

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	1.30pm - 4.00pm	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