

Newsletter 29th July 2021

Energise Centre
Live life to the full

Welcome... to The Energise Centre newsletter!

We have been putting these newsletters together to keep you up to date with groups and services that are available to help you stay happy and healthy!

If you have any questions regarding one of our sessions, or anything included in this newsletter, please get in touch!

Give us a ring on [07776 959872](tel:07776959872)

Or email us at energise@thebiglifecompany.com

What's Online!

Tuesday 3rd 11am – 12pm – Tea and Chat



Informal social session for anyone who wants to have a chat and stay connected!

Join Zoom Meeting:

<https://us02web.zoom.us/j/88497618368?pwd=WnF0Z0lyNnFiZkVWUzd1MG94VVRPd09>

Meeting ID: 884 9761 8368

Passcode: 332010

Thursday 5th – 11am – 12pm – Happiness Happens



Why is happiness important? What makes you happy? Happiness happens day is on the 8th August so in this session we will be looking at all things happy!

Join Zoom Meeting:

<https://us02web.zoom.us/j/88696752674?pwd=b3Rab084MTE4ZW96bi9hbUhiZ3JlZz09>

Meeting ID: 886 9675 2674

Passcode: 847036

Wednesday 11th – 11am – 12pm – Chair Based Exercise



Drop- in chair based exercise session for anyone who wants to keep fit from the comfort of their own home!

Join Zoom Meeting:

<https://us02web.zoom.us/j/86546969167?pwd=bFIENXZTOEN2ZndWSkZpRGVkWIkxUT09>

Meeting ID: 865 4696 9167

Passcode: 820779

Monday 16th – 11am – 12pm – Creativity



Have a chat and do some crafts at our drop in creativity session!

No experience necessary. Please have your paper & pens/ pencils ready.

Join Zoom Meeting:

<https://us02web.zoom.us/j/89059974566?pwd=ZzJtTIBYNzhXekt3bFZzVzdVTkRadz09>

Meeting ID: 890 5997 4566

Passcode: 969368

Thursday 29th – 1pm – 2pm – Breast Buddies



Our friendly breast cancer support group takes place on the last Thursday of every month.

*If you would like to attend, please email us at energise@thebiglifecompany.com

In Person Activities

We are beginning to reintroduce some in-person activities so we can have the chance to see each other face-to-face. To ensure that we keep our staff and community members as safe as possible, we will not be running drop in sessions and people must book a place if they wish to attend.

Social distancing must be observed by anyone attending these activities and we ask that you only join us if you feel well and are symptom free.

For more information or if you would like to attend any of these sessions, give us a ring on [07776 959872](tel:07776959872) or email us at energise@thebiglifecompany.com

Wellbeing Walks

We will be resuming our weekly wellbeing walks! We can't wait to get out walking again in some of Salford's lovely green spaces. If you've been to our walks before or would like more information- please get in touch!

Creativity Group

Our regular Creativity group will have the opportunity to meetup face-to-face in an outdoor space in Salford. Reconnect with some of your friends from the creativity group and be inspired by the great outdoors!

Friendship Group

We will be offering members of our friendship group a chance to meet up face-to-face and reconnect!

Zoom

If you're unsure about how to use Zoom, here is a handy 'How to Zoom Guide' from our friends at Inspiring Communities Together.

<https://www.inspiringcommunitiestogether.co.uk/wp-content/uploads/2020/05/How-to-Zoom-Guide-May-2020.pdf>



Or head to the Zoom website where they have a number of free training videos that will help you to become a Zoom expert!

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>

If you are having any issues or need some help getting started, email us at energise@thebiglifecompany.com or give us a ring on **07776959872** and someone from our team will get back to you.

Greater Manchester Older People's Network

The focus for our next meeting will mainly be on hearing your experiences of current challenges relating to health and social care. Recently we have been hearing stories from our members about problems related to accessing GPs, hospital discharge, expectations of travelling long distances to get to appointments and many others. We would like to give all our members the chance to share issues that are important to you so that we can share these with contacts at the health and social care partnership and work together to make things better.

The meeting will be on Zoom and the details are as follows:

<https://us02web.zoom.us/j/84730363947?pwd=WXZxZmlHbEdFNy9uSGR5My9Sbk1Rdz09>

Meeting ID: 847 3036 3947 Passcode: 335912



Want to find out about urgent emergency care in Salford and how the different services (GP's, hospital and community) have responded to the pandemic and their plans going forward?

