

Participants are expected to follow Active Lancashires Code of Conduct. The use of inappropriate language or behaviour, or consuming / being under the influence of alcohol or drugs, of any kind, while attending the Active Recovery session will result in the participant being asked to leave the session

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CGL Inspire Drop-In 11am - 12noon 75-79 Westgate Skelmersdale WN8 8LP</p>	<p>Yoga With Kath For Men and Women 1.30pm - 2.30pm The Harmony Hub 26-28 Market Street Chorley PR7 2RZ</p>	<p>Padel Ball 1pm - 2pm Padel Republic Brookfield Street Preston PR1 1NR</p>	<p>CGL Inspire Drop-In 11am - 1pm Inspire, Friday Street Chorley PR6 0AA</p>	<p>*FROM 12th JUNE* Boxing Fitness 1.30pm - 2.30pm Daves Gym Business Centre, Unit 2 Yarrow Rd Chorley PR6 0LP</p>
<p>Skelmersdale Spring Into Step 1pm - 2pm Meet outside Skelmersdale Library, Southway WN8 6NL</p>	<p>Mindfulness on The Mat Yoga 2pm - 3pm Skelmersdale Ecumenical Centre Northway WN8 6LU</p>	<p>Gym and Circuits 1.30pm - 2.30pm Live Health and Fitness Friday Street, Chorley PR6 0AA</p>	<p>Yoga 12.30pm - 1.30pm Foxton Centre Off Knowsley Street, Avenham Lane, Preston PR1 3SA</p>	
<p>180 Project Saol Fit 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB *REFERRAL ONLY* Contact Claire Yates for details</p>	<p>Boxing and Fitness 2.30pm - 3.30pm Soccer City (Unit at the back) Parker Street, Preston, Ashton-on-Ribble PR2 2AH</p>	<p>180 Project Saol Fit 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB *REFERRAL ONLY* Contact Claire Yates for details</p>		<p>180 Project Saol Fit 1.15pm - 2.15pm 8 Sation Road Preston PR4 4BB *REFERRAL ONLY* Contact Claire Yates for details</p>

Comming Soon

For more details contact:
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THE MISSING LINK

Restoring lives - Re-building minds

Clinical Nutritional Intervention - Food for Thought

12 WEEK COURSE EXCLUSIVE TO CGL SERVICE USERS
Enquire Via Keyworking Sessions

Are you struggling with addiction, PTSD CPTSD, challenging behaviour, the effects of trauma & addiction?

• 12 WEEK COURSE - PLEASE CONTACT YOUR KEYWORKER FOR A REFERRAL

STARTING 1ST JULY

EVERY WEDNESDAY

🕒 starts at 12.30pm

📍 **PRESTON INSPIRE FOX STREET**

For more information, please contact Claire:
cyates@activelancashire.org.uk
07724644600
Visit www.ActiveLancashire.org.uk

LET'S PLAY TENNIS

TO START WEDNESDAY 8TH JULY

EQUIPMENT SUPPLIED

👉 **FREE WELLBEING & EXERCISE SESSIONS**
For People in Recovery or Affected by Addiction

- Open to those of all abilities
- All equipment is provided
- Come and Connect

WEDNESDAYS
2.30 - 3.30
MOOR PARK
PRESTON
PR16AS
Meet at tennis courts
Parking Available

For more information, please contact:
Claire Yates: 07724644600 / Petta Hulme: 07447517454
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Visit www.ActiveLancashire.org.uk

IN PARTNERSHIP WITH

FOR MORE INFO VISIT:
activelancashire.org.uk

