



Friends and Relationships Champions Newsletter

**Preston Chorley and South Ribble
January and February 2017**

**Easy read entertainment guide for people with a
learning disability**



**This is where you can find out what's on and share your
news, stories and events for the Preston area.**



**the cinema exhibitors'
association limited**

Discount for the Cinema

Did you know that a CEA card will

**get a supporter or carer into the cinema with you for
free? The card costs £6 and you need to have DLA or
PIP to qualify or other benefits. Check the website for
more details:**

www.ceacard.co.uk



**Legend Of A Band - A Tribute To The
Moody Blues - Saturday 7 January at
7:30pm Tickets £24.00**

**Guildhall, Lancaster Road, Preston, PR1
1HT Telephone: 01772 804444**

Email: prestonguildhall.com



Bye Bye Baby

Saturday 11 January 7.30pm

Guildhall Lancaster Road Lancashire PR1 1HT

Contact booking office for ticket prices

Telephone 01772 804444

Email prestonguildhall.com



WATERLOO Swedish pop group Abba swept to superstardom with their Eurovision winning "Waterloo"

15 January 7.30pm

Tickets £24.00

Venue - Guildhall Lancaster Road PR1 1HT



Dan Cruickshank

The History of Architecture in 100 Buildings from the ancient Egyptian pyramids to the soaring skyscrapers

Friday 20 January 7.30pm

Tickets £16.00

Guildhall Lancaster Rd

Lancashire PR1 1HT

Telephone 01772 804444



Tea Dance

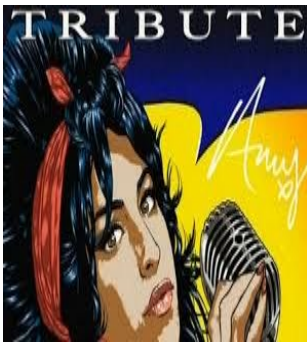
Tuesday 31 January at 2pm

Tickets £5.50

**Guildhall Lancaster Road, Preston, PR1
1HT**

Telephone 01772 804444

Email prestonguildhall.com



The Amy Winehouse

**Experience AKA Loneliness
plus Emily Lees**

Saturday 28 January 7.30pm

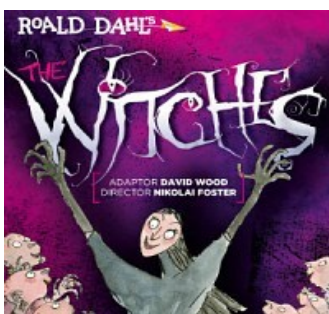
The Old Courts

Crawford Street

Wigan WN1 1NG

Tickets: £10 — £12

Telephone: 01942 375859

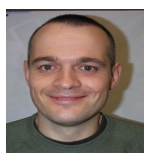


The Witches Chorley Youth

Theatre - Roald Dahl's scariest book is brought to life in tremendously terrifying treat for the whole family.

**Friday 20 January 7.30pm and Saturday 21
January 2.30 and 7.30pm at Chorley Little
Theatre, Chorley. Tickets £4.00 children,
£6.00 adults. Telephone: 01257 264362.**

Have Your Say...



Preston Learning Disability Forum
January 13th and February 10th 2pm till 4pm at Preston Town Hall Lancaster Road. Join us to talk about local issues and shaping the Future To find out more phone James Hughes on 01772 561323 or Pat Afflick on 01772 730315.

To find out more about the **Lancashire Partnership Board** and taking part, please look at our website www.ildpb.org or contact Amanda Topps 07919 306304 or by email on Amanda.Topps@lancashire.gov.uk.

Face 2 Face Meetings run by self advocates for self advocates **every third Thursday of each month. The next dates are 19 January and 16 February 1.30 – 3.30pm at Plungington Community Centre, Brook Street, Preston, PR1 7NB.** To find out more phone James Hughes on **telephone 01772 827840.**

Integrate are looking for self advocates to attend their Ordinary Lives Meeting held at Integrate Office every six weeks 3 - 5pm . If you or anyone you know might be interested please **Telephone 01772 730315** or email pat@integratepreston.org.uk



Coppull Methodist Church

Spendmore Lane, Coppull, Chorley, PR7 5BY

On the 1st Monday at 12.15 pm we have a Prayer Lunch and on the first Tuesday at 7.30 pm Friendship Hour a group for everyone meets. During the year we have many fund raising events and support many charities at home and abroad.

