and negative self-image are at play. The project will be female led and offer a 12-week programme consisting of 2½ hours facilitated weekly sessions, and 2½ hours unsupervised (either individual and or with buddies) per week.</p>	<p>To find out more, email Paul White on Paul-white507@yahoo.co.uk or call 07960 279251</p>



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	N-Compass	N-Compass operates across the North of England to help people regain control of their lives, providing hope and a sense of purpose, through the provision of Carers, Advocacy, Wellbeing, Counselling and Volunteering Services.	Contact: katharine.lonsdale@n-compass.org.uk
 	Lancashire Adult Learning	<p>Lancashire Adult Learning aims to provide learning opportunities for all adults across the region.</p> <p>LAL currently offers an extensive range of subjects to learners, with over 2000 courses delivered through more than 300 venues across Lancashire. This helps over 14,500 learners, many of whom have very diverse motivations for engaging with LAL's offer, and makes LAL one of the UK's largest Adult Community Learning Providers.</p>	Log onto <a href="http://www.eventbrite.co.uk">www.eventbrite.co.uk</a> and search Lancashire Recovery College, or follow us on Facebook (Lancashire Recovery College L&SCFT) and click on the links there.

Colour Code, Logo & Organiser	Organiser Description	Event Description	Contact Details/How to Participate
<p><b>Support and Education for Eating Disorders</b></p> 	<p>S.E.E.D (Support and Education for Eating Disorders) is a registered charity based in Preston, serving Lancashire and the North West of England. S.E.E.D was founded in 2007 by Chief Executive Shelley Perry to provide a network of support for sufferers of eating/food/weight related issues and their family members, carers, friends etc.</p> <p>We are the only service of this kind in Lancashire, with S.E.E.D providing information, advice, education, resources, training and practical help for anyone affected by or supporting individuals with eating disorders.</p>	<p><b><u>Support Group</u></b></p> <p>Our support group provides education on relevant eating disorder and mental health aspects of recovery, and is held in a safe, comfortable and confidential environment. The group focuses on topics such as healthy eating and realistic expectations, managing mealtimes and coping during holiday periods.</p> <p><b><u>Drop-in Service</u></b></p> <ul style="list-style-type: none"> <li>* Find out where you can receive treatment, therapy, support and advice in your area</li> <li>Receive information and help regarding specific topic areas relevant to eating disorder sufferers and carers</li> <li>* Complete creative and educational worksheets which can help you on your road to recovery</li> <li>* Have space and time to explore how you're feeling and express yourself through our wide range of art resources</li> <li>* Help to develop and improve your life skills and build self-confidence</li> <li>* Meet and chat informally with both other sufferers and our volunteers in a relaxed, safe and confidential environment</li> <li>* Access our useful resources and find out about our self-help group and calendar of support groups for forthcoming weeks</li> </ul>	<p><b><u>Support Group</u></b></p> <p>Our support groups are run fortnightly by Emma, Laura and Marina, from 7-8:30pm on Fridays and can be joined through this link: <a href="https://bit.ly/SEEDLancsSG">https://bit.ly/SEEDLancsSG</a></p> <p><b><u>Drop-in</u></b></p> <p>Join the Drop-in, 1-3pm every Friday on Zoom with Safeera by clicking here: <a href="https://bit.ly/DropInGroup">https://bit.ly/DropInGroup</a></p> <p><i>We also post the Zoom links at the beginning of every week on our social media pages and again on the day of the support group. Our social media pages are: @s.e.e.dlancashire on Facebook, @seed.lancashire on Instagram, @SEEDLancashire on Twitter or S.E.E.D Lancashire on LinkedIn.</i></p> <p><i>Call us at 01772 915735 for any additional questions or queries!</i></p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Event Description	Contact Details/ How to Participate
  	Divine Days: Man-archy Project	<p>At Divine Days Community we help you find your voice. We help give you confidence. We help you connect, make friends and join in meaningful and supportive activities.</p> <p>At Divine Days Community, we care. We will provide love, support, inclusion, acceptance, and an environment for your family member, your children, your young person, or those you support, to thrive.</p> <p>Whether they want to learn a new skill or whether they want to develop an existing skill, Divine Days Community provides a creative program of disability-friendly activities as well as a wide range of projects that promote inclusion and acceptance.</p>	<p>Man-archy is a new men's mental health project in Skelmersdale to support men impacted by Covid-19. The project will help to reconnect men to help each other through challenges and to reconnect with their community.</p> <p>The support group helps men to become more physically active and follow a more healthy lifestyle looking after both their hearts and minds.</p> <p>Man-archy also offers a free advice and guidance service to help link men into local services and projects.</p>	Email man-archy@divinedays.co.uk, or phone 07782548395

Colour Code & Logo	Event Descriptions
<p><b>PNECET:</b> <b>Preston North End</b> <b>Community and</b> <b>Engagement Trust</b></p>  <p>Alistair White Community Inclusion Officer T 01772 693309</p> <p>@pnecommunity PNECET www.pnecet.net/pnecet</p>	<p><i>* Socially Distanced Walks are subject to government guidelines.</i></p> <p><b><u>Forces Social Hour</u></b></p> <p>This session is open to anyone who currently or has previously served in the armed forces. It is an opportunity to meet new people while sharing details of local community offers and support. You can also get to know some of the current PNE Forces squad ahead of the eventual safe return to our football sessions.</p> <p><b><u>Nutrition and Exercise</u></b></p> <p>The part-time nutrition and exercise online meeting will offer participants the chance to meet with other like-minded people and discuss how to lead a healthier and more active lifestyle. You can join for healthy meal and nutrition tips as well as joining in with light physical activities as part of the session.</p>
<p><b>How to Participate</b></p>	<p><b><u>Sporting Memories Online</u></b></p>
<p>Email <a href="mailto:alistair.white@pne.com">alistair.white@pne.com</a> for details to join and a Zoom guide.</p>	<p>This session takes place via Zoom, where people living with dementia, depression or loneliness can attend. During the sessions, as a group we will reminisce about past sporting events, childhood sporting memories and memorabilia whilst also having games and quizzes too. The purpose of the session is to exercise people's memories, stimulating memories that they can discuss with others who may have had similar experiences. During these sessions, we also have special guests such as authors, sports journalists, ex-professional players and many more. The target group for these sessions is people aged 50+.</p>