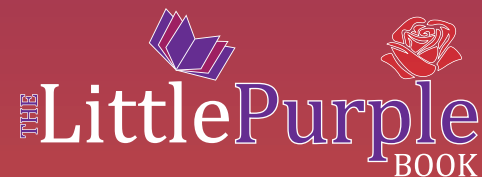


The Little Purple Book team consists of members of the East Lancs Recovery Community and who give their time voluntarily in order to create this resource.

We want the wealth of opportunities & activities available within East Lancs to be promoted and accessible to our communities hence the idea to put all of this into a booklet for your reference. We hope you find this booklet informative, interesting and of great use.

With grateful appreciation to the LPB team Kerry, Kathryn, Jackie, Jane, Colin, Paul and Adrian and to our wealth of sponsors without who this wouldn't be possible.

If you would like to promote anything relevant within the Little Purple Book or speak with one of the team contact Kerry Stewart **07788 317838** or contact [thelittlepurplebook@mail.com](mailto:thelittlepurplebook@mail.com)

 is proudly sponsored by:



Photography credits: Front cover courtesy of Paul Husband. Inside cover images courtesy of members of iTog Photography group.

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# THE LittlePurple BOOK

*- A guide to wellbeing activities in East Lancashire -*



Connect - Pgs 1-4

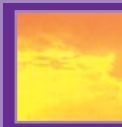
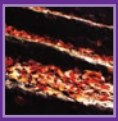
Be Active - Pgs 5-7

Take Notice - Pgs 8-9 & 14

Keep Learning - Pgs 15-16

Give - Pgs 17-18

Create - Pgs 19-20



### CAFÉ HUB

Recovery Bistro open Wed-Sunday. entertainment and events on a regular basis, kids eat free Friday, Foundry St, Darwen, BB3 1DJ  
w: cafehub.org.co.uk  
FB: café hub Darwen  
TW: cafehubCIC or 01254 775200 or 07712812096

### COMMUNITY CAFÉ

Coming soon to A,B & D centre, Bacup. Monday & Tuesday 10-12pm. Contact Andy T 07533 517664

### EHSAAS WELLBEING CAFÉ

Inspiring Health & Wellbeing in Brierfield, Drop in Café Tuesdays 12-5pm (Launching August)  
@ Cornerhouse Café, 1-3 Colne Rd, Brierfield, BB9 5HW.  
Contact Kerry Stewart 07788 317838

### DOMINOES

Tea & Biscuits provided. Everyone welcome. Every Wednesday 2-4pm @ HVCR, Cannon St, Accrington.

### FAMILIES IN RECOVERY

(Burnley & Pendle). Are you a parent in recovery who would like to socialise with other families? Soon to launch from St Johns Church, Barkerhouse Rd, Nelson every Saturday 11-2pm - until then connect with us on our Facebook group (search Burnley & Pendle Families in Recovery)

### HARM REDUCTION CAFES

Variety of subjects are discussed including Overdose Awareness, Alcohol Awareness, Steroid Information, Sexual Health & Blood Borne Viruses, Needle Exchange & Novel Psychoactive Drugs. Come along, learn & share good practice. Everyone welcome 1st Thursday of the month at 7-9pm Hyndburn Community Fire Station, Hyndburn Road, Church, opposite KFC (entry via side door)

### INSPIRE BREAKFAST CLUBS

Burnley Mon-Fri 9.30-10.30am @ Inspire, Accrington Inspire Tuesday 9.30am and Clitheroe Friday 9.30am

### INSPIRE FACT

(Families & Carers Together) service offers advice, information and support to adults who are, or who have been, affected by someone else's substance misuse. FACT support groups are available in Burnley, Pendle, Rawtenstall, Hyndburn and the Ribble Valley. We also run a FREE Confidential helpline.  
Contact FACT on 0800 652 1961 from Monday to Friday between 4-8pm

### INSPIRE HERE & NOW GROUP

support group open to anyone who considers themselves to be 'in recovery'. Wednesdays 10-12 @ Gospel Mission, Goitside, Nelson. Burnley Inspire Tuesday & Thursday 10.30-12.30pm

### INSPIRE RECOVERY GROUP

Abstinent only! Thursdays 2-4pm @ Christchurch, Nelson, Fridays 2-4pm at Inspire, 33 Eagle St, Accrington, BB5 1LN

### JUICE

Abstinence-based support and social group for people who's lives have been adversely affected by alcohol and drugs in East Lancs.  
Thursdays 6.30-9pm The Citadel, Market Place, Colne, BB8 0HY  
Fridays 6.30-9pm The Vanguard Centre, Bevington Close, Burnley, BB11 4SD  
Find us on Facebook  
Email: juicelife@mail.com

