

# 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<br>120 Cushendall Road<br>Ballymena<br>BT43 6HB  | Tuesday   | 16th April - 21st May 2024 | 11.00am - 1.30pm  | NHSCT             |
| Carryduff Loughmoss Leisure Centre<br>Hillsborough Road<br>Belfast<br>BT8 8HR      | Tuesday   | 9th April - 14th May 2024  | 11.00am - 1.30pm  | SEHSCT            |
| Grove Wellbeing Centre<br>120 York Road<br>Belfast<br>BT15 3HF                     | Wednesday | 29th May - 3rd July 2024   | 1.30pm - 4.00pm   | BHSCT             |
| The Junction<br>12 Beechvalley Way<br>Dungannon<br>BT70 1BS                        | Wednesday | 15th May - 19th June 2024  | 10.00am - 12.30pm | SHSCT             |
| Shaftesbury Community Recreation Centre<br>97 Balfour Avenue<br>Belfast<br>BT7 2EW | Friday    | 10th May - 14th June 2024  | 11.00am - 1.30pm  | BHSCT             |

| Venue  | Day       | Date                          | Times            | Health Trust Area |
|--|-----------|-------------------------------|------------------|-------------------|
| Strangford Arms Hotel<br>92 Church Street<br>Newtownards<br>BT23 4AL       | Thursday  | 30th May - 4th July<br>2024   | 11.00am - 1.30pm | SEHSCT            |
| West Armagh Consortium<br>20 Cathedral Road<br>Armagh<br>BT61 7QX          | Thursdays | 9th May - 13th June<br>2024   | 1.30pm - 4.00pm  | SHSCT             |
| Skeoge Community Hub<br>67 & 67a Clondara<br>Derry/Londonderry<br>BT48 8TY | Thursday  | 18th April - 23rd May<br>2024 | 11.00am - 1.30pm | WHSCT             |

## ONE OFF SESSIONS - FACE TO FACE

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

