

A list of local groups across the region that provide warm spaces, activities, friendship and refreshments for anyone who is feeling lonely or perhaps wants to find a new hobby.

Please note that the information we have may be out of date if groups have closed, we try our best to keep this up to date.

Preston & Chorley

Gardening club Recycling Lives Charity

<https://www.letsgrowpreston.org/events-calendar>

Tel: 07967820744 (Chris Taylor)

Lune St Methodist Church, Preston

Third Monday of the month, 2:00pm

Social activities , Lunches , Coffee mornings , Theatre visits , Trips to places of interest

Monthly meeting with a speaker

Ballroom with a Flourish

Keep active and have fun, non formal ballroom classes

Simple, social and with a smile.

Whittle le woods

Methodist Church Hall

Monday 10-11am

Booking essential contact via the website – www.thehaydockschoolofdance.co.uk

Galloways Society for the Blind

Social groups

<https://www.galloways.org.uk/staying-connected>

Tel: 01772 744148

Chorley Buddies: Tel 01257 542367

https://www.facebook.com/SVP-Chorley-Buddies-101866848131160/?locale=en_GB

Lunches (3rd Tuesday of the Month), Phone Buddies, Good Food Club, Activities Buddies

Carousel music and Movement West Lancashire

<https://www.carouselmusic.org/>

<https://www.facebook.com/CarouselMusicandMovement>

Tel: 07970 896 943

Talkin tables – Chorley, South Ribble and Preston areas

[Bamber Bridge](#)

[Tel: 07506 189128 \(Marjorie Hayward\)](#)

[Tel : 07740406758 \(Richard Shimmin\)](#)
[possibly able to collect and support people with first visit in Chorley area](#)

Central & West Lancashire

Divine Days

<https://www.divinedays.co.uk/community-connections/>

Community Connections offer specialised activities and befriending service for the elderly, people with poor mental health or

dementia, people that have been isolated and those managing long term health conditions. Community Connections provides a safe environment run by qualified practitioners to support members of our community to reconnect and find purpose and meaning on their road to recovery.

Nifties

Exercise classes for over 50s

Burscough sports centre

Tuesday and Thursday 10am-12pm

Tel: 07704446761

[Nifty fifties sessions - West Lancashire Borough Council](#)

Exercise classes

<https://www.moveitorloseit.co.uk/find-a-class/>

Tel: 0800 612 7785

Salvation Army Activities county wide

<https://www.salvationarmy.org.uk/older-people/activities-community>

Tel: [020 7367 4800](tel:02073674800)

East Lancashire

OPEN DOOR COLNE

[Open Gate | Home | Open Door Centre](#)

01282 860342

Mens Den Support Group 6:00 – 7:30
WEDNESDAY

Soul Sisters – Tea, Coffee, Laughter 14:00 –
15:00 FRIDAY

Gardening Group 12:30 – 14:30
THURSDAYS

Art and Craft 13:00 – 15:00 MONDAY
AFTERNOONS

Healthy Minds 10:00 – 12:00 MONDAY AND
THURSDAY

BANKMILL CENTRE

Social Prescribers

Hyndburn & Ribble Valley CVS Social
Prescriber service

allison.mcgruer@hrv-cvs.org.uk

Bank Mill Centre – Hyndburn Leisure

[Bank Mill Centre – Hyndburn Leisure](#)

Bank Mill House, Church Road, Great
Harwood

01254 961139

Weekly social activities – see website for
details of all they offer

Extra time Hub

Stanley sports hub, Thorneyholme Rd BB5
6BD

Men 50+

Activities chess, table tennis, dominoes,
curling, cards and more

Tel 01254 475013

Thursday 10am-12pm £3 includes Brew and
a biscuit

Preston North End

Walking Football

[Walking Football - Preston North End FC](#)

Activities and workshops

Blackburn & Burnley

<https://superslowway.org.uk/events/>

Tel: 07753445625

Trawden Community centre – weekly activities

<https://www.trawdenforest.com/about-3>

<http://bookings@trawdenforest.com/>

Tel: 07763506101

St Joseph's Church, Accrington

01254 231754 weekly coffee and chat – recommended by social prescriber Sherad from Blackburn Road Medical Centre PCN, Accrington 07861 662288

Burnley – Sew Social

Textiles, Social and Wellbeing Group (FREE)

The project is open to everyone who is lonely, isolated and in need of a new interest/place to go.

