



Friends and Relationships Champions Newsletter

Preston Chorley and Wigan

March and April 2017

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

**If you would like a copy please contact Reception at
Integrate 112—116 Tulketh Brow Aston Preston Or
Face2 Face, 1st floor, Plunginton Road, Preston.**



**If you would like to become a Friends and
Relationships Champion or Roving Reporter for
the Preston and Chorley area by telling your
local stories with pictures and recommending
local events please contact Amanda by email
Amanda.Topps@lancashire.gov.uk or by phone
07919 306304 or Pat Afflick on 01772 730315.**



**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



I Love the 90's – Solo Night at Artz Centre

Date 24th and 25th March 7pm

Birch Green Road

Skelmersdale, Lancashire

WN8 6QE

Telephone 07761639155



Escher String Quartet

Date Wednesday 08 March 2017

Time 1:00pm - 2:00pm

**Location The Minster, Church Street,
Preston, PR1 3BT**

**Cost £12.00 at the door, unreserved
seating.**

Contact the organiser Tom Costich

Website www.costich.org.uk/HMC

Email: tom@costich.org.uk

Telephone: 01772 719433



**Cilla Musical will paint the Opera
House Black Cilla Blacks life will be the
subject of a new musical at Blackpool
Opera House.**

**Tickets go on sale Monday 27 February
at 10am from**

wintergardensblackpool.co.uk



Peter Bruntnell Band

The NME claimed Peter Bruntnell's records should be taught in schools'

One of England's best kept musical secrets - Rolling Stone as a writer he has few real peers - The Guardian

Date Thursday 09 March 2017

Time 8pm - 11pm

Location The Continental,

South Meadow Lane, Preston,

Lancashire, PR1 8JP

Cost £8 advance or £10 on the door.

Online **WeGotTickets & Skiddle** or in person from The Continental's bar

(01772 499 425) Action Records (01772 884 772)

Website newcontinental.net/whats-on/event/peter-bruntnell-band



Live music from the Harris

Every Wednesday in February & March 2017 **Time** 7.30-9.00pm host a different music act each week, with something for all tastes from good-time blues to community singing.

Book tickets from 01772 95414

Our Health Day

Lancashire Teaching Hospitals 
NHS Foundation Trust

Lancashire Care 
NHS Foundation Trust

"Our Health"

Free health event to learn more about our health for adults with Learning Disabilities and their carers, who live in Preston, Chorley and South Ribble.



Sexual Health



Dentist



Ambulance



Cancer Support



Medication Safety



Skylarks



Healthy Eating
and Fitness
Tests



Eye Care



Palliative Care

And lots more

23 June 2017

At the Education Centre
Chorley District Hospital
10am-3pm

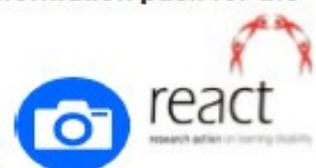
Doors open from 9.30am

A free light sandwich lunch will be provided

If you are hoping to come please call to let us know on 01772 777494 or email:
Bernadette.Oakes@Lancashirecare.nhs.uk to book a place and get your information pack for the day

 Supporting Health and Wellbeing

Photo and video images will be taken at the event



Art in Adlington



Art in Adlington is an independent group which 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, Hon Secretary, on 01257 482825 Or email secretary@artinadlington.co.uk



The Knitting Project

Join us every Monday as we get our needles at the ready!

This social group meets every week It's a great event to meet like minded people and socialise for free.

Date Monday 13 March 2017

Time 1pm - 3pm

Location UCLan in the City, St George's Shopping Centre, Lune Street entrance, Preston, PR1 2TU

Lets work out and have some fun



Dance Syndrome

For more information about work shops

Contact Dawn Vickers

<mailto:dawn@dancesyndrome.co.uk>



PRESTON



Energi Trampoline Park Preston

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

Opening times

Monday — Saturday 10am to 9pm

Sundays 10am to 10pm

Telephone : 01772 440400



Crafty Creative: Easter Wreaths

at Brockholes Nature Reserve Preston

Wednesday 5th April 2017

Time 10:00am till 4:00pm All ages!

Price £5.00 per wreath, pay on the door

There is no need to book, just come along!