### JUICE

Abstinent Recovery Drop in @ Inspire Burnley Fridays 2-4pm

### LANCASHIRE USER FORUM (LUF)

is a forum for those in recovery from addiction to alcohol and substance misuse, their families and others affected by their addiction. The forum usually meets every 6 weeks and is a fantastic opportunity to get involved with others in recovery, find out what's going on locally within the recovery community, develop ideas around supporting the recovery community and make a difference to the way services are delivered. To become involved in LUF please attend a locality or County forum or contact County Chair Emma on 01254 352580





### PAVILION CAFÉ

in Queens Park, Burnley Find us on Facebook, opening times vary. W: [www.thepavilioncafeinburnley.co.uk](http://www.thepavilioncafeinburnley.co.uk)

### PENDLE WOMENS SUPPORT GROUP

Come and connect with other women in recovery and receive advice/guidance and support around many issues such as benefits, housing, finance. Facilitated through Inspire Work Solutions and Citizens Advice. Every Wednesday 10-1pm at Gospel Mission, Goitside, Nelson. Supervised children welcome. Refreshments and a warm welcome always available.

### RECOVERY CARDIO BOOT CAMP

Exercise or just come and meet and connect with others in a relaxed environment. Abstinent sessions Tuesdays 4-6pm at Cobra Gym, Gillies St unit, Accrington. Non abstinent Thursdays 4-6pm. Free for service users. Contact Paul B 07716 958110

### RED ROSE RECOVERY CHOIR

We Eat, We Sing, We Laugh, We Love! Mondays 5.30-7.30pm @ 9 Warner St, Accrington. Thursdays 6-8pm @ Café Hub, Foundry St, Darwen, BB3 1DJ. Contact Kerry Stewart 07788 317838

### THE BRINK LIVERPOOL

Award winning social enterprise dry bar & restaurant in Liverpool City Centre. Open Mon-Fri 9am-11pm, Sat 10am-11pm and Sunday 11am-10pm. Contact 0151 7030582 or find on Facebook & Twitter.

### UMBRELLA CAFÉ

Manchesters Driest Bar. Brand new, inclusive, alcohol free social space. Follow them on social media (Twitter - @thedryumbrella & Facebook – the dry umbrella) for up to date events ranging from Open mic & comedy nights to live music. Open Friday & Saturday nights 7-11pm. Nexus Art Café (Northern Quarter), 2 Dale ST, Manchester, M1 1JW

### VOICE

(Blackburn with Darwen) Service User group Breakfast Club for anyone in need of a hot meal Saturday mornings 10.15-11.45am @ CVS Building, Boulevard, Blackburn (back entrance).

### WOMENS GROUP

For women in recovery. Fridays 2-4pm @ Inspire Burnley. Will be running on Tuesdays from November in Clitheroe. Contact Andy T for more information.

### MUTUAL AID:

#### AA Alcoholics Anonymous

If you think you have a problem with drinking, we're here to help. website [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk) helpline 0845 769 7555

#### Al-Anon

For friends & Families of alcoholics. W: <http://www.al-anonuk.org.uk/> Mondays 7.30pm @ Central Methodist Church, Hargreaves St, Burnley, BB11 1DU Tuesdays 7.30pm @ Café Hub, Foundry St, Darwen, BB3 1DJ

#### CA Cocaine Anonymous

website [www.cauk.org.uk](http://www.cauk.org.uk) helpline 0800 612 0225 mobile 0300 111 2285 email [wtf@cauk.org.uk](mailto:wtf@cauk.org.uk)

#### Celebrate Recovery

(Christ centred bible based 12 Step Fellowship) <http://www.celebraterecovery.co.uk/>

#### NA Narcotics Anonymous

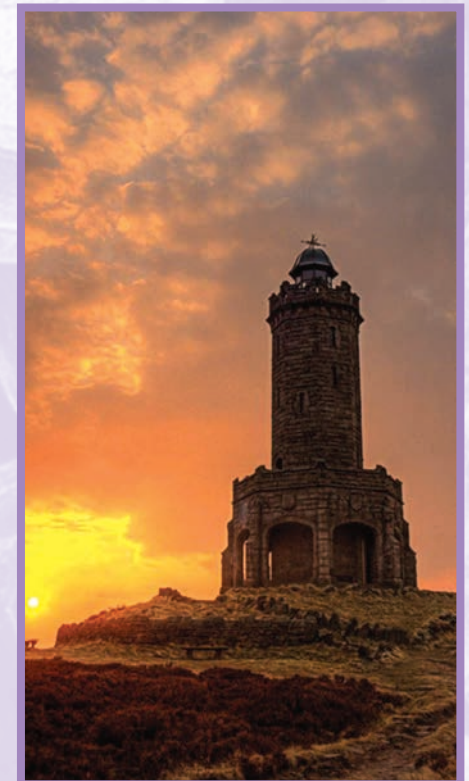
If you have a drug problem – we can help – we have been there. website [ukna.org](http://ukna.org) helpline 0300 999 1212 email [meetings@uk.org](mailto:meetings@uk.org)

