

# PRESTON LEISURE ACTIVITY NEWS

July - September 2011    Adults with Learning Disabilities



# ACTIVITIES

# PLAN

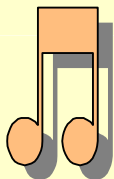


New

**Monday**  
**10:00-12:00**  
£1

**Fun Day** – All welcome. Contact 01772 723329

Tanterton Community centre Kidsgrove Preston PR27BX



**Monday**  
**10:00-12:00**  
£2 per session

**Music** – come along and enjoy a fully inclusive music session for more information contact Self Unlimited on 01254 852878

Higher Walton  
Community Centre  
PR5 4HV



New

**Monday**  
**10:30-12:00**  
£1.50  
£2 for bingo

**Lay-zee Day-zee Luncheon Club** – come and make friends or go shopping enjoy sharing and caring for each other. 01772 747103 [re1neebow@yahoo.com](mailto:re1neebow@yahoo.com)

6 charnock avenue,  
Penwortham, Preston,  
Lancashire, PR1 9NT



**Monday**  
**11:00-12:00**  
£ 1 per session

**Chair Based Exercise** - For more information please contact Kathryn Grieves 01772 777829 [k.grieves@preston.gov.uk](mailto:k.grieves@preston.gov.uk)

Galloways Hall  
Brackenbury Road  
Fulwood PR2 3BS



**Monday**  
**13:30-14:30**  
£1.50

**Multi Sports**–All welcome, Contact Andrew Whitaker 01772 906983 Sports played, badminton, Boccia, New age Kurling, Tennis along with others.

West View Climbing and Leisure Centre  
PR1 5EP



New

**Monday**  
**13:00-15:00**  
£1

**Fun Day**– All welcome, Contact 01772 723329

Tanterton Community centre Kidsgrove Preston PR27BX



**Monday-Friday**

**Swimming Lessons** – from £36 (£16 Passport To Leisure) 10 week course term time £26 (£15 Passport To Leisure) 11 week course. Contact the leisure centre for more information 01772 716085 (Fulwood) 01772 796788 (West View)

Fulwood &  
West View Climbing and Leisure centre



**Monday-Friday**  
**10:30-18:30**

£1.50 per game  
per person

**Ten pin bowling – All Welcome.**  
ID badge showing an organisation must  
be displayed for the reduced rate.  
Contact Lakeside on 01772 555080

Lakeside  
50 Greenbank St  
Preston PR1 7PH



**New**

**Monday**  
**13:00-15:00**

Call for price

**Craft Class – a great inclusive craft group**  
for the community. Contact Lynda 01772  
760760

Intact community  
centre, 49 Whitby  
avenue Preston,  
PR23YP



**Monday**  
**17:30-18:30**  
£1

**Adult's multi activity class – The multi**  
activity class incorporates energetic and  
fun exercise/game activities. For more  
information please contact Kathryn  
Grieves 01772 777829  
[k.grieves@preston.gov.uk](mailto:k.grieves@preston.gov.uk)

Moor Park  
Business and  
Enterprise School  
Moor Park Avenue,  
Preston  
PR1 6DT



**Monday**  
**19:00-21:30**  
£1.50

**Social Evening – Artist / Karaoke /**  
Games nights, friendly atmosphere, call  
Sharon on 01772 909695 for further  
information.

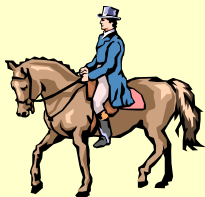
Bamber Bridge  
Football Club  
Brownedge Road  
Irongate Bamber  
Bridge PR6 6UX



**Monday**  
**19:00-21:00**  
£2 per session

**18+ group – Activities include IT,**  
socialising, advocacy work, days out.  
Contact Colin Bracewell or Gary  
Williamson on 07725474863

Trinity Community  
Centre, Wesleyan Row,  
Parsons Lane Clitheroe  
Lancashire BB7 2JY



