

## Monday

**10.00-12.00 Mindfulness for Managing Long Term Conditions-** This course is for anyone wanting to learn how to apply mindfulness and compassion to chronic pain and other long term conditions. **Mondays 23<sup>rd</sup> Sept- 14<sup>th</sup> Oct.** Booking essential, call 0161 212 5700.

**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 Session 21<sup>st</sup> Oct.**

**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 22<sup>nd</sup> Oct.**

**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)

### **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.

**13.00-14.30 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. **16<sup>th</sup> October.**

**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.

**09.00-10.00 Smoke Screen** - Are you a smoker? Are you thinking about stopping? Come along to smoke screen where you can hear more about the STOPTOBER challenge, explore different NRT options or find out more about the E-cig programme, chat and receive support to help you stop smoking. **Thursday 26<sup>th</sup> Sept. 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup> Oct 09.00- 10.00** (drop in to one or all 4 sessions)

**10.00-12.00 Learn My Way** We can help you get online and make the most of the internet. Our friendly Digital Champion is on hand whatever you want to learn about- whether that's finding jobs online, doing the weekly shop or keeping in touch with friends and family. Drop in to one of our sessions where we can help you access a range of computer courses for beginners. There's no need to register- just turn up. **31<sup>st</sup> Oct-19<sup>th</sup> Dec**

**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 3<sup>rd</sup>, 17<sup>th</sup> & 31<sup>st</sup> October**

**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. **3<sup>rd</sup> October.**

**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. **24<sup>th</sup> October.**

## 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. **4<sup>th</sup> October**

**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 session 25<sup>th</sup> October**

**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 **25<sup>th</sup> October.**

### **Stoptober Challenge- Know your CO**

Pledge to a Smoke Free October! Call into the Centre each week for a Carbon Monoxide (CO) reading. See your CO levels reduce and your body recover. Weekly readings will be entered into a prize draw to win a healthy hamper. (CO readings available every morning Mon-Fri throughout October)

## 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](mailto:gamcare@beaconcounsellingtrust.co.uk)

What's happening

# ThisMonth

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

## October 2019

**3 Douglas Green, Salford, M6 6ES**

**Call: 0161 212 5700**

**Web: [www.energisecentre.co.uk](http://www.energisecentre.co.uk)**

**email: [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)**



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