Every Thursday – 10-1 from 11th April 2024

Towneley Hall, Burnley, BB11 3RQ

Chatty café schemes contact for cafes in local areas

<https://thechattycafescheme.co.uk/find-a-chatty-table>

Tel: 07465 966 597

The Nattershack Scheme – Burnley areas

Bringing people together to sit, chat, relax and make new friendships

https://www.facebook.com/people/The-Natter-Shack-Scheme/100064392774105/?ref=page_internal&mt_nav=0

All saints Church

Warm space and Community kitchen Friday 11:30-1:30

Soup sandwich brews etc - No charge but Can make a donation

Limited availability to pick people up in the very near vicinity

Contact Claire – 07976302573

DROP IN - Haslingden and Helmshore

St James Church in Haslingden - Mondays 11-2 Open for people to drop in, keep warm, free coffee and biscuits.

Helmshore

St Thomas' Church in Helmshore - Thursdays 11-2 Open for people to drop in, keep warm, free coffee and biscuits.

Both also have the option to purchase a lunch at low cost

Pendle East Health Walks

We are working with Pendle East Neighbourhood Team to deliver weekly health walks, alternating between Trawden and Barrowford, on Monday mornings. The health walks are designed to be gentle, accessible walks aimed at getting people into the habit of taking regular exercise.

Contact: Helen Smith, Community, Projects & Activities Officer, Ribble Rivers Trust 07508 717984/01200 444452

LANCASTER AND MORECAMBE AREA

Skerton Community Centre

[Friendly Faces | Community Groups | Skerton Community Centre](#)
(skertoncc.co.uk)

Halton Community Centre Luncheon Club and Soup and Songs

Luncheon club once a month

Soup and Sons once a month

Contact Linda Frankland 0775 1192 805

The Gregson Centre

Various groups and classes

[Gregson Centre](#)

Victoria Institute, Caton

[Welcome to Victoria Institute | Victoria Institute](#)

Lancaster – Ellel, Galgate

Warm

Welcome <https://www.facebook.com/groups/1076679446346080/>

You can be collected and taken to the hall behind Ellel Village Hall on Friday mornings - the usually start with a cuppa around 11:30 and have a lunch and can obtain free food which has been donated.

<https://www.facebook.com/groups/1076679446346080/>

Neuro dropin

NeuroDropIn is a friendly place for you and your family to meet with others that may have the same or similar conditions, whether you are newly diagnosed or have lived with a condition for a long time.

We provide a unique place in Lancaster for anyone affected by a neurological condition, such as multiple sclerosis, motor neurone disease, Parkinson's disease, stroke, epilepsy, dementia, cerebral palsy, Huntington's disease, ME, MG, MSA and acquired brain injury.

Come and enjoy our lovely Pop up café 10-2pm. Our cafe serves a delicious hot meal at 12pm which is FREE to all our members! Our tasty sweet treats of cakes and biscuits are also FREE to our members! Plus for the full 4 hours, you can purchase a warm drink too.

<https://neurodropin.org.uk/about>

Tel: 01254 840762

Lancaster and district activity groups

<https://www.lancasterdistrict.co.uk/events/category/whats-on-in-lancaster-district/>

Tel: 01524 67447

Salvation Army, Carnforth

Activity groups

<https://www.salvationarmy.org.uk/carnforth>

Tel: 01524 736217

Seagull Café, Morecambe

<http://moremusic.org.uk/whats-on/seagull-cafe/>

Tel 01524 831997

Primetime Performance group

<https://dukeslancaster.org/about-us>

Tel: 01524 598 522

Marsh Community Centre

Provides various clubs and groups
Willow Ln
Lancaster
LA1 5PP

01524 843300

<https://marshcommunitycentre.org/>

The King's Community Church, Lancaster.

The Cafe is open Every Thursday
afternoon between 1:30 and 3:30.

We have a number of regulars who come
along to sample our FREE Tea/Coffee or
soup.

We also serve FREE savoury snacks, toast
and cake.

People are welcome to join in the various
conversations or to simply relax in the
pleasant atmosphere. WIFI is available for
those who need it.

