



Central Lancashire Meeting Dates 2024

For adults with Acquired Brain Injury & after Major Trauma.



Salvation Army Centre
Harrington Street Preston PR1 7BN



Cottam Community Centre Haydock's Lane, Cottam, Preston, PR4 0NY



Headway Central Lancashire
Sir Tom Finney Way PR1 6PA

DATES 2024	Drop In Salvation Army 1.00pm - 4.00pm	Walking Group Tuesday Booking required	Drop In Cottam Centre 1.00pm - 4.00pm	Activity Day Salvation Army 1.00pm - 4.00pm
JANUARY	-	9th January	2nd January 16th January	30th January
FEBRUARY	6th February	13th February	20th February	27th February
MARCH	5th March	12th March	19th March	26th March
APRIL	2nd April	9th April	16th April	30th April
MAY	7th May	14th May	21st May	28th May
JUNE	4th June	11th June	18th June	25th June
JULY	2nd July	9th July	16th July	30th July
AUGUST	6th August	13th August	20th August	27th August
SEPTEMBER	3rd September	10th September	17th September	24th September
OCTOBER	1st October	8th October	15th October	29th October
NOVEMBER	5th November	12th November	19th November 26th November	-
DECEMBER	-	10th December	3rd December	No Activity Day

17th DECEMBER **Festive Get Together** St Gerards Parochial Centre Lostock Hall PR5 5AA

Every Wednesday Booking required for first time visit.	Exercise Class at Heartbeat, Headway CL, Sir Tom Finney Way Preston PR1 6PA	1.30pm - 2.30pm	£2.50 per session
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Please note we are unable to allow children under aged 16 to attend sessions.

We are also unable to allow animals, unless assistance dogs

More information: 01772 791460 or 07808 648728 Email: services@headwaycentrallancashire.org.uk

www.headwaycentrallancashire.org.uk

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