

## 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.

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

## Tuesday

From 10am every Tues in November

### Healthy Food Bags

**5<sup>th</sup>** – Fruit, **12<sup>th</sup>** - Soup, **19<sup>th</sup>** - Breakfast, **26<sup>th</sup>** - Veg and bean.  
£1 per bag, while stocks last.

**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.

**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.

**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.

**13.00-14.00 Souper Wednesday**- Learn how to make delicious soups from tasty recipes. Includes bowl of hot soup and ingredients to make your own at home.  
**27<sup>th</sup> November** Call 0161 212 5700 to book.

**10.00-14.00 Mindful Eating Workshop** Mindful eating is the practice of enjoying each bite with all of your senses, slowly and deliberately. Mindful eating has many benefits including control and enjoyment of food. Lunch provided. **13<sup>th</sup> November** Booking essential. Call 0161 212 5700 to book.

**10.30-12.30 Self Compassion for Self Care 4 week Course 20<sup>th</sup> Nov -11<sup>th</sup> Dec** Motivate yourself through kindness not criticism. Practising Self Compassion can help you improve confidence and relationships with yourself and others, and naturally engage with healthier behaviours. Call 0161 212 5700 to book.

**13.00-14.30 Healthy Sandwich Session** Sick of soggy sandwiches and boring barmes? Brighten up your lunch with some fresh, healthy sandwich ideas. Call 0161 212 5700 to book. **20<sup>th</sup> November**

**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.

**10.00-12.00 Learn My Way** 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. There's no need to register- just turn up.  
**31<sup>st</sup> Oct-19<sup>th</sup> Dec**

**13.00-14.00 Gentle Yoga for Long Term Conditions@ Abbott Lodge 31<sup>st</sup> Oct, 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> November** Re-education and re-alignment of the body, raised self-awareness and relaxation. Limited places, call 0161 212 5700 to reserve your place.

**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 14<sup>th</sup> and 28<sup>th</sup> November**

**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. **7<sup>th</sup> November**

**13.00-15.00 Last Thursday of the month Bosom Buddies - Breast Cancer Support Group.** Open to anyone recently diagnosed, those currently in treatment and breast cancer survivors. Offering information, support and friendship in a relaxed positive environment. Just drop in no need to book **28<sup>th</sup> November**

## Friday

**10.00-11.30 Friday Food Diary Drop in** No need to book just drop in for ideas and tips to help improve your diet. Weigh in optional. Includes free food diary to monitor your progress.

**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. **1<sup>st</sup> November**

**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.

**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 **29<sup>th</sup> November**

**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.

### **No Junk November**

Keep on track or start a healthy eating plan now! This November we are offering lots of support to help you dump the Junk. Join our **30 day healthy eating Challenge**- try new ways of eating and make them stick as healthy eating habits. There's a prize draw too!

### **Know Your CO**

CO (Carbon Monoxide) is found in Cigarette smoke. Knowing your CO reading can be a useful marker when you are giving up smoking to see how your body repairs and recovers. Drop in at reception anytime for a reading. Additional support to help you quit for good is available.

**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

## November 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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