

December Week 1

Wednesday 1st

Thursday 2nd

Friday 3rd

Saturday 4th

Sunday 5th

Lancashire Recovery College are proud to be supporting the 5 Ways to wellbeing #BeaWinterFriend Initiative with our timetable. We encourage all our partners and individuals to get involved to prevent loneliness and isolation and look after themselves over this winter (For further details, please see page 17). Please use the hashtag #BeaWinterFriend to highlight the action you are taking to be a winter friend.

BWD – Dementia Friends – Bank Top – 10:00am

Birchwood – Walking by Birchwood – 10:00am

Birchwood – Cooking Session – 12:30pm

Counting Sheep (1/2) – 2:30pm

BWD – Food Safety Basics – Bank Top – 9:30am

Birchwood – Art by Birchwood – 10:30am

PNECET – Walk and Talk for Lilywhites - 10:30am

Peer Talk –Peer Support Group-Intact Centre- 11:00am

Divine Days – Relaxation Class- –The Zone - 12:20pm

Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm

Living with ADHD – 10:30am

PNECET – Walking Football -11:00am

CPET – Wellness & Recovery Workshop (4/6)– 12:30pm

Phoenix Rising – Groove – Gentle Return to Fitness (Morecambe)– 1:00pm

An Inclusive Future – Wonder Woman – 12:30 & 2:00pm

Phoenix Rising – Yoga for peace of mind (Morecambe)– 2:30pm

Phoenix Rising – Gentle Yoga for peace of mind (Mandala)– 9:00am

Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am

Seed – Drop-in – 11:00am

Birchwood – Knit & Chatter – (Every 2 weeks-please Enquire) 12:00pm

Divine Days – Divine Inspiration: Community Dance Class - 2:00pm

As we near the festive period, why not try some of our fantastic themed offers from our partners at LAL. We also have a wide range of other well-being offers to support you throughout December.

Lancashire Recovery College Timetable



December Week 2

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th	Sunday 12th
Birchwood – Tea & me – 10:00am	LAL – Make your own: Christmas Pamper Hamper - (1/2) – 10:00am	Birchwood – Walking by Birchwood – 10:00am	Birchwood – Art by Birchwood – 10:30am	PNECET – Walking Football -11:00am	Phoenix Rising – Gentle Yoga for peace of mind (Mandala)– 9:00am	<p>Why not take some time to slow down and think about your well-being before the festive period starts. Our wide range of partner offers mean that there is support for you, whatever you require to help you along your recovery journey.</p>
LAL – It’s a mans life (Men’s mental health awareness) (1/2) – 10:00am	CPET – Coffee & Chat for people with Long Covid – The Larder, Preston - 10:30am	Birchwood – Cooking Session – 12:30pm	PNECET – Walk and Talk for Lilywhites - 10:30am	CPET – Wellness & Recovery Workshop (5/6)– 12:30pm	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
DanceSyndrome – Everybody Moves (4/4) – 2:30pm	Birchwood – Meditation – 11:00am	Counting Sheep (2/2) – 2:30pm	Peer Talk –Peer Support Group-Intact Centre- 11:00am	Phoenix Rising – Groove – Gentle Return to Fitness (Morecambe)– 1:00pm	Seed – Drop-in – 11:00am	
Phoenix Rising – Brew, Chat & Jigsaw (Mandala) – 4:00pm	PNECET – Sporting Memories Online - 11:00am	LAL – Lancashire Adult Learning’s Homemade Christmas – 6:30pm	Divine Days – Relaxation Class–The Zone - 12:20pm	An Inclusive Future – Wonder Woman – 12:30 & 2pm	Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
Phoenix Rising – Gentle Chair Yoga (Mandala) – 5:00pm	Birchwood – Meditation – 12:00pm		LAL – Make your own: Christmas Pamper Hamper - (1/2) – 1:00pm	Understanding Anxiety – 2:00pm		
Breathe Therapies – Carers Advice & Info Clinic - 7:00pm	LAL – Make your own: Eco crafts for Christmas - (1/2) – 1:00pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm	Phoenix Rising – Yoga for peace of mind (Morecambe)– 2:30pm		
Man-archy – Support Group – 7:30pm	Phoenix Rising – Take Environmental Action, Walk & Create(Morecambe)– 2:30pm			Breathe – Mental Health Support Group – 7:00pm		

