

# WHAT'S ON IN MAY 2026...




the brain injury association  
Central Lancashire

## WHY NOT JOIN US AT ONE OF OUR SESSIONS THIS MONTH?

**05  
MAY**

**DROP IN** (FREE ADMISSION)  
AT THE SALVATION ARMY, HARRINGTON ST, PRESTON,  
PR1 7BN 1.00PM-4.00PM

- AN INTEREST TALK BY THE FOREST OF BOWLAND
- MUSIC WORKSHOP - JOIN OUR "HEADWAY CHOIR" 

INFORMATION & REFRESHMENTS



**12  
MAY**

**WALKING GROUP** BOOKING REQUIRED £4.00 PER HEAD  
CONTACT: MARGARET 07808 648728

START TIME: 11.00AM

A SPRING WALK AROUND AVENHAM PARK  
WITH LUNCH AT THE CAFE PAVILION



**19  
MAY**

**DROP IN** (FREE ADMISSION)  
AT THE GENTRY BAR, HEARTBEAT CENTRE,  
PRESTON NORTH END, PR1 6PA 1.00PM-3.30PM

TABLE TENNIS - BOARD GAMES - TEAM QUIZ  
INFORMATION AND REFRESHMENTS



**26  
MAY**

**ACTIVITY DAY** (FREE ADMISSION)  
SALVATION ARMY, HARRINGTON ST, PRESTON, PR1 7BN  
INCLUDES ART WORKSHOP, CHAIR YOGA & RELAXATION,  
TALKING GROUP & REFRESHMENTS 1.00pm -4.00pm



**ONE  
TO ONES**

**AT THE HEADWAY OFFICE**

HEARTBEAT CENTRE, PRESTON NORTH END PR1 6PA

(BOOKING REQUIRED: 01772 791460 OR 07557 123493)



**PATIENT  
SUPPORT IN  
HOSPITAL**

**FOR NEURO AND MAJOR TRAUMA PATIENTS  
EVERY WEEKDAY AT THE ROYAL PRESTON HOSPITAL  
CONTACT US 07557 123493 OR 07944 993071**



**EXERCISE  
CLASS**

**EVERY WEDNESDAY**

HEARTBEAT CENTRE, PRESTON NORTH END PR1 6PA FIRST-TIME BOOKING  
REQUIRED £2.50 PER SESSION 01772 791460 OR 07557 123493



**SUPPORTING BRAIN INJURY ADULTS AND MAJOR TRAUMA SURVIVORS AND THEIR FAMILIES**

Email: [services@headwaycentrallancashire.org.uk](mailto:services@headwaycentrallancashire.org.uk)

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