



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-13:00 Service User Lounge <i>Lynn via Zoom</i> 07741 903 896	10:00-12:00 Service User Lounge <i>Scott- 07778 145 138</i> <i>Lee- 07834 585 473</i> 11:00-12:00 Family Effect Group <i>Mags via Zoom</i> 07776 660 753	10:30-12:00 New You Family Support <i>Lorna & Katrina via Zoom</i> 07778 153 838 11:00-12:00 Service User Lounge- North <i>Lee- 07834 585 473</i>	11:00-12:00 Service User Lounge- North <i>Lee- 07834 585 473</i> 12:30-14:00 Virtual Recovery Support <i>Matthew via Zoom</i> 07778 145 847	10:00 CSI- Fitness with Carrie <i>Accessed via Facebook Page</i> 10:00-12:00 Service User Lounge- St.Annes <i>Lorna -07860 705 131</i> 10:00-12:00 Service User Lounge- North <i>Lee- 07834 585 473</i>	
14:00-16:00: Family Matters <i>Lynn via Zoom</i> 07741 903 896	13:00 CSI- Nutrition Session <i>Zoom: 374 793 4597</i> 13:00-14:30 Virtual Here & Now <i>Matt- 07778 145 847</i> 14:30-16:00: NY Virtual Lounge <i>Zoom Code: 787 256 807</i> <i>Password: 943554</i>	13:00-15:00: Abstinent Recovery Programme <i>Andy/Jason on Zoom</i> 07778 153 838 13:00: CSI- Yoga <i>Zoom Code: 851 6529 6226</i> <i>Password: 031511</i>	13:00 CSI: Move & Groove <i>Zoom: 374 793 4597</i> 13:30-15:00 Family Effect Group <i>Mags via Zoom</i> 07776 660 753	16:30 CSI: Fitness with Carrie <i>Accessed via Facebook</i>	12:00-13:00 NY Virtual Lounge <i>Meeting ID: 568 080 015</i> <i>Password: 587126</i> 13:00 (Sat & Sun) CSI: Fitness & Yoga <i>Activity via Facebook Page</i>
18:00-19:30 Eating Disorder Support <i>Kerrie via Zoom</i> 07826 959 517 18:30-20:00 Family Effect Group <i>Sonia via Zoom</i> 07778 153 838	17:00-18:00 Alcohol Support Group <i>Andy O via Zoom</i> 07778 145 836 18:00 CSI- Learn to Draw <i>Zoom Code: 865 9788 4225</i> <i>Password: 972062</i>		18:00 CSI- Bingo with Darren <i>Accessed via Facebook Page</i>	19:00-20:00: Family Matters <i>Lynn via Zoom</i> 07741 903 896	17:00-19:00 LUF Lounge with RRR <i>Accessed via Facebook</i>

We would love to hear your feedback and for you to share your thoughts.

You can do this through the following link:

<https://www.careopinion.org.uk/kiosk/nms-inspire-north-lancashire>



New You Online Activities

Central and North Lancashire

IF YOU ARE INTERESTED IN ANY OF THE ACTIVITIES OR WOULD LIKE MORE INFORMATION ABOUT WHAT THE NEW YOU TEAM ARE OFFERING PLEASE USE THE CONTACTS OR VISIT THE FACEBOOK PAGES LISTED BELOW

<u>Central/West Lancs</u>	<u>North</u>	<u>Project Leads/Team Leaders</u>
Community Connectors Jason Mayoh (Emerging Futures) -07778 153 838 Andrew Owen (The Well) - 07778 145 836 Gwen Hughes (CSI) - 07732 163 149 Darren Grundy (CSI) - 07944 795 285 John Raper (CSI) - 07922 511 671 Service User Voice Scott Wakefield (RRR) - 07778 145 138 Lynn Sutter (RRR) - 07741 903 896	Community Connectors Mags Burrett (Emerging Futures) - 07776 660 753 Matthew Lee (The Well) - 07778 145 847 Tamasin Lamb (CSI) - 07724 656 681 James McCabe (CSI) - 07474 615 073 Service User Voice Lorna Simpson (RRR) - 07860 705 131 Lee Allen (RRR) - 07834 585 473	The Well: Kerrie Higham - 07826 959 517 Emerging Futures: Diane Sharples - 07778 153 708 CSI: Jane Moodie - 07960 340 142 RRR: Emma Daggers - 07591 325 774 Pause.Recover: Marc Cottee - 07402 466 417 CGL: Lal Narayn-Singh -07778 153 892

New You Supporting wellbeing in the community. https://www.facebook.com/NewYouLancs/ www.inspirenorthlancs.org.uk	The Well Communities Live on Facebook <i>Monday-Friday</i> <i>12:00-12:30</i> Various activities and discussions each day https://www.facebook.com/groups/thewellcommunities/
Pause.Recover Referrals Only Contact: Marc.c@pauserecover.org 07402466417	Emerging Futures Coaching Support for families impacted by addiction, those in recovery and to improve overall wellbeing. Contact: Diane: 07778153708 https://www.facebook.com/groups/EFCoachingLancashire/
Red Rose Recovery <i>Telephone and What's App Support Available</i> https://www.facebook.com/RedRoseRecovery/	CSI Activities on Facebook <i>Monday-Sunday</i> <i>8am, 10am, 1pm, 2pm, 6pm, 9pm</i> (check their page for full timetable of activities) https://www.facebook.com/LancashireCSI/