



# WHAT'S ON AT THE MET

**5 JULY - 2 AUGUST**

**Events & activities  
for all the family.**



VisitPreston

To book a ticket for an event, go to

[visitpreston.com/whats-on/events-calendar/The-MET-2025](https://visitpreston.com/whats-on/events-calendar/The-MET-2025)



**Preston**  
City Council



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**LANCASHIRE**  
COMBINED COUNTY  
AUTHORITY



**In  
Certain  
Places**





**Sat 5 July, 7pm - 11pm**

**Ceilidh Band NW07 // £3**

Join the Ceilidh Band and instructor for fun dances - no experience needed!

**Booking required.**

**Tue 8 July, 9am - 7.30pm**

**Beanstalk - How to use an Airfryer // FREE**

Discover how to maximize your meals using an Airfryer. Plus, ten Airfryers will be raffled!

**Booking required.**

**Wed 9 July, 11am - 1pm**

**Adult Arts & Crafts // FREE**

Various arts and crafts including printmaking workshops and 'Dig In', a workshop to create bird boxes, bee stations, and bird feeders. Limited boxes available - first come, first served.

**Drop-in welcome, no booking required.**

**Thur 10 July, 10am - 8pm**

**Ladies Wellness Day // FREE**

**10am - 11am** Mindful Movement and Meditation

**11am - 12.30pm** Meditative Arts

**1.30pm - 2.30pm** Relaxing Chair Yoga

**3pm - 3.45pm** Essential Oils

**7pm - 8pm** Sound Bath (*bring mats, blankets, and pillows*)

**Booking required.**

**Fri 11 July, 10.30am - 11.30am**

**Anatomy of a seed with Let's Grow Preston // FREE**

Join Annie to discover how seeds grow and learn about their fascinating journey.

**Booking required.**

**Fri 11 July, 7pm - 9pm**

**Grease (PG) // FREE**

Join us for a screening of Grease! Dress in your best outfits and sing along to your favourite songs.

**Booking required.**



**Sat 12 July, 11am - 1pm**

**Paddington in Peru // FREE**

Bring the family to enjoy Paddington in Peru with us! Popcorn and drinks will be provided.

**Booking required.**

**Sat 12 July, 7pm - 11pm**

**Best of Preston Special  
- West Side Story // £3**

Three talented singer songwriters: Dave Gardner, Craig Stanley, and James Thomson from West Preston perform amazing songs.

**Booking required.**

**Tue 15 July, 1pm - 3pm**

**Dementia Day - The Blue Flamingo  
Cafe // FREE**

Join us for a dementia-friendly light buffet lunch, drum circle and sing-along.

**Booking required.**

Accessible transport is available for this event, please enquire with Emma: [caffrey.emma1979@gmail.com](mailto:caffrey.emma1979@gmail.com)

**Thur 17 July, 1.30pm - 4pm**

**Chair Yoga // FREE**

Join Moira for a chair yoga session. Perfect for beginners - no experience needed.

**Booking required.**

**Thur 17 July, 7pm - 9pm**

**History of Preston Talk // FREE**

Join us for "Fishergate to the Ribble," a historical journey through Preston.

**Drop-in welcome, no booking required.**

**Fri 18 July, 10.30am - 11.30am**

**Potting into buckets with Let's  
Grow Preston // FREE**

Annie will sow seeds in buckets to grow ingredients for delicious salsa wraps later this month.

**Booking required.**

**Fri 18 July, 7pm - 11pm**

**Mamma Mania // £3**

Join us for an exciting ABBA tribute night! Dance to your favorite songs and feel free to dress in ABBA style.

**Booking required.**

**Sat 19 July, 6pm - 10pm**

**Indian Night at The MET // FREE**

Experience Bollywood dancing, Indian music, and food. The evening features English, Malayalam, Hindi, and Tamil songs, plus dance performances.

**Drop-in welcome, no booking required.**





**Sun 20 July, 11am - 5pm & 6pm - 9pm**  
**Larches & Savick ABC Boxing Academy // FREE**

Curious about boxing? Join us for free sessions featuring pad work, boxing technique, and sparring to see if you like it.  
**Drop-in welcome, no booking required.**

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**Tue 22 July, 10am - 1pm**  
**Sandbag Veterans Cafe - VJ Day Party // FREE**

Local veterans will celebrate VJ Day and the 80th anniversary of the end of the War, inviting all veterans, families, and friends to join the festivities.

