

# 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
Ballymena North Recreation Centre 120 Cushendall Road Ballymena BT43 6HB	Tuesday	9th April - 14th May 2024	11.00am - 1.30pm	NHSCT
Carryduff Loughmoss Leisure Centre Hillsborough Road Belfast BT8 8HR	Tuesday	9th April - 14th May 2024	11.00am - 1.30pm	SEHSCT
Grove Wellbeing Centre 120 York Road Belfast BT15 3HF	Wednesday	29th May - 3rd July 2024	1.30pm - 4.00pm	BHSCT
The Junction 12 Beechvalley Way Dungannon BT70 1BS	Wednesday	8th May - 12th June 2024	10.00am - 12.30pm	SHSCT
Shaftesbury Community Recreation Centre 97 Balfour Avenue Belfast BT7 2EW	Friday	10th May - 14th June 2024	11.00am - 1.30pm	BHSCT

Venue	Day	Date	Times	Health Trust Area
Strangford Arms Hotel 92 Church Street Newtownards BT23 4AL	Thursday	30th May - 4th July 2024	11.00am - 1.30pm	SEHSCT
West Armagh Consortium 20 Cathedral Road Armagh BT61 7QX	Thursday	2nd May - 6th June 2024	12.00 noon- 2.30pm	SHSCT
Skeoge Community Hub 67 & 67a Clondara Derry/Londonderry BT48 8TY	Thursday	18th April - 23rd May 2024	11.00am - 1.30pm	WHSCT

## 6 WEEK COURSES ONLINE

Venue	Day	Date	Times
Online	Thursday	11th April - 16th May 2024	6.00pm - 8.30pm
Online	Tuesday	14th May - 18th June 2024	11.00am - 1.30pm

## ONE OFF SESSIONS - FACE TO FACE

Venue	Day	Date	Times	Health Trust Area	
Shaftesbury Community Recreation Centre 97 Balfour Avenue Belfast BT7 2EW	Friday	19th April 2024	11.00am - 1.00pm	BHSCT	Managing Pain
Ballycastle Marine Hotel 1-3 North Street Ballycastle BT54 6BN	Thursday	30/05/2024	10.30am - 1.00pm	NHSCT	Managing Fatigue with a Long-term Condition
Amphitheatre Wellness Prince William Way Carrickfergus BT38 7HP	Tuesday	18th June 2024	11.00am - 1.00pm	NHSCT	Getting a Good Nights Sleep

# What is Self-Management?

Versus Arthritis courses are for anyone needing support. 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.

**“Versus Arthritis gave me a new life. Before completing the pain management course I was in a very dark place. The course helped me to accept my diagnoses, taught me how to deal with difficult emotions, helped me with decision making, how to pace myself but most of all helped me realise that my old life had gone and I have a new exciting life ahead of me”.**

**NORTHERN  
IRELAND  
VERSUS  
ARTHRITIS**



## BOOK A FREE PLACE

Phone : 028 90 782940

Email : [NIServices@versusarthritis.org](mailto:NIServices@versusarthritis.org)

Scan :



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ARTHRITIS**