Lancashire Recovery College Timetable



December Week 3

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th
Birchwood – Tea & me – 10:00am	LAL – Make your own: Christmas Pamper Hamper - (2/2) – 10:00am	Birchwood – Walking by Birchwood – 10:00am	BWD – Adult MHFA – Fully Certified (1/2) – Audley – 9:15am	BWD – Adult MHFA – Fully Certified (2/2) – Audley – 9:15am	Phoenix Rising – Gentle Yoga for peace of mind (Mandala)– 9:00am	<p>Don't forget you can sign-up to our 'First Glance' group and receive the very latest news and offers as they happen; e-mail recovery.college@lscft.nhs.uk to receive our monthly planners straight to your inbox!</p>
LAL – It's a mans life (Men's mental health awareness) (2/2) – 10:00am	CPET – Coffee & Chat for people with Long Covid– Online - 10:30am	Let's Grow Preston – Christmas Special – Wreath Making – Ashton Walled Garden – 11am	Peer Talk –Peer Support Group-Intact Centre- 11:00am	Understanding Depression – 10:30am	Birchwood – Veterans Meet-up (NEW LOCATION: The Pulse, Skelmersdale) (Every 4 weeks – Please Enquire) 10:00am	
Let's Grow Preston – LSCFT Staff Well-being Workshop – Minerva Centre – 11am	Birchwood – Meditation – 11:00am	Birchwood – Cooking Session – 12:30pm	Divine Days – Relaxation Class –The Zone - 12:20pm	PNECET – Walking Football -11:00am	SEED – Drop-in – 11:00am	
Phoenix Rising – Brew, Chat & Jigsaw (Mandala) – 4:00pm	PNECET – Sporting Memories Online – 11:00am		LAL – Make your own: Christmas Pamper Hamper - (2/2) – 1:00pm	CPET – Wellness & Recovery Workshop (6/6)– 12:30pm	Birchwood – Knit & Chatter – (Every 2 weeks- please Enquire) 12:00pm	
Phoenix Rising – Gentle Chair Yoga (Mandala) – 5:00pm	Birchwood – Meditation – 12:00pm		Peer Talk –Peer Support Group-Central Methodist Church- 7:30pm	Phoenix Rising – Groove – Gentle Return to Fitness (Morecambe)– 1:00pm	Divine Days – Divine Inspiration: Community Dance Class - 2:00pm	
Man-archy – Support Group – 7:30pm	LAL – Make your own: Eco crafts for Christmas - (2/2) – 1:00pm			An Inclusive Future – Wonder Woman – 12:30 & 2pm		
	Phoenix Rising – Take Environmental Action, Walk & Create(Morecambe)– 2:30pm			Phoenix Rising – Yoga for peace of mind (Morecambe)– 2:30pm		



December Week 4

Monday 20th Tuesday 21st Wednesday 22nd Thursday 23rd Friday 24th Saturday 25th Sunday 26th

Birchwood – Tea & me – 10:00am

Breathe Therapies – Carers Advice & Info Clinic - 7:00pm

Man-archy – Support Group – 7:30pm

Phoenix Rising – Brew, Chat & Jigsaw (Mandala) – 4:00pm

Phoenix Rising – Gentle Chair Yoga (Mandala) – 5:00pm

CPET – Coffee & Chat for people with Long Covid – The Larder, Preston - 10:30am

PNECET – Sporting Memories Online – 11:00am

Birchwood – Meditation – 12:00pm

Birchwood – Flowers by Birchwood – 12:30pm

Phoenix Rising – Take Environmental Action, Walk & Create(Morecambe)– 2:30pm

Birchwood – Walking by Birchwood – 10:00am

Birchwood – Cooking Session – 12:30pm

Mental Health Awareness – 1:30pm

Peer Talk –Peer Support Group- Intact Centre- 11:00am

Divine Days – Relaxation Class- –The Zone - 12:20pm

Peer Talk –Peer Support Group- Central Methodist Church- 7:30pm







MERRY CHRISTMAS


From everybody at Lancashire Recovery College

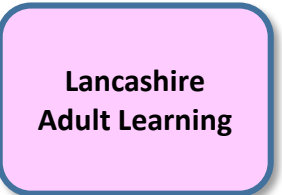

We know that the festive period can be a particularly difficult time for some. If you do need to reach out, there is help out there. Including the services below;



LSCFT Well-being and Mental Health Helpline
0800 9154640
Samaritans – Call on 116123
Text Shout to 85258


