

24<sup>th</sup> August 2022

# Energise Centre

Live life to the full


**Welcome...** to The Energise Centre newsletter!

We hope you've been staying happy and healthy this summer! Please see below for details on all the great activities we have going on during the month of September!

Many of our groups have limited capacity and will need to be booked in advance.

Our landline is currently not in use but for any booking or enquiries, please contact our reception team on

**07776959872** or [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)

For more updates, follow us on twitter  @EnergiseCentre

And like our Facebook page  @EnergiseCentre

## What's Happening This Month

### September 2022

#### **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 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**



### **11:00- 12:00- Energise Gardening**



Come along and help us brighten up the centre with some container gardening! Equipment provided, booking essential.

**\*Every Monday in September**

### **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**

### **From 10am- Recipe bags**



Come by the centre and grab a healthy recipe bag for just **£1.50!** First come, first served.

**\*Weekly**

### **11:00- 12:00- Chair Based Exercise**



Come and join us for some seated exercises to enhance your mobility, flexibility, and muscle strength.

Booking required. Please contact us on 07776959872 or [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)

**\*Weekly, no session on 27<sup>th</sup> September**

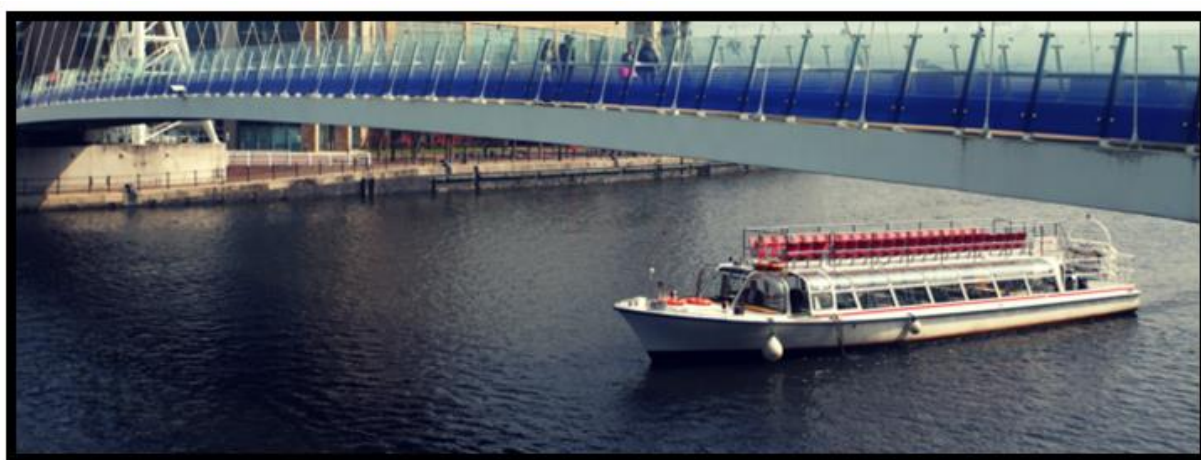
### **12:30 – 13:30 – Friendship Group for over 50's**



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, no session on 27<sup>th</sup> September***

### **27<sup>th</sup>, 12:45- 15:00- Energise Boat Party!**



Come and set sail with us on the Princess Katherine!

The cost will be around £35 per person. This includes a 2-hour boat trip and on-board buffet! (The final cost will be dependent on numbers and will be calculated closer to the time.)

There is plenty of seating and toilets available on the boat. From the dock at Salford Quays there are 4 steps onto the boat. Unfortunately, this means the boat is not wheelchair accessible.

Meet at 12.45pm Salford Quays, Pier 8, M50 3AZ, under the Millennium Footbridge

To book a place, please contact our reception team on 07776959872 or [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com).

# Wednesdays

## **11:00- 12.00- Wellbeing Wednesdays**



Learn a variety of techniques to look after both your mind and body. Booking essential. Call 07776959872 or email [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) to book.

***\*Weekly***

## **13:00 – 14:00 – Wetlands 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.

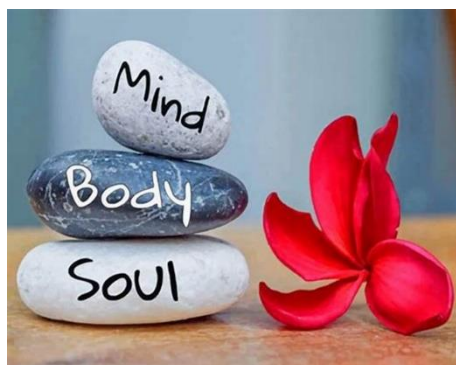
Meet at Kersal Wetlands, Littleton Road, Salford at 1pm.

For further info call 07776959872 or email [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com).

***\*Weekly***



## **28<sup>th</sup>, 11:00- 12:00- Holistic Share**



Come along and find out some holistic ways to look after your health and wellbeing.

Booking essential, please contact 0776959872 or

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

# Thursdays

## **1st, 13:00- 14:30- 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](mailto:energise@thebiglifecompany.com)

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



## **1st, 15th, 29th - 13:00- 14:00- Kersal Moor 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***



## **8th & 22nd 11:00-12:00- Stretch & Smile**



Join us for an hour of gentle stretching and relaxation with a focus on positivity.

Booking essential, contact 07776959872 or

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

to reserve a spot.