**Any day**  
£15 per half  
hour session

**Horse Riding – 3 people per session,**  
limited access so please check. Call  
01772 671111 for more information

Ribby Hall Village  
Ribby Road Wrea  
Green near Blackpool  
PR4 2PR



**Tuesday**  
**11:00-12:00**  
£1 per session

**Chair based exercise classes - If you**  
would like more information please  
contact Kathryn Grieves on 01772  
777829 or [k.grieves@preston.gov.uk](mailto:k.grieves@preston.gov.uk)

Ashton Methodist  
Church  
Wellington Road  
Ashton -on- Ribble  
Preston  
PR2 1BX



**Tuesday**  
**10:40-15:00**  
Free

**Art Class** – if you're over 55 and interested in art join our class. Places are limited so please contact lan to book. 01772 620876. if extra help is needed please bring support

Charnley Fold  
Resource Centre  
Cottage Lane Bamber  
Bridge Preston  
PR56YA



**New**  
**Tuesday**  
**10:00-12:00**

**Information & Advice Drop In** – this is an advice drop in, everyone welcome. Contact 01772 723329

Tanterton Community  
centre Kidsgrove  
Preston PR2 7BX



**New**  
**Tuesday**  
**12:00-13:30**  
£3.70

**Luncheon Club** - low cost nourishing 2 course meal. Open to anyone but mainly older people. 01772 723579 or [emilyditchfield21@talktalk.net](mailto:emilyditchfield21@talktalk.net)

Ashton Methodist  
community centre,  
wellington road, ashton  
on ribble Preston, PR2  
1BU



**New**  
**Tuesday**  
**13:00-15:00**  
Call for price

**Evergreens Social Group** - This is a social group that is open to anyone attending. Contact 01772 723329

Tanterton Community  
centre Kidsgrove  
Preston PR2 7BX



**Tuesday**  
**13:30-15:00**  
£2.50

**Sequence Dance** - Call Mary for more information 01772 321868

Lostock Hall Over 55s  
Friendship Club Lourds  
Avenue Lostock Hall  
PR5 5TA



**Tuesday**  
**13:00-15:00**  
Call for price

**Easy Exercise (Chair based)** - this is a chair based exercise class for more information contact 01772 723329

Grange Community  
Centre 2-4 Hazel  
Grove, Ribbleton,  
Preston, PR26PT



**Tuesday**  
**15:30 - 17.00**  
**meetings**  
**happen every**  
**month**

free

**Disabled People Network** - If you would like more information, or join in activities then come along. Contact Dez Butler for more information. 01772 558863  
Next meeting 15<sup>th</sup> March

103 Church Street  
Preston  
PR1 3BS



**Tuesday and**  
**Wednesday**  
**18:15-19:30**  
£4

**Sensory Drama** – all welcome. Contact Carl Bancroft 07908948667

FX Project  
23/25 Sedgwick Street  
Preston PR1 1TP



**Tuesday**  
**19:00-21:30**  
£4

**Line Dancing – Beginner’s Class.** Contact Anne on 01772 620195

St Oswald’s RC Church 76 Chapel Lane, Longton Preston, PR4 7EB



**Change of Day**

**1st Wednesday of the month**  
**13:00-15:30**  
free

**Face 2 Face – Service user meeting, all welcome.** Contact Helen McCondichie on 01772 561323 option 3 dates are 1<sup>st</sup> June, 6<sup>th</sup> July, 3<sup>rd</sup> August, 7<sup>th</sup> September, 5<sup>th</sup> October, 2<sup>nd</sup> November, 7<sup>th</sup> December

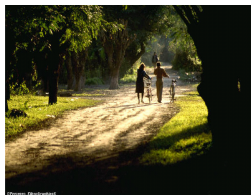
Disability Equality Northwest  
103-104 Church Street  
Preston PR1 3BS



