

Spring 2021

# Headway Preston and Chorley News



Hello everyone. We hope this newsletter finds you all well and that you have managed to keep your spirits up during the latest lockdown. We understand how many of you have felt isolated and lonely, but as the weather slowly improves and the lockdown eases, we are looking forward to resuming our Community Sessions in the months ahead and reopening the office for one to one appointments. We are all looking forward to seeing you!

## Our Roadmap for opening up services

DATES 2021	TIME	ACTIVITY	VENUE AND BOOKING
25 <sup>TH</sup> MAY and more will be added	11am	Walking Group	Avenham Park (bring your own picnic – weather permitting) To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
6 <sup>TH</sup> JULY	1pm - 3pm	Drop In	Cottam Community Centre To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
3 <sup>RD</sup> AUGUST	1pm - 3pm	Drop In	Cottam Community Centre To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
7 <sup>TH</sup> SEPTEMBER	1pm - 3pm	Drop In	Cottam Community Centre To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
28 <sup>TH</sup> SEPTEMBER	1pm - 4pm	Activity Day	Salvation Army To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
5 <sup>TH</sup> OCTOBER	1pm - 4pm	Drop In	Salvation Army To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>
26 <sup>TH</sup> OCTOBER	1pm - 4pm	Activity Day	Salvation Army To book ring 07808 648728 or 07557123493 Email <a href="mailto:services@headwayprestonandchorley.org.uk">services@headwayprestonandchorley.org.uk</a>

### Cottam Community Centre

Haydocks Lane, Cottam, Preston, PR4 0NY

- Free parking.
- Bus number 44 from Preston Bus Station every 30 minutes. Stop at Merry Trees Lane Cottam Community Centre or the Ancient Oak pub and walk through. Please ask us for a map.

### The Salvation Army

Harrington Street, Preston PR1 7BN

- Free limited parking.  
Bus 23 from Preston Bus Station every 15 minutes.



## Headway Zoom Group



The Zoom group we started in 2020 has become so popular we are going to continue with the group even though we are starting to open up our other services.

However, the Zoom group will change from being held on a Tuesday to a Wednesday from the week beginning 17th May 2021 and this is to ensure we have enough staff available to deliver all our other services.

To join go to our website and follow the link:

[Zoom Group - Headway Preston & Chorley \(headwayprestonandchorley.org.uk\)](https://www.headwayprestonandchorley.org.uk)

If you have any problems joining or require more information please contact Laura Brown:

Tel: 07583 637 197

Email: [laura@headwayprestonandchorley.org.uk](mailto:laura@headwayprestonandchorley.org.uk)

ZOOM DAY	DATE	TIME
TUESDAY	11TH MAY 2021	1PM
WEDNESDAY	19TH MAY 2021	1PM
WEDNESDAY	26TH MAY 2021	1PM
WEDNESDAY	2ND JUNE 2021	1PM
WEDNESDAY	9TH JUNE 2021	1PM
WEDNESDAY	16TH JUNE 2021	1PM

## Carers online meetings

Join other carers on the first Wednesday of the month at 5pm - 6pm via Zoom.

Go to our web site to join:

[www.headwayprestonandchorley.org.uk/carers-online-meetings/](https://www.headwayprestonandchorley.org.uk/carers-online-meetings/)

Or contact us by phone: 07557123493

## Walking Group

The popular Headway Walking Group is back! and we have arranged our first walk of the year to Avenham Park on 25th May.

Booking is required.

For your bookings and further information about more supervised walks contact:

Margaret Cliffe Tel: 07808 648728

E:[margaret@headwayprestonandchorley.org.uk](mailto:margaret@headwayprestonandchorley.org.uk)



## What we will be asking you before you attend our services?

- Everyone who attends Headway sessions needs to feel safe and we will be continuing to screen clients.
- We will ask whether you or anyone in your household has any Covid-19 symptoms.
- We will take your temperature and also ask if you have been told to self isolate.
- We will tell you more about this when you book to attend a community session.

Our helpline is available Monday - Friday please telephone or text: **07557 123 493**

If we do not answer please leave a message so we can call you back.



Donations are always very welcome: [www.justgiving.com/headway-prestonchorley](https://www.justgiving.com/headway-prestonchorley)

Charity number 1144388