#BeaWinterFriend



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p>Lancashire Recovery College online courses include Self-Compassion, Gratitude, PERMA and courses to help you understand mental health conditions, including anxiety, depression and ADHD.</p>	<p>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>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>
 	<p>Community Prevention and Engagement (CPET) are hosting fortnightly sessions for people who are experiencing the effects of Long Covid.</p> <p>CPET are also running a 6-week Wellness and Recovery Workshops programme which begins on Friday 12th of November.</p>	<p>The Community Prevention and Engagement Team [CPET] aims to support people in improving and maintaining their mental health and wellbeing by making community connections, support networks and gain meaningful occupation. Through a recovery focused support plan; CPET aims to build service users confidence and resilience to achieve personal goals. By practicing person centred, strength based approaches we empower individuals to support their own mental health and wellbeing through social inclusion.</p>	<p>For the Long Covid sessions, please e-mail lucy.jones2@lscft.nhs.uk.</p> <p>To book onto the Wellness and Recovery Workshops at Adlington Library please contact the library on 0300 123 6703 or e-mail Adlington.library@lancashire.gov.uk</p>

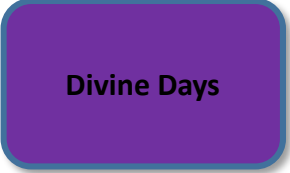

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>Phoenix Rising Free, friendly 6-week courses and one-day events across Visual Arts, Physical Activity, and Nature with online and in-person options. The courses and events are beginner-friendly, fun and designed to enable you to learn a new skill, try out a new potential hobby or reconnect with an old hobby or interest. You can sign up to one or more of the 6 week courses and/or our one-day events.</p>	<p>The programme is a collaboration between Lancashire Recovery College, visual arts organisation Green Close, the Gathering Fields eco-retreat centre, Lancashire Wildlife Trust and the Mandala Yoga & Wellbeing centre, Preston.</p>	<p>You can find and register for, the Phoenix Rising courses on the Lancashire Recovery College Eventbrite page www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively you can visit www.greenclose.org/phoenix-rising-free where you will be able to find out more about the project and register while you are there.</p> <p><u>Kirkham Well-being Programme</u></p> <p>Phoenix Rising are also running a free well-being programme in Kirkham. This includes cookery, walking, gardening, sewing, art and much more. To find out more and to register, please click on the link below;</p> <p>https://phoenix-rising-wellbeing.co.uk/courses/?_course_location=kirkham</p>

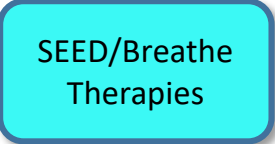


Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>Lancashire Adult Learning</p>  <p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. 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>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p> <p>Lancashire Adult Learning offer a wide variety of courses that can also be accessed via their website; LAL - Lancashire Adult Learning Courses. Over 300 Venues</p>

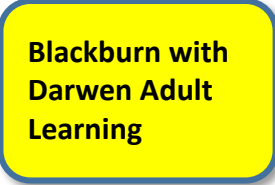



Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>An Inclusive Future CIC</p> 	<p>An Inclusive Future CIC: Wonder Woman Employment & Training Programme.</p>	<p>The project is designed to help women of all ages and backgrounds improve their employability 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 Paulwhite507@yahoo.co.uk or call 07960 279251</p>


Colour Code & Logo	Event Descriptions
<div data-bbox="96 554 504 796" data-label="Text"> <p>Preston North End Community and Engagement Trust</p> </div> <div data-bbox="96 939 591 1116" data-label="Image">  </div>	<div data-bbox="721 368 1039 396" data-label="Section-Header"> <p><u>Sporting Memories Online</u></p> </div> <div data-bbox="721 425 2433 611" data-label="Text"> <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> </div> <div data-bbox="721 639 1375 721" data-label="Text"> <p>- How to participate; Please e-mail Hannah.White@PNE.com for a Zoom guide</p> </div> <div data-bbox="721 749 930 778" data-label="Section-Header"> <p><u>Walking Football</u></p> </div> <div data-bbox="721 806 2089 906" data-label="Text"> <p>Played at Playfootball in Ingol. Prior registration is required in order to receive your instructions and safety information. Complete the online form on pne.com/pnecetwalkingfootball to book your place on a session.</p> </div> <div data-bbox="721 942 1065 971" data-label="Section-Header"> <p><u>Walk And Talk For Lilywhites</u></p> </div> <div data-bbox="721 1006 2433 1178" data-label="Text"> <p>Walk And Talk For Lilywhites is a weekly walking group that encourages men and women of all ages to combine the benefits of face-to-face social interaction and physical exercise by walking around Moor Park. The group runs from 10.30am every Thursday with participants meeting by the Sir Tom Finney Splash Statue from 10.15am. Complete our online sign-up form at pne.com/walkandtalk before attending your first session</p> </div>



Colour Code & Logo	Organiser Description	Contact Details/How to Participate
 	<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. The support group helps men to become more physically active and follow a more healthy lifestyle looking after both their hearts and minds. Man-archy also offers a free advice and guidance service to help link men into local services and projects.</p>	<p>For the support group, please e-mail Richard@divinedays.co.uk</p> <ul style="list-style-type: none"> - Alternatively you can call Richard on 07782548395.