**Wednesday**  
**10:00-12:00pm**  
£3.50 per person

**Musicability – Play music, sing and dance.** Everybody is welcome. Contact Peter: 07709960280 (Term Time only)

Sion Community Centre, Ribbleton Road, Preston,



**Wednesday**  
**10.45-12:00**  
Free

**Walks - All Welcome**  
Refreshments are served free of charge at the end of the walk at the Pavilion. Meet at bowling green pavilion For more information please contact Kathryn Grieves 01772 777829 [k.grieves@preston.gov.uk](mailto:k.grieves@preston.gov.uk)

Moor Park Walk  
Garstang Rd  
Preston PR1 1LA



**Re-Started**  
**Wednesday**  
**13:00pm-15:00**  
£ 2 per session

**Tea And Dance – Social Drop in and dance.** Everybody is welcome. Meet new friends and learn to dance. For more information contact Linda or June 01772 723329

Tanterton Community centre Kidsgrove  
Preston PR27BX



**Wednesday**  
**13:30-15:30**  
£3.50 per person

**Musicability – Play music, sing and dance.** Everybody is welcome. Contact Peter: 07709960280, for people with more complex needs(Term Time only)

Sion Community Centre, Ribbleton Road, Preston,



**Wednesday**  
**14:00 – 15.00**  
£1 per session

**Chair based exercise classes - If you would like more information please contact Kathryn Grieves on 01772 777829 or [k.grieves@preston.gov.uk](mailto:k.grieves@preston.gov.uk)**

St Margaret’s Church Hall  
St Margaret’s Close  
Ingol  
PR23ZU



**Wednesday**  
**14:00-16:00**  
£1

**Craft Group – a great inclusive craft group for the community.** Contact Andrea on 01772 864975 or just turn up.

Emmanuel C OF E  
Brook Street Preston  
PR1 7NB



**Wednesday**  
**19:00-21:00**  
£1.50 per session

**Metro Club - Activities include:**  
Sports  
Craft  
Disco's  
Self Selected Programmes

Lillian 01254 888409

C/O Clitheroe Cricket Club  
Chatburn Road  
Clitheroe  
Lancashire  
BB7



**Wednesday**  
**17:00-19:00**  
Call for price

**Morris Dancing** – All ages welcome. For more information Contact Linda or June 01772 723329

Tanterton Community centre Kidsgrove  
Preston PR27BX



**New**  
**Wednesday**  
**18:30-21:30**  
£2

**Social Evening** – come and join the new social evening, live acts, karaoke and much more. All Welcome. For more information Contact Andrew Whitaker 01772 906183

The Kolar Bar  
Old Bull  
141 Church Street  
Preston  
PR1 3BU



**Thursday**  
**10:00-11:00**  
Free

**Walks** - Refreshments are served free of charge at the end of the walk at the Pavilion. Meet at bowling green pavilion.

The Bowling Green Pavilion Ashton Park  
Pedders Lane  
Ashton  
Preston  
PR2 1HL



**New**  
**Thursday**  
**10:00-12:00**

**Information & Advice Drop In** – this is a advice drop in, everyone welcome. Contact Linda or June 01772 723329

Tanterton Community centre Kidsgrove  
Preston PR2 7BX



**Thursday**  
**10:30-15:00**  
£1

**Wheels For All** - Meet at football Pavilion  
Booking is needed. Session times are  
10:30 – 11:30  
11:30 – 12:30  
13:00 – 14:00  
14:00 - 15:00

Moor Park  
Garstang Rd  
Preston PR1 1LA

Contact Yvonne Ashcroft on 01772 777828 or [y.ashcroft@preston.gov.uk](mailto:y.ashcroft@preston.gov.uk)



**New**  
**Thursday**  
**13:15-14:15**  
£1.50

**Multi Sports**–All welcome, Contact Andrew Whitaker 01772 906983  
Sports played, badminton, Boccia, New age Kurling, Tennis along with others.

