

## COMING UP

**Thyroid Awareness Month – June-** The function of your thyroid gland is imperative to your overall health. If you have a thyroid problem and would like to find out how to get information and support, pop into the centres to find out more

**IT Community Reporting Course starts 22 June** Would you like to learn how to report on issues that are important to you in your community call 0161 212 5700 to book.

**Managing Emotions Course Starts 9<sup>th</sup> June 4 week course-** Are you dealing with anger, sadness, self-doubt, jealousy, shame or depression? This free four session group is for people who want to take control of their emotions and make them work effectively for them. Booking essential – call 0161 212 5700 to book.

**Women Living Without Limits Workshop 17<sup>th</sup> June** It is possible to live life to the full instead of just coping. Imagine creating a life for yourself that is more balanced, that takes your worries into account, and puts you back in control. Women Only workshop call 0161 212 5700 to book.

**Rough Guide to Being Well starts 10<sup>th</sup> June - 8 week course**

Delivered by people who have direct experience of how to stay well, this course is for anyone with problems such as anxiety, depression who want to discover and develop greater wellness as part of a supportive group. Call 0161 212 5700 to book

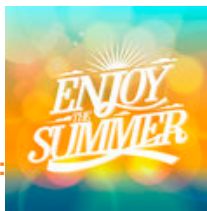
**July: (dates to be confirmed)**

Confidence and Self Esteem Workshop  
Bollywood Dance

**Ongoing Services:**

Be Creative Group  
Friendship group for over 50s  
Fibromyalgia Support group  
Sleep Support Group  
Fruit bag service  
Creative Writing group

For more information on any of our services please contact  
**Energise Reception on: 0161 212 5700**



## 100 Miles for May

**We have kicked off the summer by promoting National Walking Month with our 100 Miles for May campaign.**

Each Thursday throughout May a group of service users and staff from the Energise and Health Improvement Team have been enjoying health walks in local Parks and green spaces.

People who attend the walks are recording the miles they walk and any other walks that they do throughout the month. The person who walks the most miles in May will receive a foot pumper hamper.

The walks have taken us to Peel Park, Irwell Riverside, Drinkwater Park and Kersal Dale. Guided health walks are a great way to explore local green spaces, make new friends and are beneficial for both your mental and physical health.

If you need any more of an excuse to start walking, take a look at these statistics from the Walking for Health-Walking Works report:

**The simple fact of getting active can save your life.**

**We could prevent 37000 deaths a year just by taking a walk.**

**Being active also slashes the risk of developing these diseases by 20-50%:**

- Heart disease
- Stroke
- Type 2 diabetes
- Colon and breast cancer
- Alzheimer's disease

Would you like to take part in regular health walks? Contact the Centre on 0161 212 5700 or email: [carlie.valleley@biglifecentres.com](mailto:carlie.valleley@biglifecentres.com) for more information

### Big Life Centres' Offer:

A welcoming, helpful place in the community

Health and well being services

Support and opportunities to reach your goals

Services to help improve health and well being

**Energise Centre & Willow Tree Centre**  
Live life to the full

### Energise Centre:

**3 Douglas Green, Salford M6 6ES**

**Willow Tree:**

**94 Littleton Road, Salford M7 3SE**

**Tel: 0161 212 5700**

[www.energisecentre.co.uk](http://www.energisecentre.co.uk)

[www.willowtreehlc.co.uk](http://www.willowtreehlc.co.uk)

[www.facebook.com/energiseandwillowtree](http://www.facebook.com/energiseandwillowtree)

[www.twitter.com/EnergiseCentre](http://www.twitter.com/EnergiseCentre)

Salford Clinical Commissioning Group

## Self Care Month

During April 2016 we promoted Self Care at both Centres with the aim of arming service users with advice about how to look after themselves, when and how to self-treat and when it is important to seek medical advice.

There were information stands in both Centres and we did a lot of engagement in the groups, on the stands and from reception. We also invited partner agencies into the Centres and built a programme of activities over the 4 weeks:

**Week 1** – Prevention and detection

**Week 2**- Keeping yourself well

**Week 3**- Coping and managing long term health

**Week 4**- Staying Well

Activities included, Mindfulness, Mind Apples, Health Walks, NHS Health Checks and a Coping with Chronic Pain support session.

We will continue to make Self Care a main focus in our work at the Centres throughout the year to help our service users take charge of their own health and wellbeing.



During the whole month we engaged with **210** people around the topic of Self Care, here are some comments from people we talked to:

*"It has opened my eyes! (referring to paracetamol cost on prescription) I didn't realise it cost that much, I will cancel my paracetamol and buy from a shop."*

*"What you are doing is great, it is important that we take care of ourselves with all the cuts."*

*"Its important to realise that there are other ways to manage your health rather than relying on your GP."*

*"Support groups are invaluable, they give you that time to talk and offload that your GP can't"*

## We are Dementia Friends



To mark Dementia Awareness week (16-22<sup>nd</sup> May) Staff, volunteers and service providers took part in Dementia Friends training.

The training was an insight into the facts about dementia and how we can best support people to live well with dementia.

As Dementia Friends we will encourage people living with dementia to feel part of the community and start conversations with people so that they know a little more about dementia.

If you would like to become a dementia Friend contact:

[enquiries@alzheimers.org.uk](mailto:enquiries@alzheimers.org.uk) or go to [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## Personal Development Programmes

'Helping people to help themselves' is an integral part of the work we do at the Centres and our Personal Development programmes help people to reach their full potential.

We have a range of programmes at the Centres which range from 1 day to 6 week courses.

Here is a breakdown of our current courses:

**Mind Apples**- This is a fun interactive workshop designed to help you find practical ways to sustain a healthy mind, overcome barriers and set realistic goals for the future.



*"It has made me feel grounded, relaxed, happy and positive."*



**Hopes and Dreams**- (6 weeks)

What are your hopes and dreams and how are you going to get there?

If you are looking to make positive changes in your life, it could be going back to work, changing jobs, starting voluntary work or simply wanting to lead a more fulfilling life.

The aim of the course is to help individuals reflect on their experiences, skills and strengths, build confidence and self esteem and set goals to achieve a brighter future.

*"When I came on the course I was very low and felt I had no direction. Each week I learnt more about myself and other people then I started to realise I am not alone. I now feel much more in control, I'm staying well and have more motivation."*



**Managing Emotions**- (4 Weeks)

Emotions are an important part of being you...but what happens when you can't control your emotions?

Negative emotions can lead to anger, sadness, doubt, jealousy, shame, guilt and depression

This course is for people who want to take control of their emotions and make them work effectively for them.

The course explores:

**What are emotions and the impact of emotions?**

**Unhelpful thinking styles and barriers and blocks to success.**

**Communicating assertively.**

**Techniques for reducing emotional stress.**

**Rough Guide to Being Well**- (8 Weeks)

Delivered by people with direct experience of how to stay well. This course is for anyone with problems with anxiety and depression who want to discover and develop greater wellness in a supportive peer group.

**Women Living Without Limits (Workshop)**

It is possible to live life to the full instead of just coping. Imagine creating a life for yourself that is more balanced, that takes your worries into account, and puts you back in control. This Women only workshop will explore ways to reach your full potential.

If you are interested in any of the courses or would like to know a little more, contact **Carlie Valleley** on: **0161 212 5700** or email: [carlie.valleley@biglifecentres.com](mailto:carlie.valleley@biglifecentres.com)

