

# VERSUS ARTHRITIS

## FREE SELF-MANAGEMENT COURSES

### OCTOBER - DECEMBER 2023

#### 6-WEEK COURSES

VENUE	Day	DATES	TIMES
Asda Superstore 2 Branch Road Strabane BT82 8EQ	Tuesday	3 <sup>rd</sup> October - 7 <sup>th</sup> November	10.30am – 1.00pm
Comber Adult Learning Centre 1 Park Way Comber BT23 5AR	Thursday	19 <sup>th</sup> October – 23 <sup>rd</sup> November	11.00am – 1.30pm
Magherafelt Masonic Hall 17 Hospital Road Magherafelt BT45 5DG	Friday	20 <sup>th</sup> October – 24 <sup>th</sup> November	11.00am – 1.30pm
Kilmegan Parish Centre 91 Main Street Castlewellan BT31 9DH	Thursday	26 <sup>th</sup> October – 30 <sup>th</sup> November	11.00am – 1.30pm
Finaghy Community Centre 1-6 Geeragh Place Belfast BT10 0ER	Friday	27 <sup>th</sup> October – 1 <sup>st</sup> December	11.00am – 1.30pm
Lilian Bland Pavilion 38 Carnmoney Road Newtownabbey BT36 6HP	Thursday	2 <sup>nd</sup> November – 7 <sup>th</sup> December	11.00am – 1.30pm
Tommy Makem Arts Centre 7 The Cow Fair Keady BT60 3TD	Thursday	2 <sup>nd</sup> November – 7 <sup>th</sup> December	11.00am – 1.30pm
Duncairn Community Centre Upper Mervue Street Belfast BT15 2JZ	Tuesday	7 <sup>th</sup> November – 12 <sup>th</sup> December	11.00am – 1.30pm
Online 2023/29	Monday	6 <sup>th</sup> November – 11 <sup>th</sup> December	11.00am – 1.30pm
Online 2023/31	Thursday	9 <sup>th</sup> November – 14 <sup>th</sup> December	6.00pm – 8.30pm

**ONE OFF SESSION - TOP UP YOUR SKILLS OR FIND OUT WHAT SELF-MANAGEMENT IS!**

VENUE	Day	DATES	TIMES
Online 2023/R4	Wednesday	22 <sup>nd</sup> November	6.00-7.30PM
Ballymoney Town Hall 26 High Street Ballymoney BT53 6BG	Thursday	26 <sup>th</sup> October	12.00 – 1.30pm
Ballybot House 28 Corn Market Newry BT35 8BG	Tuesday	14 <sup>th</sup> November	12.00 – 1.30pm

Our courses are for anyone needing support and techniques to make everyday life a little bit easier to manage, despite the pain. We have our 6-week course which aims to help manage the many symptoms, such as pain and fatigue, caused by a long-term condition.

If you have attended a course in the past, you are welcome to come back to one of our sessions to refresh your memory on the many skills and techniques you developed to help manage symptoms such as pain and fatigue, caused by your long-term condition. If you have yet to experience Self-management this is an opportunity you do not want to miss! This short session will give you a taster of what skills you might pick up to manage your condition well. Hearing how others learnt from the courses and how life is going for them now might even encourage you to sign up for the full 6-week programme.

We have options of both online or community-based courses and these run both late mornings and also evenings. At the end of each course, you will receive your Membership Certificate, welcoming you into the VA family and all the other support and opportunities we can offer you.

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.

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Scan QR Code

Before attending a course, I didn't leave the house due to pain and embarrassment that my long-term condition caused. I went along to a six-week course, and I felt right at home. I realised that I could do things that I thought I couldn't do. I then joined a local Versus Arthritis (VA) support group and began volunteering for VA.

The course expanded my knowledge about my condition, what I thought I knew and how to live with Rheumatoid Arthritis. I met some fab people who have become lifelong friends!

Attending a course changed my life! The course got me out of the house, and I made new friends. It caused me to shake myself and realise I needed to live my life. We set goals each week and I was able to tackle household tasks that I thought I couldn't.