West View Climbing and Leisure Centre  
PR1 5EP



**Thursday**  
**13:30 - 14.30**  
Call for price

**Chair based exercise classes** - If you would like more information please contact Linda or June 01772 723329

Farringdon Community centre  
Preston PR1 5TR



**Thursday**  
**10:00-12:00**  
£2 per sessions.

**Music** – All welcome. Contact Self Unlimited 01254 852878

Community Hall  
Brindle Road  
Bamber Bridge  
PR5 6YJ



**Thursday**  
**13:40-16:00**  
£10 per session

**Dance, move, relax** – Places must be booked. Contact Tina Jeynes, 01254 852878

Self Unlimited North West  
Stanley Grange, Roach Road, Samlesbury, Preston PR5 0RB



New

**Thursday**  
**13:00-14:00**  
£2

**Art For Fun** – come and express your self with the power of art. For more information please contact Linda or June on 01772 723329

Tanterton Community centre Kidsgrove Preston PR27BX



**Thursday**  
**8pm onwards**  
Free entry, unless special event on

**Pub Night** - A safe friendly environment for people to enjoy a nice eventful evening

The Guild Pub  
Fylde Road, Preston, Lancashire PR1 2XQ



**Thursday**  
**19:00-21:00**  
£3 per week

**Adult Disability Arts** - Does not run during School Holidays. Call 01254 878182 for more information

Knowle Green Village Hall Clitheroe Road Knowle Green Longridge Preston PR3 2YQ



**Friday**  
**09:45-11.45**  
£2 per session

**Alternative Therapies** – to include: Aromatherapy, Reflexology, Indian Head Massage. Enjoy learning in a relaxed, friendly environment. (term time only) Contact Preston scope on 01772 828000

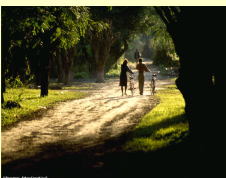
Scope  
179Eldon Street  
Preston  
PR22BA



**Friday**  
**10:00-12.00**  
£2 per session

**Craft Group** – a fun and friendly environment with the opportunity to create new and different designs. Contact Preston scope on 01772 828000

Scope  
179Eldon Street  
Preston  
PR22BA



**Friday**  
**10:00-11.00**  
Free

**Walks** - This walk is ideal for those who gradually want to get back into physical exercise.

Meet at Minerva centre entrance please contact Kathryn Grieves 01772 777829 k.grieves@preston.gov.uk

Minerva Centre Walk  
Lowthorpe Road  
Preston PR1 6SB



New

**Friday**  
**10:00-12:00pm**  
£2 per person

**Musicability** – Play music, sing and dance. Everybody is welcome. Contact Peter: 07709960280 (Term Time only)

St Cuthberts church,  
Lytham Rd Preston  
PR2 3AR, United Kingdom



New

**Friday**  
**14:00- 16:00**  
Call for price

**55+ social group- (Social and Bingo) for more information Contact Linda or June on 01772 723329**

Tanterton Community centre Kidsgrove Preston PR27BX



**Friday**  
**13:00-15:00**  
Call for price

**Art Class – if you're over 55 and interested in art join our class. Places are limited so please contact Lynda 01772 760760**

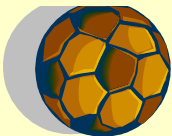
Intact community centre, 49 Whitby avenue Preston, PR23YP



**Friday**  
**13:00-14:00**  
Free

**Walks – Led by the Park Rangers. The rangers offer an insight into the park's environment and wildlife. Please contact Kathryn Grieves 01772 777829 k.grieves@preston.gov.uk**

The Pavilion on Avenham Park Preston PR1 8JP



**Friday**  
**18:00-19:00**  
£3

**Football – for the more able. Contact Andrew Whitaker 01772 906183**

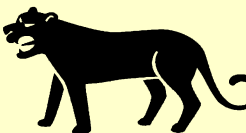
Preston College Fulwood Campus St Vincent's Road Preston PR2 8UR



