

Session Descriptions

Understanding Autism - In this session we look to improve knowledge of having an autism diagnosis.

Books Beyond Words Book Club - Books Beyond Words, a UK leading charity for visual literacy supporting those with a learning disability.

Ladies Yoga - Join us and our Partner Niki for a relaxing Yoga session. Beginners are welcome to attend.

Long Term Conditions Peer Support Group - Meet others and share lived experience of how you cope with long term conditions.

Living With ADHD - In this session we will cover myths, facts and lived experience around ADHD

Navigating Autism For Parents And Carers - Learn more about support available and meet others with shared lived experience.

For more information about our sessions please visit;

<https://communityroots.membersarea.lscft.nhs.uk/our-sessions>

Or call the team on; [01282 628 530](tel:01282628530)



Pennine

July 2026 Pennine Timetable



- Activity
- Belonging
- Choice
- Hope
- Self-Perception
- Wellbeing



Date	Community Roots @Chai, Hurlley Street
1/7/26	Books Beyond Words Book Club - 10am to 12pm Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm Long Term Conditions Peer Support Group - 2pm to 4pm
7/7/26	Unity Hub Wellbeing Activities - 10am to 1pm Living With ADHD - 11am to 1pm
8/7/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm
14/7/26	Unity Hub Wellbeing Activities - 10am to 1pm Understanding Anxiety - 1pm to 3pm
15/7/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm
21/7/26	Unity Hub Wellbeing Activities - 10am to 1pm Understanding Autism - 11am to 12.30pm
22/7/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm
28/7/26	Unity Hub Wellbeing Activities - 10am to 1pm Understanding EUPD - 11am to 1pm
29/7/26	Ladies Yoga - 12.30pm to 1.30pm Gardening Drop In - 2pm to 3pm

Please call us with any enquires on – [01282 628 530](tel:01282628530)
or email us on – Community.Roots@LSCFT.nhs.uk
To book onto the sessions please visit our members
area on;

[Community Roots LSCft :: Lancashire and South
Cumbria NHS Foundation Trust](#)



Bringing Our Sessions To You

Throughout 2026 we will be delivering sessions in places local to you! If you would like us to deliver at your site please do let us know by contacting the team via our email address;
Community.roots@lscft.nhs.uk

Date	Rhydding Methodist Church, Ben Rhydding Dr, Ilkley, LS29 8AY
7/7/26	Beside You In Berevement - 12pm to 2pm

Date	Cath Thom Leisure Centre, Clayton Hall Dr, Clayton-le-Moors, Accrington BB5 5SG
15/7/26	Long Term Conditions Peer Support Group - 1pm to 3pm

Date	The Leisure Box, Glen Way, Pendle, BB9 5NH
6/7/26	Abstract Painting - 1pm to 3pm
8/7/26	Hope Box - 11.30am to 12.30pm
13/7/26	Arts Session - 10am to 12.30pm
20/7/26	Arts Session - 10am to 12.30pm

Date	Bethesda Chaple, Bethesda Street, Burnley BB11 1PR
22/7/26	Womens Worth Session - 1pm to 3pm