

## Monday

**10.30-11.30 ICT training Information session- 1<sup>st</sup> April, course starts- 8<sup>th</sup> April** Are you ready to take the next step in improving your ICT skills. Find out how you can gain a formal level 2 qualification in ICT. Improve your job applications and job prospects. Call 0161 667 3810 to book.

**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 sessions on 15<sup>th</sup> & 22<sup>nd</sup> April.**

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

## 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. Booking essential, call 0161 212 5700. **No sessions on 16<sup>th</sup> & 23<sup>rd</sup> April**

**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: 0161 226 3871

**17.00-18.00 Gym Buddies** Four Weekly sessions **9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup> April & 7<sup>th</sup> May** 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.

### Are you serious about giving up smoking?

Do you want to give up but need support and tools to help? Give yourself the best chance to quit and let us support you to be smoke free for good.

- 12 week 1-1 support programme
- Free nicotine replacement/e-cig and fluids\*

\*Conditions apply- must attend pre-quit assessment and commit to the full programme to receive cessation aids. **Contact 0161 212 5703 for further information.**

Date created: August 2017

**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.

**10.00-12.00 Tech and Tea Starting 3<sup>rd</sup> April** Are you 65 and over? Do you want to find out how technology can work for you? Free programme helping you get more out of technology. Complete the course and get a brand new laptop at 20% of the original cost. Call 0161 212 5700 to book.

**10.30-12.30 Wellness Wednesday Starting 1<sup>st</sup> May** Would you like to be more active in taking care of yourself and making choices towards a healthy fulfilling life? Join us on this fun, practical 4 week programme exploring ways to be the best version of you. Call 0161 212 5700 to book.

**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 07564003121 for appointments and information.

**10.00-12.00 Weigh Ahead** Fun and free sessions to help you lose weight and keep healthy. Healthy eating, portion sizes, food labelling, health walks. Starts 2<sup>nd</sup> May. Call 0800 952 1000 to book.

**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 on 18<sup>th</sup> & 25<sup>th</sup> April.**

**13.00-15.00 1<sup>st</sup> 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. **4<sup>th</sup> April**

**13.00-15.00 Last Thursday of the month 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. **25<sup>th</sup> April.**

### 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

**09.30-14.00 Friday Weigh Day** Do you want to achieve a happy healthy weight? Come along to our weekly weigh-in and keep motivated to maintain a healthy weight. Also pick up tips to choose healthy options & keep active. No need to book just drop in.

**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** - 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. **No Sessions on 19<sup>th</sup> & 26<sup>th</sup> April.**

**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> April.**

## 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

## April 2019

**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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