Monday	Cards and crafts
Tuesday	10.00-11.15 Coffee morning Thought for the day, monthly Communion on 1st Tuesday
Wednesday	Watercolour painting
Thursday	Chat, Armchair exercises, Soup & sandwiches
Friday	Dominoes

Telephone: 01257 791829. Please come and find out about us. Everyone is welcome.



Art in Adlington

Art in Adlington meets on Tuesdays at Fairview Youth and Community Centre, Highfield Road North, Adlington. The new spring term starts Tuesday 10th January and runs until the end of March. If you are interested in doing art in a relaxed and friendly group please contact Gwen Howells on 01257 482825 or email secretary@artinadlington.co.uk

Places to go!



Ellerbeck Narrowboats

**Rawlinson Lane, Heath Charnock, Chorley
PR7 4EP**

Price £45.00 to hire for the day

For information telephone 01257 480 825.



Duxburys Garden Centre

**92 Chain house Lane, Whitestake, Preston,
PR4 4LB**

**Home of the Maple Leaf Restaurant &
Lounge open late every Thursday until 8pm)
Telephone** 01772 336664.



Fredrick's Ice Cream

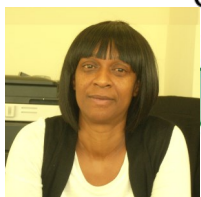
**Bolton Road Dairies
Heath Charnock
Lancashire, PR7 4AL**

Opening Times 7 days 9am - 9pm

Telephone 01257 263 154



Thank you! A huge thank you to Pat Afflick from Integrate who is editing the new Friends and Relationships Newsletter for the Preston area. If you have events or stories to share please email Pat pat@integratepreston.org.uk with your posters, events, reports, stories or news!
Thank you!





Babes In The Wood

Little Theatre, Wigan

Crompton Street, Wigan, WN1 3SL

12th January 2017 7.30PM

Saturday 14th 2.15pm

Sunday 15th 2.15pm

Tickets: £10.00

Telephone: 01942 242561.



**National
Theatre
Live**

Amadeus

Chorley Little Theatre

Dole Lane, Chorley, Lancashire, PR7 2R

Thursday 2nd February 7.00pm

Tickets FREE!

Voice for All Film Night



Ready for another Voice for All Film Night?

Come along, bring your friends and together let's enjoy a film on the big screen. Everybody Welcome!



**Monday
23rd January 2017**

in the Voice for All room, Lisieux Hall,
Dawson Lane, Chorley, PR6 7DX

Doors open at 6.30pm

Film starts at 7pm prompt!



We will be watching...

'Oliver'

Free Entry!

*All we ask is a small donation and contribution.
Refreshments will be available for your enjoyment.*

*Thank You for supporting yet another
Voice for All event*



Valentine's Disco

7pm - 10pm

Friday 10th February 2017

at St Joseph's Social Club, Harpers Lane, Chorley

Live Music, Disco, Hot Pot, Bar and Raffle



Only £10 a ticket

If you need support, you only pay £5 for your support staff ticket!

Order your tickets now for a great night out

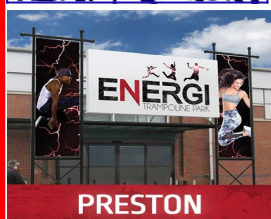
Tickets available from John Whitehead c/o Voice for All

Lisieux Hall, Dawson Lane, Whittle le Woods, Chorley PR6 7DX

Telephone 01257 266311 or email j.whitehead@brothersofcharity.org.uk



Lets work out and have some fun



Dance Syndrome

For more information about dance workshops contact Dawn Vickers

dawn@dancesyndrome.co.uk

Energi Trampoline Park Preston

4, Queens Retail Park, Queen St, Preston PR1 4HZ

Opening times: Monday—Saturday 10am to 9pm and Sundays 10am to 10pm

Telephone : 01772 440400

South East Lancashire Cross Country League

Chorley Athletic and Triathlon Club is hosting this cross country event in Astley Park on Saturday 18th February starting at 1pm. 20 teams, 350 to 400 runners with ages from under 11 years to over 70 years.