***\*Fortnightly***

## **8th & 22nd, 13:00- 14:00- Drinkwater Park Walk**

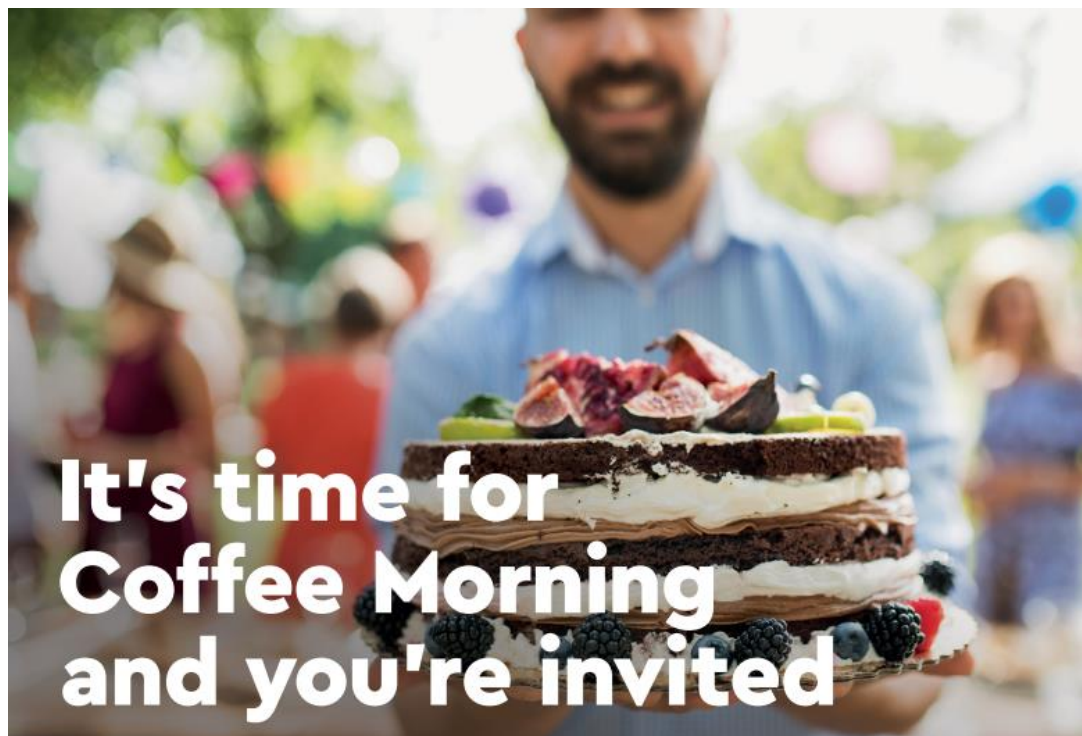
Join us for a new fortnightly walk at Drinkwater Park. Meet at Drinkwater Park car park, Rainsough Brow, off Agecroft Road, Prestwich, M25 9XW.

***\*Fortnightly***





## **29<sup>th</sup>, 13:00- 14:30- Breast Buddies Macmillian Coffee Morning**



Come and take part in the biggest coffee morning in the world to raise money for Macmillian.

Hosted by our Salford Breast Buddies Support group which takes place on the last Thursday of every month but everyone is welcome to come along for tea, cake & a good chat!

If you'd like to donate, come along or visit the link below.

<https://thyg.uk/BUS007241547>

## **Fridays**

### **12:00- 13:00- Creative Writing**



Let your imagination run wild in our new creative writing group! No experience necessary. Contact us on 07776959872 or [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) to book.

***\*Weekly, no session on 2<sup>nd</sup>***

**9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> - 13:00-15:00- Feel Good Friday**



Step into the weekend feeling good. Activities to make you motivated and ready for the weekend. Booking essential.

**30<sup>th</sup>, 13:00- 14:30- Diabetes Support Group**



Join our monthly Support group. Please contact 07776959872 or [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) to book.

***\*Last Friday of the month***



The Salford Walking Festival is back! The best way to explore the beautiful City of Salford and get fit whilst doing it. Enjoy over 40 walks exploring Salford's heritage, countryside, and rural areas. There are long, short, and differently themed walks to suit all abilities.

Follow the link below for more information.

<https://www.visitsalford.info/what-to-see-and-do/october-walking-festival/>



There's still time to take a walk on the Salford Literacy Trail!  
As part of our 30th birthday celebrations in Salford, The Big Life Group are proud to be sponsoring two benches at the Salford Literacy Trail, developed by the National Literacy Trust.

The storytelling-themed trail invites families to adventure through the city and discover benches designed by brilliant local artists and illustrators. The decorated benches dotted around key locations across Salford will help to inspire children's love of reading and support their wellbeing.

We're really proud to be part of something that not only encourages people to enjoy reading, but also gives them the chance to get out into their local communities, learning more about the world around them and getting all the wellbeing benefits of being in the great outdoors. Our benches are located at the Lowry Theatre on Salford Quays and outside the Working Class Movement Library in Acton Square.



# 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](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](http://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](http://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](https://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](mailto:csgroups@selfhelpservices.org.uk) or call 0161 226 3871

[www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)

 [facebook.com/selfhelppeersupport](https://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](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](mailto: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](mailto: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. **Great food for great people**

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

# Until Next Time...

If you have a question about anything that's included in this newsletter, please don't hesitate to get in touch!

Give us a ring on 07776959872 or email us at [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com) and someone from our team will be in touch.

Stay safe and keep looking after yourselves, and each other.

Best wishes,  
The Energise Team.

## Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

WEDNESDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

FRIDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love

SUNDAY

4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing



ACTION FOR HAPPINESS

Happier · Kinder · Together