

## 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 983 0017.

**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)



**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)



**@Energisecentre**

## What's happening

# ThisMonth

**Energise Centre**  
Live life to the full

## March 2020

### Monday



**12.30-14.30 Be Creative** Arts and crafts group. No previous experience required. Drop-in.

**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.** Meet new friends, activities, games, crafts, nostalgia sessions and much more. Booking essential. Call 0161 212 5700.

**11.00-13.00 17<sup>th</sup> March Time for a Cuppa** Round up your friends, family, neighbours and colleagues and join us in raising funds to support people with Dementia. Refreshments, Raffle, Holistic therapies, Chair based exercise, and dancing!

## Tuesday continued...

From 11am While stocks last! **Fruit and Vegetable Bags £1 per bag**  
\* 3<sup>rd</sup>- Fruit \* 10<sup>th</sup> – Salad \* 17<sup>th</sup> Vegetables \* 24<sup>th</sup> Fruit

10.00-12.00 24<sup>th</sup> March Spring Walk Drinkwater Park Spring Walk (meet at Rainsough brow entrance) Spring walk around Drinkwater park, spotting the first signs of spring.

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

## Wednesday

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

10.30-12.30 Starts 26<sup>th</sup> Feb Self Compassion for Self Care Motivate yourself with kindness not criticism. Practicing self compassion can help you improve self-confidence, relationships with yourself and others, and naturally engage with healthier behaviours. 4 week Course. Booking essential.

13.00-14.30 18<sup>th</sup> March 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? Join us for a brew and a chat. Third Wednesday of the month.

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

13.00-15.00 18<sup>th</sup> March Beetroot Day Free beetroot (while stocks last) Information on the health benefits and recipe ideas.

## Thursday

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

13.00-15.00 Salford City Football Club Health Walks Short social walks around Kersal. Meet at Salford City F.C Moor Lane entrance. Every other week 5<sup>th</sup> & 19<sup>th</sup> March

## Thursday continued...

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. Drop in. 5<sup>th</sup> March.

13.00-15.00 Last Thursday of the month Salford Breast Buddies - Breast Cancer Support Group. Open to anyone recently diagnosed, those currently in treatment and breast cancer survivors. Just drop in. 26<sup>th</sup> March

09.30-11.00 starts 19<sup>th</sup> March Bike Rides Would you like to be fitter, more active and improve your bike riding skills? If so then come and join us and Salford Health Improvement for a community bike ride around the Wetlands. Bikes and helmets provided. Call 0800 952 1000 to book.

## Friday

09.00-10.00 Up & Running Weekly running group for everyone. Complete beginners welcome!

10.00-11.00 24<sup>th</sup> Jan -27<sup>th</sup> March Choose to Lose 10 week weight loss support group. Helping you reach your healthy weight goals. Drop-in.

10.00-11.00 March into Nutrition Workshop 20<sup>th</sup> March Come along to our fun, practical workshop with weight management service More Life. Focusing on making improvements to your diet. Plus, make your own nutritious salad jar.

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

10.30-12.30 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. 6<sup>th</sup> March

12.00-13.30 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.

13.00-15.00 Diabetes Support Group Learn to live well with diabetes. Share experiences, advice and support. Last Friday of the Month 27<sup>th</sup> March