

NO NEED TO BOOK

FREE SESSIONS

JUST TURN UP

Do you have a Long Term Condition (LTC) or care for someone who has?

The first support group will be on Tuesday 13th August 1pm-2.30pm at The Cotgrave Leisure Centre

This could be Long term physical health conditions such as :

- Atrial Fibrillation
- Cancer
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD) and other lung conditions
- Dementia
- Diabetes
- High Blood Pressure
- Stroke

The second support group will be on Tuesday 17th September 1pm-2.30pm at The Cotgrave Leisure Centre

This is an opportunity to meet with other people from Cotgrave who have similar conditions in a group where you can share your experiences and gain support to manage your health and wellbeing.

At the first session we will discuss what condition(s) you are living with, and what topics you would like to hear about. There will also be some time for refreshments and a chat, as well as some dedicated time for chair based exercises in future sessions.

Topics may include:

Education, advice and support about your condition
Understanding your medication

What else is out there to support you in managing your condition to enable you to live a happier healthier life?



For further information please email us:

 nnicb-nn.cotgrave-inw@nhs.net

* These sessions are being established as part of the Cotgrave Integrated Neighbourhood Working project in partnership with the South Notts NHS Place Based Partnership, The Cotgrave Surgery, Rushcliffe Primary Care Network and the Rushcliffe Community & Voluntary Service

* These sessions will be fully funded for the first year by the South Notts NHS Place Based Partnership.