



# Central Lancashire

## Meeting Dates 2025

For adults with Acquired  
Brain Injury  
and after Major Trauma

| <b>DATES 2025</b>        | <b>DROP IN<br/>Salvation Army<br/>PR1 7BN<br/>1.00pm - 4.00pm</b> | <b>DROP IN<br/>Cottam Centre<br/>PR4 0NY<br/>1.00pm - 3.30pm</b> | <b>DROP IN<br/>The Gentry Bar<br/>PR1 6PA<br/>1.00pm - 3.30pm</b>            | <b>ACTIVITY DAYS<br/>Salvation Army<br/>PR1 7BN<br/>1.00pm - 4.00pm</b> |               |                  |
|--------------------------|---|--|--|---|---------------|------------------|
| <b>JANUARY</b>           | At Cottam on<br>7th January                                       | 7th January<br>21st January                                      | At Cottam<br>on 21st January   | 28th January  |               |                  |
| <b>FEBRUARY</b>          | 4th February  | 18th February  | At Cottam<br>on 18th February  | 25th February   |               |                  |
| <b>MARCH</b>             | 4th March   | 18th March   | At Cottam<br>on 18th March   | 25th March  |               |                  |
| <b>APRIL</b>             | 1st April   | At Gentry Bar<br>on 15th April                                   | 15th April   | 29th April  |               |                  |
| <b>MAY</b>               | 6th May   | At Gentry Bar<br>on 20th May                                     | 20th May   | 27th May  |               |                  |
| <b>JUNE</b>              | 3rd June  | At Gentry Bar<br>on 17th June                                    | 17th June  | 24th June   |               |                  |
| <b>JULY</b>              | 1st July  | At Gentry Bar<br>on 15th July                                    | 15th July  | 29th July   |               |                  |
| <b>AUGUST</b>            | 5th August  | At Gentry Bar<br>on 19th August                                  | 19th August  | 26th August   |               |                  |
| <b>SEPTEMBER</b>         | 2nd September   | At Gentry Bar<br>on 16th September                               | 16th September   | 30th September  |               |                  |
| <b>OCTOBER</b>           | 7th October   | 21st October   | At Cottam<br>on 21st October   | 28th October  |               |                  |
| <b>NOVEMBER</b>          | 4th November  | 18th November<br>25th November                                   | At Cottam<br>on 18th November  | At Cottam<br>on 25th November   |               |                  |
| <b>DECEMBER</b>          | At Cottam<br>on 2nd December                                      | 2nd December   | <b>16th December Festive Get Together</b><br>St Gerards Lostock Hall PR5 5AA |   |               |                  |
| <b>WALKING<br/>GROUP</b> | 14th January  | 11th February  | 11th March   | 8th April   | 13th May      | 10th June        |
|                          | 8th July  | 12th August  | 9th September  | 14th October  | 11th November | Booking required |

**One to ones at the Headway Office PR1 6PA**

Monday - Thursday during office hours  
booking is required.

**Hospital meetings at the Royal Preston and  
Blackpool Hospitals**

By Appointment.

**Tel: 01772 791460 or 07808 648728 Email: [services@headwaycentrallancashire.org.uk](mailto:services@headwaycentrallancashire.org.uk)**

Charity: 1144388 Sessions could be subject to change. Over 16s only.

## Our venues and what's on at Headway Central Lancashire

You can expect a warm welcome at our community meetings, which are for adults with acquired brain injury or after a major trauma. If you usually require support, you can bring a support worker, family member, friend or assistance dog to our sessions. All visitors must be over aged 16.



Salvation Army Harrington Street  
Preston PR1 7BN



Cottam Centre Haydock's Lane  
Preston PR4 0NY



Headway Office and Gentry  
Bar, Preston North End, Sir  
Tom Finney Way PR1 6PA

### What's On at the Drop In

- Interest talks
- My Story
- Advice and information.
- Memory Aids
- Welfare benefits advice.
- Legal advice.
- Good company and refreshments.
- Take away information.

### What's On at the Activity Day

- Art Workshop
- Talking Group
- Relaxation and chair yoga
- Advice and information.
- Memory Aids
- Welfare benefits advice.
- Good company and refreshments.
- Take away information.

Visit our website for more information by scanning the QR Code below:



You can make a donation by scanning the QR Code below:



Charity number 1144388 and company number 7669175