Colour Code & Logo	Event Name	Organiser Description	Contact Details/How to Participate
 	<p><u>Relaxation Class:</u></p> <ul style="list-style-type: none"> • Yoga, breathing techniques & stretches. • Calming music & meditation. • Go home feeling relaxed. <p><u>Divine Inspiration:</u></p> <p>Community Dance Class Inclusive community dance classes collaborating with Inspiration Dance School and Divine Days Dance School ,working on performance skills towards events and competitions making dance for everyone.</p>	<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. 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>To book a place, please visit www.bookwhen.com/divine-days-community For any enquiries, please call 07802 551004 or e-mail info@divinedays.co.uk.</p> <p>Divine days also offer Dance classes for adults with additional needs (Thursdays and Saturdays), as well as Divine Dance and Hi-Heels (Both Thursdays) – Please visit www.divinedays.co.uk for further information.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
  	<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. 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. Breathe is a Not For Profit Organisation and the treatment arm of the charity offering support and education for eating disorders. At Breathe aims to ensure that anyone in Preston and the North West who are experiencing an eating disorder, obesity, mental health or wellbeing issues can have access to the most appropriate help and sufficient treatment to overcome the difficulties they may be facing.</p>	<p>Support Group 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>Drop-in Service</p> <ul style="list-style-type: none"> * Find out where you can receive treatment, therapy, support and advice in your area Receive information and help regarding specific topic areas relevant to eating disorder sufferers and carers * Complete creative and educational worksheets which can help you on your road to recovery * Have space and time to explore how you're feeling and express yourself through our wide range of art resources * Help to develop and improve your life skills and build self-confidence * Meet and chat informally with both other sufferers and our volunteers in a relaxed, safe and confidential environment * Access our useful resources and find out about our self-help group and calendar of support groups for forthcoming weeks 	<p>Drop-In: Every Saturday 11am-1pm: Drop-In Link: https://bit.ly/DropInGroup Meeting ID: 789 0274 9973</p> <p>Support Group: Fridays (Fortnightly) – 7pm-8:30pm: Support Group Link: https://bit.ly/SEEDLancsSG Meeting ID: 756 5416 4158</p> <p>Carers' Advice & Info Clinic: Mondays (Fortnightly) 7pm-8.30pm: Carers Link: : https://bit.ly/CarerClinic Meeting ID: 795 1315 0828</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.lancashire on Facebook, @seed.lancashire on Instagram, @SEEDLancashire on Twitter or S.E.E.D Lancashire on LinkedIn. Call us at 01772 915735 for any additional questions or queries!</i></p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<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 Blackburn with Darwen Adult Learning. 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 via the link below; www.bwdlearning.org/findacourse</p>
 	<p>Peer Talk - Preston</p>	<p>PeerTalk Support Groups provide a forum for individuals who experience depression, anxiety and/or other related emotional distress to:</p> <ul style="list-style-type: none"> • Meet other people who experience similar challenges and communicate with them in a supportive, confidential (within normal limits) and proactive environment with two trained PeerTalk facilitators • Give and / or receive support to help them cope better 	<p>There is no need to book in advance, you can simply turn up to a session. You can click here for an information leaflet or visit https://www.peertalk.org.uk/support-groups to find out more. Please e-mail enquiries to enquiries@peertalk.org.uk or call Tel: 07719 562 617.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
<div data-bbox="129 411 402 582" style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center; background-color: #d9ead3;"> <p>The Birchwood Centre</p> </div> <div data-bbox="63 756 471 878" style="margin-top: 20px;">  </div>	<p>The Birchwood Centre Social Inclusion Team</p>	<p>The Birchwood Centre social inclusion team provide a range of services for adults and young people, to prevent homelessness, reduce social isolation and improve health and well-being. They have been engaging with the community and surrounding areas for nearly 12 months. During that time, they have set up sessional work, befriended local people, supported language classes, filmed education food videos, and continued to offer the Birchwood community shop.</p>	<p>To book onto any of the Birchwood Centre’s activities displayed on our planner, please call 01695 713248. For details on the full Birchwood Centre range of activities including Psy—tap therapy, Art, craft and flower arranging, Tribal Dance and many more, please call 01695 713248 or visit https://www.birchwoodcentre.co.uk/birchwood-social-inclusion-session-schedule</p> <p>All face-to-face sessions are held at either Ennerdale House, Skelmersdale, WN8 6AN or Tanhouse Community Centre, Ennerdale, WN8 6AN.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p>Everybody moves is an inclusive, interactive & super fun programme to get you moving & dancing as you probably have never imagined you could! Not only will you learn new skills, new moves & get fit & active, you'll also make new friends & feel a real sense of both achievement & belonging! Come & join DanceSyndrome, meet the team and experience our inclusive dance workshops in a safe, encouraging space.</p> <p>The sessions will be co-delivered by a dance artist and a dance leader with a disability and will focus on; getting to know each other; developing connections through dance; and introducing creative activities to begin to develop choreography.</p>	<p>Jen Blackwell has Down's syndrome and is the inspiration behind multi award winning charity, DanceSyndrome. With the support of her family, she co-founded DanceSyndrome in 2009, and which became a registered charity in 2013. Jen's dream was to be a community dance leader providing accessible dance for everyone. Her challenge to find appropriate inclusive dance opportunities, dance leadership and performance training led to Jen and her Mum setting up their own organisation. DanceSyndrome operates a unique co-delivery model providing dance training in the community and online - both in the form of inclusive technique classes and open creative sessions. DanceSyndrome offers a broad programme of innovative dance, leadership and inclusion workshops and training to address health inequalities, social inclusion, prevention, and transformation. DanceSyndrome also developed and delivers the 'Dance by Example' training course accredited by Sports Leaders UK as well as performing spectacular routines all over the UK and delivering inspirational and motivational talks and presentations.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Or click the direct link to book onto the course below;</p> <p>https://www.eventbrite.co.uk/e/193428609177</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 	<p><u>Christmas Special – Festive Wreath Making with Let's Grow Preston</u></p> <p>Enrol for this festive course and you'll have the opportunity to discuss, design and produce your own festive wreath, ready to be taken home and enjoyed throughout the festive season.</p> <p>All materials will be supplied to create your own festive wreath, if you have a particular colour scheme in mind you could also bring along your own ribbon/ decorations to add in.</p> <p>Places are limited, please book early to avoid disappointment.</p>	<p>Let's Grow Preston are horticultural experts focused on supporting everyone who lives and works across Preston to get out in their garden, parks and other outside spaces to enjoy nature, nurture growth and meet like-minded individuals.</p> <p>We are excited to be working in partnership with this fabulous charitable organisation, boosting wellbeing and demonstrating the calming and creative influence of nature!</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>

