

Newsletter 26th June 2020



Energise Centre
Live life to the full



Welcome... to the fifth edition of The Energise Centre newsletter! We have been putting these newsletters together to help you stay up to date with available groups and services. It will also give you some tips and ideas to help you keep busy and look after your wellbeing at home!

Zoom

As we can't be together in person, we are focusing our efforts on getting groups and sessions up and running on Zoom.

We have really enjoyed the Zoom groups we've hosted so far and we hope that more of you will join us in the coming weeks!



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>

We want as many people as possible to be able to access our Zoom groups, so if you are having any issues or need some help getting started, email us at energise@thebiglifegroup.com and someone from our team will get back to you.

We are aware that a number of people may not have access to the internet or to a device that is compatible with Zoom.

If this is the case for you or someone you know in the community, but you are interested in getting online, please get in touch!

For those without access to the internet, we can now be reached by phone Monday- Friday 8am- 3pm on **07849106886**

What's On!

July 2020

Wednesday 1st, 8th, 15th, 22nd July 10am-11.30pm



Wellness Wednesdays is a 4 week Zoom course aimed at helping you to improve your wellness and take more active care of yourself.

Join us on this fun, practical programme and explore some ways that can help you be the best version on you!

*Booking essential- to book your place, please email us at engergise@thebiglifecompany.com

Thursday 2nd 1pm-2pm- Fibromyalgia Support Group

Looking for help with Fibromyalgia or chronic pain? Our monthly support group will now take place over Zoom so we can continue to share ideas and experiences and support each other to live a life beyond pain.

Join Zoom Meeting:

<https://us02web.zoom.us/j/81600577139?pwd=LzhWZU1OK0hWckhYeHdDK1BTT0Yydz09>

Meeting ID: 816 0057 7139

Password: 138358

Monday 6th 11am-12pm- Be Creative!



Our creativity group offers you an opportunity to try out some arts and crafts in a relaxed, friendly atmosphere. We will let you know ahead of time if there are any materials you will require for the session.

Join Zoom Meeting

<https://us02web.zoom.us/j/83727992816?pwd=SUF1aENDSXA2TVZ0RkJZa3VJTnNIZz09>

Meeting ID: 837 2799 2816

Password: 157506

Tuesday 14th 11am-12pm– Chat and Brew Social Group



Social group open to anyone who fancies a catch up and a chat to help us all stay connected!

Join Zoom Meeting

<https://us02web.zoom.us/j/88294703683?pwd=VmNCSIFPNHM1dVVOZU9DS0REZjBiZz09>

Meeting ID: 882 9470 3683

Password: 988915

Tuesday 21st 11am-12pm

Chair-based Exercise Class

Gentle chair based exercise class to help keep you active at home.



Join Zoom Meeting

<https://us02web.zoom.us/j/83144468056?pwd=Y1VEcmNLbmo1U0dTbVJNa1hQQ1dHUT09>

Meeting ID: 831 4446 8056

Password: 141171

Thursday 30th 1-2pm– Breast Buddies Cancer Support Group

Salford Breast Buddies is our monthly support group for anyone with a breast cancer diagnosis. This group will take place on the last Thursday of every month.



Join Zoom Meeting

<https://us02web.zoom.us/j/81740570589?pwd=TVRmdGxDZERGWFZlZjUmxqck83QT09>

Meeting ID: 817 4057 0589

Password: 541478

Friday 31st 1-2pm– Diabetes Support Group

This will be our first online diabetes support group and is open to anyone who is living with diabetes.

Join Zoom Meeting

<https://us02web.zoom.us/j/88426343089?pwd=WTE3N0UveU1nOXBNRjV CV3BjcGIOQT09>

Meeting ID: 884 2634 3089

Password: 173371

Let's Learn!



Now is a great time to expand your knowledge and learn new skills so why not take a look at some of these online learning opportunities! You can take free courses and lessons from the comfort of your own home and even gain a qualification!

Time to Learn

Time to Learn wants to help Greater Manchester residents make the best use of their time at home!