Ellerbeck Narrowboats

Rawlinson Lane, Heath Charnock,

Chorley PR7 4EP

Price £45.00 hire for the day

For more information

Telephone 01257 480 825



Leeds & Liverpool Canal: Celebrating 200 years

Leaving Liverpool, the canal passes through East Lancashire and then crosses Pennine countryside and picturesque villages on the edge of the Yorkshire Dales before reaching Leeds. Walkers love the Leeds & Liverpool, and thousands of visitors come every year to marvel at the impressive Bingley Five Rise Locks and the historic salt town of Saltaire.

Telephone 01942 405700.



TENNIS

ANY

ABILITY

Come and Try Tennis

As part of the INAS World Tennis Championships at Bolton Arena, the Tennis Foundation in partnership with the Arena are hosting a Come and Try session on the Tuesday 11 April. We have qualified and experienced coaches available to support you as well as all the equipment you will need.

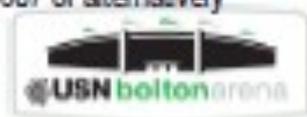
If you are interested in coming and playing tennis, whether it's your first time or you are a regular player, everyone is welcome. You will also have the opportunity to watch the world's best play!

Simply, contact Matt Elkington on the details below.

Location: Bolton Arena, Arena Approach, Horwath, Bolton. BL6 6LB

Date: 11 April 2017 (10:30 – 2:00pm)

How to book: Confirm your place with Matt Elkington, 07961267607 or alternatively email matthew.elkington@tennisfoundation.org.uk





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



How to have safe, healthy relationships



a **FREE** course for women with a
learning disability

Monday March 27th 2017 12.30-4.00

at

Disability Equality North West

103 Church St

Preston

PR13BS



To book a place on the course
contact:

Sue Sharples

Email: sueamberco@aol.com

Tel: [07834695606](tel:07834695606) or

Jennifer Carthy

Email: jennifer@disability-equality.org.uk



How do I.....DATE?



A FREE Course for adults with a learning disability

You will learn about:

How relationships work

Staying safe

Communication

The rules of dating

Where: Plungington Community Centre, Brook St , Preston

When: Monday 22nd May, 2017

Time: 12.30-4.00



To book a place you just need to ring or text – 07834695606 or



email sueamberco@aol.com

Another chance to book on this course, which was very popular when held in February. Places are limited so please book early.

The same session is going to be put on in East Lancashire-you can also use the contact details to reserve a place

Life Drawing Sessions

Saturday 18 March with model Robin
Saturday 22 April with model Sophie
Saturday 20 May with model Bea
Saturday 17 June with model Maura

12.00-3.00pm (Prompt start at 12.00)



Strong lighting, plenty of space, perfect atmosphere!

All sessions will include a series of quick poses and a longer pose after the half time refreshment break.

Bring your own dry materials/paper/easels.

Location for all sessions:

