



WHAT'S ON AT DOWN TOWN

MONDAYS

Steps to Employment

10 - 3pm

Support available with your employability needs. From support with your CVs, to job search and interview techniques.

Contact: skills@calico.org.uk

Thrive

10 - 3pm

A variety of skills, employment and training advice for anyone aged 16-24.

Contact: 01282 686313

Prince's Trust Young People Support

1 - 3pm

Support for young people aged 16 to 30 to move into work, education, training, or setting up a business.

Contact: 07773 002 870 or

Hayley.berry@princes-trust.org.uk

12 Step Life Recovery

1:30 - 3pm

12 Step Life Recovery supports individuals in their struggles with different types of addictions and dependencies. The meetings are 100% confidential.

Contact: 07957 616 497

Mental Health Drop-In

2 - 4pm

Support for anyone struggling with their mental health. No appointment needed.

Contact: sarah.armitage@lscft.nhs.uk

Sustainable Period Products

First Monday of the month 10 - 12pm

Encouraging sustainable menstrual wellbeing and changing peoples perspective on reusable period products. Stop by for some freebies.

Contact: periodcoach@gmail.com

Art Attack

Second Monday of the month 9:30 - 11:30am

Love art? Come along to relax and get creative with like-minded adults.

Contact: Natasha.Wickham@NelsonGroup.ac.uk

Burnley Rainbow Friendship

Last Monday of the month 2 - 4pm

A constituted peer support group for LGBT+ people in Burnley for a coffee and a chat. All adults 18+ welcome!

Contact: lisaross@bprcvcs.co.uk

TUESDAYS

Steps to Employment

10 - 3pm

Support available with your employability needs.

Newground Together

1 - 4pm

Volunteering and training opportunities, and employment support.

Contact: mandy.morgan@newground.co.uk 07736923842

Infant Massage

11 - 12pm

This session is focused on babies that are 6 weeks to just before crawling and designed to help strengthen the bonding process with your baby and build confidence in handling your baby.

Contact: 01282 470707

Craft and Chat

12.30 - 1.30pm

Suitable for families with early years children. Come along for craft activities and fun.

Contact: 01282 470707

Credit Union Savings & Loans

First Tuesday of the month 11 - 2pm

An easy, ethical way to save, and a convenient and affordable way to borrow.

Contact: lee.banks@pccu.co.uk

WEDNESDAYS

Steps to Employment

10am - 3pm

Support available with your employability needs.

Citizen's Advice

9 - 11:30am

Benefits and financial advice.

Contact: 0808 278 7975

Burnley Health & Wellbeing Team

10 - 2pm

Supporting you with physical and mental health needs, including social isolation, and healthy living.

Virgin Money

9:15 - 11:15 (Weekly starting 4th September)

Support for anyone needing help with the internet, finances, or fraud. Free data via Good things Foundation!

Home Improvement

10 - 2pm (Bi-weekly)

Making homes warm, safe, and secure.

Contact: aewens@burnley.gov.uk 01282 477234 / 475970

New Era

10 - 12pm (First and third Wednesday of the month)

Find out more about our offer including cooking, money matters, healthy me, stress management and gardening.

Contact: info@neweraburnley.co.uk

Advocacy Focus

Second Wednesday of the month 10 - 2pm

1-1 advocacy support for a range of issues; housing, benefits, access to training, education, and employment.

Contact: 0300 323 0965

Cooking with Kristina

Last Wednesday of the month 10 - 1pm

Join our free cooking class if you want to learn a new skill or make new friends. Easy to follow recipes with ingredients from Community Grocery.

Contact: Burnley@communitygrocery.org.uk
01282 901 522

Carers Link meet up

Last Wednesday of the month 11 - 1pm

Carers and the people you care for, join us for a cuppa and lunch in the Down Town café. A warm welcome for everyone.

Contact: 01254 387 444

Living Well Checks

First Wednesday of the month 9 - 12pm

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

Contact: 07535 331 152

THURSDAYS

Coffee, Chat and Smart Art

11 - 1pm

Come along and join us for a free hot drink, a chat, and some arts and crafts for adults.

- 12th and 26th September
- 10th October
- 7th and 21st November
- 5th and 19th December

Contact: contact@burnleytogether.org.uk

Walk and Talk

1 - 3pm

Positive Action in the Community (PAC) This is a great way to meet new people, connect with the community, and spend more time outdoors.

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

New Era Parents Support Group

First Thursday of the month 10 - 11am

A peer support group for parents and carers with children with additional needs.

Contact: tammy@neweraburnley.co.uk

CAP Debt Support

Last Thursday of the month 10:30 - 12pm

Expert debt counselling with support for repayment, in-depth, long-term insolvency options and more complex cases.

Contact: 07487378814 or katherineoehring@capuk.org

FRIDAYS

Living Well Checks

9 - 12pm (Every other Friday from 6th September)

Advice on wellbeing and local support services.

Access to blood pressure, pulse and BMI checks.

Contact: 07535 331 152

Nattershack

10am onwards

Nattershack is a chance for people to come together to meet each other for a natter. Everyone is welcome!

Contact: andrea_theone@hotmail.com

ICANN

10 - 2pm

Help with filling in benefits forms.

PIP * ESA50 * UC50 * CHILD DLA * AA

Contact: 01772 746 061 to book an appointment

Burnley Health & Wellbeing Team

10 - 2pm

(See Wednesday)

Please contact Burnley Together on 01282 686402 or contact@burnleytogether.org.uk for more information on groups such as womens peer support, veterans and adult learning courses.