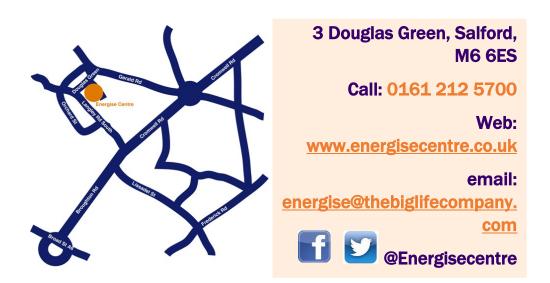
#### **Other Services**

<u>08.00-17.30</u> 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



### What's happening

# ThisMonth



## January 2020



and get on track for a healthier, happier you. Call 0161 212 5700 for more information or to book an appointment.

BLCtr329 (V2) What's Happening This Month Date created August 2017: Date reviewed December 2019

#### Monday

<u>12.30-14.30</u> Be Creative Arts and crafts group. No previous experience required- you may even discover a hidden talent. <u>Back 6<sup>th</sup> Jan</u>. Drop-in.

<u>13.30.16.00</u> Counselling and Psychotherapy by appointment. Call 07904 092764 for details and to book. Costs start at £15.

#### Tuesday

<u>12.00-14.00</u> Friendship Group for over 50s. Meet new friends, activities, games, crafts, nostalgia sessions and much more. Booking essential. Call 0161 212 5700. <u>Back 7<sup>th</sup> Jan.</u>

<u>10.30-17.00</u> Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. <u>£15 per session</u>. Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only)

#### Wednesday

<u>08.00-17.00</u> Nudge Acupuncture Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

<u>10.30-12.30</u> Wellness Wednesday Would you like to be more active in taking care of yourself and making choices towards a healthy and fulfilling life? This 4 week, fun practical programme explores ways to be the best version of you. <u>22<sup>nd</sup> Jan-12<sup>th</sup> Feb</u>. Call 0161 212 5700 to book

<u>13.30-15.00</u> Well Baby Clinic No appointment necessary. Obtain your free Healthy Start vitamins.

<u>12-3pm (Drop in)</u> Broccoli Day <u>15th Jan</u> Celebrate Veggie January with Broccoli!! Come along to our information stand to pick up: Free broccoli (whilst stock lasts) ,Broccoli recipes, Health benefits of broccoli, Five a day tips & veg recipes.

#### Thursday

<u>08.00-17.00</u> Nudge Acupuncture Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

<u>13.00-15.00</u> Salford City Football Club Health Walks Short social walks around Kersal. Meet at Salford City F.C Moor Lane entrance. <u>Every other</u> week 9<sup>th</sup> & 23<sup>rd</sup> Jan

<u>13.00-15.00 1st Thursday of the month-</u>Fibromyalgia and Chronic Pain Support Group Don't suffer in silence. Share experiences, learn and support each other. Drop in.<u>No session in January.</u>

<u>13.00-15.00 Last Thursday of the month Bosom Buddies - Breast Cancer</u> Support Group. Open to anyone recently diagnosed, those currently in treatment and breast cancer survivors. Just drop in. <u>30th January</u>

#### Friday

<u>09.00-10.00</u> Run through Christmas Weekly running group for everyone. Complete beginners welcome! <u>Back 10<sup>th</sup> Jan.</u>

<u>10.00-11.00</u> Jingle all the Weigh Our weekly weigh in sessions can help you keep on track and motivated to maintain a healthy weight. Drop in. Back 10<sup>th</sup> Jan

<u>10.00-15.30</u> Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. <u>£15 per session</u>. Call Ann 07814448055 or Julie on 07855357967 to book. (Ladies only).

<u>10.30-12.30</u> Spectrum Group Parent to Parent ASD Support Group Providing a warm, welcoming & confidential place to talk about the unique experience of parenting your children. First Friday of the month. <u>10th</u> <u>January</u>

<u>12.00-13.30</u> Talk the Walk Weekly walking group for good mental health. A good walk can do wonders for your mental wellbeing. Connect with your local community, meet new people and explore local green spaces. <u>Back</u> <u>10<sup>th</sup> Jan</u>

**<u>13.00-15.00</u>** Diabetes Support Group Learn to live well with diabetes. Share experiences, advice and support. Last Friday of the Month **<u>31st</u> January**