They can help you with a number of things such as improving your language and number skills, improving your digital skills and improving your employability skills.

Programmes can be tailor made to suit you but most programmes are around 12 weeks long and require around 5 hours learning per week.

Have a look on their website for more info

<http://www.standguide.co.uk/time-to-learn/>

The Open University

The Open University offer nearly 1000 free courses across 8 different subject areas. The courses can be started right away and done at your own pace!

<https://www.open.edu/openlearn/free-courses>



Virtual College

The Virtual College is an online platform that gives you access to a number of free courses in different areas such as health and wellbeing, careers advice and infection prevention.

<https://www.virtual-college.co.uk/resources/free-courses>



Zoom Training

If you'd like to know how to make the most of the video conferencing platform Zoom, you can access their pre-recorded webinars online! Whether you'd like to be able to host your own meeting for friends and family or you're just curious about how it all works, the Zoom website has a number of videos and training sessions to help you.



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

Healthy Body!

QUIT IT! Stop Smoking Support



Health improvement service invites you to QUIT IT! They are offering Virtual stop smoking support via Facebook, whats app and telephone.

Looking after our lung health is so important for everyone right now. There has never been a better time to think about making plans to stop smoking!

If you are thinking about giving up or you are ready to set a quit date, please get in touch with the health improvement team. You will be offered a range of support to meet your needs, including podcasts, live groups, regular e-mails and much more.

You can even request telephone support and receive prescriptions for Nicotine Replacement Therapy. This includes patches, gum, nasal spray etc.

Don't go it alone, get in touch today.

E-mail health.improvement@salford.gov.uk

Ring 0800 952 1000

Visit the website <https://www.salford.gov.uk/health-and-social-care/health-services/quit-smoking/stop-smoking-service/>

Health Improvement Connect are not just offering help to stop smoking! They are also offering a range of different services in areas such as healthy eating, getting more active and weight management. Take a look at their website to see what they have to offer!

<https://www.salford.gov.uk/health-improvement-service>

iPrescribe Exercise

iPrescribe Exercise is a free app that creates a 12-week exercise plan based on health information that you enter. This helps improve your overall health, but can also be used to manage a number of long-term health conditions.



<https://iprescribexercise.com/>

Healthy Mind!

Action for Happiness

Action for Happiness have lots of resources to help us all take action towards a kinder and happier world!

Why not try their free 10 Days of Happiness program? It's designed to help us to overcome some of the challenges that we are all facing at the moment and be happier and more at peace with ourselves.

Check out their website for more info

<https://www.actionforhappiness.org/>



My Possible Self: The Mental Health App



Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.

<https://www.mypossibleself.com/>

Elefriends



Elefriends is a supportive online community brought to you by the mental health charity Mind. You can feel at home talking about your mental health and connect with others who understand what you are going through.

We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Whether you're feeling good right now, or having a hard time, it's a safe place to share experiences and listen to others. The community is available to all, 24/7 and it is moderated daily from 8.30am to midnight.

<https://www.elefriends.org.uk/sign-up>

Recipe of the Week!

Tomato Risotto

PREP: 5 MINS

COOK: 35 MINS

SERVES: 4

Ingredients:

- 400g can chopped tomato
- 1l vegetable stock
- knob of butter
- 1 tbsp olive oil
- 1 onion finely chopped
- 2 garlic cloves, finely chopped
- 1 rosemary sprig, finely chopped
- 250g risotto rice
- 300g cherry tomato, halved
- small pack basil, roughly torn
- 4 tbsp grated parmesan



Method:

1. Blend the chopped tomatoes and half the stock into a food processor and pulse until smooth. Pour into a saucepan with the remaining stock, bring to a gentle simmer and keep over a low heat.
2. Meanwhile, place the butter and oil in the base of a large saucepan and heat gently until the butter has melted. Add the onion and gently cook for 6-8 mins until softened. Stir in the garlic and

rosemary, then cook for 1 min more. Add the rice and cook, stirring, for 1 min.

