

Mon	Tues	Weds	Thurs	Fri
<p><b>8.30am-10.30am</b>  <b>Complementary Health Care Clinic with Mrs Jeet</b>            Tel 351 5050 for details.            Acupuncture, Herbal medicine, hypnotherapy. Tel 351 5050</p>	<p><b>1.30pm-6pm</b>  <b>Computerised Cognitive Behavioural Therapy</b>            Tel Charlotte Welsh 07940008941</p>	<p><b>3pm-8pm</b>  <b>Computerised Cognitive Behavioural Therapy</b>            Tel Charlotte Welsh 07940008941</p>	<p><b>8am-5.30pm</b>  <b>Open Access to Computers</b>            Training suite open to the community for computer access &amp; free internet</p>	<p><b>8am - 1pm</b>  <b>Open Access to Computers</b>            Training suite open to the community for computer access &amp; free internet</p>
<p><b>12pm - 5.30pm</b>  <b>Open Access to Computers</b>            Training suite open to the community for computer access &amp; free internet</p>	<p><b>8.30am-10.30am</b>  <b>Complementary Health Care Clinic</b>            Tel 351 5050 for details.            Acupuncture, Herbal medicine, hypnotherapy. Tel 351 5050</p>	<p><b>9.30am-11am</b>  <b>The Spectrum Group - ADHD Parent Support Group</b>            Drop in session meet on the first Wednesday of the month. Tel 212 5700 for more details</p>	<p><b>9.15am-12pm</b>  <b>Legends - Stop Smoking Service</b>            Tel 212 4050</p>	<p><b>2pm-5pm</b>  <b>Traditional Chinese Medicine</b>            Acupuncture, Massage, Moxibustion &amp; Acupressure with Philip Trubshaw            Tel 07792309277 for details.</p>
<p><b>10am-12.45pm</b>  <b>The Creativity Group</b>            "Drop in to relax using colouring/drawing, simply arty stuff &amp; you don't need anything, all materials provided! A donation of 50p is optional</p>	<p><b>9.30am-11.30am</b>  <b>Selfcare Course from 21 February-27 March</b> Tel 212 5700</p>			<p><b>1pm-5pm</b>  <b>Skills &amp; Works - Come along &amp; get signed up with Skills &amp; Work to get help with looking for work, training &amp; writing C.V.'s etc.</b></p>
<p><b>8.30am-6pm</b>  <b>Traditional Chinese Medicine</b>            Acupuncture, Massage, Moxibustion &amp; Acupressure with Philip Trubshaw            Tel 07792309277 for details.</p>				<p><b>11am-3pm</b>  <b>Reiki</b>            A simple, non invasive &amp; effective treatment for mental &amp; physical healing £5 charge. Hand &amp; Arm Massage-£3 charge. Tel:212 5700 to book</p>
<p><b>4pm-6pm - 3<sup>rd</sup> Monday of every month - 17 October</b>  <b>Obsessive Compulsive Disorder Support Group - Room 1</b>            An opportunity for people with OCD, their carers, family members &amp; friends to share their experiences. Contact Jude Wynne on 0845 390 6234</p>		<p><b>1<sup>st</sup> Weds of month 6pm - 7.30pm</b>  <b>Hair Today gone tomorrow Hair Loss Support Group</b> Tel Andrea Wray 07746712248</p>	<p><b>Last Weds of the month 6pm - 7pm</b>  <b>Depression Support Drop In Group</b>            Are you stuck in that black hole of depression? Take the first steps to a brighter future. No experts, no medical advice, no pressure - come along to our drop support group</p>	<p><b>Meet once a month</b>  <b>A Support group for adults who stammer-Call 212 5700 for more info</b></p>

### Other Services

**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. One to One support available to carers registered with Dr Jeet's practice, telephone the Carers Centre on 0161 833 0217 for an appointment.  
**Rowland's Pharmacy-** Mon-Fri 9am-6pm for additional information call 737 4035.

# Willow Tree Centre

Live life to the full

94 Littleton Road  
Salford  
M7 3SE  
Tel: 212 5700 Email: [willowtree@thebiglifecompany.com](mailto:willowtree@thebiglifecompany.com)

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

## February 2012

<b>Mon</b>	<b>Tues</b>	<b>Weds</b>	<b>Thurs</b>	<b>Fri</b>
<p><b>10am-12pm</b> <b>Health Trainer Drop In</b> If you are over 16 &amp; want to make a positive change but need support come along &amp; see Danny</p>	<p><b>10am-11.30am</b> <b>B fit B Smart - Room 15</b> Gentle exercises for over 50's. Call 212 5700 for more info.</p>	<p><b>10am-12.30pm</b> <b>The Salford Community Carers Group</b> <b>Room 18</b> Drop In for Carers &amp; their families.</p>	<p><b>1pm-3pm</b> <b>Legends - Stop Smoking Service - Room 16</b> Tel: 0161 212 4050</p>	<p><b>12.30pm-2.30pm</b> <b>Women of the World - Room 15</b> Local women's group meet every Friday, Contact Gaynor 2125700</p>
	<p><b>12.30pm-5pm</b> <b>Skills &amp; Works - Community Resource Room</b> - Come along &amp; get signed up with Skills &amp; Work to get help with looking for work, training &amp; writing C.V.'s etc.</p>	<p><b>12.30pm-2pm</b> <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><b>9am-5pm</b> <b>Reiki, Indian Head Massage, Facials, Manicures/Pedicures - Room 14</b> Tel: Judy on 07801 636383 to book. All treatments £10.00 per session</p>

**Other Services:** **Salford Health Matters-** Mon-Thurs 8am-6.30pm, Friday 8am-8.30pm. General Practice for the local community. Tel 212 5815 (option 3) for more info. One to One support available to carers registered with Salford Health Matters, telephone the Carers Centre on 0161 833 0217 for an appointment.  
**Horizon Centre-** Mon-Friday 8am-6pm, General Practice for asylum seekers. Tel 212 5830 for more info.  
**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, Falls Clinic, Psychology/Counselling.