

26th October 2021



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

In Person Activities

Our groups and sessions are now being held in-person, but we still have a number of added safety measures in place.

To ensure that we keep our staff and community members as safe as possible, some groups will be running at reduced capacity and ***may need to be booked in advance.***

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 book any of these sessions, give us a ring on [07776959872](tel:07776959872) or email us at energise@thebiglifecompany.com

What's Happening This Month

November 2021

Mondays

10:30- 12:00 –Weigh& Walk

Walking is great for your health and can even help you to lose weight. Come along to our new weekly weigh& walk to start taking steps towards a healthier you.

Meet at The Energise Centre.

Weigh in at 10.30am, walk at 11am

***Weekly**



12:30 – 14:00 – Be Creative



Come and join our weekly creativity group!

Draw, paint, craft and much more in a friendly, informal environment. All abilities welcome, no experience necessary, just turn up!

Suggested £1 donation

***Weekly**

Tuesdays

10:00 Onwards- Nutritious November- £1 Seasonal Recipe Bags

Come by the centre every Tuesday this November and pick up a seasonal recipe bag for £1.

New recipe each week, first come first served

***Weekly**



11:00- 12:00- 9th& 23rd- Chair Based Exercise



Come and join us for gentle sitting exercises to enhance your mobility, flexibility and muscle strength. Booking essential. Please contact us on 07776959872 or energise@thebiglifecompany.com

***Fortnightly**

12:30 – 13:30 – Friendship Group for over 50's



Would you like to be part of the friendship group for over 50's? Meet new friends or catch up with old ones and take part in activities, games and much more. Drop-ins welcome. Suggested £1 donation.

***Weekly**

Wednesdays

11:00- 12:00- Well-being Wednesdays

Would you like to feel happier, healthier and better in yourself?

Join us for this 4 week course where you will learn what you can do to improve your well-being in a supportive and friendly group environment.

Each week we will have a different focus;

Week 1, 10th November: What is Well-being?

Week 2, 17th November: Nourishing your Body and Mind

Week 3, 24th November: Mindful Movement

Week 4, 1st December: Relax & Reflect

***Weekly from 10th November**



13:00-15:00, 10th– Autumn Walk



Come and be present, observe the signs of autumn outside. Come back to the centre for a hot drink and autumn fruits after. Meet at Wetlands Entrance on Littleton Road.

13:00 – 14:00 – Wellbeing Walk

Come and join our weekly Wellbeing Walk! The benefits of walking are endless. Keep active, meet new people, connect with the community and explore local green spaces!



Join us afterwards at The Energise Centre for a chat & a brew.

Meet at Kersal Wetlands, Littleton Road, Salford at 1pm.

For further info call 07776959872 or email energise@thebiglifecompany.com.

****Weekly***

Thursdays

13:00– 14:00–4th& 18th- Salford City Football Club Wellbeing Walk

Do you want to get more active? Join us for a walk around Kersal Moor. Meet at Salford City Football Club, Moor Lane entrance.



****Fortnightly***

13:00: 14:30- 4th– Fibromyalgia Support Group

Don't suffer in silence. Join our support group, share your experiences, learn and support each other to live a life beyond pain.

To book your place, ring 07776959872 or email energise@thebiglifecompany.com

****First Thursday of every month***



13:00– 15:00– 11th, Positive Self Talk for Kindness Day

In preparation for world kindness day on November 13, let's learn how to be kinder to ourselves!

Contact 07776959872 or energise@thebiglifecompany.com to book your place.



11:00-12:00- 18th, Group meditation and relaxation



Learn how to relax, destress and create a sense of inner peace and positive outlook on life with our guided meditation. Bring a blanket.

Booking essential, contact 07776959872 or energise@thebiglifecompany.com to reserve a place.

13:00– 14:00– 25th, Beginners Yoga

Join us for a gentle beginner's yoga session.
£3 per person, please bring a blanket.



13:00 – 14:30- 25th– Breast Buddies Cancer Support Group

Friendly group open to those recently diagnosed, currently in treatment and breast cancer survivors.

Please ring 07776 959872 or email energise@thebiglifecompany.com to book your place.

****Last Thursday of every month***



Fridays

12:00-13:30–19th - Feel Good Friday



Step in to the weekend feeling good. Informal, social session with a new focus each session.

To book a place please contact us on 07776959872 or energise@thebiglifecompany.com

13:00 – 14:30 – 26th– Diabetes Support Group

Are you living with Diabetes? Do you need support? Share your experiences, learn and support each other.

Please ring 07776 959872 or energise@thebiglifecompany.com to book your place

****Last Friday of every month***



Would you like to be a part the friendship group for over 50s?
Meet new friends, activities, games, crafts and much more!

If you would like to know more about this group please ask at reception, call 07776959872 or email energise@thebiglifecompany.com

Friendship Group For Over 50s



Energise Centre
Live life to the full

(Suggested £1 donation)

**Every Tuesday
12.30-1.30pm**

Term Time Only

Energise Centre
Live life to the full

The Energise centre
3 Douglas Green
M6 6ES

Email: energise@thebiglifecompany.com

BE
ACTIVE

CONNECT

Well-being Wednesdays

KEEP
LEARNING

Give

TAKE
NOTICE

Would you like to feel happier, healthier and better in yourself?