### East & Central Lancs Narcotics Anonymous (ECLANA)

<http://www.eclana.org.uk/>

### SMART RECOVERY

Science based, motivational mutual aid support. Meetings across East Lancashire website [www.smartrecovery.org.uk/](http://www.smartrecovery.org.uk/)



**ACTIVE SPACES**

Burnley & Rossendale Cycling & Walking with Newground.  
Part of the 'Walking for Health' national initiative overseen by The Ramblers & Macmillan Cancer. All walks are FREE. Contact Jane on 07595 778 327 or jane.ingham@newground.co.uk

**BACK 2 NETBALL**

Not played for a while-never played-can't remember the rules? B2N Wednesdays 6-7pm @ Witton Park High School (Free with a Beez card or £5 without), Thursdays 5-6pm at Hyndburn Leisure Centre, £3 per person. Contact Jane Moodie 07960 340142, Fridays 6-7pm @ Nelson & Colne College, Scotland Rd, Nelson

**BEEP**

Exercise on Referral. If you are inactive and need some help to control a specific medical condition, or to lose weight. The Burnley Healthy Lifestyles team provide a 3 month exercise programme with fully qualified staff to give you support, guidance and motivation to help you achieve your goals, with access to a variety of activities for all abilities including swimming, gym, tai chi and dancing. Contact the Healthy Lifestyles Team on 01282 477134 or email healthylifestyles@burnley.gov.uk

**CAFÉ HUB RECOVERY FOOTBALL LEAGUE & CYCLING**

Contact Mel 01254 775200 or 07712812096

**COMMUNITY WEIGHT MANAGEMENT**

Free self referral weight management program for ages 16+. Daytime & evening classes available in centres across Pendle. Contact Healthy Lifestyles Team 01282 661226

**COMMUNITY FIT CLUB**

Weight Loss 4 Life. 12 wk paid weight loss program aimed at all levels & abilities includes free activities at several Pendle leisure centres. Contact Healthy Lifestyles team on 01282 661226

**FIT 4 LIFE Pendle**

Exercise on prescription GP referral scheme for those who may have become inactive or have specific medical problems and would benefit from exercise. 12 week exercise program delivered in a group. Contact Healthy Lifestyles Team on 01282 661226

**FIT 4 LIFE Hyndburn**

Low impact low intensity classes suitable for anyone recovering from a health condition. Classes available Mon, Tues, Wed £2.50 with a BeActive discount card. To book a class contact 01254 385945

**HEART WATCH**

Community program to improve & maintain physical and mental wellbeing of sufferers of heart disease. Contact Healthy Lifestyles Team on 01282 661226

**INSPIRED GYM**

Free gym passes for service users of Inspire @ Bodies in Motion, Nelson. Contact Emma 07738997237

**INSPIRED DANCE LESSONS**

Learn Salsa, Ball room, modern. Thursdays 3.30-4.30 at St James Old School, Cannon St, Accrington. Contact Andy T for more info 07533 517664

**OUT & ABOUT**

Guided walking & cycling group. Daytime & evening walks for all levels. Contact Healthy Lifestyles on 01282 661315

**RECOVERY CARDIO BOOT CAMP**

Boxercise in the Ring, Circuit Training, Exercise Bikes, Weights & Treadmill Abstinence sessions Tuesdays 4-6pm at Cobra Gym, Gillies St unit, Accrington. Non abstinent Thursdays 4-6pm. Free for service users. Contact Paul B 07716 958110

**RECOVERY ROUNDERS & WALKS**

with Paul B – Something on most weekends around Hyndburn. Contact Paul 07921808285

**ROSES NETBALL**

(Red Rose Recovery) Coaching sessions for women every other Wednesday 12-1pm. FREE @ Hyndburn Leisure Centre, Henry St, Church BB5 4EP Contact Kerry 07788 317838

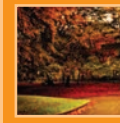
**ROUNDERS HYNDBURN**

Thursdays 7-8pm at Hyndburn Leisure Centre, Henry St, Church BB5 4EP. £3 per person. Perfect for individuals or for the whole family. Contact Jane Moodie 07960 340142 or 01254 385945

**RUNNING**

(Free) with Darwen Dashers Running Club. 10wk course with qualified run leaders at Darwen Leisure Centre, Wednesday evenings at 6.30pm. For next course contact Darwen Dashers running club on Facebook or www.dashers.org.uk





### STEPPING OUT

Hyndburns Walking Project offers Summer Evening Walks FREE & open to anyone. See advert at back of booklet for walk dates. Contact Fran Riley for more info 01254 358046

### STOP SMOKING CLINICS

Drop in smoking cessation clinics available in Nelson and Colne. Contact 01282 661226

### UP AND ACTIVE

Online resource to search and source 100's of activities near you now. The one place to get Up and Active in your area. Become a member today: [www.upandactive.co.uk](http://www.upandactive.co.uk)

