

Mon	Tues	Weds	Thurs	Fri
<b>8.30am-10.30</b> <b>Complementary Health Care Clinic</b> Tel 351 5050 for details. Acupuncture, Herbal medicine, hypnotherapy. Tel 351 5050	<b>8.30am-5.30pm</b> <b>Acupuncture &amp; Chinese Massage</b> With Lorraine Maxwell, appt only tel 07894727582	<b>9am-11am</b> <b>The Spectrum Group - ADHD</b> <b>Parent Support Group</b> Drop in Sessions. Tel 212 5700 for more details	<b>9am-5pm</b> <b>Salford City College</b> Learn new IT skills/Numeracy & Literacy classes Tel Kate 790 4292 to register	<b>08.00 – 14.00</b> <b>Open Access to Computers</b> Training suite open to the community for computer access & free internet
<b>08.00 – 17.30</b> <b>Open Access to Computers</b> Training suite open to the community for computer access & free internet	<b>8am-1.30pm</b> <b>Open Access to Computers</b> Training suite open to the community for computer access & free internet	<b>4pm-8pm</b> <b>Computerised Cognitive</b> <b>Behavioural Therapy</b> Tel Danny Hulme 07946114307	<b>1am-3pm</b> <b>Ear Acupuncture for pregnant</b> <b>women. Appt only please contact</b> Michelle Roche 07801149994	<b>2pm-6pm</b> <b>Computerised Cognitive</b> <b>Behavioural Therapy</b> Tel Danny Hulme 07946114307
	<b>1.30pm-6pm</b> <b>Computerised Cognitive</b> <b>Behavioural Therapy</b> Tel Danny Hulme 07946114307	<b>10am-12.00pm On Line Basics</b> <b>Course starts 15 Sept for 6wks.</b> Learn basic computer & internet skills, browse the internet. Ring 2125700 to book a place		
		<b>1<sup>st</sup> Weds of month 6 - 8pm</b> <b>Hair Today gone tomorrow</b> <b>Hair Loss Support Group Tel</b> Andrea Wray 07746712248	<b>3<sup>rd</sup> Weds of month 6 - 8pm</b> <b>A Support group for adults who</b> <b>stammer</b> Call 212 5700 for more info	
	<b>1.30pm-3.30pm</b> <b>Legends - Stop Smoking Service</b> Tel 212 4050	<b>6pm-8pm</b> <b>Brook Service</b> Free & confidential sexual health services and advice for young people under 25. Call 0800 802 1234 or visit <a href="http://www.brook.org.uk">www.brook.org.uk</a>		

## Other Services

**Unlimited Potential- UP** has a range of services to encourage healthy living and support lifestyle choices, these include: **Local Involvement Network in Salford, Health Trainers, Re-Energise, Healthy Communities Collaborative, Carers Support, Smoke Free Homes, Time Banking, "Time to give, Time to Take"**. For additional information please call 743 0088 for details.

**Listening People- Counselling Service.** Please call 212 5700 to book.

**Referral only clinical services-** Psychology, Epilepsy/Neurology/Headache clinics, Bowel Screening for disabled women. These services are available through GP Referral.

**Dr Jeet's Practice-** General Practice for the local community, Mon-Fri 9am-6pm for Additional information call 351 5050.

**Rowland's Pharmacy-** Mon-Fri 9am-6pm for additional information call 737 4035.

**Palliative Care & Bereavement Counselling Service-** Provides support to people suffering a terminal/life threatening illness. Call 212 4135 or 212 4552 to book.

**Salford City Radio- 94.4FM Healthy Living Show every Wednesday 13.00-14.00** Please tune in to hear the latest healthy living news in Salford.

**New Volunteering Opportunities** – Be part of a team that makes a real difference – see Pia Richardson at the Willow Tree or ring her on 2125700 for an application pack

**Salford Local Link –Door-to-door public transport has extended to Lower Kersal.**

Salford Local Link is a flexible door-to-door transport service people can use when they need to. They share the service with other passengers & can travel anywhere in the local area. Visit [www.qmpte.com](http://www.qmpte.com) for more details or phone 08456 055505 to register and book your journey.