**Booking required.**

Accessible transport is available for this event, please enquire with Emma: [caffrey.emma1979@gmail.com](mailto:caffrey.emma1979@gmail.com)

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**Wed 23 July, 10.30am - 12 noon**  
**(under 16's)**

**ArtLab Screen Printing // FREE**

Members of UCLan's Art Lab Contemporary Print will teach you how to screen print unique patterns.

**Booking required.**

**Wed 23 July, 2.30pm - 3.30pm**  
**Preston's a Potted - History Talk // FREE**

Preston-born historical author Keith Johnson has published many books on Preston's history, including the bestselling Chilling True Tales series. Join us to hear his insights.

**Booking required.**

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**Wed 23 July, 7.30pm - 8.30pm**  
**Ashtones Choir // FREE**

The Ashtones Community Choir will provide delightful entertainment for you.

**Drop-in welcome, no booking required.**

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**Thur 24 July, 7.30pm - 9pm**  
**Worldwise Samba Drummers // FREE**

Join Jon and his group for a fun-packed evening featuring Samba drumming, Preston People's Choir, and Cottam Ukuleles.

**Drop-in welcome, no booking required.**



**Fri 25 July, 10.30am - 11.30am**  
**Harvesting with Let's Grow**  
**Preston // FREE**

Annie from Let's Grow Preston will teach you how to harvest the seeds you've planted.

**Booking required.**

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**Fri 25 July, 7pm - 8pm**  
**Ashton and Surrounding Areas in the Second World War // FREE**

We're excited to welcome Stephen Davies to The MET for a talk on Ashton during the Second World War.

**Drop-in welcome, no booking required.**

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**Sat 26 July, 12 noon, 3pm & 6pm**  
**PCW Presents Wrestling**  
**// £4 seated | £3 standing**

PCW is coming to The MET! Enjoy three unique shows, whether you're a hardcore wrestling fan or new to the sport.

**Booking required.**

**Sun 27 July, 12 noon - 2pm**  
**History Talk & Walk on Ashton**  
**// FREE**

Talk on Ashton given by Sue Latimer, followed by a guided walk to local points of interest.

**Drop-in welcome, no booking required.**

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**Tue 29 July, 10am - 11.30am**  
**No Whispers - Online Safety Talk**  
**// FREE**

Karen Livesey from No Whispers will present on online safety and child exploitation, followed by a Q&A session.

**Drop-in welcome, no booking required.**

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**Tue 29 July, 12 noon - 2pm (age 12+)**  
**The JJ Effect // FREE**

Join Byron Highton for a powerful anti-knife crime and child protection talk.

**Booking required.**

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**Tue 29 July, 2.30pm - 3.30pm**  
**No Whispers - County Lines // FREE**

Karen Livesey from No Whispers will present on County Lines and Criminal Exploitation, launching 'Safecall,' a helpline for youth.

**Drop-in welcome, no booking required.**



**Tue 29 July, 7pm - 8pm**  
**History Talk on Edith Rigby**  
**// FREE**

Judy Beeston will portray Edith Rigby in a talk about Preston's famous suffragette, who fought for working-class women's rights.  
**Drop-in welcome, no booking required.**

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**Wed 30 July, 11am - 4pm**  
**Let the Memory Stay Sweet**  
**// FREE**

Preston's suicide bereavement group and The MET are launching the 'Let the Memory Stay Sweet' display, featuring counselors, performances, and art sessions.  
**Drop-in welcome, no booking required.**

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**Thur 31 July, 11am - 1pm**  
**Children's Arts & Crafts Day**  
**// FREE**

Join us for arts and crafts: including origami, creating bird boxes, learning the violin, or crafting your own masterpiece.  
**Drop-in welcome, no booking required.**

**Fri 1 August, 10am - 12 noon**  
**'Eat the Rainbow' with Beanstalk**  
**// FREE**

From the seeds grown and harvested, this food will be made into delicious salsa and wraps.  
**Booking required.**

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**Fri 1 August, 7.30pm - 11pm**  
**Youth Vinyl Dance Night // FREE**

DJ Tony Abram and Danny Newbold from Preston's Weekender will spin vinyl tunes for everyone to dance to.  
**Drop-in welcome, no booking required.**

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**Sat 2 August, 12 noon - 2pm**  
**Children's Final Party // FREE**

Get ready to party! With refreshments.  
**Booking required.**

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**Sat 2 August, 7pm - 10pm**  
**Sounds Out Gig // FREE**