### WALK THIS WAY

Free health walks for all abilities in Blackburn with Darwen. Ideal for all ages and abilities and will help you improve your general health & wellbeing as well as introduce you to new friends and discover new walks on your doorstep. Call 01254 682037 for more info or visit [www.refreshbwd.com](http://www.refreshbwd.com)

### ZUMBA 2 RECOVERY

with Alison. Free for service users but a contribution is welcome. Mondays 1-2pm @ Gospel Mission, Goitside, Nelson, Fridays 6.30-7.15pm @ Vanguard Centre, Bevington Close, Burnley. Coming soon to Bacup & Accrington! Contact Alison 07783 919939

#### Leisure centres:

Various gym and leisure memberships available across East Lancashire. Below is a list of some (not all) of the 17 leisure centres:

**Burnley St Peters:**  
01282 644666

**Hyndburn Leisure:**  
01254 385945

**Darwen Leisure:**  
01254 874900

**Pendle Wavelengths (Nelson):**  
01282 661717

**Pendle Leisure (Colne):**  
01282 661166

**Haslingden Leisure Centre:**  
01706 227016

**Roefield Leisure (Clitheroe):**  
01200 442188

### BUDDHIST MEDITATION

Everyone welcome £5. Wed 7.30-9pm Burnley & Pendle Faith Centre, Burnley Campus, Barden lane, Burnley. Wed 11-12, 12.30-1pm and 7.30-9pm at Burnley Kadampa Buddhist Centre, 59 Kurzon St, Burnley £2.50- £5

### HATHA YOGA

across East Lancashire. Shannon Yoga World 07890 372180  
INSPIRE ALLOTMENT/GARDENING. Whether you have green fingers or just an hour to spare, come along and learn new skills. All Welcome. Tuesdays 1-3pm meet at Accrington Inspire. Wednesdays 1-3pm @ Inspire, The Chambers, Rawtenstall and Thursdays 1-4pm at Inspire Burnley Contact Andy T or Emily 07920590522

### INSPIRE FISHING

(once a month on a Wednesday) @ Barley. Places limited to service users of Inspire and must be booked through Emily 07920590522

### ITOG PHOTOGRAPHY

Trips out last Wednesday of the Month (29th Oct, 26th Nov, 17th Dec. Transport pick-ups from Accrington Inspire 10am, Burnley Inspire 10.30am. Enterprise/editing workshops every Wednesday @ Inspire Burnley. Contact Kerry Stewart for trip details 07788 317838 and Emily 07920590522 to book place on mini bus

### LIGHTHOUSE TAI CHI

Over 12 weekly sessions around East Lancs. Beginners welcome. Contact Lighthouse Thai Chi on 07876 377321 or website for timetable and prices.

### MINDFULNESS MEDITATION

@ Blackburn Buddhist Centre. Meditation is well known for it's beneficial effects for those in recovery from addiction but abstinent from drink or drugs. The centre has experienced meditation teachers and runs a drop-in meditation session on Tuesdays 12 to 1pm. If you would like to find out more ring Blackburn Triratna Buddhist Centre. tel: 01254 583066  
Address: 16 Strawberry Bank, Blackburn BB2 6AA





## MEDITATION

There are many great free smart phone apps available to download to your phone. Use these apps to find a more relaxed and healthier state of mind.

## NHS HEALTH CHECKS

Blackburn with Darwen Refresh, FREE 5yr health checks helping you prevent heart disease, stroke, diabetes and kidney disease. Drop in or appts. Call 01254 682037

## PENNINE LANCASHIRE COMMUNITY FARM

Using outdoor space to bring people together. Various project options including Ecotherapy which gets people engaged with outdoor activity, improve self confidence and ultimately feel comfortable in the natural environment. Contact: 01282 421690 Porta Cabin Building, March St, Burnley.

## ROOTS 2 RECOVERY

Recovering land & recovering people. A practical wellbeing project and holistic approach to restoring our landscapes and our health. Offshoots Permaculture Project, Townley Park, Burnley. Tel: 01282 450270. Volunteers needed to harvest ideas and plant seeds of hope.

## SANCTUARY OF HEALING

This is a place of tranquility, health and joy offering a range of therapies and treatments ranging from Thai Chi and Yoga to massage and also offers specific events and workshops related to spiritual development. Open Mon-Fri 9-5pm 01254 246940 or find on Facebook.

## THAI CHI for Age UK (50+)

Every Thursday 12-1pm Hyndburn Resource Centre, Cannon St, Accrington

## THAI CHI Class Accrington

£3 per class Thursdays 12pm @ Hyndburn Community Resource Centre, Cannon St, 01254 871010

## WELLBEING SERVICE

(Blackburn with Darwen) Free help & support to improve your health quit smoking, cut down on alcohol, lose weight, eat healthy, more active, safe & healthy housing or employment, training and benefits advice) for anyone 16+ who lives, works or has GP in BwD. Contact 01254 682037



## Clean and Green Recovery & New Freedom Skin care

Supporting people in drug and alcohol recovery since May 2013.

