

Monday

08.00-17.30 **Open Access to Computers** Training suite open to the community for computer access & free internet.

10.00-12.00 **Write on** Do you enjoy or want to improve your writing? Come along to our creative writing sessions and develop your skills in a fun, supportive environment. **No session on 2nd & 9th April.**

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 2nd & 9th April.**

Tuesday

08.00-13.00 **Open Access to Computers** Training suite open to the community for computer access & free internet.

10.00-12.00 **Keeping Well Course** The course is designed to help individuals to make successful changes and adopt healthier lifestyles and will be run over eight 2 hour sessions. Call 0161 212 5700 to book. **Starts 24th April.**

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. Drop in, no need to book. **No session 3rd & 10th April.**

13.00-16.00 **Holistic Therapies** Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. **£12.50 per session.** Call Ann 07814448055 to book. (Ladies only)

14.00-16.00 **E-Therapy** - Access Self Help online CBT course to help combat anxiety & depression. Tel: 07946887160

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

08.00-17.30 **Open Access to Computers** Training suite open to the community for computer access.

08.00-17.00 **Nudge Acupuncture** - Acupuncture for a broad range of physical health issues and emotional wellbeing. Cost starts at £15. Call Penny on 07932 678 790 for appointments and information.

09.15-10.15 **Buggy Movers** Free walking and jogging group you can join with your toddler. Get outdoors, meet new people and make an active start with your child. **Weekly group, Starts 18th April.**

13.30-15.00 **Well Baby Clinic** No appointment necessary. Obtain your free healthy start vitamins.

Thursday

08.00-17.30 **Open Access to Computers** Training suite open to the community for computer access & free internet.

08.00-17.00 **Nudge Acupuncture** - Acupuncture for a broad range of physical health issues and emotional wellbeing. Cost starts at £15. Call Lenka on 07546003121 appointments and information.

10.00-11.15 **Health Walks** Join the Health Improvement Service and Big Life Centres in a gentle walk around local green spaces. Call 0161 212 5700 for more info. **Starts 19th April- 24th May.**

10.00-12.00 **NHS Health Checks 26th April** FREE NHS Health Checks -Blood pressure, Cholesterol, Pulse and BMI. Checks last approximately 30 minutes and appointment slots can be booked by phoning Health Improvement on 0800 952 1000. **Eligibility criteria applies.**

13.00-14.00 **Smoke Screen** Are you a smoker? Are you unhappy with your smoking habits? Chat, guidance and support to help you give up smoking. Support with a free e-cig. Drop in no appointment necessary. **Starts 19th April.**

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 April**

Friday

08.00-17.30 Open Access to Computers Training suite open to the community for computer access & free internet.

10.00-12.00 Mission Nutrition Free monthly nutrition drop in sessions. Supportive, welcoming sessions where we focus on having fun, meeting new people and learning how to eat well along the way. Monthly weigh in for those with weight loss goals. Last Friday of the month [27th April](#).

10.00-13.00 Holistic Therapies Reflexology, Indian Head Massage, Reiki, Non Surgical Facelift, Swedish Massage. [£12.50 per session](#). Call Ann 07814448055 to book. (Ladies only)

08.00-17.00 Nudge Acupuncture - Acupuncture for a broad range of physical health issues and emotional wellbeing. Cost starts at £15. Call Penny on 07932 678 790 for appointments and information.

10.00-12.00 Time to Talk Tea Break We all need time to talk. Join us for our monthly tea break; offload, gain support and find out about local services that can help you. Drop in sessions. First Friday of the month [6th April](#)

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 [27th April](#)

Other Services

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

Choose to Change- Specialist weight management service that helps adults make lifestyle changes that will enable them to lose weight and improve their health. referral via GP, nurse or a dietician. The service is free to all adults over 18 years old with a BMI over 35+. Call 01204570999 for further information.

Counselling and Psychotherapy by appointment Call 07904 092764 for details and to book. £16.60 per session.

What's happening

ThisMonth

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

April 2018

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



@energiseandwillowtree



@energisecentre