



The Living with A Long Term Condition Programme

Start Dates	Time	Location
Tuesday 28th May19	10.30 – 13.00	Ilkeston Fire Station Derby Road Ilkeston
Monday 3rd June 19	11.00 – 13.30	Eckington Library Eckington
Thursday 6th June 19	12.30 – 15.00	Staveley Fire Station Staveley
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
Dates in September TBC		Matlock TBC
Friday 27th September 19	10.30 – 13.00	Bolsover Library Church treet Bolsover
Wednesday 25th September 19	10.30 – 13.00	Citizens Advice Office Church Gresley Swadlincote
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
Tuesday 5th 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	10.30 – 13.00	Ilkeston Fire Station Derby Road Ilkeston

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@citizensadviceouthderbyshireandcity.org or Tel: – 07487 257187