

## The Living with A Long Term Condition Programme

| <b>Start Dates</b>                          | <b>Time</b>   | <b>Location</b>   |
|---|---------------|---|
| <b>Friday 18<sup>th</sup> May 18</b>        | 13.30 – 16.00 | <b>Fairfield Centre Victoria Park Road Buxton</b>         |
| <b>Tuesday 29<sup>th</sup> May 18</b>       | 13.30 – 16.00 | <b>Chesterfield Fire Station Spire Walk Business Park</b> |
| <b>Wednesday 13<sup>th</sup> June 18</b>    | 12.30 – 15.00 | <b>Citizens Advice Office Church Gresley Swadlincote</b>  |
| <b>Tuesday 26<sup>th</sup> June 18</b>      | 12.30 – 15.00 | <b>Glossop venue to be confirmed</b>                      |
| <b>Wednesday 27<sup>th</sup> June 18</b>    | 13.30 – 16.00 | <b>Ilkeston Fire Station Derby Road Ilkeston</b>          |
| <b>Thursday 28<sup>th</sup> June 18</b>     | 13.30 – 16.00 | <b>Tesco Superstore Clay Cross</b>                        |
| <b>Tuesday 18<sup>th</sup> September 18</b> | 13.00 – 15.30 | <b>Alfreton Library Severn Square Alfreton</b>            |
| <b>Friday 21<sup>st</sup> September 18</b>  | 13.00 – 15.30 | <b>Bolsover Library Church Street Bolsover</b>            |
| <b>Tuesday 25<sup>th</sup> September 18</b> | 13.00 – 15.30 | <b>Citizens Advice Office Banks Road Matlock</b>          |
| <b>Thursday 18<sup>th</sup> October 18</b>  | 13.00 – 15.30 | <b>Staveley Fire Station Staveley</b>                     |
| <b>Thursday 25<sup>th</sup> October 18</b>  | 10.30 – 13.00 | <b>Citizens Advice Office Church Gresley Swadlincote</b>  |
| <b>Tuesday 6<sup>th</sup> November 18</b>   | 13.00 – 15.30 | <b>Amber Trust Ripley 7-11 Wellington Street Ripley</b>   |
| <b>Thursday 8<sup>th</sup> November 18</b>  | 13.30 – 16.00 | <b>Tesco Superstore Clay Cross</b>                        |
| <b>Monday 12<sup>th</sup> November 18</b>   | 13.30 – 16.00 | <b>Long Eaton Health Centre Midland Street Long Eaton</b> |

**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.**

**Referral: email - [kziglam@citizensadviceouthderbyshireandcity.org](mailto:kziglam@citizensadviceouthderbyshireandcity.org)**

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