

## 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.

**10.00-12.00 Basic IT Course** Perhaps you want to get an email account and send an email? Maybe you want to download apps. Maybe you want to know what an app is! Then please come along for a free programme all about helping you get more out of technology. **Starts 12<sup>th</sup> Feb.** Call 0161 212 5700 to reserve your place.

**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.

## Tuesday

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

**10.00-12.00 Basic IT +** Have you been on a computer course before and now are keen to learn some more advanced skills? Have you ever wanted to learn how to tell a story using a tablet? Or maybe learn how to take pictures and make short films? Learn how to become a community reporter. **Starts 13<sup>th</sup> Feb.** Call 0161 212 5700 to book.

**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.

**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

## 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 31<sup>st</sup> Jan.**

**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.

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

**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.

**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.

### 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.

## 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 **23<sup>rd</sup> March**

**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 **2<sup>nd</sup> March**

**12.30-14.30 Mindfulness Course @ Willow Tree Centre** Help manage stress, improve wellbeing and overall happiness. Mindfulness focuses in on the present moment using certain meditation techniques to help you let go of unhelpful habits, improve concentration and help relate to others more skilfully. **2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> March**, booking essential, call 0161 212 5700

**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 **23<sup>rd</sup> March**

## 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](mailto: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.

### NEW Swap to Stop Scheme

Would you like to stop smoking with the help of an e-cig? We can provide you with a quality e-cig starter kit and oils for FREE! Call **0161 212 5700** to find out more.

What's happening

# ThisMonth

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

## March 2018

**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)**



**@energiseandwillowtree**



**@energisecentre**