*Natural, Non toxic, handmade Cleaning products, soaps and Beauty products made on premises with organic ingredients where available.*

*Cards, Candles and Giftware made by people in recovery and sold on premises alongside Essential oils and Pot pourri ingredients.*

Available online at: [www.cleanandgreenrecovery.com](http://www.cleanandgreenrecovery.com)

We have teamed up with work solutions and One Planet to offer Market trader training and support for those wishing to carry on to have own stalls on markets across east Lancashire, voluntary positions in retail or just to see if you would like to have a go at trading on markets, farmers markets and craft fairs with no initial financial outlay!

Please email me for more details:

[Kate@cleanandgreenrecovery.com](mailto:Kate@cleanandgreenrecovery.com) • 07813 701716

Unit E6/E7, Accrington Market Hall, Accrington BB5 1ER.

A Member of One Recovery Community Co Operative.

# inspire

East Lancashire  
Integrated Substance Misuse Service

Inspire provides recovery opportunities for people worried about their own or someone else's drug or alcohol use.

Contact us for advice and support in a friendly and confidential environment.

We will support you to get where you want to be.



## Call us for more information

Accrington	01254 282 900	Nelson	01282 644 100
Burnley	01282 644 644	Rawtenstall	01706 253 670
Clitheroe	01200 413 630	Helpline	0800 652 1961

Delivered in partnership by





Monday


Tuesday


Wednesday


Thursday


Friday


Saturday


Sunday


Next Week




### LEISURE ACTIVITY PASSPORT

Get huge savings on leisure activities including gym, swimming, sauna/steam, squash, badminton and more...

Available to Hyndburn residents in receipt of qualifying benefits. If you receive any of the following you may be eligible:

- Universal credit • JSA • Income Support
- ESA • Housing Benefit • Working tax credit
- Disability related benefits • Aged 60+

Pick up a form @ Accrington Town Hall or any of our centres, or visit [www.hyndburnleisure.co.uk](http://www.hyndburnleisure.co.uk) for more info.



## fit4life

#### Low Impact Low Intensity Classes

- Circuits • Aqua jog • Chair based exercise
- Multiple Sclerosis Chair based class

Suitable for people recovering from various health related problems.

Classes: £2.50 with a BeActive Discount Card.

#### FIT FOR LIFE CLASSES

**Mondays:** 12:00pm Aqua jog | 1:30pm Circuit  
3:30pm Circuit Mercer

**Tuesdays:** 2:30pm Multiple Sclerosis Chair based

**Wednesdays:** 11:00am Circuit | 2:00pm Chair based

to book call **01254 385 945**



follow us on



## BeActive

HYNDBURN LEISURE CENTRE  
**DISCOUNT CARD**

If you're not eligible for the leisure activity passport, don't worry, you can still make great savings through the BeActive discount card.

SAVE UP TO  
30% OFF

on pay as you go activities

Register @ [www.hyndburnleisure.co.uk/beactive](http://www.hyndburnleisure.co.uk/beactive)

## BACK TO NETBALL

STARTING ON:

**Thursday 19th June | PRICE: £3**

VENUE:

**HYNDBURN LEISURE CENTRE | TIME: 5pm - 6pm**

Not played for a while? Never played? Can't remember the rules?

Back to Netball will be just right for you.

Fun & Fitness! • Meet new friends!  
Be part of a team!

Any questions contact Jane Moodie on:-

07960 340142  
Or 01254 385945

### YOGA

Please bring along a mat or towel and wear loose clothing. Everyone welcome. Tuesdays 11.30-1pm & 7-8.30pm @ HVCR Centre, Cannon St. Contact: 01254 231422 or 07816 159767

### YOGA ([www.yogafinder.com](http://www.yogafinder.com))

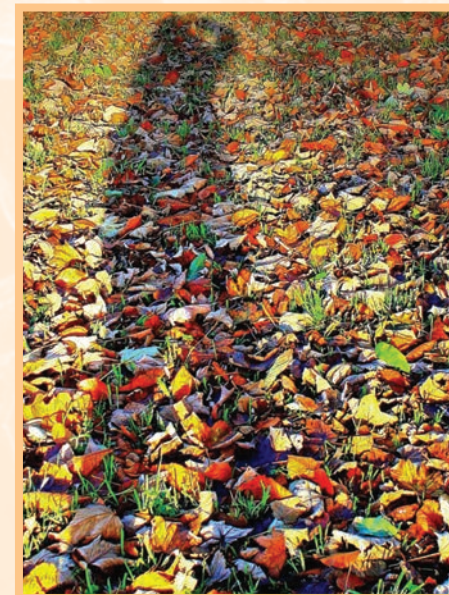
for access to Yoga classes across East Lancs

### YOGA

at Oswaldtwistle Civic Theatre Every Monday 7.15-8.45 £5 per session. Phone 01254 235965

### PLACES OF BEAUTY

for walks, photography or pure tranquillity: Oakhill Park Accrington, Foxhill Nature Walk, Ozzy Mills Nature Trail, Spring Wood Picnic Site Whalley, Arden Hall, Coppice Accrington, Bullough Park, Grane Rd Reservoir, Mercer Park, Edisford Bridge Clitheroe, Singing Ringing Tree Burnley, Halo Haslingden, Townley Park, Victoria Park Nelson, Alcincoats Park Colne, Fouldridge Reservoir, Acre Park, Entwistle Reservoir, Turton Tower, Sunnyhurst Woods, Darwen Tower.



