

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 |