About #BeaWinterfriend

Organisations and individuals can be Winter friends and people can be a winter friend to themselves through self care. Remember to use the hashtag #BeaWinterFriend to highlight the difference you are making this winter!

Examples of an organisation Being Winter Friends and helping people they support through this winter:

An organisation can be a Winter Friend by helping someone to **Connect** to a service or activity

An organisation can be a Winter Friend by supporting someone to **Be Active**

An organisation can be a Winter Friend by helping someone to **Keep Learning** through a large array of courses

An organisation can be a Winter Friend by supporting people to **Give** their time

An organisation can be a Winter Friend by helping people to **Take Notice** of what is available in their community

Examples of individuals being Winter Friends and supporting friends through this winter:

A Friend that helps someone **Connect** to a service they need (could be an essential service-winter fuel payment for the elderly)

A friend who gets someone to **Be active** over the winter and beyond –a walk, digital online arm chair aerobics session.

A Friend who **Takes Notice** to look out for a vulnerable or elderly neighbour and checks in on them regularly.

A Friend who helps someone to **Keep Learning** by encouraging them to take an online course, potentially buddying up with them to do one.

A Friend who will **Give** up their time to clear snow from an elderly or disabled neighbours footpath, make a lonely neighbour their Christmas lunch

Examples of how people can self-care and be a Winter Friend to themselves through this winter.

Keep **connected** with friends and family and don't be afraid to ask for help if you need it

Keep **active** indoors and outdoors ensuring you avoid or take precautions to avoid situations where slips and falls may happen.

Take notice of the weather if you are going out and remember to wear plenty of layers of clothing.

Keep learning by taking up a new online course or rediscover forgotten hobbies or take up a new one-drawing, painting, quizzes

Give your time to other people –volunteer as a befriender or keep in contact regularly with your friends especially those that live alone.