The cafe welcomes people of other faiths, or
none.

The entrance to the Cafe is going through
Sugar House Alley either down the steps
down from St Leonardsgate, or walking
between Papa John's Pizza and the
Yorkshire House from North Road.

01524 388490

The Friendship club – Lancaster

<http://www.thefriendshipcentre.co.uk/how-to-find-us.html>

Tel: 07821 328342

Headway Lancaster and Morecambe Bay

Support and social network for people with
brain injuries

www.headwaylancaster.com

Tel: 07947 342 425

Morecambe - The rainbow centre

BLACKPOOL AREA

Volunteer Centre

[Home - Volunteer Centre
\(volunteercentrebwf.org.uk\)](http://Home-Volunteer-Centre(volunteercentrebwf.org.uk))

01253 301004

The services we offer are Volunteer
Support, Organisation Support for
Volunteers, Social Prescribing, Bfriending,
Borrow it Blackpool, Community Navigators
and Cost of Living Support. THEY DO NOT
ASSIST WITH SHOPPING.

Warren Manor - offer day placements and
pick the client up, and transport them home
01253 868276

Stronsay community centre FY2 0HE
- lunch/social centre from 12-2pm every
Monday, contact is Debbie Kerr 07483
172448

**Embrace Lodge – Adult Day Centre –
Dementia Friendly**

303 Whitegate Drive - Blackpool

[Embrace Lodge Adult Day Centre | Carers in Blackpool by Embrace Home Care](#)

Teanlowe 60+ community centre, Poulton le Fylde - open 6 days a week-contact Brian Dempsey 07535 606001

Meals, coach trips, functions each month, pamper classes, warm hub

Chairman: Jeff Misbett 07973 294 601

FLEETWOOD AREA

Fleetwood Library added 22/06/23

Activities Yoga/Crafts/Art/Knit&knatter see link for times and dates

<https://events.lancashire.gov.uk/search/index.asp?q=&area=allVenue&venue=Fleetwood>

Tel: 0300 123 6703

Friendlier Fleetwood

Based in Fleetwood Lancashire and I was wondering if the any people suffering from loneliness in our area that would like to join us we meet 4 times a week on Monday and Saturday 1-3 at the library in Fleetwood and on Tuesday and Friday 1-3 at the Ymca Lofthouse building London Street Fleetwood. We also go for breakfast once a month and Sunday lunch once a month we go on holiday twice a year and also have a Christmas party Secret Santa, we have people travel to us and some enjoy crafts.

Contact: Fran Shaw, 07522 976758 & franshaw65@hotmail.co.uk

Blackpool, Fylde and Wyre Social Prescribing Team Let's Connect

<https://www.bch.co.uk/community-and-support-services/community-activities-and-befriending-service>

01253 301004

FYLDE AREA

Fylde Directories

- <https://www.fyidirectory.co.uk/directory/categories/adults-care-and-support>

Activities Fylde added 22/06/23

Luncheon club/ exercise class/ afternoon teas/ coffee and computer/Drop in sessions

<https://laughlivelove.org.uk/>

Tel: Bev 07742709994 or Julie 07517086530

Fylde Community Drop In

Cuppa, chat and activities

10 am to 4 pm October – March

Tuesdays: St John's Church East Beach

Thursdays: St Cuthburts Church, Beach Road

Wyre & Fylde Befriending Service We're excited to introduce the Wyre & Fylde Befriending service later this year. This new initiative, in partnership with Wyre Council, will include a new team member in Fylde to coordinate the project. It aims to support

isolated and lonely adults (18+) through volunteer befriending.

Well Community HUB The HUB drop in centre is currently open from 2pm to 5pm every Monday with a 2 course hot meal provided from 4pm. We have seen an increase in the number of people attending from our lonely, isolated, homeless, and vulnerable members of our community. All our welcome.

We will soon be introducing our family supper club on Wednesdays after school and we have family cooking classes starting in October, provided by Recycling Lives.

GARSTANG AREA

Garstang Arts and craft centre.

<https://garstangartsociety.org.uk/>

Tel.01995 606648

COUNTYWIDE

Salvation Army Activities county wide

<https://www.salvationarmy.org.uk/older-people/activities-community>

Tel: 020 7367 4800