**Friday**  
**18:30-21:30**  
£1

**Disco – All welcome. Contact 01772 201587**

FX Project 23/25 Sedgwick Street Preston PR1 1TP



**Saturday**  
**17:00-19:30**  
£3 per person per session

**Preston Panthers - 5:00 pm 6:30 pm multi sports  
6:30 pm 7:30 pm swimming**

Please contact Marilyn Gregson for more information 01772 719025

West View Climbing and Leisure Centre Preston PR1 5EP



**Saturday**  
**19:00-20:00**  
Free with passport to leisure card

**Swimming sessions – for people with disabilities who can swim.**

West View Climbing and Leisure Centre Preston PR1 5EP



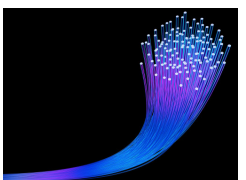
Any day

**Sensory room and soft play - Large multi sensory area for those with learning and/or physical disability as well as an excellent soft play area.**

This area is not only for young people but also for adults. Call for prices.

01772 793681 or <http://www.spcllp.co.uk/index.htm>

61 Roman Way Industrial Estate Ribbleson Preston PR2 5BE



Call for times and prices

**Sensory room - Multi sensory area for those with learning and/or physical disability. Ribbleson has an adults changing place. Contact 01772 886885**

Ribbleson Resource Centre Gerrard Street Preston PR1 8NQ



Any day

**Climbing - 1 to 3 people £30. For people that need more support.**

**1 to 6 people £60. For people that need less support.**

West View Climbing and Leisure Centre, Preston PR1 5EP

Please check availability on 01772 903159



New

Any day

**Disability Snow Sports – call for more information.**

Chillfactor Manchester	Nick Lloyd	0161 749 2290	juenicloyd@aol.com
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or

<http://www.disabilitysnowsport.org.uk/regional-activities-throughout-the-uk>

Pendle Sabden	Carol Steinberg	01925 752759	<a href="mailto:csteinberg@tiscali.co.uk">csteinberg@tiscali.co.uk</a>
	Winston	07818	<a href="mailto:wincatmac@msn.com">wincatmac@msn.com</a>
	McIntosh	217046	<a href="mailto:om">om</a>



Any day

**Pool and snooker – call for prices. 01772 203228**

Riley's Pool  
Lowthian House,  
Starch House Square,  
Market Street,  
Preston  
Lancashire  
PR1 2ES

## Preston Library



Come along and enjoy a wide of activities or just to read a book.

The friendly staff at the library will

Tell you about the different services

They can offer.

Ask for Karen Dobson 01 772 532676

Preston Library

Market square

Preston

Lancashire

PR1 2PP



## Holiday Club

During the Half term holiday West View Climbing and Leisure Centre will be sessions for people with Adults Learning Disabilities.

Wednesday 3<sup>rd</sup> August - Thursday 4<sup>th</sup> August- Friday 5<sup>th</sup> August

Wednesday 10<sup>th</sup> August - Thursday 11<sup>th</sup> August- Friday 12<sup>th</sup> August

Wednesday 17<sup>th</sup> August - Thursday 18<sup>th</sup> August- Friday 19<sup>th</sup> August

Wednesday 24<sup>th</sup> August - Thursday 25<sup>th</sup> August- Friday 26<sup>th</sup> August

10:00-15:00

Example timetable includes:

10:00-11:00, Gym

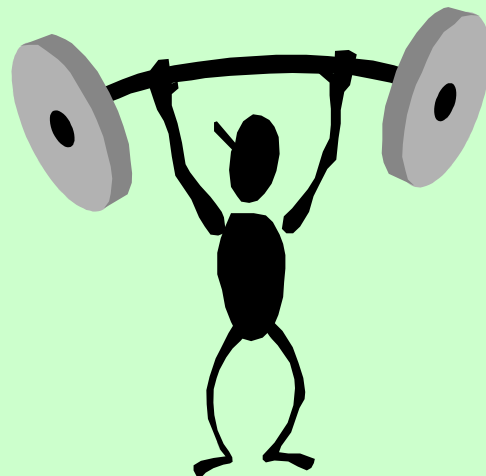
11:00-12:00, Rock climbing

13:00-14:00, Swimming & multi-sports

14:00-15:00, Multi-sports

Price: £10 per day. **Booking is required**

These sessions are aimed at the more able. For more information and a full timetable, contact Andrew Whitaker on 01772 906940.