Join the 'Sounds Out' group for a party where they showcase their talents!  
**Booking required.**

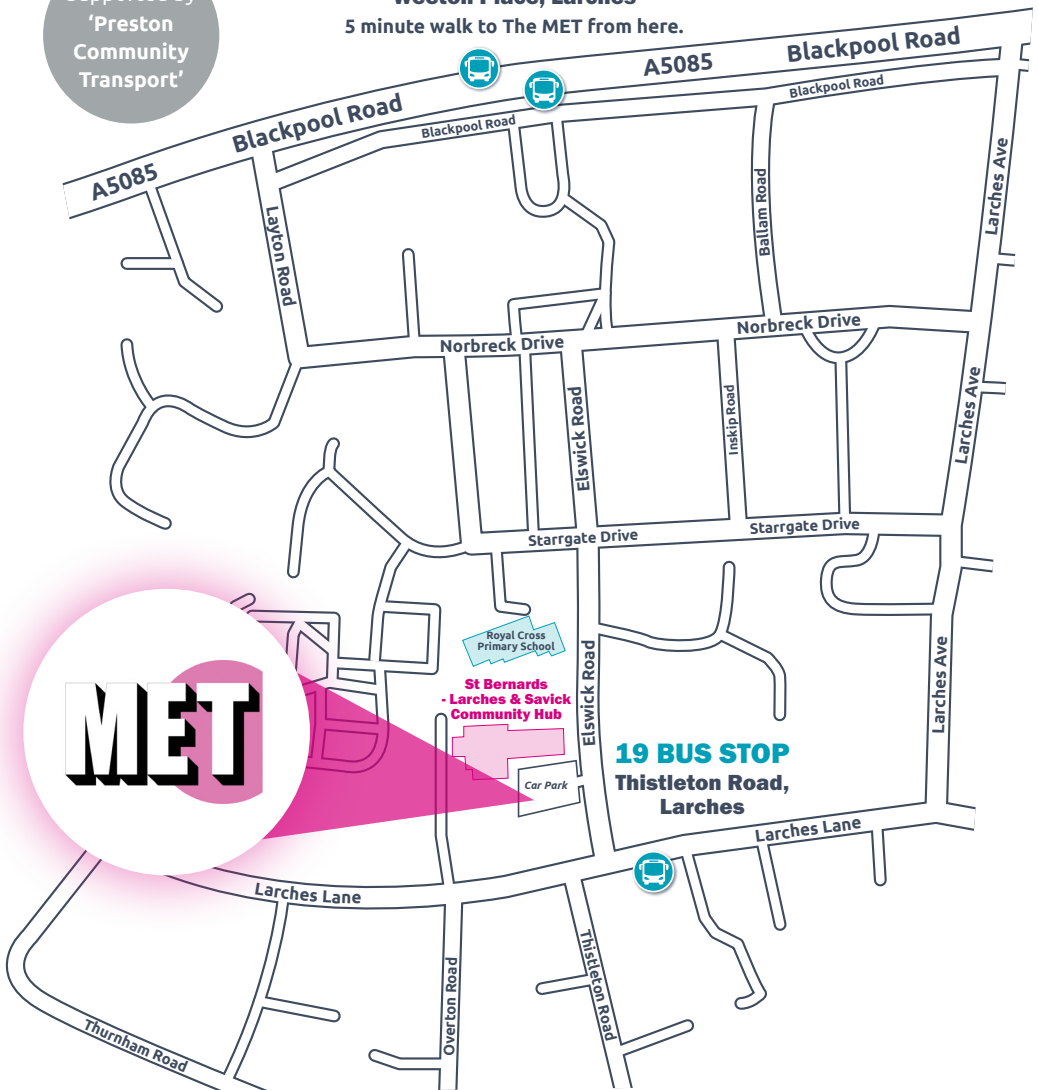
# MET LOCATION MAP

Supported by  
'Preston  
Community  
Transport'

## 19A BUS STOP

Weeton Place, Larches

5 minute walk to The MET from here.



## FIND US AT

**ST BERNARDS - LARCHES AND SAVICK COMMUNITY HUB**

**Elswick Rd, Ashton-on-Ribble, Preston PR2 1NT**

*Car parking space is limited so if you're local please consider walking to the venue.*



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Scan the **QR code** to book  
a ticket for one of our events.



VisitPreston

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