

Swinton and Pendlebury Activity Timetable

Health Improvement Service, October-November 2024

Our activities are open to all. Please contact us to advise on how we might best meet your needs

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Learn to play Mahjong Fun Chinese board game</p> <p>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP</p> <p>10am-12pm Weekly Booking recommended</p>	<p>Keeping Well Free 6 week wellbeing group</p> <p>Salvation Army Church, Station Road, Swinton M27 6BT</p> <p>10:45am – 12.15pm Weekly starting 22nd October for 6 weeks Booking essential</p>	<p>Learn to play Mahjong Fun Chinese board game</p> <p>The Agnes Hopkins Centre, 63 Clarendon Road, Swinton M27 4BQ</p> <p>10-12pm Weekly Booking recommended</p>	<p>Veterans group Access to welfare, debt and health advice. Onsite gardening, therapy and arts and crafts.</p> <p>The Agnes Hopkins Centre, 63 Clarendon Road, Swinton M27 4BQ</p> <p>9am-3pm Weekly</p>	<p>Feel Good Friday Fun adults exercise and social class. Suitable for beginners.</p> <p>Worsley United Reformed Church, Worsley Road, Swinton M27 0EF</p> <p>1pm-2pm Ongoing Booking essential</p>
<p>Stop smoking support Telephone one to one stop smoking support</p> <p>Various times and days available</p> <p>Ring 0800 952 1000 option 2 for more information</p>	<p>Red Pepper one to one support Family Healthy Lifestyle sessions</p> <p>5 free telephone or face to face appointments to support families to lead a healthier lifestyle.</p> <p>Various times and days available. Eligibility criteria applies. Booking essential</p>	<p>Weigh Ahead course 6 week rolling Weigh Ahead programme – adult weight support</p> <p>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP</p> <p>5.30pm-6.30pm Weekly starting 11 September – 20 November Booking essential</p>	<p>Weigh Ahead course 6 week rolling Weigh Ahead programme – adult weight support</p> <p>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP</p> <p>1pm-2pm Weekly Booking essential</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Social Prescribing Find out about local community services</p> <p>Poplars Medical Centre, 202 Partington Lane, Swinton M27 0NA</p> <p>Patients only Ring your surgery to book an appointment</p>	<p>Social Prescribing Find out about local community services</p> <p>Silverdale Medical Practice, 659 Bolton Road, Swinton M27 8HP</p> <p>Patients only Ring your surgery to book an appointment</p>	<p>Sleep Well support One to one 4 week sleep well support</p> <p>Telephone support</p> <p>Various time and days available Contact us for more information</p>	<p>Weigh Ahead course 6 week rolling Weigh Ahead programme – adult weight support</p> <p>Swinton Gateway, 100 Chorley Road, Swinton M27 6BP</p> <p>6pm-7pm Weekly Booking essential</p>	
		<p>Social Prescribing Find out about local community services</p> <p>Lakes Medical Centre, 21 Chorley Road, Swinton M27 4AF</p> <p>Patients only Ring your surgery to book an appointment</p>	<p>Social Prescribing Find out about local community services</p> <p>Sides Medical Centre, Moorside Road, Swinton M27 0EW</p> <p>Patients only Ring you surgery to book an appointment</p>	
<p>Booking information: Book via telephone: 0800 952 1000 Book via email: health.improvement@salford.gov.uk Book online at: https://www.salford.gov.uk/health-and-social-care/health-services/health-improvement-connect/ Follow us on Facebook: https://www.facebook.com/SalfordHealthImprovement</p>				