## Jubilee Pool 2010

Adult swim £3.10 / junior £1.70. Free for Bolton Residents under 16 and over 60 years if age with a valid smart card. For opening times please ring 01204 334443

Jubilee Pool in Halliwell is designed for all members of the community, especially those with disabilities and their families. It has several unique features and every effort has been made to enable everyone to participate in swimming. Facilities include:

- @ A luxurious water temperature of 95f
- @ Accessible by chair lift of steps
- @ Handrail surrounding the pool
- @ Plastic wheelchair if required for use in the showers
- @ Mobile hoist
- @ Hot & Cold Drinks

Tennyson Street,  
Bolton, BL1 3HW

## Passport to Leisure

The Passport to Leisure card is open to most people who are in receipt of disability living allowance and offers a great reduction to the cost of some leisure activities. This scheme allows the member to have reduced access to the leisure centre facilities. Please contact myself or the leisure centres for more information.

**The Passport to Leisure card costs just £5.00 for adults and £2.50 for juniors per year.**



Monday to Friday  
between 8.15am till  
4.30pm  
All day Saturday and  
Sunday

**Swimming**  
See time table for public times  
£1.50

West View Climbing and  
leisure centre for more  
information  
01772 796788



Monday to Friday  
between 7.30am -  
4.30pm  
All Day Saturday and  
Sunday

**Fitness Room**  
£20 for a gym induction  
£2.75

West View Climbing and  
leisure centre for more  
information  
01772 796788



Monday to Friday  
between 9am -  
4.30pm  
All Day Saturday and  
Sunday

**Climbing Wall**  
Only competent registered  
climbers are permitted to use the  
climbing walls  
£3.00

West View Climbing and  
leisure centre for more  
information  
01772 796788



Monday to Friday  
9.30am - 4pm ONLY

**Sauna & Steam Room**  
Depending on session times  
£2.25

West View Climbing and  
leisure centre for more  
information  
01772 796788



Monday to Friday  
between 9am -  
4.30pm  
All Day Saturday and  
Sunday

**Exercise Classes**  
£2.20

West View Climbing and  
leisure centre for more  
information  
01772 796788

## Cinema

Cinema	Address	Facilities
VUE Preston	Capitol Village, Walton-le-Dale, Preston, PR5 4AW, 0871 224 0240	Carers free with proof Special wheelchair bays Disabled toilet Subtitled screening twice weekly Audio/visual description Automatic doors at entrance
ODEON Preston	Riversway, Portway, Ashton-on-Ribble, Preston, PR2 2YQ, 0781 224 4007	Carers free with proof Special wheelchair bays Disabled toilet Subtitled screening daily Audio/visual description Automatic doors at entrance

## DISABLED RIDING

RDA MILLERS NOOK RIDING SCHOOL LTD

Charity Number - 1123206

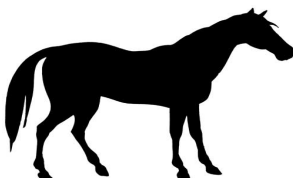
LOSTOCK LANE

WESTHOUGHTON

BOLTON

LANCASHIRE

BL5 3LX



Tel 01942 816722 - Please ring in advance

Email: [Millersnookridingschool@btconnect.com](mailto:Millersnookridingschool@btconnect.com)

- Hoist available in due course
- Wheelchair adapted carriage (waiting for suitable po
- Planning permission for indoor riding school

- Specialist equipment
- Specialised instructors
- For cost please contact the telephone number above

RDA SEASIDE VENTURE GROUP

REGISTERED CHARITY NO -1073606

WREA GREEN EQUITATION CENTRE

BRYNING LANE

WREA GREEN

Tel 08454 506803

Email: [Seasideadventure@aol.com](mailto:Seasideadventure@aol.com)

- Rides last ½ an hour
- Specialist equipment
- Qualified Instructors
- Indoor school
- **Please note that there is a waiting list. For any details contact Ian.**



