

<b>Date</b>	<b>Age Uk Lancashire Health &amp; Wellbeing Drop in sessions What's On</b>
<b>14/08/2025</b>	<b>UK Lancashire- Benefits advice</b>
<b>28/08/2025</b>	<b>Age UK Lancashire- SCAMs awareness</b>
<b>11/09/2025</b>	<b>Age UK Lancashire- Support at Home service Information (10-12pm) Lancashire Adult Learning- Information (11-12PM)</b>
<b>25/09/2025</b>	<b>Age UK Lancashire- Walton Lane Community Centre Information (10-12pm) Gong bath meditation (11-12pm)</b>
<b>09/10/2025</b>	<b>Parkinsons support Stroke support Movement to Music class 11-12pm)</b>
<b>23/10/2025</b>	<b>Dementia support Drum circle class- (11-12pm) Lancashire Adult Learning-( 10-11)</b>
<b>06/11/2025</b>	<b>Diabetic Eye Screening Lancashire Adult Learning- Grow Your Own Herbs (10-11am) Pendleside Hospice RNIB/ Galloways visually impaired. Gong bath meditation (11-12pm)</b>
<b>20/11/2025</b>	<b>Living Well Support Service Introduction to chair exercise (10-11am) Movement to Music class (11-12pm)</b>
<b>04/12/2025</b>	<b>Burnley Bourgh Council- Information Lancashire Adult Learning- Ways to Sleep Well (10-11am) Pendleside Hospice -Admiral Nurses Gong bath meditation (11-12pm)</b>
<b>18/12/2025</b>	<b>Lung Workshop Lancashire Adult Learning- Festive Wreath Making (10-11am)</b>

	<b>Pendleside Hospice</b>
<b>08/01/2025</b>	<b>Lung Workshop Pendleside Hospice Stroke association</b>
<b>22/01/2026</b>	<b>ELHT- Breast Imaging Cancer awareness- ELHT Diabetic eye screening Drum circle class- (11-12pm)</b>
<b>05/02/2026</b>	<b>(Offered to men over 65) Age UK Lancashire-Dementia support Pendleside Hospice -Admiral Nurses Stroke Association AUKL- Walton Lane Day Centre Gong bath meditation (11-12pm)</b>
<b>19/02/2026</b>	<b>Hypertension- Blood pressure checks- Burnley GP Movement to Music class (11-12pm)</b>
<b>05/03/2026</b>	<b>Arthritis AAA (Abdominal Aortic Aneurism) Improving Screening uptake Cancer awareness- ELHT Gong bath meditation (11-12pm)</b>
<b>19/03/2026</b>	<b>COPD Pendleside Hospice Talking Therapies- NHS FILO Project Drum circle class- (11-12pm)</b>
<b>02/04/2026</b>	<b>Age UK services support and advice Hypertension- Blood pressure checks- Burnley GP</b>
<b>16/04/2026</b>	<b>Pendleside Hospice Hypertension- Blood pressure checks- Burnley GP Carers Link Dementia support- AUKL Home Improvement Agency (HIA) – Burnley council Stroke Association</b>

30/04/2026	<b>ELHT- Breast Imaging</b> <b>Cancer awareness- ELHT</b> <b>Hypertension- Blood pressure checks- Burnley GP</b> <b>FILO Project</b> <b>Talking Therapies- NHS</b>
14/05/2026	<b>Hypertension- Blood pressure checks- Burnley GP</b> <b>Cancer awareness-(Bowel cancer) ELHT</b> <b>Talking Therapies- NHS</b>
04/06/2026	<b>Celebration Event- 11-1pm (Lunch provided)</b>
	<b>Session held at the Chai Centre, Hurtley Street Burnley,  BB10 1BY</b>  <b>(10am-12pm)</b>

