

LGOWIT groups throughout the Highlands

Our Living Better groups allow people with long term conditions to come together to support each other to self manage and share tips and experiences. They offer the opportunity to join in various activities and learn from specialist speakers. These usually meet monthly.

Month	Day	Venue	Time
1st Week	Monday	Inverness - Trinity Church	2 - 4
	Tuesday	Tain - Alzheimer Scotland, Victoria Rd	11 - 1
	Tuesday	Inverness - Gardening Café	2 - 3.30
	Wednesday	Nairn - Dunbar Golf Club	2 - 4
	Wednesday	Inverness (eve) - Netley Centre	6.30 - 8
2nd Week	Thursday	Dornoch - West Church Hall	2 - 4
	Friday	Wick - Pulteneytown People's Project	10 - 12
	Thursday	Dingwall - Community Centre	11 - 1
	Thursday	Invergordon - County Hospital	3 - 4.30
	Saturday (Boccia)	Wick - Tesco Community Room	10 - 12
3rd Week	Wednesday	Muir of Ord – Muir Hub	2 - 4
	Friday	Fort William - Lochaber Hope	1 - 3
4th Week	Thursday	Invergordon - County Hospital	3 - 4.30
Last Week	Monday	Thurso – United Reformed Church	11 - 1
	Tuesday	Inverness - Hilton Church Hall	1.30 - 3.30
	Wednesday (Boccia)	Inverness - Spectrum Centre	2.30 - 4
	Thursday	Inverness - Balloch Village Hall	12 - 2
	Saturday (Boccia)	Strathpeffer - Community Centre	1 - 3.30
Weekly	Wednesday	Inverness - Netley Centre	2 - 3.30

Self Management Courses

Our courses enable people with long term conditions to learn tips and techniques to help them self manage their health more effectively. The courses are peer led, run by trainers living with long term conditions.

These short courses run over five weeks and are **FREE** of charge.

Course content:

- Introduction to self management
- Effective communication
- Understanding pain and other symptoms
- Activity and exercise
- Managing change

Location	Start date/time
Thurso United Reformed Church	Monday 29th Oct (then 5, 12, 19 and 26 Nov) 2.00 - 4.30pm
Tain Alzheimer Scotland Resource Centre	Tuesday 30th Oct (then 6, 13, 20, 27 Nov) 1.30 - 4.00 pm
Inverness Kingsview Christian Centre	Tuesday 30th Oct (then 6, 13, 20, 27 Nov) 6.30 - 9.00 pm
Inverness Inshes Church	Thursday 1st Nov (then 8, 15, 22 and 29 Nov) 1.30 - 4.00 pm
Dingwall Community Centre	Thursday 1st Nov (then 8, 15, 22 and 29 Nov) 1.00-3.30pm
Nairn Royal British Legion	Thursday 1st Nov (then 8, 15, 22 and 29 Nov) 6.30 - 9.00 pm

These courses must be booked by contacting our office on **01349 807061** or **lgowitadmin@highlandtsi.org.uk**

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LGOWIT is a project hosted by the Highland Third Sector Interface. The HTSI is a Registered Charity SRC 043521. This project is supported by the Transforming Self Management in Scotland Fund provided by the Scottish Government, administered by the Health and Social Care Alliance Scotland.