



Welcome to our Update Bulletin. In addition to core services the following sessions will be available:

<b>Monday</b>	<b>Advocacy Focus</b> <b>9.15am – 12.15pm</b> Helping you to be heard when & where you need to	<b>Stonham 1pm – 3.30pm</b> <b>(1<sup>st</sup> Monday of month)</b> Support to maintain a tenancy and independence	<b>Healthy Lifestyle Team</b> <b>1pm - 2pm</b> Support to make healthy changes	<b>Blackburn with Darwen Healthy Living</b> <b>10 – 11.30am</b> Allowing the community to live in affordably warm, dry & comfortable homes; in control of their fuel use & costs	
<b>Tuesday</b>	<b>Job Club 12.30pm – 5pm</b> Come along for help & advice into employment	<b>CONNECT</b> <b>12.30pm – 5pm</b> Expert bespoke travel planning & advice	<b>Healthy Lifestyle Team 1-2pm</b> Support in making healthy lifestyle changes, healthy eating & stop smoking advice	<b>Lancashire Mind Open Door</b> <b>2-4pm</b> Access point for mental health information & support	
<b>Wednesday</b>	<b>In-Di-Go</b> <b>10 - 2pm</b> Care and support for disabled children, young people & their families	<b>Fast 4wd Project</b> <b>10.30 – 12.00</b> Info on Substance Misuse services & recovery orientated initiatives	<b>Resolve 1pm-2:30pm</b> A welcoming group to raise awareness of disability issues & tackle discrimination & meet others	<b>WISH 1pm - 3pm</b> Offering advice and support for domestic abuse	<b>Advocacy Focus</b> <b>1.45pm – 4.45pm</b> Helping you be heard where and when you need to be
<b>Thursday</b>	<b>Carers Service</b> <b>9am – 2:30pm</b> Support & advice for carers	<b>East Lancashire Deaf Society</b> <b>10am – 12</b> General advice & support for the deaf society	<b>NEW! Fibro Friends 12-2pm</b> <b>(starts 13<sup>th</sup>)</b> Support & info for those effected by Fibromyalgia	<b>Renaissance 3 – 5pm (20<sup>th</sup>)</b> Healthier Living with HIV, a confidential service for those living with & affected by HIV	
<b>Friday</b>	<b>Advocacy Focus 9.15am – 12.15pm</b> helping you to be heard when & where you need to be	<b>GS Social Care 10.30 – 12.30</b> Local accredited provider of support for children, young people & adults with disabilities	<b>CVS Volunteers 11am- 12.30pm</b> Offering individual support for volunteering opportunities		



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Your Choice**



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**Watch out for workshops  
& training held regularly  
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