



The Living with A Long Term Condition Programme

Start Dates	Time	Location
Wednesday 18th September 19	13.00 – 15.30	Salvation Army Hall New Street Long Eaton
Tuesday 24th September 19	10.30 – 13.00	Alfreton Library Severn Square Alfreton
Wednesday 25th September	10.30 – 13.00	Swadlincote Fire Station Community Room
Friday 27th September 19	10.30 – 13.00	Bolsover Library Church Street Bolsover
Thursday 10th October 19	13.30 - 16.00	Tesco Community Room Clay Cross
Wednesday 23rd October 19	13.00 – 15.30	Dronfield Library Manor House High Street Dronfield
Tuesday 5th November 19	10.30 – 13.00	Buxton Library Bank Road Buxton
Wednesday 6th November 19	13.00 – 15.30	Amber Trust Ripley Wellington Street Ripley
Thursday 7th November 19	13.30 - 16.00	Chesterfield Fire Station Spires Walk Chesterfield
Friday 8th November 19	12.30 – 15.00	Ilkeston Fire Station Derby Road Ilkeston
Tuesday 14th Jan 20	12.30 – 15.00	Meadow View Care Centre Bakewell Road Darley Dale Matlock
Jan 20 - Date and venue TBC		Clowne
Feb 20 - Date and venue TBC		Eckington
Feb 20 - Date and venue TBC		Swadlincote
Feb 20 - Date and venue TBC		Alfreton
March 20 - Date and venue TBC		Bolsover
March 20 - Date and venue TBC		Clay Cross

Take control of your health by learning new skills one day each week lasting two and a half hours for six weeks, refreshments provided.

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

To Refer: Email - kziglam@citizensadvicemidmercia.org.uk or Tel: – 07487 257187