



# TIMETABLE

## APRIL-JULY 2024

### MONDAY

#### Passive Income Training

**10am-12pm starting on the 8th April**

A free 4 week course at Down Town to set you up to get ready to start earning.

**Contact: [lisaross@bprcvs.co.uk](mailto:lisaross@bprcvs.co.uk)**

#### Thrive

**1pm-3pm**

A variety of skills, employment and training advice all available in one place. If you are aged 16-24 and looking for help and advice, come along and meet with the variety of our partners who have expertise in helping young people take their next steps.

**Contact: 01282 686313 [lisaross@bprcvs.co.uk](mailto:lisaross@bprcvs.co.uk)**

#### Steps To Employment

**10am-2pm**

Support available with your employability needs. From support with your CVs, to job search and interview techniques. All our support is tailored to meet your individual needs.

**Contact: [skills@calico.org.uk](mailto:skills@calico.org.uk)**

#### Prince's Trust

**1pm-3pm**

Prince's Trust work with young people aged 16 to 30. The goal is to assist them in moving into work, education, or training through a variety of different programmes. They also offer business start up support.

**Contact: 07773002870**

#### 12 Step Life Recovery

**Life Church 1:30pm-3pm**

12 Step Life Recovery supports individuals in their struggles with different types of addictions and dependencies. The support can help with traditional addictions of Alcohol and Drugs but also with Relationships and Independence Issues to name a few. The meetings are 100% confidential.

**Contact: 07957616497**

#### Burnley Rainbow Friendship Club

**Last Monday of the month between 2pm-4pm**

The BRF Club is a constituted peer support group for LGBT+ people in Burnley for a coffee and a chat. We chat about lots of issues around being LGBT+ in Burnley. During the session, we attend the East Lancs LGBT network at the same time as our meet, to learn about new services relevant to our community. All adults 18+ welcome!

**Contact: [lisaross@bprcvs.co.uk](mailto:lisaross@bprcvs.co.uk)**

### TUESDAY

#### Hear Now

**Children and Family Wellbeing**

**11am-12.30pm**

Weekly drop in for face-to-face advice on universal credit, housing, debt, and family support.

#### Craft and Chat

**Children and Family Wellbeing**

**12.30am-1pm**

Come along for new friends, activities, and fun. Suitable for families with early years children.

#### Infant Massage

**Children and Family Wellbeing**

**11am-12pm**

This session is focused on babies that are 6 weeks to crawling and designed to help you strengthen the bonding process with your baby and build confidence in handling your baby. Information and support will be provided to help your baby's development. A great opportunity to bond with your baby and meet other parents/carers.

**Contact: 01282 470707**

**CONTINUED >>**

If you have any further questions,  
contact us on: 01282 686402 or [contact@burnleytogether.org.uk](mailto:contact@burnleytogether.org.uk)

## WEDNESDAY

### Living Well Checks

West PCN

**9am-12pm on: 10th April, 8th May, 5th June, 10th July**

Access to blood pressure, pulse and BMI checks. Advice on Wellbeing and local support services.

**Contact: 07535331152**

### Social Prescriber

**10am-2pm**

Social prescribers can connect you to services to support with practical, social and emotional needs. Helping you access advice, information and guidance around finances, debt, housing, mental health, social isolation, employment and education and helping you navigate medical appointments. As required, referrals to our service will be made for more guided support.

### Citizens Advice

**9am-12pm**

Benefits and financial advice

**Contact: 0808 278 7975**

### Steps To Employment

**10am-2pm**

Support available with your employability needs. From support with your CVs, to job search and interview techniques. All our support is tailored to meet your individual needs.

**Contact: skills@calico.org.uk**

### Carers link meet up

**11am-1pm on the 4th**

**Wednesday of every month**

Carers and the person you care for, join us for a cuppa and delicious lunch in the Down Town café. If you haven't been to a careers link before, don't worry, a member of staff will be there to greet you with a warm welcome.

**Contact: 01254 387444**

### Advocacy Focus

**10am-2pm on the 17th April, 15th May and 19th June, 17th July**

Support for individuals facing health and social care challenges and assistance available in areas such as housing, benefits, access to training, education, and employment. Our community team is hands on to provide 1-1 advocacy support for a range of issues and is here to help you live the life you want to live.

**Contact: 0300 323 0965**

## THURSDAY

### Coffee and Chat

**11am-12pm**

Come along and join us for a free hot drink to find out more about the support and events at Down Town or a general chat.

**Contact: contact@burnleytogether.org.uk**

### Walk and Talk

**Positive Action in the Community (PAC)**

Meeting point: Rotunda Café at Towneley Park from 1pm 'Know your neighbour' walking group provides support to people in Burnley affected by loneliness and isolation. This is a great way to meet new people and connect with the community.

**Contact: Maj.mahmood@P-A-C.org.uk**

### CAP Debt Help

**Christians Against Poverty  
4th Thursday of the month  
between 10:30am-12pm**

Expert debt counselling with support for repayment, in-depth, long-term insolvency options and more complex cases. Tailored to accommodate vulnerable clients and those with multiple complex needs.

**Contact: 07487378814 or katherineoehring@capuk.org**

## FRIDAY

### Living Well Checks

East PCN

**9am-12pm**

**5th and 19th April, 3rd, 17th and 31st May, 14th and 28th June, 12th and 26th July**

Access to blood pressure, pulse, and BMI checks. Advice on Wellbeing and local support services.

**Contact: elalliance.healthchecksburnley@nhs.net**

### Social Prescriber

**9am-4pm**

Social prescribers can connect you to services to support with practical, social and emotional needs. Helping you access advice, information and guidance around finances, debt, housing, mental health, social isolation, employment and education and helping you navigate medical appointments. As required, referrals to our service will be made for more guided support.

### Nattershack

**10am onwards**

Nattershack is a chance for people to come together to meet each other for a natter. It can be people who live on their own and want to get out of the house, people who want to meet new friends. Everyone is welcome!

**Contact: andrea\_theone@hotmail.com**

### ICANN

**2nd and 3rd Friday of the month between 10am-2pm**

Help with filling in benefits forms. PIP \* ESA50 \* UC50 \* CHILD DLA \* AA

**Contact: 01772 746061 to book an appointment**

### Level 2 Complimentary Therapy Course

**9am-1pm**

Would you like to learn a new skill? Do you have an interest in holistic and alternative therapies that you would like to pursue further? This light-touch qualification is the perfect introduction to health, wellbeing and massage. For further information on the course contact a member of staff at Down Town or Hayley.

**Contact: Hayley.Hopson@LearningCurveGroup.co.uk**



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**01282 686402 or  
contact@burnleytogether.org.uk**