Then come along to our next online community forum on **Tuesday 3rd August from 10am to 12.30pm**. Our guest speakers include Salford Clinical Commissioning group and Salford Royal who will be happy to answer any questions you may have.

https://www.healthwatchsalford.co.uk/event/2021-08-03/healthwatch-salford-community-forum?fbclid=IwAR39BxKgVVRHVhv6HGDPRL-fWViem3GFKYIYHUm175yWHzwZwc_RKazAJw





NHS

FOOD GROWING COURSE

The Orchard Community Hub

Starting Thursday 1st July

13.00 - 15.00

(Running every Thursday until further notice)



Come and join us as we create connections, and cultivate crops. You can learn and participate as much as you like, there is fun to be had for everyone. Plus, there is the added bonus of being able to take home what you have grown.

- **Learn how to sow, plant and harvest a range of fruit and vegetables.**
- **Earn an AQA qualification for attending*.**
- **Fun for the whole family, children welcome.**
- **Opportunity to support a local community garden.**

The Orchard, 2 Langley Road South, Salford, M6 6GU.

For more information, contact Ciaran@sowthecity.org



* A minimum number of five sessions must be attended to earn AQA Qualification

TOGETHER STRONGER TOGETHER STRONGER

ARE YOU CURRENTLY **UNEMPLOYED ?**

We are running an innovative scheme aimed at raising your chances of employment through practical training in job related subjects, such as CVs, Interviews and access to a variety of accredited courses all for FREE.

We then have potential job opportunities opening up at the end of the course !

***Please be aware you have to be currently unemployed and over 18 Years old**

**Starting Thursday 29th July and will be running every
Thursday until the end of the year**

10am until 2pm

**Eccles Sixth Form College,
Chatsworth Road, Eccles , M30 9FJ, England**

**This programme is free of charge and Pre-booking is required as spaces are limited!
Please email james.molyneux@salfordcc.ac.uk or call 07538042666 to book your place
or to find out more information!**



TOGETHER STRONGER TOGETHER STRONGER

Mindful Mondays

With Social Adventures & Mind in Salford

Join us on the first Monday of the month for our Mindful Monday mindfulness sessions between August and December at The Angel Centre! No experience needed.

To book call 0161 710 1075 or email hello@socialadventures.org.uk.



Join Social Adventures and Mind in Salford on the first Monday of the month for Mindful Mondays between August and December at The Angel Centre.

When we are being mindful we are not so caught up in the head with worry and feelings of anxiety. Mindfulness can help us to feel more grounded where we can experience moments of calm and peace, and can help us to be kinder to ourselves and others. We can be mindful by practising meditation which means sitting/ lying down and focusing on the breath and body. The teacher will guide you through the practices. No experience needed, and you don't need to bring anything with you, just a willingness to give it a go.

Is this session suitable for me?

The session is suitable for people who are experiencing stress, anxiety, depression and chronic pain. **It is not suitable for people in acute phases of depression or trauma**, however that doesn't mean it won't always be suitable, how we feel and manage our mental health changes all the time. If you are in any doubt as to whether this session is for you, please talk to us or a health care advisor. In the session you will learn and practice skills which can be applied to your individual situation. However, this session is NOT a replacement for therapy and the session will not be used for therapeutic group work.

Our upcoming 2021 sessions

These sessions will be running face to face at The Angel Centre in Salford (1 St Philip's PL, Salford M3 6FA). For more information, call 0161 710 1075 or email hello@socialadventures.org.uk.

August 2nd	10-11am
September 6 th	1-2pm
October 4th	10-11am
November 1st	1-2pm
December 6th	10-11am

Salford City Singers



Thursdays 6.30-8pm

Salford City Singers is a choir that welcomes everyone. They promote, support and develop collective singing as a valuable aid to better mental health and wellbeing for all – it's also lots of fun.

Send them a message and go along to a session- no commitment, give it a whirl!