Skylarks - Singing! at Astley Coach House Chorley on Thursday 12 January from 10.30am to 11.30am. Fun, interactive, therapeutic singing and music for all. Everyone welcome - even those who think they can't sing. Admission £3.

motiv8 Lancs



Throughout our new project we would like to help improve and enhance participants physical, mental health and well-being by delivering a wide range of structured activities that promote a sense of well-being through achievement.

Participants will be able to participate feeling confident in a safe learning environment with people from the local community what you make in the cooking session you will be able to take home at the end of every session

These Free 10 Week

Dance/Fitness and Healthy Eating/Cooking sessions are for:

People who are socially isolated living in the local community who would like to participate whilst learning new skills or techniques

This involves one hour basic exercise/dance/fitness plus learning how to cook, healthy affordable meals



At Faringdon Park Community Centre

24, Thirlemere Road

PR1 5TR

STARTING THURSDAY

12TH JANUARY: 11.00am – 4.00pm

Tracy on 07980292330

to book a place or for further

details as numbers are limited

This is a **free** ten week course for people who are able to attend each week, committed and willing to learn

The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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Participants will be able to participate feeling confident in a safe learning environment with people from the local community and what you make in the session you will be able to take home at the end of every session

These Dance/fitness and Healthy Eating/Cooking sessions are for:

People who have a learning disability, a mental health need, or for people who are socially isolated living in the local community.



At a venue in South Ribble to be confirmed shortly

Tuesday: 10.00am – 3.00pm

Tracy on 07980292330

to book a place or for further details as numbers are limited

This is a **free** ten week course for people who are able to attend each week, committed and willing to learn

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.





Dave Spikey (Work In Progress)

Chorley Little Theatre

Dole Lane, Chorley, Lancashire, PR7 2RL

Thu 9 Feb 2017 7.30PM

Fri 10 Feb 2017 7.30PM

TICKETS £11.00

Telephone 01257 264362

Email bookings@chorleylittletheatre.com



Shared Reading Group

at the Preston Harris Library every two weeks, Market Square, Preston, PR1 2PP.

This event is free, but booking is required.

During school term times.

Staying Safe on Facebook

Top tips

1. Don't post personal information

2. Think carefully before posting a photo

3. Set privacy settings to high

4. Never give out your password

5. Don't befriend people you don't know

6. Don't meet up with people you've met online by yourself

7. Not everyone online is who they say they are. So check

8. Think carefully about what you write before you post

9. Respect other people's views

10. If you see something that worries you report it



BIG NIGHT OUT 2017

7.30—10.30pm

The Wardens, Skelmersdale

Entrance Fee £5 (please note there will be no food)

13th January	21st July
17th February	18th August
17th March	15th September
14th April	13th October
12th May	17th November
23rd June	22nd December

For more information contact Margaret Long mclong@talktalk.net



Disco Friday evenings 6 – 9pm at

FX Project Caritas Care, Bannister

House, 23 Sedgwick Road, Preston PR1

1TP £2.50

Opening hours Monday - Friday 9 – 4pm

to phone for information 01772 561323

or email www.caritascare.org.uk



Meet n Match Drop-In Session

Come along to our drop-in session to find out more about Meet n Match



Join in

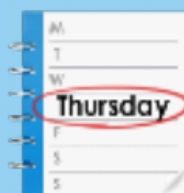
When: Thursday 12th January

Time: 1.00pm to 4.00pm

Where: Ormerod Trust, 2 Headroomgate Road, Lytham St. Annes, FY8 3BD



This will give you the opportunity to find out information about our events, volunteer opportunities and membership.