Join us for this 4 week course where you will learn what you can do to improve your well-being in a supportive and friendly group environment.

Wednesdays from 10th November

11am-12pm

Week 1: What is Wellbeing?

Week 2: Nourishing your Body and Mind

Week 3: Mindful Movement

Week 4: Relax & reflect

Booking essential. To reserve a place on this course please ring 07776959872 or email us at energise@thebiglifecompany.com



@EnergiseCentre



@EnergiseCentre

Energise Centre
Live life to the full

3 Douglas Green, Salford, M6 6ES

energise@thebiglifecompany.com

07776959872

Be Creative

Just bring along your imagination!

Get creative and have fun with our weekly creativity group! Enjoy a care free session of painting, drawing or making crafts.

suggested
£1
donation

Please note we are currently opperating at reduced capacity so booking is essential.

To reserve a spot give us a ring on 07776959872 or email us at energise@thebiglifecompany.com

Mondays at 12:30 - 2:00pm

Energise Centre
Live life to the full



@EnergiseCentre

3 Douglas Green, Salford, M6 6ES Call:
07776959872 for more information
energise@thebiglifecompany.com

Wednesday Wellbeing Walk



Why Walk?

As well as the many benefits walking has for your physical health, a good walk can do wonders for your mental wellbeing too. Come along to keep active, meet new people, connect with the community and explore the green space.

Every Wednesday (Term time only)

Meeting Point: The Wetlands Entrance, Littleton Rd

1pm-2pm

Gentle Wellbeing Walk lasts approx 1 hour

Please wear suitable footwear & clothing. Also bring along contact details

Call: 07776959872 for more information

Energise Centre
Live life to the full



Energise Centre
Live life to the full

3 Douglas Green, Salford, M6 6ES
Call: 07776959872 for more information

energise@thebiglifecompany.com



Leisure and Culture Survey

Have your say

Tell us about your experiences at:

| | | |
|-------------------|--------------------------------|--------------|
| Leisure Centres | Sport Facilities | Libraries |
| Community Centres | Salford Museum and Art Gallery | Ordsall Hall |

Complete our short survey, have your say and be in with the chance of winning a £50 Amazon voucher!



◀ Scan here to access the survey or visit www.surveymonkey.co.uk/r/salfordleisure before the deadline on **Friday 19 November**.

If you would like to complete the survey over the telephone, please email leisureculturesurvey@salford.gov.uk providing a name and telephone number.



Salford City Council

Getting Together with The Reader



Discover The Reader
Free Shared Reading groups



Grab a cuppa, be with people, share stories

In Shared Reading we read great stories and poems aloud, then stop and talk about what we've heard. There's no need for group members to read aloud or speak – it's fine to just come along and listen.

It's not like an English lesson! In the group we chat about our own responses to the stories and poems, and what they made us think, feel or remember. You can share as much, or as little, as you want.

Starting Friday 5th November 2021 at 14:00 and continuing weekly, online with The Reader. Contact your linked member of staff at Achieve for details of how to join in or email The Reader directly rabferguson@thereader.org.uk.

   @thereaderorg  www.thereader.org.uk

Charity Registration Number 1126806 (SC043054 Scotland)



Supported using public funding by
ARTS COUNCIL
ENGLAND



COMMUNITY
FUND



PEOPLE'S
POSTCODE
LOTTERY



CARE
TRUST

Stere Morgan
FOUNDATION

r The
Reader

Achieve Drug and Alcohol,
Treatment and Recovery Services



NHS



with Achieve

The theme this year is - 'Better relations between men and women'

Nominate, celebrate and thank someone that is a positive male role model in the community.

On 19th November you can wish anyone you meet, 'Happy International Men's Day!'

'IMD encourages men to teach the boys in their lives the values, character and responsibilities of being a man. It is only when we all, both men and women, lead by example that we will create a fair and safe society which allows everyone the opportunity to prosper.' Warwick Marsh

Email Achieve Bury, Bolton, Salford and Trafford,
Community Development Coordinator, Ross Darbyshire,
ross.darbyshire@gmmh.nhs.uk. If you want to:

- Share a quote from an inspirational man
- Share a story about an inspirational man
- Celebrate a man that has made a positive difference to others
- Share information about support available

Find my Future in Construction



- Supporting young people back into learning (NEETs 16-24)
- Work towards a career in the construction industry
- Sector specific training including Health and Safety
- CSCS Card included
- 4 weeks training with the chance of a 2-week work placement
- Regular visits from well known employers in the construction industry
- Support provided to improve emotional and mental wellbeing
- Support to help improve your confidence and motivation

****FIRST COURSE STARTING 15th NOVEMBER****

**Salford Foundation
3 Jo Street
Salford
M5 4AA**

EMAIL: findmyfuture@salfordfoundation.org.uk

PHONE: 07957259766



Prince's Trust

Registered Charity Number - 1002482

Salford City Council



**salford
foundation**



APPRENTICESHIPS
AT SALFORD CITY COLLEGE

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 you feel unwell or test positive for the virus.

