



East Salford

Salford City Council

Health Improvement Team

Timetable for June – September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stop Smoking Support Do you want support to quit smoking? Join our 12-week over-the-phone programme, including free Nicotine Replacement Therapy (NRT), stop smoking medication or e-cigarette (vape).</p> <p>Search 'Stop Smoking Service Salford' or call 0800 952 1000 to book your first appointment.</p>	<p>Clowes Park - Outdoor Gym & Exercise Session <i>Starting 10th June</i> Join us at the new Clowes Park Outdoor Gym, meet new people and try new exercises. Open to all ages and abilities.</p> <p>Women-Only Session: 9:30am – 10:30am</p> <p>Mixed Gender Session: 10:30am – 11:30am</p>	<p>Ladies-Only Online Keep Fit</p> <p>Gentle exercise and stretches in a friendly environment, suitable for all ages and abilities. Women-only.</p> <p>Online via Teams 11:30am – 12:30pm</p> <p>Call 0800 952 1000 (option 2) to book on</p>	<p>Bike Rides Join us on our guided bike rides around Kersal Wetlands and surrounding areas. Bikes and helmets provided by our team. Meet at:</p> <p>Spiritan Church, Northallerton Road, Lower Kersal, Salford M7 3TD</p> <p>10am – 11:30am</p>	<p>Spectrum Group</p> <p>Peer support group for parents/carers with children on the spectrum. Meet other parents and share your experiences. 6th & 20th June 4th & 18th July 5th & 19th September 17th October 10am – 12pm</p> <p>The Energise Centre, Douglas Green, M6 6ES</p>
<p>HAPPI – Salford's Family Weight Management Are you a parent/carer of a child aged 4-11 and worried about their weight? Join our FREE 10 week family health programme; your HAPPI Coach will call you every week with helpful tips, recipes and healthy swaps for your family.</p>	<p>Stop Smoking – Drop In</p> <p>Drop-in to help you quit smoking; get 12 weeks of support including free Nicotine Replacement Therapy (NRT), stop smoking medication or e-cigarette (vape). 1pm – 3pm</p> <p>The Energise Centre, Douglas Green, M6 6ES</p>	<p>Health & History Walk</p> <p>Learn more about your local area & meet new people at our monthly walks. Meet at the following locations: 12pm – 2pm.</p> <p>25th June – People's History Museum 30th July – Manchester Museum 27th August – Science & Industry Museum</p>	<p>Chair Based Exercises</p> <p>Group exercise session to improve your mobility and balance. Suitable for all ages and abilities.</p> <p>Rialto Gardens Basten Drive M7 4BL 1:30pm – 3:00pm</p>	<p>Love Café Community Information Sessions</p> <p>Get support from our Community Development Worker to find out what is going on in your area & services that are available.</p> <p>Love Community Café, Seaford Road, M6 6EP 1pm – 3pm Last Friday of the Month</p>

To book on, call **0800 952 1000** option 2 or email health.improvement@salford.gov.uk

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General Health Improvement Services			
Work Well One to one coaching to support disabled people and people with health conditions to start, stay or succeed in work. Includes referrals to local health services, advice on how to provide workplace adjustments, and support on accessing jobs, skills and training. To find out if you're eligible, contact workwellsalford@salford.gov.uk	HAPPI – Salford's Family Weight Management Are you a parent/carer of a child aged 4-11 and worried about their weight? Join our FREE 10 week family health programme; your HAPPI Coach will call you every week with helpful tips, recipes and healthy swaps for your family.	Stop Smoking Support Do you want support to quit smoking? Join our 12-week over-the-phone programme, including free Nicotine Replacement Therapy (NRT), stop smoking medication or e-cigarette (vape). Search 'Stop Smoking Service Salford' or call 0800 952 1000 to book your first appointment.	Weigh Ahead Join our 5 week helping you to lose weight and live healthier and more active lifestyles. Suitable for ages 16+. Online via Teams Mondays 5:30pm – 6:30pm Thursdays 9:30am - 10:30am In-person at local Gateways across Salford Call 0800 952 1000 (option 2) to book on

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You can also email health.improvement@salford.gov.uk or follow on Facebook @HealthImprovement.Service.