

FREE SELF-MANAGEMENT COURSES

Anyone with a long-term health condition can attend

Contact us to book your FREE place.

6 WEEK COURSES - FACE TO FACE

Venue	Day	Date	Times	Health Trust Area
Ballybot House 28 Cornmarket Newry BT35 8BG	Monday	2nd September - 7th October 2024	11.00am - 1.30pm	SHSCT
Brownlow Library 3 Brownlow Road Craigavon BT65 5DL	Monday	2nd September - 7th October 2024	11.00am - 1.30pm	SHSCT
Millisle Masonic Hall 79 Main Street Millisle BT22 2HR	Tuesday	3rd September - 8th October 2024	11.00am - 1.30pm	SEHSCT
Amphitheatre Wellness Prince William Way Carrickfergus BT38 7HP	Wednesday	4th September - 9th October 2024	11.00am - 1.30pm	NHSCT
Springfield Charitable Association 27 Clonard Crescent Belfast BT13 2QN	Wednesday	4th September - 9th October 2024	11.00am - 1.30pm	BHSCT

6 WEEK COURSES - FACE TO FACE

Venue	Day	Date	Times	Health Trust Area
Clough Presbyterian Church 18 The Square Clough Downpatrick BT30 8RB	Thursday	5th September - 10th October 2024	11.00am - 1.30pm	SEHSCT
St John's Hall 161 Central Promenade Newcastle BT33 0EU	Friday	6th September - 11th October 2024	11.00am - 1.30pm	SEHSCT
Ballycastle Ramone Parish Centre 12 Novally Road Ballycastle BT54 6AP	Friday	6th September - 11th October 2024	11.00am - 1.30pm	NHSCT
West Church 91 Crawfordsburn Road Bangor BT19 1PF	Thursday	12th September - 17th October 2024	11.00am - 1.30pm	SEHSCT

6 WEEK COURSES - ONLINE

Day	Date	Times
Monday	22nd July - 26th August 2024	6.00pm - 8.30pm
Wednesday	7th August - 11th September 2024	11.00am - 1.30pm

ONE OFF INFORMATION & SUPPORT SESSIONS- FACE TO FACE

Topic	Venue	Day	Date	Times
Arthritis Awareness NEWTOWNARDS	TBC	TBC	TBC	TBC

Come along and learn techniques to make everyday life a little bit easier to manage, despite the pain.

Courses are NOT only for people with arthritis!

Our 6 week course is open to anyone with ANY long-term condition. The course aims to help manage the many symptoms, such as pain and fatigue, caused by a long-term condition.

Our courses are delivered by trained volunteers who have their own lived experience of a long-term condition and who all attended a similar course in the past which benefited them so much, they became part of our VA family and trained to support others.

These courses follow a weekly structure but are still relaxed enough for you to feel comfortable and confident to share your own experiences and in doing so learn from each other as well as from the evidence-based approaches offered on the course.

BOOK A FREE PLACE

NIServices@versusarthritis.org

028 90 782940



"I attended a course and made new friends. I learnt how to better communicate with my doctors"

**NORTHERN
IRELAND
VERSUS
ARTHRITIS**



Southern Health and Social Care Trust