

Community Roots @Deepdale October 2025



				Wednesday 1 st		Thursday 2 nd		Friday 3 rd					
				Life Cubes	1:00pm/ 2:30pm	ME/CFS Support Group	1:00pm/ 3:00pm	Understanding The Mental Health Act (1/2)		10:30am/ 12:00pm			
						Breakthrough Recovery Chorley Group	3:15pm/ 4:45pm	Talkin' Tables		11:00am/ 12:00pm			
Monday 6 th		Tuesday 7 th		Wednesday 8 th		Thursday 9 th		Friday 10 th					
Introduction To Home Exercise	9:30am/ 11:30am	Our Stories Matter		10:30am/ 12:00pm	Co-Production Lab		1:30pm/ 3:30pm	Confidence & Assertiveness (1/2)		10:30am/ 12:00pm	Bi Polar Peer Support Group		10:30am/ 12:00pm
Living With ADHD								1:00pm/ 3:00pm	Breakthrough Recovery Chorley Group	3:15pm/ 4:45pm	Understanding The Mental Health Act (2/2)		10:30am/ 12:00pm
Monday 13 th		Tuesday 14 th		Wednesday 15 th		Thursday 16 th		Friday 17 th					
Challenging Unhelpful Thoughts		10:30am/ 12:00pm	Ren Project – Engagement Session	10:30am/ 12:00pm	The Happy Edit		1:00pm/ 2:30pm	Confidence & Assertiveness (1/2)		10:30am/ 12:00pm	Talkin' Tables		11:00am/ 12:00pm
			Pain Peer Support Group	1:00pm/ 2:30pm				ME/CFS Support Group	1:00pm/ 3:00pm	Understanding Autism	1:00pm/ 2:30pm		
								Breakthrough Recovery Chorley Group	3:15pm/ 4:45pm				
Monday 20 th		Tuesday 21 st		Wednesday 22 nd		Thursday 23 rd		Friday 24 th					
Yoga For Menopause	9:30am/ 11:30am	Zentangle		10:30am/ 12:00pm	Community Roots @Deepdale will open at 1pm today.		Living As A Carer	10:30am/ 12:00pm	Bi Polar Peer Support Group		10:30am/ 12:00pm		
Books Beyond Words Book Club	10:30am/ 12:00pm				Co-Production Lab		1:30pm/ 3:30pm	Breakthrough Recovery Chorley Group	3:15pm/ 4:45pm	Talkin' Tables	11:00am/ 12:00pm		
								Navigating Autism As Parents Or Carers	1:00pm/ 3:00pm				
Monday 27 th		Tuesday 28 th		Wednesday 29 th		Thursday 30 th		Friday 31 st					
Understanding Stress		10:30am/ 12:00pm	Books Beyond Words Book Club	10:30am/ 12:00pm	REN Project		12:30pm/ 3:00pm	ME/CFS Support Group	1:00pm/ 3:00pm	Talkin' Tables		11:00am/ 12:00pm	
			Pain Peer Support Group	1:00pm/ 2:30pm				Breakthrough Recovery Chorley Group	3:15pm/ 4:45pm	Introduction To Community Roots	1:00pm/ 2:00pm		

Struggling to get to one of our sites? Our green highlighted sessions are online as well as face to face offering the same session quality.

Please call us with any enquires on – 01772 695365
or email us on – CommunityRoots@LSCFT.nhs.uk

To book onto the sessions please visit our members area on;
[Community Roots LSCft :: Lancashire and South Cumbria NHS Foundation Trust](#)

We welcome all to our Advisory Group to help us develop the college, so come along to have your say! Our Enrolment days are a fantastic opportunity to meet the team, book onto sessions and learn about how our sessions can benefit your wellbeing

**Community Roots @Deepdale,
Lowthorpe Road, Deepdale,
Preston, PR1 6SB**



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If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions – January 2024			
		Wednesday 1 st	
Tuesday 7 th		Wednesday 8 th	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 14 th		Wednesday 15 th	
LSCFT Senior Peer Team	9:30am/4:30pm		
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 21 st		Wednesday 22 nd	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 28 th		Wednesday 29 th	
LSCFT Senior Peer Team	9:30am/4:30pm		
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