

# FREE PAIN 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
Orangefield Church 464 Castlereagh Road Belfast BT5 6BH	Wednesdays	19th February - 26th March 2025	11.00am - 1.30pm	BHSCT
Shaftesbury Community & Recreation Centre (LORAG) 97 Balfour Avenue Belfast BT7 2EW	Fridays	21st February - 28th March 2025	11.15am - 1.45pm	BHSCT
Ards Blair Mayne Leisure Centre 1 Dairy Hall Lane Newtownards BT23 4DB	Wednesdays	22nd January - 26th February 2025	11.00am - 1.30pm	SEHSCT
Cookstown Leisure Centre 78 Fountain Road Cookstown BT80 8QF	Mondays	3rd February - 10th March 2025	11.00am - 1.30pm	NHSCT
Banbridge TBC Register Interest - See booking information on the last page of calendar	TBC	TBC	TBC	SHSCT

## 6 WEEK COURSES - FACE TO FACE

Venue	Day	Date	Times	Health Trust Area	
Bangor Abbey Church Hall Newtownards Road Bangor BT20 4JF	Mondays	17th February - 31st March 2025 - NO SESSION 17TH MARCH	11.00am - 1.30pm	SEHSCT	
Armagh TBC Register Interest - see Booking information on the last page of calendar	TBC	TBC	TBC	SHSCT	
Roe Valley Arts Centre 24 Main Street Limavady BT49 0FJ	Tuesdays	18th February - 25th March 2025	11.00am - 1.30pm	WHSCT	

## 6 WEEK COURSES - ONLINE

Day	Date	Times
Mondays	3rd February - 10th March 2025	11.00am - 1.30pm
Wednesdays	5th February - 12th March 2025	6.00pm - 8.30pm

# ONE OFF INFORMATION & SUPPORT SESSIONS- FACE TO FACE

Topic	Venue	Day	Date	Times
Managing Pain	Redburn Community Centre Ardnagreena 1A Jacksons Road Holywood BT18 9EZ	Friday	28th February 2025	11.00am - 1.00pm
Managing Pain	Fountain Street Community Centre 41 Fountain Street Strabane BT82 8JG	Thursday	16th January 2025	10.00am - 12.00 noon
Managing Fatigue	Fountain Street Community Centre 41 Fountain Street Strabane BT82 8JG	Thursday	23rd January 2025	10.00am - 12.00 noon
Getting a Good Nights Sleep with a Long-term Condition	Strabane District Caring Services 32-36 Bridge Street Strabane BT82 9AE	Thursday	30th January 2025	10.00am - 12.00 noon
Physical Activity	Strabane District Caring Services 32-36 Bridge Street Strabane BT82 9AE	Thursday	6th February 2025	10.00am - 12.00 noon
Managing Pain	Larne TBC Register Interest -see Booking information on the last page of calendar	TBC	TBC	TBC

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.

**“Many of the things the course teaches just seem like common sense and of course they are. Yet it is amazing how common sense goes out the window when all you can see is your pain pushing everything else away. I can now say with confidence that the course provided me with a “framework” to use, to implement that common sense plan on those days were I couldn’t see the forest for the trees.”**



## BOOK A FREE PLACE

[NIServiceteam@versusarthritis.org](mailto:NIServiceteam@versusarthritis.org)

028 90 782940



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IRELAND  
VERSUS  
ARTHRITIS**