**0303 333 1111**

**Information, Guidance and Advice  
Service**

Help Direct is a service developed for all adults (18 years and over) in Lancashire. Help Direct will aim to be your first port of call to get the practical support, guidance and/ or information you need to get the most out of life. Our Help Direct team will help you to find the right way forward - one that works for you. We can offer practical assistance and offer solutions in the following areas:

**Get in touch and see  
how we can help you  
to get the most out of life...**

**- Phone: 0303 333 1111**

**- Email: [info@helpdirect.org.uk](mailto:info@helpdirect.org.uk)**

Health and fitness
Home and garden
Feeling safe in your home and community
Learning and leisure
Managing finances
Mobility and transport
Community groups and involvement
Getting the right help and support
Relationships and families
Employment, volunteering and training

**Drop in to see us:**

**30 Cannon Street, Preston PR1 3NS**

**Opening hours**

**Monday to Friday: 9.00am till 5.00pm**

**Saturday: 9.00am - 1.00pm**

## CIRCLES OF SUPPORT



A circle of support is somewhere where you can get help from others to do what you want to achieve or helping you to manage everyday things



Being in a circle of support can help to make you happier as you will have more fun, have better contact with other people and help you to run your life



You choose who you want in your circle. So can have family and/or friends or even professional people to support you



If you are interested there is a person who can explain it all to you



01772 250300

Email: [office@lcil.info](mailto:office@lcil.info)

Web: [www.lcil.info](http://www.lcil.info)

Preston Technology Management Centre  
Marsh Lane, Preston, Lancashire PR1 8UQ



The Circles of Support Project is supported by  
The Lancashire Centre for Independent Living on  
behalf of the Chorley and South Ribble Partnership  
Board



## Useful Contacts

Name	Contact	What they do
<b>Preston Carers Centre</b>	26 church street, preston, PR1 3BQ	The aim of the carers centre is to help carers both paid and unpaid
<b>Preston Community Transport Limited</b> , The Mobility Centre, 28 Friargate, Preston, PR1 2AU	01772 204667	Our aim is to alleviate social, economic, rural and cultural isolation and to support the transport needs of other local voluntary organisations.
<b>Enable Holidays –</b>	<a href="http://www.enableholidays.com/index.asp">http://www.enableholidays.com/index.asp</a>	Information on accessible holidays
<b>Disabled Holidays directory</b>	<a href="http://www.disabledholidaydirectory.co.uk/search/uk-123/">http://www.disabledholidaydirectory.co.uk/search/uk-123/</a>	Information on accessible holidays
<b>Shopmobility –</b> The mobility centre, 28 Friargate, Preston, Lancashire, PR1 2AU	T: 01772 204667	Short term loan bases of both manually and electric wheelchairs.
<b>Learning Disability Helpline</b>	T: 0808 808 1111	Information on Learning Disability issues in England
<b>Jobcentre Plus</b> Gateway House, 200 Ringway, Preston PR1 2EK	T: 0845 6088524 textphone 0845 6088505	Help & advice on job hunting and extra support Help & advice on making a claim for benefit
<b>Benefits Enquiry Line (BEL)</b> Victoria House, 9th Floor, Ormskirk Road, Preston PR1 2QP	T: Free phone 0800 882200 Text phone 0800 243355 F: 01772 238953 E: <a href="mailto:bel-customer-service@dwp.gov.uk">bel-customer-service@dwp.gov.uk</a>	For help filling in claim forms and advice on benefits and claiming for people with disabilities and their carers
<b>DLA &amp; AA Helpline</b> Warbreck House Warbreck Hill Blackpool FY2 0YE	T: 08457 123456 E: <a href="mailto:dbu-customer-service@dwp.gsi.gov.uk">dbu-customer-service@dwp.gsi.gov.uk</a> Text phone 08457224433	Advice and update on Disability Living Allowance and Attendance Allowance claims & payments
<b>Carers Allowance Unit</b> Palatine House, Lancaster Road, Preston PR1 1HB	T: 01253 856123 Text phone 01772 899489 F: 01772 899354 E: <a href="mailto:cau.customer-services@dwp.gsi.gov.uk">cau.customer-services@dwp.gsi.gov.uk</a> Customer Services 01772 899488	Advice and updates on carers allowance claims and payments
<b>NoWcard</b> Preston City Council Concessionary Fares, Contact Centre, Town Hall, Preston. PR1 2RL	Telephone: 01772 906917	Ask Andrew Whitaker for a copy of the application form
<b>The Wildlife Trust</b> The barn : Head Office Wildlife trust for Lancashire, manchester, and north merseyside. Berkeley drive, bamber bridge, preston, Lancashire, PR5 6BY	<a href="http://www.lancswt.org.uk/">http://www.lancswt.org.uk/</a>	Opportunities for people within Lancashire, Manchester and north Merseyside to access and take part in different out door activities.