<https://www.facebook.com/SalfordCitySingers/>

0161 789 8820

24 St Georges Crescent, Salford M6 8JN

Class and Club Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Job Club 10:00 - 12:00pm	Street Engagement Hub 10:00 - 1:00pm	English Conversation Club 10:00 - 11:00am	Street Engagement Hub 10:00 - 1:00pm	Job Club 10:00 - 12:00pm
Textiles Club 12:00 - 1:00pm	ESOL Class: Intermediate level 11:00 - 12:00pm, Zoom	Customer Service Training 10:15 - 12:15pm	Salford Food Bank and Inclusion Services (Dentist / GP) 10am - 1pm Eccles hub only	Art Club 12:00 - 1:00pm
Textiles drop-in 1:00 - 3:00pm	ESOL Class: Beginner level 12:15 - 1:15pm, Zoom	ESOL Class: Intermediate level 11:00 - 12:00pm, Zoom		Art drop-in 1:00 - 3:00pm
	Narcotics Anonymous 6:30 - 8:00pm	Creative Writing 12:00 - 1:00pm On-site & Zoom	Caritas ESOL 3:30 - 8:00pm	Song Club LIVE! 2:00 - 3:00pm, on Facebook Live: @MustardtreeMCR
Caritas ESOL 3:30 - 8:00pm	Caritas ESOL 3:30 - 8:00pm	ESOL Class: Beginner level 12:15 - 1:15pm, Zoom		Caritas ESOL 3:30 - 8:00pm
		Digital Skills/IT Course 1:00 - 3:00pm		
		Caritas ESOL 3:30 - 8:00pm		

To register for any of our classes or courses, please email information@mustardtree.org.uk, call 0161 850 2282, or enquire on-site.

Keeping Safe & COVID

Most COVID restrictions have now been lifted, but it is important that we do what we can to keep ourselves and everyone in our communities safe! Lifting restrictions does not mean the pandemic is over or that the virus has gone away.

It is important to stay at home and isolate if told to do so or if you feel unwell.

Testing

If you feel unwell in any way including a high temperature, a new continuous cough, or a loss of, or change to, your sense of smell or taste. You should stay at home and book a test as soon as possible. Tests can be booked free of charge via the government website.

<https://www.gov.uk/get-coronavirus-test>

Vaccination

At Big Life we believe that the Vaccine is the safest, fastest and most scientific way out of the Pandemic.

You can now get the COVID-19 vaccine if you're aged 18 or over.

You do not need to wait to be contacted by the NHS to book your vaccination.

Visit: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>



Key services

Salford City Council

The Spirit of Salford Helpline ☎

The Spirit of Salford Helpline has extended its support in response to community need and teamed up with partner agencies to support a range of issues

- They can help you with a number of issues such as benefits, council tax, housing advice and getting food and emergency supplies. They can also arrange regular phone calls for anyone struggling with loneliness or isolation.
- If you're struggling with your mental health at the moment, get in touch and they can help. Fill out the form at http://orlo.uk/sos_dTOLP

The Spirit of Salford Helpline
 **0800 952 1000**
(Mon - Fri 8.30am - 6pm, Sat 9am - 1pm)
www.salford.gov.uk/spiritofsalford

 Salford City Council

The Silver line is a confidential, free helpline for older people in the UK. All calls are free and they also offer regular friendship calls for those struggling with isolation.



<https://www.thesilverline.org.uk/>

Reach us if you need someone to talk to, we all do!

This is a UK-wide project which aims to provide over-the-phone befriending service to individuals who need social support.

You will be matched with our trained volunteers who are like-minded and share same interests as you. Additionally, we offer befriending service in Albanian, Arabic, Greek, Kurdish, Romanian, Russian, Turkish, and many more languages.

Our volunteers will contact you and have a pleasant conversation with you over the phone, all from the comfort of your home.

Please do not hesitate to reach us if you need someone to talk to, we all do!



talkingbubble@dialoguesociety.org | **Tel:** 07923342453 | dialoguesociety.org

The Greater Manchester Bereavement Service offers support and advice to anyone in Greater Manchester who has been bereaved. Call on 0161 983 0902 or visit: <https://greater-manchester-bereavement-service.org.uk/>

**GREATER MANCHESTER
BEREAVEMENT SERVICE**

0161 983 0902

Monday to Friday, 9am to 5pm
Wednesday, 9am to 8pm
Except bank holidays

Greater-Manchester-Bereavement-Service.org.uk



Living with anxiety, social phobia or depression?

Easily join one of our online drop-in groups


Our online groups are free to join, run every week and operate on a drop-in basis - so you can easily join one or more sessions without commitment.

They offer a safe and confidential place to talk about your experiences, share advice and socialise. All groups are facilitated by people who have experience of a mental health issue. You must be over 18 to join a group.



To attend a group, please email
csgroups@selfhelpservices.org.uk
or call 0161 226 3871

www.selfhelpservices.org.uk

 facebook.com/selfhelppeersupport

Mondays
2pm - 4pm

Tuesdays
7pm - 9pm

Wednesdays
7pm - 9pm

Thursdays
7pm - 9pm

Fridays
12pm - 2pm

Saturdays
11am - 1pm

Domestic Abuse Help

Women can call the
National Domestic Abuse Helpline
free 24/7 on **0808 2000 247**.
They have translators if needed.



The Men's Advice Line is free on **0808 801 0327**.

