

## Social Prescriber Newsletter

October Edition

**COSY HOMES**  
IN LANCASHIRE

### Ways, we can help you in Lancashire

**Grants and funding- Heating, Electricity and insulation.**

**Free energy saving services- little van of warm, cosy homes team and greener homes in Lancashire.**

**Free handy man service- Draught proofing, radiator reflector panels, hot water tank jackets, LED light bulbs, draught excluders, letter box brushes and more.**

**Telephone - 03306 061 488**

**Opening times**

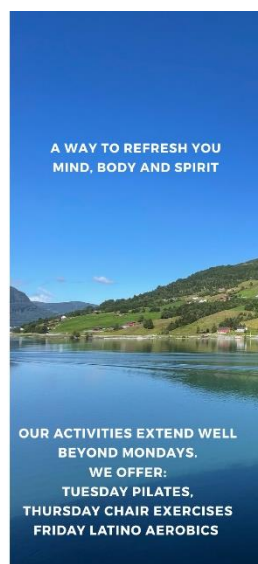
**Email [enquiries@rheaprojects.co.uk](mailto:enquiries@rheaprojects.co.uk) Mon-Fri 9-5**



### St John's Church little Thornton

#### Wellness groups

everyone is welcome



**For more information about any of these groups please get in touch:**

Rev Kathryn Sperring  
Telephone Number  
07759 415446  
**EMAIL:**  
[revkathrynspering@gmail.com](mailto:revkathrynspering@gmail.com)  
**WEBSITE**  
[STJOHNSLITTLETHORNTON.ORG](http://STJOHNSLITTLETHORNTON.ORG)



#### WELLNESS MONDAYS AT ST JOHN'S COMMUNITY HUB

**IN THE LOUNGE 1-3 PM**  
(all free)

**1<sup>ST</sup> MONDAY IN THE MONTH**  
**FAB (Friends around Bereavement)**- an understanding place to be for those who are bereaved **(2-3pm)**

**2<sup>ND</sup> MONDAY IN THE MONTH**  
**Craft and Chat**- for those who enjoy craft or want to start a new hobby.  
**3<sup>RD</sup> MONDAY IN THE MONTH**  
**Cancer café**- a place to meet for companionship and support for those who have experienced cancer and their loved ones.

**4<sup>TH</sup> MONDAY IN THE MONTH**  
**Sing the hymns**- come and sing all your favourites with a brew and a chat as well. (dementia friendly)  
**5<sup>TH</sup> MONDAY IN THE MONTH.**  
**Healing Service**- A Eucharist with special prayers for healing. Meet in the lounge first and in church at 2pm.



**RELAX** **SING**  
**MAKE FRIENDS**  
**GET SUPPORT**  
**HAVE FUN** **WORSHIP**  
**EXERCISE** **DEVELOP A HOBBY**  
**MEET PEOPLE** **PRAY**  
**SHARE**

#### IN THE HALL

##### MORNING

**Every Monday in the hall**

**Hatha Yoga** 9:30-10:30am (£7)  
A gentle flowing exercise with breathing control. All abilities welcome

**Chair Yoga** 10:45-11:45am (£6)  
for those who find the ups and downs of traditional yoga tricky.

##### AFTERNOON

**Every Monday in the hall**

**Table tennis** 1-3pm (£3)  
Come along and meet others, enjoy an afternoon of exercise and fun. Adults only. Refreshments provided.





Newly opened on Saturday 19 July 2025, have you visited the Care for Cleveleys Shop yet? It's a community space, fundraising shop, Police hub and information base for the town. Find it all in a handy central location at Princess Road. Call in and find out what's happening in the town, browse a wide range of quality and unique local merchandise and support the group. 100% of profits on everything sold is reinvested into the town.

## Events Activities and Meeting

There will be plenty of meetings, events, activities and drop-in sessions in the building. The large communal room behind the retail space is ideal for groups. Upstairs in the craft room you'll be able to join in with activities.

## Rooms to Hire

Upstairs is the light and airy craft room with large table and space for 10-15 people.

Suitable for activities, meetings and private discussion. The large, ground floor communal room behind the shop is ideal for groups. Use it for meetings, gatherings and drop-ins.

**For more information, please see contact details below**

You can find us at  
**FACEBOOK**

[Care for Cleveleys KAVS Facebook Group](#)  
[Care for Cleveleys Facebook Page](#)

**EMAIL** [info@cleveleystcg.org.uk](mailto:info@cleveleystcg.org.uk)

**PHONE NUMBER**

**07714 797745 – Care for Cleveleys Shop**  
**07932 143431 – Jane Littlewood**

**The social prescribers will be holding a Coffee**

**afternoon/Drop in**

**@Victoria Day Centre**

**Pop in for a brew, cake,  
a chat and an opportunity to  
see the facilities**

**Thursday 30<sup>th</sup> October**

**2pm-3:30pm**

**PLEASE RSVP 01253 204171**



The Victoria Day Centre  
76 Victoria Road East  
Thornton Cleveleys  
FY5 5HH