#### Memberships @ Hyndburn Leisure

Gym, Swim, Fitness Class, Sauna and Steam memberships available from just £27.50 per month. Visit [www.hyndburnleisure.co.uk/memberships](http://www.hyndburnleisure.co.uk/memberships) or email [memberships@hyndburnleisure.co.uk](mailto:memberships@hyndburnleisure.co.uk) for more information





**BAiC Job Club**

Seek work, training & market yourself better to employers with a six week accredited course from Accrington & Rossendale College Wednesdays (commencing 13th August 2014) 10-1pm @ Brierfield Action in the community. 1-3 Colne Road, Brierfield, BB9 5HW, Tel: 01282 696100

**CAFÉ HUB**

Training and NVQ level 2's offered in Catering and Customer Services. Contact Mel 01254 775200 or 07712812096

**CLEAN & GREEN RECOVERY**

Market trader qualifications. Contact Kate Furey

**COLNE OPEN DOOR CENTRE**

Phone: 01282 860342.

**CULTIVATE**

Accrington Women's Centre Yard Gardening Group Tuesdays 1-3pm. Contact Julie Livesey on 01254 230348

**FRESH START**

with Accrington College Full & Part time courses for all ages 01254 354354 W: [www.accross.ac.uk](http://www.accross.ac.uk)

**GO VELO CYCLING & MAINTENANCE COURSES**

(FREE) 01282 787386.  
[www.govelo.co.uk](http://www.govelo.co.uk)

**HARM REDUCTION CAFES**

Variety of subjects are discussed including Overdose Awareness, Alcohol Awareness, Steroid Information, Sexual Health & Blood Borne Viruses, Needle Exchange & Novel Psychoactive Drugs. Come along, learn & share good practice. Everyone welcome 1st Thursday of the month at 7-9pm Hyndburn Community Fire Station, Hyndburn Road, Church, opposite KFC (entry via side door)

**INSPIRE HARM REDUCTION CAFES**

Learn about and discuss a different topic each month from Blood Borne Virus's to Overdose Prevention & Naloxone. Everyone welcome. 1st Thursday of each month 7-9pm at Hyndburn Community Fire Station, Hyndburn Rd, Church, BB5 4EQ (entrance on side of building opp KFC)

**INSPIRE CONFIDENCE BUILDING**

Coming Soon. Mondays 1-3pm @ Sunny Crest Community, 80 Pennine Rd, Bacup. Contact Andy T

**JUICE EVENTS TRAINING**

Learn information & Brief Advice on alcohol & substance use to pass on to members of the public at various events Juice Community Group attend. Customer Service training also available. Contact Adrian for more info 07935 274299

**LANCASHIRE ADULT LEARNING**

Offer a range of accredited/non accredited courses across East Lancashire. [www3.lancashire.gov.uk/](http://www3.lancashire.gov.uk/)

**LINK BRIDGE**

Phone: 01282 715574.  
Email: [info@linkbridgecentre.com](mailto:info@linkbridgecentre.com)  
Web: [www.linkbridgecentre.com](http://www.linkbridgecentre.com)

**LIVE WELL**

Pendle Community Allotment. Aimed at Pendle residents of all ages. Basic gardening courses and environmental art activities. Contact Healthy Lifestyles Team on 01282 661739

**OFFSHOOTS**

Learn all manner of permaculture, gardening and environment. Offshoots Permaculture Project @ Townley Park. Tel: 01282 450270

**PROSPECTS**

Environment Centre offer a range of environmental training and one day

courses @ 54 Broadway, Accrington. Contact Barbara Sharples 01254 230348  
W: [www.prospectsfoundation.org.uk](http://www.prospectsfoundation.org.uk)

**RED ROSE RECOVERY**

For a range of courses in environmental work as well as Level 1 courses through ACROSS. Contact Jane 07885557699  
[www.redroserecovery.org.uk](http://www.redroserecovery.org.uk)

**WOMENS CENTRE**

Various courses on offer for Women. Accrington Centre: 21-23 Blackburn Road, Accrington, BB5 1HF  
Tel: 01254 871771 Burnley Centre: 4 Nicholas St, Burnley, BB11 2EU,  
Tel: 01282 439672 Opening Times for both centres are Mon-Fri, 10am-4pm. Facebook: East Lancashire Women's Centres. TW: @WomensCentred

**WORK SOLUTIONS**

For Education advice & support and access to a range of courses for Inspire service users. Contact Ben Kelly 07540 920782

**COLLEGES:****Accross College.**

Accrington and Rossendale College. Phone: 01254 389933.

