

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 23rd October.**

10.00-12.00 **Basic I.T Course** Every Monday x 5 sessions starting **9th 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 23rd 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: **16th 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 10th 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 12th 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 24th 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. **5th October.**

10.00 **Food & Mood Bags- Thursday 12th 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 -**27th 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 22nd 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 1st Friday of the month- 1st 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 **27th 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

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

email: energise@thebiglifecompany.com



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