1.00 pm



4.00 pm

To find out more, contact Rachel on
07749 390 790



COME ONE, COME ALL



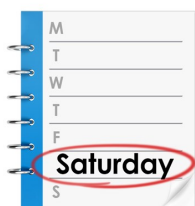
**Entry Fee: £5
Carers FREE**

CARNIVAL DISCO

Dress Code: Bright Colours
Disco / Karaoke / Raffle / Games

Saturday 21st January

7:30pm - 11pm



Wainwright Club - 173 Hornby Road
Blackpool, FY1 4RD



**Please contact Rachel on 07749 390790
if you would like to attend.**



Hawaiian Party

Book by 3rd March

Tickets: £10

Disco

Blind Date

**Hot Food
& Dessert**

**Limbo & Hula
Competitions**

Live Entertainment



**Dooley Suite - Preston Grasshoppers RFC
Lightfoot Green Lane - Fulwood - Preston - PR4 0AP**

Friday 17th March 2017 7:00pm - 10:30pm



To book your tickets, contact our Event Coordinators:

**Lucy Hamlin
07762 964728**

**Rachel Lambert
07749 390790**

Integrate's Award winning Enterprises

where people learn a number of different work based plus social skills



Woodhouse 101 Stocks Rd Ashton

Preston PR2 2TB

Opening hours Monday – Friday 9 – 4pm

Saturday 9 – 12pm

Telephone — 07788415446

Email Damon@integratepreston.org.uk



Plants + 2 Bristow Ave Haslam Park

Blackpool Rd Ashton Preston PR2 1JE

Opening hours Monday – Friday 9 – 4pm

Saturday 9- 12pm

Telephone — 07931384330

Email brian.h@integratepreston.org.uk



PAK — IT Unit 1 Oakham Court Avenham

Preston PR1 3XP

Opening hours Monday – Friday 9 – 3pm

Saturdays closed

Telephone — 01772 259700

Email timcosgrove@integratepreston.org.uk



Integrate Charity Shop

452 Blackpool Rd Ashton Preston PR2 1HX

Opening Hours Monday – Saturday 9 – 4pm



North West Regional Advocacy Conference 2017

*'Building Confidence and Citizenship
in Uncertain Times'*



Venue: Hilton Hotel, Blackpool



28th February - 2nd March 2017

Arrangements are now being made for the North West Regional Advocacy Conference 2017. This will be our **14th Annual Conference**.

To download an application form please click [here](#)



Or for more information please contact

Jason Rhodes - Conference Organiser

Suite 2, Waterside, St James Court West, Accrington, BB5 1NA

Telephone: **01254 790230**

E-Mail: Jason.rhodes@pathwaysassociates.co.uk

or: icjr@pathwaysassociates.co.uk

WOMEN'S GROUP

**We are starting a brand new group
just for women at**

Disability Equality North West

Our first meeting will be asking for your
ideas on how you would like the group to be
run and what activities you would like to do



The group will be held on Tuesday 17th January 2017
from 1pm till 3pm at Disability Equality North West

For more information please contact Helen McCondichie on
01772 558863 (Extension 2)