**Burnley College.**

Phone: 01282 733373.

**Nelson College.**

Phone: 01282 440200





## VOLUNTEERING

### CAFÉ HUB

Recovery Bistro in Darwen offers opportunities to volunteer for those who are in abstinent recovery. Contact Mel 01254 775200 or 07712812096.

### CVS (Council for Voluntary Services)

Hyndburn and Ribble Valley: 01254 888614,  
Burnley Pendle and Rossendale: 01282 433740.  
One Lancashire: info on bprcvs.org.uk  
Burnley Pendle and Rossendale contact Janette Holden 01282 415163  
Hyndburn and Ribble Valley contact Jill Stazicker on 01254 888614

### CLEAN & GREEN RECOVERY

Shop and stall in Accrington Market Hall supplying eco friendly cleaning products, cosmetics and crafts. To volunteer contact Kate Furey on 07803525672  
W: [www.cleanandgreenrecovery.com](http://www.cleanandgreenrecovery.com)

### COMMUNITY SOLUTIONS

Interested in volunteering, training, or giving to a food bank, phone 01254 352591.

## DO IT

[www.doit-org.uk](http://www.doit-org.uk) for online access to a range of volunteering opportunities.

### FAST 4WD PROJECT

For volunteering opportunities within BwD drug & alcohol services. Contact Steve on 01254 583957.

## INSPIRE

Volunteering opportunities within a range of Inspire services. Contact our Volunteer Coordinator Christine 07791330024 or 01282 644644

## JUICE

Have opportunities to volunteer at various local events and festivals serving cordials and delivering information on Juice & Inspire to members of the public. Full training given on Information & Brief Advice on alcohol & substance use. Contact Adrian for more info 07935 274299

### MAUNDY RELIEF

Have a range of volunteering opportunities phone 01254 232328.

## OUT & ABOUT

Walking & cycling. Do you want to be a volunteer walk or cycle leader? Free one day training available. Interested? Contact Out & About Coordinator 01282 661315

### PENNINE LANCASHIRE COMMUNITY FARM

Have a range of volunteering opportunities throughout their various community farm and gardening work. To find out more contact: 01282 421690

### RED ROSE RECOVERY

Gives people in recovery from substance misuse the chance to contribute to their local communities and develop a substance free lifestyle by getting involved in training, volunteering and employment. Contact Jane Riley on 07885557699, email [jane@redroserecovery.org.uk](mailto:jane@redroserecovery.org.uk) for opportunities in East Lancashire.

### WORK SOLUTIONS ETE

Advice & guidance for Inspire service users on all aspects of volunteering, employment, education and training. Contact Ben Kelly 07540 920782





### ARTS ON PRESCRIPTION

Provides art courses for people who are isolated or experience anxiety or depression. Courses run throughout Burnley, Pendle & Ribbles Valley. Contact Kirsty Rose 01282 661784

### CLEAN & GREEN RECOVERY

Shop on 9 Warner St, Accrington. Makes and supplies eco friendly cleaning products, cosmetics and crafts. To find out more contact Kate Furey on 07803525672  
W: [www.cleanandgreenrecovery.com](http://www.cleanandgreenrecovery.com)

### CRAFT & CRUMPET

Tea room and weekend craft fair store. Open Saturdays 9.30-4pm and Sundays 10-4pm, 70-72 Blackburn Rd, opp HSBC Bank.

### Inspired ARTS & CRAFTS GROUP

Thursdays 10.30-12.30 @ Inspire Burnley, Thursdays 1-4pm Inspire Rawtenstall, Fridays 10-12pm Inspire Clitheroe,

### Inspired CRAFT & STAMPIN UP! CARD MAKING ENTERPRISE

Moving location. Contact Andy Toynton 01254 282900

### Inspired CREATIVE WRITING GROUP

Rawtenstall Inspire Wednesdays 1-2pm

### Inspire GUITAR LESSONS

Wednesdays 10-12pm @ Inspire, The Chambers, Rawtenstall. Guitar group also in Clitheroe Fridays. Contact Andy T.

### Inspired SINGING LESSONS

Thursdays 4.30-5.30pm Gp Rm 1 at Inspire Accrington

### Inspire PANTOMIME (Cinderella)

Tuesdays 10.30 till 12 @ Aroma Café, 7 Infant street, Accrington, BB5 1DZ also Friday group in Clitheroe. Contact Andy T 07533 517664

### Inspire ALLOTMENT/ GARDENING

Whether you have green fingers or just an hour to spare, come along and learn new skills. All Welcome. Tuesdays 1-3pm meet at Accrington Inspire. Wednesdays 1-3pm @ Inspire, The Chambers, Rawtenstall and Thursdays 1-4pm at Inspire Burnley Contact Andy T or Emily

### Inspired BAND (beginner or improver)

Thursdays 10-12 @ Aroma café, Infant St, Accrington. Mondays 5.30-7.30pm and Thursdays 10-12pm @ Inspire, The Chambers, Rawtenstall. Contact Andy T

### Inspired GUITAR FOR BEGINNERS

Thursday 12-1pm @ Aroma Café. Contact Andy T

### Inspired CYCLE REPAIR & MAINTENANCE

Will start Wednesdays in Nov from Rawtenstall Inspire. Contact Andy T for more details.