3. Start adding the hot stock and tomato mixture about a quarter at a time. Let the risotto cook, stirring often, and adding more stock as it is absorbed.
4. After you have added half the stock, add the cherry tomatoes. After 20-25 mins, the rice should be creamy and tender, the cherry tomatoes softened and all of the stock should be used up.
5. Cover and leave for 1 min, then stir in the basil. Serve sprinkled with Parmesan and a good grinding of black pepper.

See full recipe here

<https://www.bbcgoodfood.com/recipes/creamy-tomato-risotto>

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/>

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/>

The logo for the Greater Manchester Bereavement Service, featuring a circular emblem with three stylized leaves in shades of green and yellow.

**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

SHOUT- a free text support service for anyone over the age of 16.

A photograph of a person wearing a blue and white plaid shirt, sitting and looking at a smartphone held in their hands.

The Coronavirus outbreak is affecting the way many of us live our lives, and it's normal that this will affect our mental health.

If you're aged 16+ you can now text for

**FREE 24/7 CONFIDENTIAL
HELP IN A CRISIS**

Just text

- Text GMBury to 85258
- Text GMBolton to 85258
- Text GMManchester to 85258
- Text GMOldham to 85258
- Text GMRochdale to 85258
- Text GMSalford to 85258
- Text GMStockport to 85258
- Text GMTandG to 85258 (Tameside and Glossop)
- Text GMTrafford to 85258
- Text GMWigan to 85258

GMCA GREATER MANCHESTER COMBINED AUTHORITY

NHS
in Greater Manchester

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.

Boots and other pharmacies have joined a scheme to make their consultation rooms safe spaces for people seeking help because of Domestic Abuse.

Boots Pharmacy information

<https://www.boots-uk.com/our-stories/boots-pharmacy-consultation-rooms-become-safe-spaces-for-victims-of-domestic-abuse/>

Superdrug information

<https://www.hestia.org/news/superdrug-join-safe-spaces-scheme-for-victims-of-domestic-abuse-almost-a-quarter-of-all-uk-pharmacies-now-taking-part>

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/>



Mustard Tree



Mustard Tree has an established track record over the past 25 years, supporting people across Greater Manchester in poverty and facing homelessness.

Mustard tree are still open for Food club. Anyone on any benefit or pensioners can access the food club to choose 10 items of food for £2:50.

They are also distributing Food parcels at both Eccles and Little Hulton Mustard tree shops and for those who need to self-isolate they can call the Ancoats Mustard tree on 0161 850 2282 and self-refer for food delivery to their door. The items that will be delivered will all be ambient goods.

Opening hours

Eccles Mustard tree shop - Mon and Wed - 10am until 2pm.

Little Hulton Mustard tree -Tues and Wed 10am until 2pm

Lucie's Pantry

Lucie's Pantry is a social supermarket located at the main Emmaus Salford base on 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/>

Until Next Time...

The Energise Team is working from home but we will continue to send out regular information and updates. For any general enquires, we can be reached by email at energise@thebiglifecompany.com

For those without internet access, we can now be reached by phone Monday-Friday 8am-3pm on **07849106886**

