

## Monday

**Why not try:** cooking on a budget at Burnley Inspire, 10:30am-12:30pm  
or play Badminton at Hyndburn leisure centre  
with challenge through sports initiative

My daily activities:

## Tuesday

**Why not try:** Here and now at Burnley Inspire, 10:30-12:30pm or the Men's group at Brierfield Cornerhouse café from 10:30am-12pm

My daily activities:

## Wednesday

**Why not try:** Cycling group with pick-ups from various locations – call Andy on 07917556946 to arrange collection.

My daily activities:

## Thursday

**Why not try:** Kickboxing at Wellington street centre in Accrington from 4-5pm.  
Get fit and have fun!

My daily activities:

## Friday

**Why not try:** Samba classes run by JUICE recovery, 6:30pm – 9pm at the Vanguard Centre in Burnley

My daily activities:

## Saturday

**Why not try:** Womens only group at the New Freedom Sanctuary, Warner Street Accrington or JUICE recovery abstinence group at Colne Citadel 6pm-9pm

My daily activities:

# Sunday

**Why not try:** music, prayer, learning and food at Woodnook community centre in Accrington 5:30pm-7:30pm

My daily activities: