

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 I.T + Course Every Monday x 5 sessions starting **20th Nov.** Are you interested in using tech to help tell a story? Perhaps you have been on a computer course before and now are keen to learn some more advanced skills? Then come along and get involved with this free course to help you use tech to learn how to become a Community Reporter. Call 0161 212 5700.

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.

11.00 Soup Bags All the ingredients you need to make a warming vegetable soup, recipe included £1 per bag available from 11am onwards.

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)

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.

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

Wednesday

08.00-10.00 & 13.00-17.30 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.

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. **3rd November**

14.00-16.00 NHS Health Checks The Health Improvement Service are offering free NHS Health Checks (blood pressure, pulse, Cholesterol and BMI) **23rd Nov** Eligibility criteria applies. Checks last approximately 30 mins, call 0800 952 1000 to book an appointment.

13.00-14.00 Smoke Screen Smokers group Are you a smoker unhappy with your smoking habits and need some help to quit. Chat, guidance and support to help you give up smoking. Drop in group every Thursday in November. **No Session 23rd.**

My Life Goals

Do you want to make changes to your lifestyle but don't know where to start? Would you like to:

- **Increase your physical activity**
 - **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. Enabling you to take ownership of your goals and getting you 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 Monthly drop in, last Friday of the month -**24th Nov**
Free nutrition course, weigh in, advice and activities around nutrition and healthy eating.

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 **3rd Nov**.

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 **24th Nov**.

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

November 2017

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

Web: www.energisecentre.co.uk

email: energise@thebiglifecompany.com



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