

## Monday

**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 22<sup>nd</sup> October**

**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 22<sup>nd</sup> October**

**13.30-16.00 Counselling and Psychotherapy** by appointment. Call 07904 092764 for details and to book. Costs start at £15.

**Aqua Buddies** is designed for people who may not feel confident in the water or want to try out an Aqua Fit class for free.

**1<sup>st</sup> Oct 10.30-12.00** @ Fit City Broughton- Free Aqua Fit Taster Session to book call 0161 212 5700 or email: [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)

## Tuesday

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

**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)

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

**16.45-18.00 Gym Buddies -2<sup>nd</sup> & 9<sup>th</sup> Oct** Are you new to the gym or would you like a bit of support to get you through the door? We can support you to attend a small, friendly local gym free of charge! Call 0161 212 5700 for more information or to book your place.

**16.45-18.00 Gentle Yoga @ Abbott Lodge-Four Weekly Sessions starting 30<sup>th</sup> Oct-20<sup>th</sup> November** Slow, gentle practice, ideal for beginners, improve strength, balance and flexibility. Booking essential call 0161 212 5700 to book.

**08.00-17.00 Nudge Acupuncture** - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

**13.30-15.00 Well Baby Clinic** No appointment necessary. Obtain your free healthy start vitamins.

## Thursday

**08.00-17.00 Nudge Acupuncture** - Acupuncture for a broad range of physical health issues and emotional wellbeing. Costs start at £15. Call Lenka on 07546003121 for appointments and information.

**10.00-11.30 Weigh & Walk - 4<sup>th</sup> & 11<sup>th</sup> October** Join the Energise Centre and East Salford Health Improvement Team on a leisurely walk through local green spaces. Plus optional weekly weigh-in.

**13.00-14.00 Smoke Screen** Are you a smoker? Are you unhappy with your smoking habits? Chat, guidance and support to help you give up smoking. Drop in no appointment necessary. **No session 25<sup>th</sup> October.**

**13.00-15.00 1st Thursday of the month- 4<sup>th</sup> October 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.

**13.00-15.00 Last Thursday of the month- 25<sup>th</sup> October Cancer Support Group.** Our Cancer support group is open to individuals who are affected by any type of cancer. Speak to people going through similar situations to you. Get informed, gain strength and support to move forward together, rather than on your own. Drop in sessions. Call 0161 212 5700 for more info.

### My Life Goals

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

- **Get more active**
  - **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. Take ownership of your goals and get on track for a healthier, happier you. Call **0161 212 5700** for more information or to book an appointment.

## Friday

**10.00-14.00 Mindful Eating Workshop -26<sup>th</sup> October** Mindful eating is the practice of enjoying each bite with all of your senses, slowly and deliberately. The Practice can help you take control of eating choices, enjoy healthier flavours, and effectively manage your weight. Lunch provided. Call 0161 212 5700 to book.

**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. Costs start at £15. Call Penny on 07932 678 790 for appointments and information.

**12.00-13.30 Talk the Walk - Starts 5<sup>th</sup> October** Weekly walking group for good mental health. As well as the many health benefits walking has for your physical health, a good walk can do wonders for your mental wellbeing. Connect with your local community, meet new people and explore local green spaces.

**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 26<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.

What's happening

# ThisMonth

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

## October 2018

3 Douglas Green, Salford, M6 6ES

Call: **0161 212 5700**

(between 9.30 and 15.30)

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

email: [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)



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