

## 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 23<sup>rd</sup> October.**

**10.00-12.00** **Basic I.T Course** Every Monday x 5 sessions starting **9<sup>th</sup> Oct.** Do you want to find out how technology can work for you? Are you interested in learning new things? 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. **No session on 23<sup>rd</sup> October**

**16.00-18.00** **Obsessive Compulsive Disorder Support Group** –For people with OCD, their carers, family/friends to share experiences. Third Monday of the Month: **16<sup>th</sup> October.**

## Tuesday

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

**10.30-11.30** **Relax & Unwind 10<sup>th</sup> Oct.** Group relaxation session. Relieve stress and tension, rest and revive. Booking essential, call 0161 212 5700.

**10.00-11.30** **Keeping Well** 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 12<sup>th</sup> Sept.**

**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. **No session 24<sup>th</sup> Oct.**

**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. **5<sup>th</sup> October.**

**10.00** **Food & Mood Bags- Thursday 12<sup>th</sup> Oct from 10am.** Food can affect your mood and energy levels. Pick up a food and mood bag for £1 at find out how you can improve your mood with food. Includes fruit/ vegetables.

**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 throughout October.

### 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 -**27<sup>th</sup> Oct**  
Free nutrition course, weigh in, advice and activities around nutrition and healthy eating.

**10.00-12.00 Weigh Ahead** Looking to get in shape? Come along to our free group to help you reach and maintain a healthy weight. Healthy eating, What is a portion size? Importance of exercise, get your 5 a day Plus free recipes. **Starts 22<sup>nd</sup> Sept**

**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 1<sup>st</sup> Friday of the month- 1<sup>st</sup> Sept.** 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.

**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 **27<sup>th</sup> October**

## 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.

BLCtr 329 (v1) What's Happening This Month

Date created: August 2017

What's happening

# ThisMonth

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

## October 2017

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)



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