

Monday

12.30-14.30 Be Creative You can paint, draw, sketch, write, craft cards and much more. No previous experience or ability required- you may even discover a hidden talent. **No sessions in August, back on 9th September.**

13.30-16.00 Counselling and Psychotherapy by appointment. Call 07904 092764 for details and to book. Costs start at £15.

Tuesday

12.00-14.00 Friendship Group for over 50s Would you like to be a part of the Friendship Group for over 50s? Meet new friends, activities, games, crafts, nostalgia sessions and much more. Booking essential, call 0161 212 5700. **No session in August back on 10th September.**

10.30-17.00 Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. **£12.50 per session.** Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only)

14.00-16.00 E-Therapy Access Self Help online CBT course to help combat anxiety & depression. Tel: 0161 226 3871

Are you serious about giving up smoking?

Do you want to give up but need support and tools to help? Give yourself the best chance to quit and let us support you to be smoke free for good.

- 12 week 1-1 support programme
- Free nicotine replacement/e-cig and fluids*

*Conditions apply- must attend pre-quit assessment and commit to the full programme to receive cessation aids. **Contact 0161 212 5703 for further information.**

My Life Goals

Do you want to make changes to your lifestyle but don't know where to start?

Would you like to:

• **Get more active** • **Lose weight** • **Eat well** • **Stop smoking?** Using our new mobile App, My Life Goals and 1-1 sessions we can help you on your way. Take ownership of your goals and get on track for a healthier, happier you. Call **0161 212 5700** for more information or to book an appointment.

Wednesday

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

10.00-11.30 Energise Buddies Have you been on a course at The Energise Centre? Would you like to keep in touch with the people you have met? Spend time with others, take part in activities or just have a brew and a chat. Third Wednesday of every month. **21st August**

10.30-12.30 Family Walk a leisurely walk to Kersal Wetlands and back. Free, healthy snack and packed lunch ideas. Fun, family activities. **7th August.** Call 0161 212 5700 for more info.

13.30-15.00 Well Baby Clinic No appointment necessary. Obtain your free healthy start vitamins.

Thursday

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Lenka on 07564003121 for appointments and information.

09.30-11.00 Get on your Bike Would you like to increase your fitness, get more active and improve your bike riding skills? Then come and join us for a community bike ride around the Wetlands. If you don't own a bike, don't let that stop you. Bikes and helmets are provided. Meet at the Spiritan Centre, North Allerton Road. **Last session 15th August**

13.00-15.00 Salford City Football Club Health Walks Want to get more active? Then we're here to help. Short social walks around Kersal. Meet at Salford City F.C Moor Lane entrance and join us for refreshments after. **Every other week 8th & 22nd August.**

13.00-15.00 1st Thursday of the month- Fibromyalgia and Chronic Pain Support Group Don't suffer in silence. Share experiences, learn and support each other. Call 0161 212 5700 for more info. **1st August**

13.00-15.00 Last Thursday of the month Cancer Support Group Our Cancer support group is open to individuals who are affected by any type of cancer. Speak to people going through similar situations to you. Get informed, gain strength and support to move forward together, rather than on your own. Drop in sessions. Call 0161 212 5700 for more info. **29th August.**

Walk away the Weight...Walk a mile a day

Summer Challenge Mon 22nd July-Friday 30th August. Walk an extra mile every day! Call in to register and pick up a tracker log from reception. Drop in every Friday 9-3pm for a weigh in.

Friday

09.30-14.00 Friday Weigh Day Do you want to achieve a happy healthy weight? Come along to our weekly weigh-in and keep motivated to maintain a healthy weight. Also pick up tips to choose healthy options & keep active. No need to book just drop in.

10.00-15.30 Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. £12.50 per session. Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only)

10.30-12.30 Spectrum Group Parent to Parent ASD Support Group (Autism Spectrum Disorder and any other related conditions) for those that are diagnosed or going through assessment process. Providing a warm, welcoming & confidential place to talk about the unique experience of parenting your children. First Friday of the month. **2nd August**

12.00-13.30 Talk the Walk - Weekly walking group for good mental health. As well as the many health benefits walking has for your physical health, a good walk can do wonders for your mental wellbeing. Connect with your local community, meet new people and explore local green spaces. **No Walks in August- Back 13th Sept.**

13.00-15.00 Diabetes Support Group Are you living with Diabetes? Do you need support? Would you like to learn to live well? Share experiences, learn and support each other. Last Friday of the Month **30th August**

Other Services

08.00-17.30 I.T Suite- Open Access to Computers - Our Training suite is open daily* to the community for computer access and free internet.

* Occasional closure for classes, call 0161 212 5700 to confirm times.

Dr Jeet's Practice - General Practice for the local community. Mon-Fri 9am-6pm. For additional information call 0161 212 6540.

Rowland's Pharmacy - Mon-Fri 9am-6pm. Services include healthcare advice & prescription collection. Tel. 737 4035.

Beacon counselling Trust- Counselling service for problem gamblers and their families. Call 0151 321 1099 / 07506762949 for more information or email gamcare@beaconcounsellingtrust.co.uk

Choose to Change- Specialist weight management service that helps adults make lifestyle changes that will enable them to lose weight and improve their health. referral via GP, nurse or a dietician. The service is free to all adults over 18 years old with a BMI over 35+. Call 01204570999 for further information.

What's happening

ThisMonth

at the **Energise Centre**
Live life to the full

August 2019

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

(between 9.30 and 15.30)

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



Find us on

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