

# TIMETABLE NOVEMBER 2024

## MONDAY

### Multi Sport

12 noon - 1pm, All Seasons Leisure Centre, Water St, Chorley PR7 1EX

### Free Ladies Yoga

12.15-1.15pm and 1.30-2.30pm Haslingden Community Link, Haslingden, BB4 5PG  
Book with Geraldine on 07465 755471

### Box Champions, Non-Contact Mentoring

2 - 3pm

Pendle Yes Hub, Scotland Road, Nelson BB9 7UU  
16 to 24 yrs only



### Don't Fret- Guitar Sessions with Aaron

1pm- 2pm, Pendle YES Hub, Scotland Road, Nelson BB9 7UU  
16 to 24 yrs only



### Music Group

1pm - 2pm Active Seconds Shop, The Arndale, Accrington, BB5 1EX

### Boxing

1pm-2pm.

Soccer City, Parker Street, Ashton on Ribble, Preston, PR2 2AH

### Community Options

2pm - 4pm, Skills Hub, Futures Park, Bacup OL13 0BB

### Multi Activities

3 - 4pm, Blackburn Youth Zone, Jubilee St, Blackburn BB1 1EP  
(Except School Holidays)

## Tuesday

### Non-Contact Boxing

10.30am- 11.30am, Birch Green ABC Boxing Club, Heversham Birch Green WN8 6QQ

### Walk & Talk

11 am - 12 noon Moor Park, Preston, PR1 6AU

### Yoga

1pm - 2pm

YMCA, Lofthouse Building, London Street, Fleetwood, FY7 6JL

### Walk, Talk, Foraging (WTF) Tuesdays

1.30 - 2.30pm

Skelmersdale Ecumenical Centre (The Eccy), Northway, Birch Green, Skelmersdale WN8 6PN

### Boxercise & Wellbeing

2 - 3 pm

The Fighting Fitness Academy Love Boxing, Unit 3a Myrtle Grove, Lench Rd, Rossendale, BB4 7JH

### Pickleball, Football and Badminton

4 - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH

### Youth Club

5.30 - 7.30 pm, Pendle YES Hub Scotland Road, Nelson, BB9 7UU

16 to 24 yrs only



## SUNDAY

### Walk and Talk

1pm Morecambe Battery Cafe

## Area Key

Central Lancs

East Lancs

North Lancs

Blackburn

Wyre

Online



16 - 24 yrs only

## WEDNESDAY

### Games Room (Table Tennis, Pool and Gaming)

2pm - 3pm, Pendle Yes Hub Scotland Road,  
Nelson BB9 7UU



**16 to 24 yrs only**

### Walk & Talk

11am - 12 noon Worden Park, Worden Lane  
Leyland PR25 3BD

### Football

12 noon - 1pm Fylde Sports and Education  
Centre, Coronation Way, Mill Farm, Preston  
PR4 3JZ

### Badminton

1 - 2pm YMCA Fleetwood Leisure Centre,  
ESPLANADE, Fleetwood FY7 6HF

### Kickboxing

1 - 2pm

Dragons Kickboxing Club, Mill, Unit 4 Thorney  
Bank Street, Nelson Square, Burnley BB11 1LA

### Walk, Talk & Foraging

10 am - 12 noon

Inspire, St Philips Centre  
Leeds Road, Nelson  
BB9 9XB

Contact Sarah Dickson For Details: 07465  
743761

### Haslingden Community Link Drop- in Active Lancashire Advice and Support

**11am - 12pm**

Haslingden Community Link, Haslingden. BB4  
5PG

### Walk Wednesdays

1 - 2pm, Pendle YES Hub, Scotland Rd,  
Nelson, BB9 7UU



**16 to 24 yrs only**

### Boxercise

2- 3pm

Dallas Road, Lancaster, LA1 1TP  
Sessions are FREE to attend and open to all.

## WEDNESDAY

### Docks Walk & Talk

1.30 pm Riversway Preston Meet  
dockside at the Ribble Pilot

### Football Works 5-a-Side

1 - 2pm

Marl Pits Leisure Centre, Newchurch  
Road, Rawtenstall BB4 7SN

### Football

3 - 5 pm Accrington Stanley Hub,  
Higham Playing Fields, Thorneyholme  
Road, Accrington BB5 6BD

## THURSDAY

### Free Breakfast Club

10 am - 12noon (Light Activities, Chill &  
Chat) Trinity Hub, Bankhouse Lane  
Bacup OL13 OAL

### Bacup in Bloom Volunteer Gardening Sessions

**2 pm - 3 pm**

Stubbylee Park,  
Bacup OL13 9RG

### Walk & Talk

11am - 12 noon Avenham Park, South  
Meadow Lane, Preston PR1 8JP

### Yoga

12pm. Clayton Brook Village Hall,  
Clayton-le-Woods, Bamber Bridge PR5  
8HL.

### Mixed Netball

6pm - 7pm

Hyndburn Sports Centre  
With coach Jane Moodie  
Contact Jane on 07960 340142 for any  
enquiries

## FRIDAY

### Making a Change Wellbeing & Nutrition Group

1 pm @ CGL Morecambe.

**REFERRALS ONLY**

Contact Tamasin Lamb :  
07465 743751

## THURSDAY

### Badminton

2 - 3.30pm

Blackburn Youth Zone, Jubilee Street,  
Blackburn BB1 1EP  
(Except school holidays)

### Gym Session

3 - 4pm

Pendle Wavelengths,  
BB9 9TD



**(16-24 yrs only)**

### Badminton

7 - 8 pm West View Leisure Centre  
Ribbleton Lane, Preston PR1 5EP

## FRIDAY

### Walk & Talk

10 - 11am Adlington Library, Railway  
Road, Chorley PR6 9RG

### Football Session

12noon - 1.30pm

Soccer City, Parker Street, Ashton-on-  
Ribble, PR2 2AH

### Rosendale Works Allotment

1 - 4 pm

Place of Connection & Friendship.  
Stacksteads Allotment Society,  
Brunswick Terrace, Bacup OL13 0HE

### Kickboxing, Boxing and Wellbeing

2- 3pm

Unit 17 Victoria Mill,  
Victoria Street. Accrington. BB5 0PG

### Snooker and Pool

12noon - 1pm, Alexandra Snooker  
Club, 5 Holme Street, Nelson



**16 to 24 yrs only**

### Badminton & Multisports

2:30 - 3:30pm

Salt Ayre Leisure Centre,  
Doris Henderson Way, Lancaster.  
LA1 5JS