The Harris' Fine Art Gallery, 2nd floor

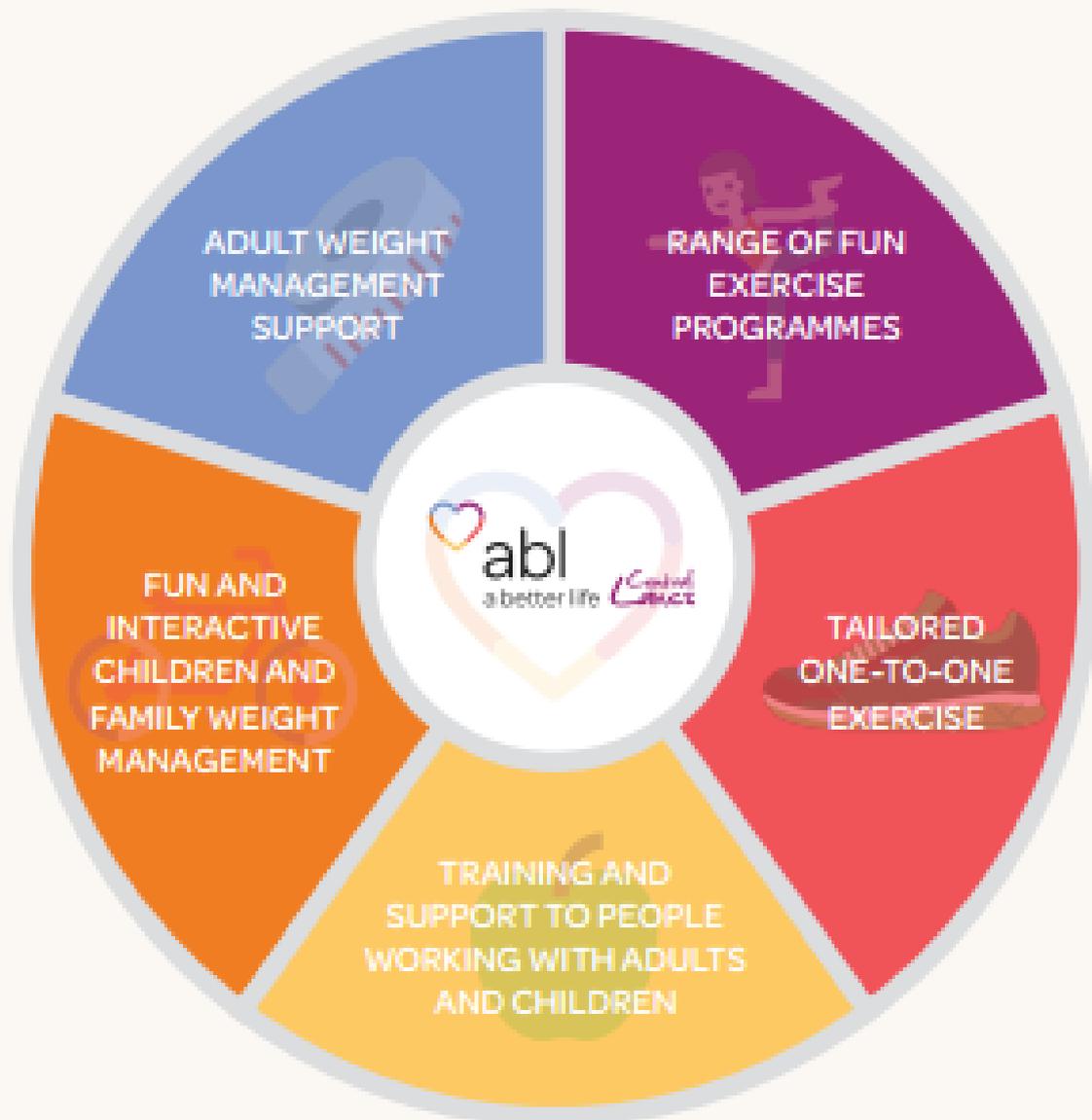
Booking essential - £3 suggested donation on the day.

The money raised will go towards keeping the sessions going.

To book your place, call 01772 905412/01772 905414 or
email: k.milnes@preston.gov.uk

A Better Life Central Lancs
Active Lives and Healthy Weight Service

Do you live in Preston, Chorley or South Ribble
and want to get healthier, fitter or lose weight?



The Active Lives and Healthy Weight Service provides a range of free programmes and activities to support people to lead a healthier, happier lifestyle.

If you would like any further information, please call 01772 286 382,
e-mail centrallancs@ablhealth.co.uk or visit www.ablhealth.co.uk/central-lancs

Integrates Award winning Enterprises

where people learn different work and 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 9am – 4pm

Saturday 9am-12pm

Telephone — 07931384330

Email brian.h@integratepreston.org.uk



PAK — IT at 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



Lancashire Self Advocacy Network Meetings

ACCRINGTON

East Lancs Link

Accrington Library

St James Street, Accrington

2nd Friday each month

10:30am to 12:00noon

ACCRINGTON

2nd Friday each month

10:30—12:00noon

9 Dec 2016	7 Apr 2017	11 Aug 2017
13 Jan 2017	12 May 2017	8 Sept 2017
10 Feb 2017	9 June 2017	13 Oct 2017
10 Mar 2017	14 July 2017	10 Nov 2017

COLNE

Pendle Link

Stanley Villas

St James Street, Accrington

Last Friday each month

10:30am to 12:00noon

23 Dec 2016	28 Apr 2017	25 Aug 2017
27 Jan 2017	26 May 2017	29 Sept 2017
24 Feb 2017	30 June 2017	27Oct 2017
31 Mar 2017	28 July 2017	24 Nov 2017

BURNLEY

Clarets Link

Burnley Town Hall

St James Street, Accrington

2nd Tuesday each month

6:30pm to 7:30pm

BURNLEY

2nd Tuesday each month

6:30pm—7:30pm

13 Dec 2016	11 Apr 2017	8 Aug 2017
10 Jan 2017	9 May 2017	12 Sept 2017
14 Feb 2017	13 June 2017	10 Oct 2017
14 Mar 2017	11 July 2017	14 Nov 2017

For details ring James

on 07821 056821



react

research action on learning disability

Have Your Say...