# Willow Tree Centre

Live life to the full

[www.energisecentre.co.uk](http://www.energisecentre.co.uk) & [www.willowtreehlc.co.uk](http://www.willowtreehlc.co.uk)

September 2010

94 Littleton Road  
Salford  
M7 3SE

Tel: 212 5700 Email: [willowtree@thebiglifecompany.com](mailto:willowtree@thebiglifecompany.com)

<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<p><u>9.30am-11.30am</u>  <b>Willow Tree Tots – Room 15</b>                      Drop in sessions for parents and toddlers. Tel: 07969136595</p>	<p><u>10am-11.15am</u>  <b>B fit B Smart – Room 15</b>                      Chair exercises for over 50's. Call 212 5700 for more info.</p>	<p><u>10am-12.00pm</u> <b>The Salford Community Carers Group Room</b>                      15 Support group for carers, phone for a place - 07523718274</p>	<p><u>1pm-3pm</u>  <b>Legends – Stop Smoking Service – Room 18</b>                      Tel: 0161 212 4050</p>	<p><u>12.15pm-2.15pm</u>  <b>Women of the World – Room 15</b>                      Women's Group Contact                      Teresa 07748711298</p>
<p><u>9.30am-11.30am</u>  <b>Self Care For You Course–Room 18–starts 27 September</b>                      Want to lose weight? Learn how to manage stress/anxiety. Ring 848 0918</p>	<p><u>1pm-3pm</u>  <b>Positive Living Course – starts 14 September for 12 wks–Room 15</b>                      Can life be sometimes too challenging? Free positive living course. Ring 2125700 to book</p>	<p><u>12.30pm-2pm</u>  <b>Energise With Music – Room 15</b>                      Music wellbeing drop in group, come &amp; listen or join in. £3 donation, call 212 5700</p>	<p><u>2pm-4pm</u>  <b>Music For Creativity – Room 15</b>                      Explore your creative side through Music, Song &amp; Poetry. Everyone Welcome! Come along &amp; drop in - £3 donation, call 212 5700 for any more information.</p>	
<p><u>10am-1pm</u>  <b>The Creativity Group – Room 18</b>                      Drop in Sessions. Do you secretly harbour a dream to paint, sing or dance? Come along!                      Tel 212 5700 for more details  <b>**From 27/9 to 8/11 this group will be held at The Energise**</b></p>	<p><u>10am-1pm</u>  <b>ESOL – Room 18 – English for speakers of other languages</b>                      Ring 2125700 for more details &amp; find out the start date</p>		<p><u>2.30pm-4.30pm from 23 September</u>  <b>4 week Course</b>  <b>Chill Plus</b>                      Stress? Anxiety? Depression? Pain? Learn how to feel more in control.                      Call 212 5700 to book.</p>	
<p><u>12.30pm-2.30pm</u>  <b>Gardening Group</b> Learn to grow vegetables &amp; herbs. Meet every Monday outside The Willow Tree</p>				

**Community Resource Room (open access to computers & internet) see room timetable for open/closed times on the C.R Room door**

**Other Services** **New Volunteering Opportunities** Be part of a team that makes a real difference/see Pia Richardson at the Willow Tree/ring her on 2125700 for an application pack

**Salford Health Matters-** Mon-Thurs 8am-6.30pm, Friday 8am-8.30pm. General Practice for the local community. Tel 705 7150 for more info.

**Horizon Centre-** Mon-Friday 8am-6pm, General Practice for vulnerable people. Tel 212 5830 for more info.

**Refresh Project-** Social prescribing in Salford. GP/other sources referral, Refresh offer a wide range of needs and support to people to access social activities/training to promote their health and well-being. For further information please contact Lorraine Metcalfe on 705 7150/ 07525 234903.

**Rowland's Pharmacy-** Mon-Fri 9am-6.15pm. Services include healthcare advice, minor ailments scheme, Pregnancy testing & prescription collection. Tel 792 1268 .

**Referral only Services-** These services are available through referral from your GP: Smoking Cessation, Psychology/Counselling, Occupational Therapy.

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