

Day	Sessions Times			
Monday				7.30pm - Movement to Music (Say2) Zoom - Code: 3747934597
Tuesday	11.30am - Pilates LIVE on Facebook	1pm - Fitness with Jamie Zoom - Code: 976 138 8345 Password 678910		7.00pm - Covid Stories (Say2) Film/Video Production Course Zoom - Code: 3747934597
	11am - 'Walk & Talk' (Central) Moor Park, Preston PR6 1AU	1.00pm - 'Walk & Talk' (Central) Chorley, Park Road PR7 1RF	4pm - 5pm Football 30/03/21 Leisure Box, Glen Way, Brierfield BB9 5NH	
Wednesday		11.00am - 'Walk & Talk' (Central) Leyland - Worden Park, Worden Lane PR25 3BD	12.30pm Shenkido - Mindfulness Zoom Code 889 70951878 Password 604261	1.00pm - 'Walk & Talk' Support Group (North) Fleetwood - YMCA Marine Hall
	11am - 12 Tennis/Walking Group Stubbylee Park, Bacup Contact: Steven McGuinness 07746 747245	11.00am - Workshop Beginners Guide to Self-Employment Zoom Code - 843 1928 4132 Password - 862828 call Andy Clark	11am Female Only Yoga Meeting I.D 816 9446 8025 Passcode 913 365 3pm - 5pm Football Accrington Stanley Hub Higham Playing Fields, Thorneyholme Rd, Accrington BB5 6BD	7.00pm - Inspire with CSI Social Evening (Online Zoom) Contact Andy Toyton
Thursday	10.00am - 'Walk & Talk' (Central) Preston - Avenham Park, South Meadow Lane PR1 8JP	11am - 12 noon - Virtual Youth Hub Zoom- 839 4244 9719 Passcode: 093322 Contact Kristy: 07724 644600	1.45pm - Mind & Body (Say2) 'Nutrition Coaching' Zoom - Code: 3747934597	6.00pm - Bingo (Online) Facebook.com/LancashireCSI
	10.00am - 11.30am Trinity Hub Arts & Crafts via Zoom Code: 880 4538 6412 68833		12.30pm Yoga with Scott Zoom Code: 976 138 8345 Password 678910	
Friday	9.10am - Mimi Breath Work Live via Zoom from Bali Meeting ID: 830 3031 1209 Passcode: 605003		12.00 till 1.30pm Football Session South Meadow Lane, Preston PR18JP	6pm - 7pm Trinity Food Bank Bankhouse Lane, Bacup OL13 OAL Contact: Steven McGuinness
Saturday	10.00am - Yoga (Online) Facebook.com/LancashireCSI	11am-12pm 'Football' 17/3/21 St Martins, University of Cumbria, Lancaster - LA13JD		5.00pm - LUF Lounge (Online) Facebook.com/redroserecovery
Sunday	10.00am - Yoga (Online) Facebook.com/LancashireCSI	1pm - 'Walk & Talk' (East) Meet under the clock at Burnley Bus Station, contact Sharon to book place: 07389182500	1.00pm 'Walk & Talk' Morecambe Sailing Club LA4 5AS	8pm - Bingo and Banter Meeting ID: 795 428 9742 Passcode: 67839A

CSI Facebook details - www.facebook.com/LancashireCSI

CSI with NewYou Chit Chat Column - Follow this link to join the WhatsApp group:-
<https://chat.whatsapp.com/ICBGqAzHrDNDIhrlw5QOZa>

CSI are running small support group sessions indoors and outdoors therefore numbers are limited to 15 at these activities. All activities are following the Government guidelines. Please contact the support worker for your area before attending a face to face activity.

Active Lancashire with CSI	Working with our Local Authorities/Partners to promote local activities and helping to keep peoples mental health and wellbeing in a good place - https://www.activelancashire.org.uk/
The Well	The Well Communities - Running Group Sessions - https://www.thewellcommunities.co.uk/
Pause Recovery	Pause.Recover - Referrals Only - Contact: Marc.c@pauserecover.org or 07402466417
Red Rose Recovery	RRR - Running Group Sessions including The LUF Lounge. https://www.redroserecovery.org.uk/
Emerging Futures	Running Group Sessions FB pages - https://www.emergingfutures.org.uk/ - Running Abstinence Groups
CGL Inspire	CGL - North, Central & East information booklet produced - https://inspirelancs.org.uk/ - A number of groups running.
NewYou	Supporting wellbeing in the community - https://www.facebook.com/NewYouLancs/www.inspirenorthlancs.org.uk

CSI Team Contact Details

Tamasin Lamb	United Together Project Lead & CSI/New You North SW	07724656681	tlamb@activelancashire.org.uk	22 + 15hrs
Joe Duffield	CSI Support Worker	07922511671	jduffield@activelancashire.org.uk	10 hrs
Kristy Telford	Pendle YES Hub Outreach Worker	07724644600	ktelford@activelancashire.org.uk	FT
Dave Bayliff	United Together Project	07728213041	dbayliff@activelancashire.org.uk	32 hrs
Gwen Hughes	Homeless Project Lead & CSI/New You Central SW	07732163149	ghughes@activelancashire.org.uk	15 + 15hrs
Paul Swarbrick	CSI Support Worker	07944795285	pswarbrick@activelancashire.org.uk	10 hrs
Darren Grundy	Homeless Project - CSI Support Worker	07746747409	dgrundy@activelancashire.org.uk	10 hrs
Neil McLean	CSI Admin & Support Worker	07577033410	nmclean@activelancashire.org.uk	1 day
Steven McGuinness	Rosendale Works Support Worker	07746747245	smcguinness@activelancashire.org.uk	13 hrs
John Raper	Homeless Project - CSI Support Worker	07474615073	jraper@activelancashire.org.uk	10 hrs
Jacob Forkin	Active Seconds Shop Coordinator	01254785986	jforkin@activelancashire.org.uk	13 hrs
Andy Clark	Rosendale Youth Works Officer	07907106589	ACLark@activelancashire.org.uk	FT
Louise Gregory	Rosendale Works Support Worker	07859739902	lgregory@activelancashire.org.uk	24 hrs
Sharon Hayward	Homeless Project - CSI Support Worker	07389182500	shayward@activelancashire.org.uk	10 hrs
James Rasmussen	Homeless Project - CSI Support Worker	07389181784	jramussen@activelancashire.org.uk	10 hrs
Alan Kenyon	United Together Project	07434835559	akenyon@activelancashire.org.uk	15 hrs
Dave Marshall	Pendle YES Hub Coach & Outreach Worker	07859739635	dmarshall@activelancashire.org.uk	32 hrs
Dave Lamb	Pendle YES Hub Outreach Worker	07861681949	dlamb@activelancashire.org.uk	13 hrs
Marta Pakula	Pendle YES Hub Project Lead	07861681427	mpakula@activelancashire.org.uk	FT