

The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 13th March 18	13.30 – 16.00	Ilkeston Fire Station Derby Road Ilkeston
Tuesday 27th March 18	13.30 – 16.00	CAB Banks Road Matlock
Monday 9th April 18	13.30 – 16.00	Long Eaton Health Centre Midland Street Long Eaton
Tuesday 17th April 18	13.30 – 16.00	Dronfield Library High Street Dronfield
Thursday 19th April 18	13.30 – 16.00	Amber Trust Ripley 7-11 Wellington Street Ripley
Friday 18th May 18	13.30 – 16.00	Fairfield Centre Victoria Park Road Buxton
Tuesday 29th May 18	13.30 – 16.00	Chesterfield Fire Station Spire Walk Business Park Braidwood Way
Wednesday 13th June 18	12.30 – 15.00	CAB offices Swadlincote
Tuesday 26th June 18	12.30 – 15.00	Glossop venue to be confirmed
Wednesday 27th June 18	13.30 – 16.00	Ilkeston Fire Station
Thursday 28th June 18	13.30 – 16.00	Tesco Superstore 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.

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