Or email helenm@disabilityequality.org.uk

Charity Number 1114622 Company Number 550603

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am - 4pm: Intact Drop-In (Monday to Friday) FREE confidential support and information for all.					
Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Computer Drop-in 9.30am - 3.30pm FREE: Friendly and informal use of computers with Internet access.	Computer Lessons 9.30am - 12.30pm FREE: 1-2-1 support. Ideal for beginners.	Café 49 5pm - 7pm FREE: Chill-out time for adults and families to get together in a safe environment. <i>Including X-Box, games, pool, music, films, tea, coffee and lots more.</i>
Call into Whitby's for a range of refreshing drinks and delicious food. from 10am Monday - Friday	Chiropodist (fortnightly) 9.30am - 12.30pm Sore feet? Come and see Melissa to work her magic! <i>(Prices vary dependant on treatment.)</i>	Citizens Advice Drop-in 9.30am - 1pm FREE: Confidential advice and information.	Yoga 9.30am - 10.30am £1.50 per session. First session FREE.		*Arts and Craft group Six week arts and craft course starting Tuesday 15th November lead by Lancashire Adult Learning. For more information 01772 760 760 or email: venity.griffiths@intact-preston. org.uk
Prize Bingo 12.45pm - 2.45pm Enjoy a game of bingo and make new friends.	'Nurturing Nature' 11am - 12.30pm FREE: Friendly and informal social group discovering nature and the local environment.	Walking for Health 10am - 11.30am FREE: Get out and about and get fit at the same time.	Walking for Health 10.30am - 11.30am FREE: Gentle walk in Haslam Park. Meet in the car park.	Direct Help 9.30am - 12.30pm Help, guidance and support service. Appointments available.	November 2016 - January 2017 The majority of activities provided by Intact are FREE. However, some activities may be subject to a small fee. Please ask for details. Activities, times and venue may vary. For regular updates, give us a call, drop-in, visit our website, or join us on Facebook and Twitter. ☎ 01772 760 760 🌐 www.intact-preston.org.uk 📍 Intact.Centre.3 🐦 @IntactCentre Or email Deb: debra.fitzsimmons@ intact-preston.org.uk
Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs.	*Arts and Craft Group 1pm - 3pm FREE: Socialise and have fun in this informal arts and craft session.	Work Club 1pm - 3pm FREE: Friendly support on your search for employment with access to the latest jobs	The 'Weigh Forward' 1pm - 2pm FREE: Each week we look at a different area of our health and lifestyles.	1-2-3 Friendship Group 1pm - 3pm Meet new friends, quizzes, charades and more. Enjoy a monthly trip out.	
Fitter Finances 1pm - 3pm 'How healthy are your finances? We can save you money!!! Just ask....'	Computer Drop-in 12.30pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	Food Co-op Wednesdays Collect your fruit, veg or salad bags. ONLY £4 each (Pick up 1pm - 3pm)	Basic Aerobics 12.30pm - 1pm FREE: Aerobic sessions for all ages and abilities.	Computer Drop-in 1pm - 3.30pm FREE: Friendly and informal use of computers with Internet access.	
Let's Dance 5.30pm - 6.30pm Ages 8-14 years. £1	Direct Help 1pm - 3pm Help, guidance and support service. Appointments available.	Quit Squad 1pm - 4pm FREE: 1-2-1 support for quitting smoking or e-cigarettes.	Community Voices Singing Group 4.30pm - 6pm 'Young Persons Community Choir.' Ages 5-16. £1 per person.		
Adult Dance Fitness 6.30pm - 7.30pm Enjoy a few new steps whilst getting fit. £1.50		Morris Dancing 5pm - 7.30pm 'Crusaders Morris Dancers' Ages 4-15	Family Prize Bingo 'eyes down' 6.30pm - 8.30pm Enjoy a game of bingo and make new friends.		
At Intact we also have great facilities for hire ideal for sport, leisure, education and parties. Please call Lynda on 01772 760 760 for more information.		 FREE WiFi	You can also find us  on Pinterest. IntactCentre		

Award Winning Free Internet and Email Tuition for Beginners

***** Early Booking Essential *****

5 Week Course i.e. 5 x 2 Hour sessions

*Sessions run: Morning - 9.30am to 11.30am
OR Afternoon - 12.30pm to 2.30pm

<u>Venue</u>	*Sign up for Am or Pm sessions
The Citizenzone Vehicle will be parked at :	
St Anthony's RC Church (Car Park) Cadley Causeway, Fulwood, Preston PR2 3RX (Bus no. 23 or 35 from Preston)	<u>Tuesdays</u> 10 th January 2017 17 th January 2017 24 th January 2017 31 st January 2017 7 th February 2017
Ribble Lodge Pub (Car Park) 199-201 Ribbleton Avenue, Ribbleton, Preston PR2 6RD (Bus no. 8 from Preston stops outside)	<u>Thursdays</u> 12 th January 2017 19 th January 2017 26 th January 2017 2 nd February 2017 9 th February 2017

***** *Tea and coffee will also be provided* *****

Call Stephen or Debbie
Tel: 01772-903417 or 903404
(Please leave a message if staff unavailable)