EAST LANCASHIRE TIMETABLE

Participants are expected to follow Active Lancashire's 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
Starting Monday 24th August **Women's only Muay Thai** 11am - 12noon Alliance Business Park Accrington BB5 0RU **Contact Danny Thomas for more information**	**180 Crossfit (Men Only)** 3pm - 4pm Z3 Training Club Unit 3 Hargher Clough Works, Hargher Street, Burnley BB11 4EG **!BY REFERRAL ONLY!** **Contact DannyThomas for more information**	**Active Lancashire Drop-In With Inspire ETE Team** **10am - 12noon** **Inspire Accrington,** **33 Eagle Street,** **Accrington BB5 1LN** **Contact Danny Thomas for more information**	**180 Crossfit (Men Only)** 3pm - 4pm Z3 Training Club Unit 3 Hargher Clough Works, Hargher Street, Burnley BB11 4EG **!BY REFERRAL ONLY!** **Contact Danny Thomas for more information**	**Active Recovery Hub** 10am - 1pm **Free Table Tennis, Pool/Snooker & Gym** **Connect with others** **Receive 1 - 1 support** Active Cycles, Accrington Arndale BB5 1EX **Contact Danny Thomas for more information**
Active Recovery Hub 10am - 1pm **Free Table Tennis, Pool/Snooker & Gym** **Connect with others** **Receive 1 - 1 support** Active Cycles, Accrington Arndale BB5 1EX **Contact Danny Thomas for more information**	**Free Boxercise & Wellbeing** 2pm - 3 pm NGB Boxing Club Union Mill, Rawtenstall BB4 7JN **Contact Oliver: 07562630299 for more information.**	**Football Works 5 -aside** **1pm - 2pm** **Marl Pitts,** **Newchurch Road,** **Rawtenstall BB4 7SN** **Contact Oliver: 07562630299 more information.**	**Active Lancashire Drop-In With Inspire ETE Team** 10am -12noon Inspire Pendle, Grassroots Centre St. Philips, Leeds Road, Nelson BB9 9XB **Contact Danny Thomas for more information**	**Active Lancashire Drop-In With Inspire ETE Team** 10am - 12noon **Inspire Burnley,** Burnley House, 37-41 Westgate, Burnley BB11 1RY **Contact Danny Thomas information**
	Pickleball, Badminton and Football 4pm - 5 pm Leisure Box Glen Way, Brierfield BB9 5NH **Contact Danny Thomas For more information**	**Football** **3pm - 4pm** **Hyndburn Leisure Centre** **Henry Street,Church** **Accrington BB5 4EP** **All abilities welcome** **Walking football available if you like an easier pace** **Contact Danny Thomas for more information**		

For more details or if you are struggling with substance misuse and would like a referral to CGL Inspire for help & support , contact:

Danny Thomas (CGL Project Lead)
Tel: 07465759891
Email: DThomas@activelancashire.org.uk

Hannah Reddyhough (Active Recovery Support Mentor)
Tel: 07447571995
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Shelly Noon (Active Recovery Support mentor)
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activelancashire.org.uk