



WHAT'S ON AT DOWN TOWN?

MONDAYS

STEPS TO EMPLOYMENT AND WORK WELL

10-3pm

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

skills@calico.org.uk

THRIVE

10-3pm

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

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.

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.

07957 616 497

michael@liferecovery.co.uk

MENTAL HEALTH DROP-IN

2-4pm

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

sarah.armitage@lscft.nhs.uk

SUSTAINABLE PERIOD PRODUCTS

First and third Monday of the month 10-12pm

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

periodcoach@gmail.com

LGBT EMPLOYMENT AND OTHER SUPPORT

On the last Monday of the month 1-3pm

We help the LGBT community to overcome barriers into employment, isolation and sign post to people who can help with specialist enquiries. We offer training, volunteering and access to LGBT specific support.

Contact Lisa at BPRCVS

lisa.ross@bprcvs.co.uk

01282 433740

TUESDAYS

LIFE GROUP

9.30am - 11am

Anyone welcome to come along, make friends and learn more about the Christian faith. Ran by Life Church.

STEPS TO EMPLOYMENT AND WORK WELL

10-3pm

Support available with your employability needs.

INFANT MASSAGE

10.30-12pm (Starts 6th Jan)

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.

01282 470707

NEWGROUND TOGETHER

1-4pm

Support to boost your confidence by developing your current skills or learn new ones.

Carol.Casey@newground.co.uk

07733 228 925

CRAFT AND CHAT

From Tuesday 7th January 12.30-1.30pm

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

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.

lee.banks@pccu.co.uk

ADVOCACY FOCUS

Second Tuesday of the month 10-2pm

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

0300 323 0965

WEDNESDAYS

CITIZEN'S ADVICE

9-11:30am (8 & 22 Jan, 5 & 19 Feb, 5 & 19 Mar)

Benefits and financial advice.

0808 278 7975

STEPS TO EMPLOYMENT AND WORK WELL

10am-3pm

Support available with your employability needs.

NEW ERA

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

Support with training/education, health & wellbeing, strengthening family relationships and help getting back in to work.

info@neweraburnley.co.uk

NATIONAL ENERGY ACTION (NEA)

10am-12pm

Opportunity for Burnley residents to discuss any concerns they may have regarding issues like energy bills, energy debt, benefits, and more.

0800 304 7159

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

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

HOME IMPROVEMENT

10-2pm (Bi-weekly)

Making homes warm, safe, and secure.

aewens@burnley.gov.uk

01282 477234 / 475970

AUTISM (CYGNET) TRAINING FOR PARENTS AND CARERS

8th Jan-19th Feb. 10-12pm

To attend, you will have to register with Carers link and be a carer or parent of some with ASD under the age of 18. It's a 6-week course and you should attend all sessions.

You can book on by calling 01254 387444.

MENTAL HEALTH DROP IN (1-3:30pm)

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.

07535 331 152

OVER 50S EMPLOYMENT SUPPORT

Every second Wednesday of the month (10-12pm) Starting 15th January 2025

CV, job search, self-employment support, interview technique, benefits check-up, training, volunteering, and new career advice

Contact Lisa at BPRCVS lisa.ross@bprcvs.co.uk

01282 433740

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.

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.

01254 387 444

THURSDAYS

COFFEE, CHAT AND SMART ART

11-1pm 9th Jan, 23rd Jan, 6th Feb, 20th Feb, 6th March, 20th March

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

contact@burnleytogether.org.uk

MEN'S SOCIAL

Every Thursday from 9th Jan 11.00am -12.00pm

Men's non-judgemental and fully confidential support group. Suitable for any males 18+ and from the Burnley postcode.

Maj.mahmood@P-A-C.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.

Maj.mahmood@P-A-C.org.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.

07487378814 or anthonyholden@capuk.org

FRIDAYS

LIVING WELL CHECKS

9-12pm (10th & 24th Jan, 7th & 21st Feb, 7th & 21st March)

Advice on wellbeing and local support services.

Access to blood pressure, pulse and BMI checks.

07535 331 152

elalliance.healthchecksburnley@nhs.net

NATTERSHACK

10am onwards

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

andrea_theone@hotmail.com

ICANN

10-2pm

Help with filling in benefits forms.

PIP * ESA50 * UC50 * CHILD DLA * AA

01772 746 061 to book an appointment

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

(See Wednesday)

bwpcn@nhs.net

ASD PEER SUPPORT GROUP

10-12pm (1st Friday of the month from 10th Jan)

Peer support is open to all ages, and anyone can pop in no need to book.

01254 387444



PLEASE CONTACT

Burnley Together on 01282 686402 or contact@burnleytogether.org.uk for more information on our domestic abuse support groups and courses.

