

### KIRKHAM COMPANIONS

A welcoming, weekly group session for people aged 55+. The sessions offer the chance to meet new people, take part in mindfulness activities, as well as light-paced games and exercises suited to all abilities.

📍 Kirkham Community Centre, Mill Street, Kirkham, Preston, PR4 2AN

🕒 Every Wednesday 1.30pm – 3.30pm

☎ Bernadette Kunna: 01772 598856

✉ bernadette.kunna@afcylde.co.uk



### THE MEN'S SHED

This informal and welcoming group, meets in a characterful old shed in the grounds of Kirkham's historic St Michael's Church, to share interests, practical activities and above all friendship and camaraderie.

📍 The Shed, St Michael's Church, Church St, Kirkham, PR4 2SL

🕒 Wednesday 6pm – 7:30pm

☎ Call 07972 894 820 and leave a voicemail

### STITCH CRAFT

A small group open to all where members come together to chat, share ideas and bring a range of crafts. Beginners welcome.

📍 Kirkham Library, Station Rd, Kirkham, PR4 2HD

🕒 Friday afternoons 2pm – 4pm

✉ Kirkham Library: kirkham.library@lancashire.gov.uk



### KIRKHAM & RURAL FYLDE LIFE LONG LEARNING

This group offers friendly, engaging sessions that support lifelong learning for anyone age 50+. We are principally a social group but have speakers on a wide range of subjects. Whether you're looking to explore new interests, boost your confidence, or simply enjoy learning in a relaxed environment, there's something available for everyone.

📍 Kirkham Community Centre, Mill St, Kirkham, Preston, PR4 2AN

🕒 1st & 3rd Thursday of the month 10am – 11.30am

✉ Chair: 07833 477496 / Secretary: 07884 228247

### GROW KIRKHAM & WESHAM LITTER PICKERS

Join this friendly group in keeping Kirkham clean and welcoming for everyone. All equipment is provided - just come dressed for the weather! Can't make the regular meet ups? No problem, you can still do your bit by contacting Jez via the Grow Kirkham and Wesham Facebook group who will happily provide you with litter pickers, bags and everything you need to tidy up in your own time.

🕒 3rd Saturday of every month at 10am, starting from Kirkham Library, Station Rd, Kirkham, PR4 2HD

📍 Jez via the Grow Kirkham and Wesham Facebook group

### KIRKHAM IN BLOOM

Help Kirkham Bloom! Join a community effort to enhance Kirkham for the Annual In Bloom competition and make the town more beautiful for residents, visitors and local businesses. Whatever your interests or availability, there's a way you can help Kirkham bloom. You don't need any gardening experience or knowledge, Kirkham in Bloom are a friendly group.

🕒 April to October – Every Monday at 6.30pm (various locations) November to March – 1st Saturday of the month at 11am (various locations)

📍 Get in touch via our Facebook Page

☎ 07598 974832



### KIRKHAM SINGERS COMMUNITY CHOIR

The Kirkham Singers are passionate about singing,... Are you? If so, you are welcome to join this lovely inclusive choir! Whether you're an experienced singer or just looking to have fun, there will be a place for you to join in.

📍 St Michael's Primary School, School Lane, Kirkham, PR4 2SL

🕒 Monday evenings 7.30pm – 9.30pm. Term time only

✉ www.kirkhamsingers.com

📍 The Kirkham Singers Facebook page

### KIRKHAM CULTURAL CONSORTIUM

A local group of volunteers who wish to uncover and celebrate Kirkham's invisible assets. Whether it's revealing the town's rich hidden heritage, making known the abundance of Kirkham's rural surroundings, retaining the memories of rugged mills, or exposing the town's culture of kindness, there is much to shout about in Kirkham. All volunteers are welcome. Please get in touch to discuss the many roles available.

✉ admin@Kirkhamcultural.org



### FRIENDS OF KIRKHAM LIBRARY

This group supports Kirkham Library and through fundraising efforts aims to provide essential equipment and resources.

- 📍 Kirkham Library, Station Rd, Kirkham, PR4 2HD
- 🕒 Once a month on a Wednesday evening, 5.45pm – 6.45pm
- ☎ Kate Molyneux, 07801 344082



### POETRY GROUP

This lovely monthly poetry group provides opportunities for people to write and read poems based on a theme, sharing a love for poetry whilst also providing positive feedback to fledgling poets.

- 📍 Kirkham Library, Station Rd, Kirkham, PR4 2HD
- 🕒 3rd Monday of the month, 1pm – 2pm
- ✉ peterkayling@gmail.com

### STITCH TOGETHER KIRKHAM

A group of friendly people who come together to share their love for stitching, whether sewing, embroidery, patchwork, quilting, knitting or crochet work.

- 📍 United Reformed Church, 82 Poulton St, Kirkham, PR4 2AH
- 🕒 Thursday's between 6.30pm – 8.30pm (except the 1st Thursday of the month)
- ☎ Hilary Ayling: 01772 671237

### THE FAMILY KITCHEN AT ST MICHAEL'S

The Family Kitchen offers nutritious after-school snacks, crafts and LEGO in a safe, nurturing environment on Wednesday afternoons during term time for families with school-aged children, and monthly free breakfasts (by donation) on the last Saturday of each month.

- 📍 St Michael's Church, Church St, Kirkham, PR4 2SL
- 🕒 Weekly on a Wednesday afternoon (term-time only) and on a Saturday between 9.30am – 11am
- ☎ Jane Cairns: 07504 551325

### SPACE FOR NATURE

This small group provides a wonderful opportunity to meet with local people, connect with nature and contribute to the development of the garden at Kirkham Library. Places are limited so please get in touch to see if there is availability.

- 📍 Kirkham Library, Station Rd, Kirkham, PR4 2HD
- 🕒 Weekly on a Wednesday between 10am – 12pm
- ☎ Kate Molyneux: 07801 344082



### AND FINALLY...

**THE KIRKHAM IN AMOUNDERNESS LOCAL HISTORY AND HERITAGE COLLECTION** is located in St. Michael's Church and is open to the public on the last Saturday of each month (except December) from 9.30am–11am, during the monthly community breakfast.

Access at other times can be arranged by appointment;

- ✉ Contact Adrian Long at mr.arlong@gmail.com



## CREATIVE HEALTH AND WELLBEING IN KIRKHAM & WESHAM

### GREEN PAGES



### CREATIVE HERITAGE EXPLORERS

This friendly and welcoming group explores the history of Kirkham and the surrounding area, and brings it to life through creative projects.

- 📍 St Michael's Church, Church St, Kirkham, PR4 2SL
- 🕒 Weekly on a Thursday between 1pm – 3pm
- ☎ Hilary Ayling, 01772 671237

### GROW KIRKHAM & WESHAM

This keen group of volunteers cares for nature, improves local biodiversity and encourages people to get outdoors.

- 📍 Kirkham Library, to work in the library garden and other sites around Kirkham
- 🕒 First and third Saturday of the month at 10am
- ✉ growkirkham@444gmail.com
- 📱 Grow Kirkham & Wesham Facebook page