



Winter Newsletter 2015/16

## Dream on

**What are your Hopes and Dreams and how are you going to get there?**

Hopes and Dreams is a six week Personal Development Course. 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.

9 people attended the course which was delivered by our Community Development team at the Willow Tree Centre.

Throughout the programme participants explored the importance of setting goals and the consequences of not setting them and practical strategies to overcoming barriers and staying motivated.

An important part of the course was enabling participants to make specific, realistic and measurable goals and action plans. All the participants left the course with a clear goal and action plan for the future.

*“When I first came on the course I was very low and felt that I had no direction and now I feel much more in control. I’m staying well and have much more motivation. I have more understanding and I am reading and writing more.”*

## Be Creative

**What better way to start the week than getting creative at our Monday Creativity group!**

Being creative is often a hugely undervalued part of our wellbeing but it can have a positive impact on our mental health including stress relief, self awareness and expression, becoming a better problem solver and freedom to engage without judgement.

The group is open for anyone who would like to explore their creativity through activities such as drawing, painting, poetry and craft activities like Decopatch (see pic below), button art or jewellery making.

The group has been established for many years but is always looking to welcome new members. No previous experience or ability required, you may even discover a hidden talent...

**The ‘Be Creative’ group meet Mondays 12.30-2.30pm at the Energise Centre (term time only) Call 0161 212 5700 for more information.**



## In the Spotlight Beacon Counselling



**Beacon Counselling Trust and Gamcare are working together to provide a new service to those affected by problem gambling including the gambler and the wider family unit.**

The service was launched in Liverpool last April and has steadily rolled out across the North West with over 20,000 hours of therapeutic hours delivered this year.

Pathological gambling is a mental health disorder and it is estimated there are 25,000 problematic gamblers in Greater Manchester with as many as 10,000 at risk of developing the condition.

This free service which is now available at the Energise Centre includes one to one counselling, couples counselling and group work to support not only the problem gambler but the whole of the impacted family unit.

If you would like more information or would like to access this service please contact Beacon counselling on :

**0151 321 1099 / 07506762949**

## A Volunteer's Reward

We like to celebrate the great contribution our volunteers make to our Centres but wanted to share what our volunteers get out of their experience. Here is a poem written by Pat Holden about volunteering with us:

There's a saying of old,  
It's the truth I believe'  
**'It's sometimes better in life,  
To give than receive'.**

For.....

Many people are lonely  
See no-one from day to day,  
They sometimes need a helping hand  
They'll make fresh friends along the way.

We have a welcome at the Energise  
For each and every one,  
It's friendly free and easy,  
For anyone to come along.

I first came to the centre  
To join a class for art,  
Then I became a volunteer  
In some classes to take part.

Now we have formed a friendship group  
It's a place where folk can go,  
To meet and talk and have good times  
Not be lonely sat at home.

They can try new things and chew the fat  
And talk of days gone by,  
And get a feeling of belonging  
And fill an emptiness inside.

There are things I take for granted  
As I go along life's way,  
But if I make one person laugh or smile  
That's worthwhile to make my day.

And I've made new friends  
And shared lots of laughs  
And become happily involved  
I've reaped some pleasure deep inside  
Which has brought its own rewards.

We're each given a path to follow  
Some are fortunate – some are not,  
We should spare a thought for those in need  
Give back –  
And appreciate our lot.

**Pat Holden**

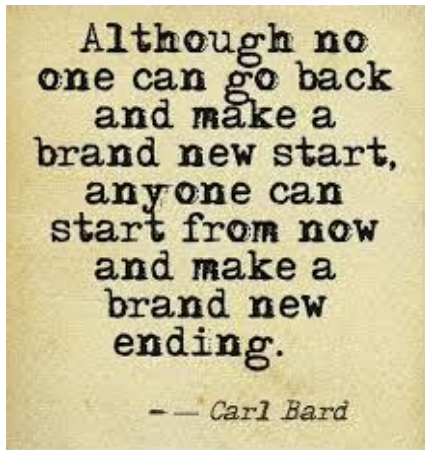
***If you are interested in volunteering or would like to learn more, ask at reception or call 0161 2125700***



From Top: Pat and other volunteers at the volunteers award ceremony.

Taking part in mental health awareness day

Working on 'healthy heart' campaign board.



### 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

## COMING UP

**Blue Monday 18<sup>th</sup> Jan** Blue Monday is a special day, for people to focus on doing good for each other. Not necessarily presents and cards, just little acts of kindness (or big ones, if you like). It comes at a time when people might need a bit of cheering up: the gloomy, post-Christmas, back-to-work-and-school month of January.

**IT Course Starts Weds 13<sup>th</sup> Jan 10am-12pm** Would you like to improve your computer skills? Ask at reception for more details.

**Global Belly Laugh Day Fri 22<sup>nd</sup> Jan** There are thousands of spoken languages in the world, and along with that, lots of different traditions and ways of life. But what unites everyone? Laughter! Join us for a laughter workshop time to be confirmed.

**Wellbeing Course for people with Long Term Health Conditions Tues 26<sup>th</sup> Jan- 6 week course** this course is specifically for people with long term health conditions to help manage stress, practice relaxation techniques and boost confidence.

### Rough Guide to Being Well starts 22<sup>nd</sup> Jan - 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.

#### 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 these services, please contact reception.

**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)

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