The National LGBT+ Domestic Abuse Helpline is on **0800 999 5428**.

The Mix has free information and support for under 25s on **0808 808 4994**.

Or see http://orlo.uk/Salford_domestic_abuse_support_RBeLe for details of lots of organisations which can help.

Salford Food Bank

Salford Food bank provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.



They are now partnered with Salford Foundation who are providing doorstep deliveries

Please email any queries to info@salford.foodbank.org.uk
<https://salford.foodbank.org.uk/get-help/>

Salford Food Parcels

Salford Food Parcels provides basic food stuff and as much fresh food as they are able. Since September 2011 they have provided free food to anyone in food poverty. They do not operate a voucher system as they don't see how that helps people struggling with food poverty for the longer term.

They work in collaboration with the Red Cross who provide destitute asylum seekers with bus fare to attend the project. We also help anyone who is struggling with coping for a short period until they are able to manage again.

Food parcels are available on a Wednesday, 10-12 at Emmanuel church, rear carpark, 174 Langworthy Rd, Salford. You can also ring 07815089568 for help if necessary.

EMMANUEL CHURCH, 174 LANGWORTHY RD, SALFORD M6 5PN

<https://salfordfoodparcels.org/>

salfordfoodparcels@gmail.com

Lucie's Pantry



Lucie's Pantry is a social supermarket located at the main Emmaus Salford base or Fitzwarren Street in Pendleton.

People who want to use the social supermarket become a member of Lucie's Pantry. Members pay £2.50 per week and are able to choose items to the value of approximately £15 each week. Membership is limited by need and geographical distance to the outlet.

For more info or to become a member, visit their website.

<https://emmaus.org.uk/salford/our-services/lucies-pantry/>

THE BEACON COMMUNITY CAFE THE BEACON YOUTH CENTRE, SALFORD M6 6QT

Community Meals Service



Weekly set menu of 7 meals just £15

Our meals are home made with the freshest local ingredients, prepared in our kitchen with 5 star hygiene rating and frozen ready for you to heat when needed at home.

They are great for those who are unable to prepare meals for themselves, as meals on the go or for when you just dont fancy cooking.

Contact Sarah 07543614751



Facebook @TheBeaconCommunityCafe
Instagram @thepayitforwardcafe



Victory Outreach Community Grocery



The community grocery is here to help the people and families across the UK stay fed!

All you need to do is sign up for £5 to become a member of the Community Grocery for the year, and then start shopping. It's as simple as that!

Once you're a member you can come along to the Community Grocery up to twice a week and fill up your basket for just £3 per visit.

A typical £3 shop can include:



1 sliced loaf of
bread



5 items of fresh
fruit or veg



5 boxed or
canned
items



2
chilled
item



1
non-food
item



2 different
mix and
match
items



2 items from the
fridge or
freezer

Victory Outreach Manchester, 19 Liverpool Street, Salford, M5 4LY

Open: 9:30am – 4:30pm Monday to Friday

12:30pm - 2:30pm Sunday

0161 987 6511

<https://communitygrocery.org.uk/salford/>


Until Next Time...

We are taking steps to resume face-to-face activities and re-open the centre in the safest way possible so please bear with us!