Preston Learning Disability Forum
2pm till 4pm at Preston Town Hall
Lancaster Rd. Join us to talk about local
issues and shaping the future To find out
more phone James Hughes on 01772
561323.

Pat Afflick on 01772 730315.



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

Amanda.Toppss@lancashire.gov.uk.



Face 2 Face Meetings run by self
advocates For self advocates every third
Thursday of each month 1.30 – 3.30pm To
find out more

phone James Hughes on
Telephone 01772 561323.



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



I'm a Dementia Friend
Join me at dementiafriends.org.uk



Leading the fight
against dementia
Alzheimer's
Society

FRIENDS OF FISHWICK AND ST MATTHEWS

ARTS AND MUSIC
HEALTH AND WELL-BEING
PROJECT

TO SUPPORT DEMENTIA,
THE ELDERLY, THE ISOLATED, CARERS

WOULD YOU LIKE TO GET INVOLVED?

PLEASE CONTACT: BOB 0775 4790621
BOBARTHEATH@GMAIL.COM

Friends of
Fishwick * St Matthews



Planting Session - Friday Flag Market
10th March 2017, 1pm till 3pm.
Disability Equality North West, 103
Church Street, Preston, PR1 3BS.



Hate Crime Awareness Event - Friday 17th
March 2017 10.30am-2.30pm. Come
and join us at Preston Flag Market.

Stand Together Against Racism Event -
Saturday 18th March 2017. 12 noon till
4pm. Preston Flag Market.



Market Stall - Thursday 23rd March
2017. 1.30pm till 3pm. Preston Indoor
Market. Developing from the Negatives
will have an awareness raising stall.



Amphibian Amour - Sunday 26 March 2017
Time 10am - 12pm

Fishwick Local Nature Reserve, London
Road, Preston, PR1 4AP

Telephone 01772 906471

Booking Essential Cost £2 per person

Until recently there were few ponds for
the frogs, toads and newts in Fishwick
Bottoms. Now hundreds of frogs newts
and toads live there. Join the Park Ranger
to see the many different species and try
and count them.



Plant Fair 2017

Date Saturday 8 April 2017

Time 10:00am - 4:00pm

Location The Great Barn, Hoghton Tower, Blackburn old Road, Hoghton PR5 0SH

Cost £1 per person

Website www.hoghtontower.co.uk

Telephone: 01254852985



Joseph & the Amazing Technicolour Dream Coat

Date Tuesday 18 April 2017 - Saturday 22 April 2017

Time 2:00pm - 4:30pm

Location Preston Guild Hall & Charter Theatre, Lancaster Rd, Preston, Lancashire, PR1 1HT

Cost £16.50

Website prestonguildhall.co.uk/shows/joseph-technicolor-dreamcoat/



Lancashire Safety in Town Scheme



The scheme is about making our towns feel safer for people.



The Lancashire Disability Partnership Board, Self Advocacy in Lancashire, Lancashire Constabulary and Lancashire County Council support the scheme.



Cafe



Church

Libraries, shops, bus stations and other well known places are part of Safety in Town.



Supermarket



Newsagent

They will provide people with somewhere welcoming to go for help.



Look for the Safety in Town logo when you are out and about!



The scheme allows you to have a card to keep your important information handy.

The Safety in Town Scheme is about people working together to support each other.



If you want information about the Lancashire Safety in Town scheme or to get a card please phone:



James Hughes	01772 732313
	07821 056821
Mike Holt	07922 328049
Mark Sephton	07784 292562

www.lancsldpb.org



The Safety in Town Scheme - Look out for the window stickers in shops around town as we have made a start! If you want to join help set up the scheme please contact the numbers above or phone James on 01772 561323 or Amanda on 07919 306304.