<b>Chorley Library</b> Union Street, Chorley PR7 1EB	Sheila Burns 01257 277222	Preston library offer an inclusive environment. Library staff will welcome you and show you around the library and tell you about the different services available
<b>Leyland Library</b> Lancaster Gate LEYLAND, PR25 2EX	Hazel Becker 01772 432804	Library staff will welcome you and show you around the library and tell you about the different services available
<b>Employment Support – Transitions</b> Employment support services Bungalow 2 Weldbank House Weldbank Lane Chorley PR7 3NQ	Khadija Sarwar  Tel 01257 261902 Mob 07557 030577	This services helps young people into employment, both paid and unpaid employment this service is for people ages 16 – 25 years old.
<b>New</b> <b>Discrimination service</b>	Free help, please ring 01772 9/6422 or email <a href="mailto:admin@prestonrec.org.uk">admin@prestonrec.org.uk</a>	Free confidential legal advice on discrimination in the workplace and in access to goods and service.
<b>The Card Network (cinema)</b>	0845 123 1292	Ask Andrew Whitaker for a copy of the application form

### Learning in Preston

Lancashire Adult Learning is putting on some courses in Preston for people with a learning disability. if you have any question in the mean time. Call the Pre Entry Team on **01257 276719**

Email [deborah.toward@lancashire.gov.uk](mailto:deborah.toward@lancashire.gov.uk)



Day	Dates	Time	Venue	Tasters (sessions may not be in this order)
Tuesday	18 <sup>th</sup> , 25 <sup>th</sup> August & 1 <sup>st</sup> Sept	1-3	West View Leisure Centre, West View, Ribbleson Lane, Preston PR1 5EP	Chill out, gardening skills, world around us.
Thursday	18 <sup>th</sup> , 25 <sup>th</sup> August & 1 <sup>st</sup> Sept	1-3	Pukar Disability Resource Centre, 3-5 Oakham Court, Avenham PR1 3XP	Creative computers, art and community, literacy and communication.
Friday	19 <sup>th</sup> & 26 <sup>th</sup> August & 2 <sup>nd</sup> Sept	10-12	Pukar Disability Resource Centre, 3-5 Oakham Court, Avenham PR1 3XP	Science, life skills, skills for work.

If your organization would like to promote an activity, contact your local Learning Disabilities Leisure and Community Development Worker, details below:

**Preston** Andrew Whitaker  
01772 906940  
[a.whitaker@preston.gov.uk](mailto:a.whitaker@preston.gov.uk)

**West Lancs** Michelle Hughes  
01695 588258  
[Michelle.hughes@centrallancashire.nhs.uk](mailto:Michelle.hughes@centrallancashire.nhs.uk)

**Chorley and South Ribble** Kirsty Yates  
01772 644130  
[kirsty.yates@centrallancashire.nhs.uk](mailto:kirsty.yates@centrallancashire.nhs.uk)

**Please note** every endeavor is made to ensure that the prices, dates and locations are correct at the time of publication. If any prices have changed in the meantime please inform us so that they can be corrected? Thank you!