



Accrington, Burnley and Pendle Activities Group

Meeting Details

We love to welcome new members. If you wish to get involved in these activities, please can you contact the group coordinator Greg by phone to confirm the time and venue.

The group is open to anyone who is affected by mental illness over the age of 18.

For more information please contact us on **07594 897485** or email **eastlancsactivities@rethink.org**

The Rethink Mental Illness Accrington, Burnley and Pendle Activities group meet to help people combat social isolations and loneliness and improve people's self-esteem and confidence. The group works to improve wellbeing through sports and activities providing information, signposting and opportunities for peer support to take place.

The group meets throughout Accrington Burnley and Pendle. The monthly planning meeting takes place in a local café in Burnley on the first Friday of each month between 1.00pm and 2.30pm to plan out activities for the remainder of the month.

We also work in partnership with Community Solutions North West to Run a drop in at Elmfield Hall, Hyndburn Road, Accrington weekly on Monday from 1.00pm to 3.00pm



Our Rethink Mental Illness Advice & Information Service can help with a wide range of issues affecting people with mental illness, their family, friends and carers. You can contact them by calling 0300 5000 927 between 9.30am – 4.00pm, Monday – Friday (but not on bank holidays) or email them via our website www.rethink.org

For free factsheets visit www.rethink.org. Rethink Mental Illness Supporter Care team are contactable for General Enquiries, Membership and Donations on 0121 522 7007 or info@rethink.org