

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 session on 23rd & 30th December**

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 24th & 31st December.**

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.

10.30-12.30 Self Compassion for Self Care 4 week course 20th Nov -11th 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.

13.30-15.00 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. **Last session 19th 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. **12th December.**

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. **5th December**

13.00-15.00 Last Thursday of the month 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. **No session in December. Back 30th Jan**

Friday

09.00-10.00 Run Through Christmas Weekly Running Group for everyone, from complete beginners to those wanting to get more active. **6th-20th Dec**

10.00-11.00 Jingle all the Weigh Our weekly weigh in sessions can help keep you on track and motivated to maintain a healthy weight throughout Christmas and the New Year. Drop in. **6th-20th Dec**

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. **6th December**

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 on 27th December**

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. **No session in December. Back 31st Jan.**

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.

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

BLCtr 329 (v1) What's Happening This Month

Date created: August 2017

What's happening

ThisMonth

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

December 2019

Christmas closing times:

25th & 26th December & 1st January

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



@Energisecentre