### iTog PHOTOGRAPHY

Trips out last Wednesday of the Month (29th Oct, 26th Nov, 17th Dec. Transport pick ups Accrington Inspire 10am, Burnley Inspire 10.30am. Enterprise/editing workshops every Wednesday @ Inspire Burnley. Contact Kerry Stewart for trip details 07788 317838 and Emily 07920590522 to book place on mini bus.

### PROSPECTS CREATIVE ACTIVITIES

Oct-March range of creative activities incl woven gift boxes, jam making, craft and xmas wreaths & decorations. To book contact Barbara 01254 230348. Prospects Environment Centre, 54 Broadway, Accrington.

### RED ROSE RECOVERY CHOIR

We Eat, We Sing, We Laugh, We Love! Mondays 5.30-7.30pm at 9 Warner St, Accrington and Thursdays 6-8pm @ Café Hub, Foundry St, Darwen, BB3 1DJ. Contact Kerry Stewart 07788 317838. ALL WELCOME.





# GET ACTIVE BE WELL

## Exercise on prescription

ARE YOU FEELING DOWN OR STRESSED?  
DO YOU SUFFER WITH BACK OR JOINT PAIN?  
WOULD YOU LIKE SOME HELP TO CONTROL  
YOUR BLOOD PRESSURE OR DIABETES?

If the answer is YES then we can help!

We provide: Support, guidance and motivation, Fully qualified staff. A variety of activities for all abilities.

**£20 for 3 months  
£1.67pw**

(only £1.25 per week with a Passport to Leisure)



In partnership with Burnley Council

For more information contact:  
Healthy lifestyles at St Peter's Centre: 01282 477134  
healthylifestyles@burnley.gov.uk



East Lancashire  
Clinical Commissioning Group



### OPENING HOURS:

Wednesdays	12pm - 6pm
Thursdays	12pm - 8pm
Fridays	12pm - 8pm
Saturday	12pm - 8pm
Sunday	12pm - 6pm

This is a not for profit organisation whose surplus funds are utilised to fund community projects. No alcohol is served on the premises therefore suitable for families and children.

### MUSIC AND ENTERTAINMENT IS PROVIDED

Times for these will be announced on the website and in the cafe.  
Sunday evening Open Mic 6pm - 10pm

### AVAILABLE FOR PARTY BOOKINGS

Cafe Hub provides outside catering for business lunches.

Contact 01254 775200 or Melanie Cowan 07712812096

E: cafehub@live.co.uk w: www.cafehub.org.uk

f cafehubdarwen i cafehubCIC



3 FOUNDRY STREET DARWEN BB3 1DJ

Cafe hub Enterprises is a Community Interest Company focusing on health and wellbeing.

We provide healthy home cooked meals at affordable prices from our Bistro.

**KIDS EAT FREE FRIDAYS**  
(ONE CHILD PER PAYING ADULT)



# PROJECT EHSAAAS

Inspiring health & wellbeing in Brierfield

**TUESDAYS 12-5PM  
@ CORNERHOUSE**

1-3 Colne Rd, Brierfield,  
Nelson, Lancashire BB9 5HW

LEARN

EDUCATION COURSES,  
ACCESS TO ONLINE LEARNING,  
EMPLOYMENT, TRAINING  
AND EDUCATION SUPPORT,  
COOKING

BE ACTIVE

ZUMBA, ACCESS TO  
NETBALL, GYM, WALKING  
GROUPS

CONNECT

CAFE, SUPPORT GROUPS,  
DISCUSSION TOPICS, CRAFT,  
ART, MUSIC GROUPS,  
MUTUAL AID, FAMILIES &  
CARERS SUPPORT

GIVE

VOLUNTEERING  
OPPORTUNITIES, ENVIRONMENTAL  
PROJECTS, COMMUNITY  
DEVELOPMENT

TAKE NOTICE

HEALTH & WELLBEING  
ADVICE, DIABETES CHECKS,  
MEDITATION, SMOKING  
CESSATION SUPPORT



Supporting East  
Lancashire's Recovery  
Community.



Hyndburn Homes has a range of activities available:

- Community Gardens
- Tenants Conference
- Passport to Housing
- Estate Walkabouts
- First Call Hyndburn
- Community Events
- Benefits and Budgeting Advice

For more information contact:

1a Enterprise Way, The Globe Centre, Accrington BB5 0FL

Tel: 0345 675 1131 Fax: 01254 300 592

[www.hyndburnhomes.co.uk](http://www.hyndburnhomes.co.uk)