



WHAT'S ON AT DOWN TOWN

MONDAYS

STEPS TO EMPLOYMENT

10-3pm

Support available with your employability needs. From support with your CVs, to job search and interview techniques.

cmars@calico.org.uk

cellwood@calioc.org.uk

WORK WELL

10-3pm

Friendly, tailored support if you're unemployed, off work due to illness, or at risk of going off sick. We can help with CVs, interview prep, and even connect you to funding for gym memberships, holistic therapies, and more—all designed to boost your wellbeing and get you back on track.

01282 686510

workwell@burnleytogether.org.uk

THRIVE

10-3pm

A variety of skills, employment and training advice for anyone aged 16-24.

01282 686313

ICANN

10-3pm

Help with filling in benefits forms.

PIP * ESA50 * UC50 * CHILD DLA * AA

01772 746 061 to book an appointment

ALPHA COURSE

10.30- 12pm

The Alpha Course is a great place to ask the big questions of life, meet new people and discover more about the Christian faith.

Life Church 01282 454149

info@lifelancs.org

KING'S TRUST YOUNG PEOPLE SUPPORT

1-3pm

Support for young people aged 16 to 30 to move into work, education, training, or setting up a business.

janet.reid@kingstrust.org.uk

12 STEP LIFE RECOVERY

1:30-3pm

12 Step Life Recovery supports individuals in their struggles with different types of addictions and dependencies. The meetings are 100% confidential.

07957 616497

michael@liferecovery.co.uk

TUESDAYS

STEPS TO EMPLOYMENT

10-3pm

See Monday for details

WORK WELL

10-3pm

See Monday for details

CAP DEBT SUPPORT

10.30-12pm (30th September, 25th November, 16th December)

Expert debt counselling with support for repayment, in-depth, long-term insolvency options and more complex cases.

07487378814

anthonyholden@capuk.org

INFANT MASSAGE

10.30-12pm

This session is focused on babies that are 6 weeks to just before crawling and designed to help strengthen the bonding process with your baby and build confidence in handling your baby.

To book a space please contact

01282 470707

NORTHERN COMMUNITY BANK

11-2pm (First Tuesday of the month)

An easy, ethical way to save, and a convenient and affordable way to borrow.

lee@northernncb.uk

CRAFT AND CHAT

12.30-1.30pm

Suitable for families with early years children. Come along for craft activities and fun.

01282 470707

WEDNESDAYS

CITIZEN'S ADVICE

9-12pm

1st, 15th & 29th October

12th & 26th November

10th December

Benefits and financial advice.

0808 278 7975

STEPS TO EMPLOYMENT

10-3pm

See Monday for details

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

Supporting you with physical and mental health needs, including social isolation, and healthy living.

bwpcn@nhs.net

NATIONAL ENERGY ACTION (NEA)

10-12pm

Discuss any concerns you may have regarding energy bills, energy debt, benefits, and more.

07955 283 381

HOUSING

10 - 12pm (24th September, 29th October, 26th November)

Advice and information on all Housing Issues

aewens@burnley.gov.uk

Tele: 01282 477234

DEMENTIA CARERS PEER SUPPORT GROUP

First Wednesday of the month 11-1pm

Do you care for a friend or family member who is living with Dementia? Come along to our monthly peer support group to chat with people living in a similar situation. A dedicated staff member from Carers Link will be on hand to support you.

01254 387 444

CARERS LINK MEET UP

Last Wednesday of the month 11-1pm

Carers and the people you care for, join us for a cuppa and lunch in the Down Town café. A warm welcome for everyone.

01254 387 444

THURSDAY

COMMUNITY WORK COACH DROP IN

9.30 -12.30pm

Tailored one-to-one support for Universal Credit claimants to help overcome barriers, improve wellbeing, and move forward with confidence. Support includes referrals to Jobcentre services, assistance with managing claims, and connections to local community resources.

burnleyjobcentre.communitywc@dwp.gov.uk

JOB CLUB

9.45 -11.45am

With you on your Job seeking journey. Join a friendly community and gain skills to step confidently into employment.

07727 608843

michaelorr@capjobclubs.org

STEPS TO EMPLOYMENT

10-3pm (11th & 25th September, 9th & 23rd October, 6th & 20th November, 4th & 18th December)

See Monday for details

WORK WELL

10-3pm

See Monday for details

ICANN

10-3pm

See Monday for details

STRONG TOGETHER

10-11.30am

A non-judgemental, friendly advice service for anything related to Domestic Abuse. Run by experienced practitioners.

FRIDAYS

SOCIAL PRESCRIBERS

9-12pm

We can connect people to community groups and statutory services for emotional and practical support

01282 433740

NATTERSHACK

10am onwards

Come take a seat... See who you meet!

All ages welcome - no need to book.

Come for a natter with coffee and cake or stay for lunch

andrea_theone@hotmail.com

FOODIE FRIDAYS AT DOWN TOWN

10-12pm

Looking to build your cooking confidence and try new recipes? Come along to a fun and practical cooking program designed to help you cook healthy meals on a budget, meet others, and take-home great food and skills!

To book your place

01282 686402

contact@burnleytogether.org.uk

ICANN

10-2pm

See Monday for details

BURNLEY HEALTH & WELLBEING TEAM

10-2pm

(See Wednesday)

bwpcn@nhs.net

ASD PEER SUPPORT GROUP

10-12pm (1st Friday of the month)

Peer support is open to all ages, and anyone can pop in no need to book.

01254 387444

AND BREATHE...

1-3pm

Health and Wellbeing taster sessions to help you relax into the weekend.

From November- see the events page on the Burnley Together website for more information.

<https://burnleytogether.org.uk/events/>



THE FREEDOM PROGRAMME AND RECOVERY & EMPOWERMENT

Non-judgmental, friendly groups around Domestic Abuse and recovery. Run by experienced practitioners.

Please ask staff for more details or contact Burnley Together.

For any information, support or guidance please contact Burnley Together on 01282 686402

or contact@burnleytogether.org.uk or facebook.com/BurnleyTogether