For more updates, follow us on twitter  @EnergiseCentre

And like our Facebook page  @EnergiseCentre

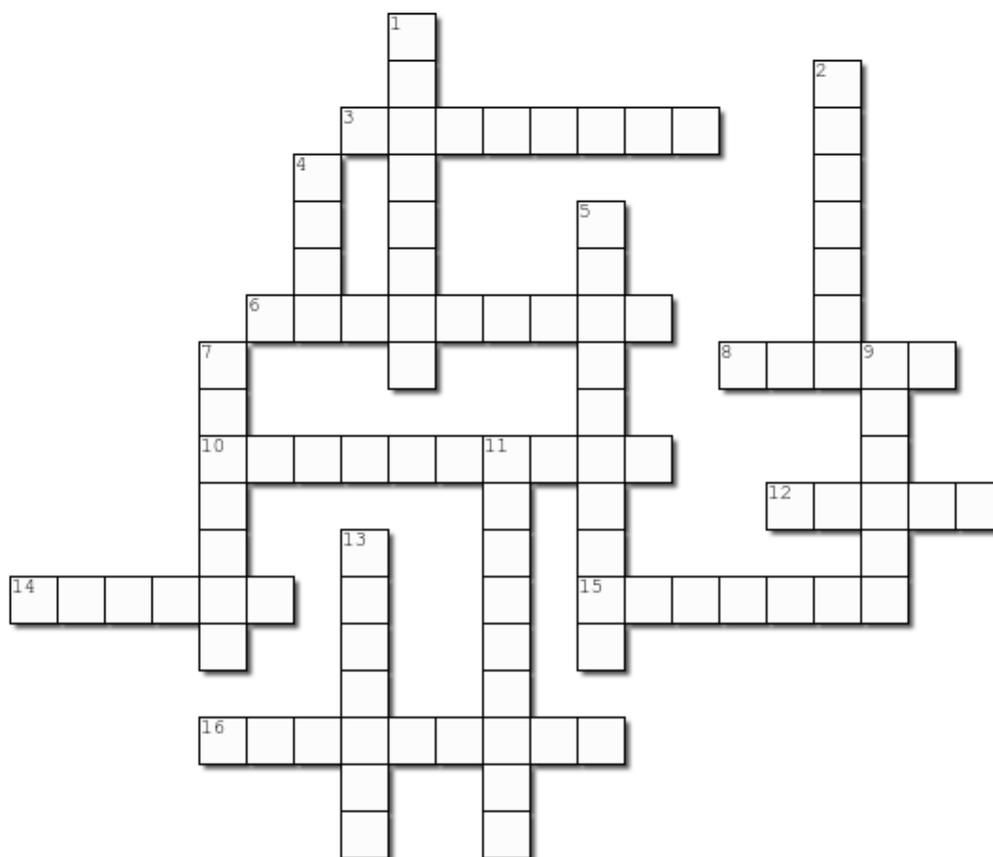
We hope you are all safe and well and we look forward to seeing you on Zoom in the coming weeks.

Look after yourselves, and each other!

From all of The Energise team, until next time.



The Energise Quick Crossword III



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3.** Don't fall! (7)
- 6.** Sport using a shuttlecock (9)
- 8.** Sport with oval ball (5)
- 10.** Can be performed on bars, beam and floor (10)
- 12.** Sit on top of cricket stumps (5)
- 14.** Short distance run (6)
- 15.** Right foot, left foot (7)
- 16.** Small weights, usually in a pair(9)

Down

- 1.** Jumping jack (4,4)
- 2.** Pedalling (7)
- 4.** Postures, stretches and breathing techniques (4)
- 5.** Fast swimming stroke (5,5)
- 7.** Running at a gentle pace (7)
- 9.** A sport you need gloves for (6)
- 11.** Athletic event with three sports (9)
- 13.** Run with a ball (7)

Energise Crossword II Answers

Across

- 1. One for sorrow two for joy (6)- Magpie
- 3. Longest/ shortest day of the year (8)- Solstice
- 4. Baby Deer (4)- Fawn
- 5. National flower of wales (8)- Daffodil
- 7. Not yet a frog (7)- Tadpole
- 8. Flower with shiny yellow petals (9)- Buttercup
- 10. Lucky (6)- Clover
- 11. Very sad tree (7,6)- Weeping willow
- 12. Red Admiral (9)- Butterfly
- 13. U shaped bend in a river (5)- Oxbow
- 14. Most common bird in the UK (4)- Wren

Down

- 1. Most common duck in the northern hemisphere (7)- Mallard
- 2. Sheep dog (6,6)- Border Collie
- 6. Remember this flower (6,2,3)- Forget me not
- 9. Often grows on ponds (5)- Algae
- 12. Tall reed-like water plant (7)- Bulrush