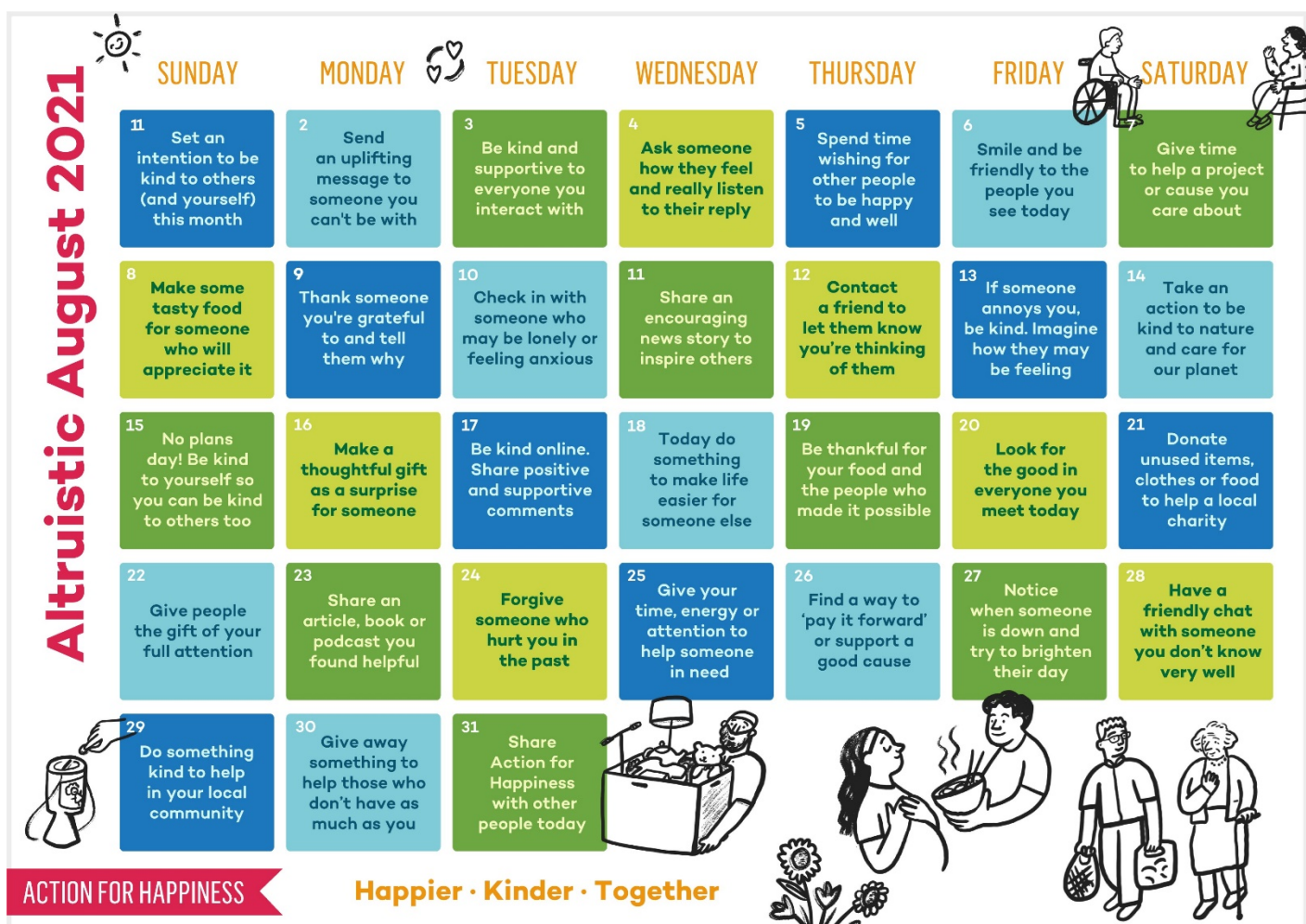
The safety of our staff, service users, and all members of our community remains our top priority so we will be keeping social distancing measures in place. We will continue to offer a programme of online activities while we are making this transition.

Our landline is currently not in use but for any enquiries, please email us at energise@thebiglifecompany.com or give us a ring on **07776959872**

For more updates, follow us on twitter  @EnergiseCentre

And like our Facebook page  @EnergiseCentre

Best wishes,
The Energise Team.



Altruistic August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 Set an intention to be kind to others (and yourself) this month	2 Send an uplifting message to someone you can't be with	3 Be kind and supportive to everyone you interact with	4 Ask someone how they feel and really listen to their reply	5 Spend time wishing for other people to be happy and well	6 Smile and be friendly to the people you see today	Give time to help a project or cause you care about
8 Make some tasty food for someone who will appreciate it	9 Thank someone you're grateful to and tell them why	10 Check in with someone who may be lonely or feeling anxious	11 Share an encouraging news story to inspire others	12 Contact a friend to let them know you're thinking of them	13 If someone annoys you, be kind. Imagine how they may be feeling	14 Take an action to be kind to nature and care for our planet
15 No plans day! Be kind to yourself so you can be kind to others too	16 Make a thoughtful gift as a surprise for someone	17 Be kind online. Share positive and supportive comments	18 Today do something to make life easier for someone else	19 Be thankful for your food and the people who made it possible	20 Look for the good in everyone you meet today	21 Donate unused items, clothes or food to help a local charity
22 Give people the gift of your full attention	23 Share an article, book or podcast you found helpful	24 Forgive someone who hurt you in the past	25 Give your time, energy or attention to help someone in need	26 Find a way to 'pay it forward' or support a good cause	27 Notice when someone is down and try to brighten their day	28 Have a friendly chat with someone you don't know very well
29 Do something kind to help in your local community	30 Give away something to help those who don't have as much as you	31 Share Action for Happiness with other people today				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Illustrations include: a sun, a person in a wheelchair, a person sitting on a bench, a person holding a gift, a person at a desk, a person cooking, a person holding a bowl of food, and a person walking with a shopping bag.