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.

Booster vaccine doses will be available on the NHS for people most at risk from COVID-19 who have had a 2nd dose of a vaccine at least 6 months ago.

This includes:

- people aged 50 and over
- people who live and work in care homes
- frontline health and social care workers
- people aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19
- people aged 16 and over who are a main carer for someone at high risk from COVID-19
- people aged 16 and over who live with someone who is more likely to get infections (such as someone who has HIV, has had a transplant or is having certain treatments for cancer, lupus or rheumatoid arthritis)
- People who are pregnant and in 1 of the eligible groups can also get a booster dose.

You'll be offered a booster dose at least 6 months after you had your 2nd dose.

Most people will be invited to book an appointment at a larger vaccination centre, pharmacy, or local NHS service such as a GP surgery.

Most people who can get a COVID-19 booster vaccine are also eligible for the annual flu vaccine.

If you are offered both vaccines, it's safe to have them at the same time.

The image features the NHS logo in the top right corner, consisting of the letters 'NHS' in a bold, blue, sans-serif font on a white rectangular background. Below the logo is a large, diverse group of stylized human figures. The group is composed of approximately 25 individuals of various ages, ethnicities, and genders, all smiling. They are arranged in several rows, with some standing and some sitting or crouching in the front. The background of the entire graphic is a solid purple color.

All of the **COVID-19 vaccines** in use in the UK protect you from coronavirus.

Don't delay in getting yours when it is offered to you, it's the best way to keep your family and friends safe.

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/>

**"THIS IS UNACCEPTABLE.
WE CANNOT ACCEPT
THIS. NO INTELLIGENT,
HEALTHY OR
REASONABLE SOCIETY
COULD."**

Dobrowski family statement 2006

Image: Tantrum Imagery

REPORT HATE CRIME
www.report-it.org.uk

Hate crimes and incidents come in many different forms. It can be because of hatred on the grounds of race, religion, sexual orientation, transgender identity or disability.

**Report hate crime to the Police
through True Vision
www.report-it.org.uk**



Report antisemitic hate crime to CST

London 020 8457 9999

Emergency 24hr 07659 101 668

Manchester 0161 792 6666

Emergency 24hr 0800 980 0668

Use your mobile phone to report incidents:

Text CST to 80800 to get the URL

or go to <http://cstreport.mobi>

www.thecst.org.uk

Community Security Trust Registered charity number 1042391



Greater Manchester

Victims' Services

Free support for anyone affected by any crime

Phone

0161 200 1950

24hr Helpline

08 08 16 89 111

Email

**greater.manchester
@victimsupport.org.uk**

Website

gmvictims.org.uk

Support for adults and children includes

**Face to face support
Interpreters
Webchat
Crime prevention
Police updates
Going to court**

**24 hour helpline
Advocacy
Problem solving
Personal safety
Practical help
Specialist support**

No police report required

Consent required for referrals. GM Victims' Services are commissioned to Victim Support - an independent charity and confidential support service. Charity number: 298028. Where there is a disclosure of a risk of harm, safeguarding processes will be followed.

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/selfhelpppeersupport

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/>

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 delighted to be able to meet with community members face to face and welcome people back into our centre! Please bear in mind some sessions will be running at a reduced capacity so will require booking.

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.

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.

New Ways November 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|---|
| 1 Make a list of new things you want to do this month | 2 Respond to a difficult situation in a different way | 3 Get outside and observe the changes in nature around you | 4 Sign up to join a new course, activity or online community | 5 Change your normal routine today and notice how you feel | 6 Try out a new way of being physically active | 7 Be creative. Cook, draw, write, paint, make or inspire |
| 8 Plan a new activity or idea you want to try out this week | 9 When you feel you can't do something, add the word "yet" | 10 Be curious. Learn about a new topic or an inspiring idea | 11 Choose a different route and see what you notice on the way | 12 Find out something new about someone you care about | 13 Do something playful outdoors - walk, run, explore, relax | 14 Find a new way to help or support a cause you care about |
| 15 Build on new ideas by thinking "Yes, and what if..." | 16 Look at life through someone else's eyes and see their perspective | 17 Try a new way to practice self-care and be kind to yourself | 18 Connect with someone from a different generation | 19 Broaden your perspective: read a different paper, magazine or site | 20 Make a meal using a recipe or ingredient you've not tried before | 21 Learn a new skill from a friend or share one of yours with them |
| 22 Find a new way to tell someone you appreciate them | 23 Set aside a regular time to pursue an activity you love | 24 Share with a friend something helpful you learned recently | 25 Use one of your strengths in a new or creative way | 26 Try out a different radio station or new TV show | 27 Join a friend doing their hobby and find out why they love it | 28 Discover your artistic side. Design a friendly greeting card |
| 29 Enjoy new music today. Play, sing, dance or listen | 30 Look for new reasons to be hopeful, even in tough times |  | | | | |

ACTION FOR HAPPINESS

Happier · Kinder · Together