

POP

DOWN TOWN

WHAT'S ON?

MONDAYS

THRIVE & WORK WELL

10-3pm

Support with skills, training, employment and wellbeing. Receive tailored advice, help with CVs and interviews, and access to wellbeing support. Whether you're looking for work, in employment, or off work due to illness, support is available, including funding for activities such as gym and swim passes.

Contact: 01282 686313

ICANN

10-3pm

Help with filling in benefits forms.

PIP * ESA50 * UC50 * CHILD DLA * AA

01772 746 061 to book an appointment

ALPHA COURSE

10.30-12pm

The Alpha Course is a great place to ask the big questions of life, meet new people and discover more about the Christian faith.

Life Church 01282 454149

info@lifelancs.org

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 616497

michael@liferecovery.co.uk

TUESDAYS

Helping Hoarders Peer Support Group

North West Hoarders

1-3pm (Every other week starting 1st September)

A peer to peer support group where like-minded people can meet in a non-judgmental safe space, to support each other with hoarding behaviours, access further support and break down barriers together.

07535 331 152

WEDNESDAYS

CITIZEN'S ADVICE

9-12pm

Supporting with a range of queries such as Benefits, Housing, Family, Employment, Utilities and specialist Debt help for those in financial difficulty.

0808 278 7975

www.cael.org.uk

ICANN

10-4pm

See Monday for details.

PATH

10 - 11.30am

(16th September, 21st October, 18th November, 16th December)

Parenting can be hard, especially if your child or teen is struggling emotionally and/or has a neurodiversity. You can start to feel isolated but are not alone. Why not drop in for a brew and get advice, support, and chat to other parents who understand the struggles.

Helen.Tyrer@P-A-C.org.uk

BURNLEY COUNCIL HOUSING

10-12pm

(30th September, 28th October, 25th November)

Advice and information on all Housing Issues

aewens@burnley.gov.uk | 01282 477234

NATIONAL ENERGY ACTION (NEA)

10-12pm

(1st and 3rd Wednesday of the month)

Concerned about your energy costs? Access free, confidential and impartial energy advice to help you understand your energy bills and meters, improve energy efficiency, manage household energy costs, and reduce energy debt. Advisers can also help you explore the support available and signpost you to specialist financial support.

COMMUNITY WELLBEING

New Era Burnley

10-12pm

Need a little help with digital skills or managing your money? We're here to support you.

Whether you'd like help staying safe online, using apps on your phone, accessing online services, or managing the costs of everyday living, our friendly team can provide support that's tailored to your individual needs.

Pop in for a chat, ask a quick question, or access ongoing support

01282 435 302

NORTHERN COMMUNITY BANK

10-1pm

(9th September, 14th October, 11th November, 9th December)

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

lee@northernncb.uk

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

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

bwpcn@nhs.net

DEMENTIA CARERS PEER SUPPORT GROUP

11-1pm

(2nd September, 7th October, 4th November, 2nd December)

Do you care for a friend or family member who is living with Dementia? Come along to our monthly peer support group to chat with people living in a similar situation. A dedicated staff member from Carers Link will be on hand to support you.

01254 387444

CARERS LINK MEET UP

11-1pm

(23rd September, 28th October, 25th November)

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

THURSDAY

CAP DEBT SUPPORT

9:30-12pm

(17th September, 15th October, 19th November, 17th December)

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

07487378814 | anthonyholden@capuk.org

CONNECT TO WORK – EMPLOYMENT SUPPORT DROP IN

10-1pm

(3rd & 17th September, 1st, 15th & 29th October, 12th & 26th November and 10th December)

Fully funded programme supporting individuals to remove barriers to paid employment

WORK WELL

10-3pm

See Monday for details.

RED ROSE RECOVERY FAMILY SUPPORT

10:30-12pm

(3rd September, 1st October, 5th November, 3rd December)

The group is for families and loved ones who need a safe space to share about what is going on for them around caring for or living with someone in addiction, offering tools and advice and support.

ANN'S CRAFTY CROP FOR WELLBEING

1-3pm

Join us for an afternoon of craft and chat where everyone is welcome

FRIDAYS

NATTERSHACK

10am onwards

Come take a seat... See who you meet!

All ages welcome – no need to book.

Come for a natter with coffee and cake or stay for lunch

andrea_theone@hotmail.com

FOODIE FRIDAYS AT DOWN TOWN

10-12pm

Looking to build your cooking confidence and try new recipes? Come along to a fun and practical cooking program designed to help you cook healthy meals on a budget, meet others, and take-home great food and skills!

To book your place 01282 686402

contact@burnleytogether.org.uk

ICANN

10-3pm

See Monday for details.

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

See Wednesday for details

ASD PEER SUPPORT GROUP

10-3pm

(4th September, 2nd October, 6th November, 4th December)

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

01254 387444

KNIT AND NATTER

12-3pm

Relaxed, informal group where everyone is welcome.

THE FREEDOM PROGRAMME AND RECOVERY & EMPOWERMENT

Non-judgmental, friendly groups around Domestic Abuse and recovery. Run by experienced practitioners.

Please ask staff for more details or contact Burnley Together.