

FREE PAIN MANAGEMENT COURSES

Anyone with a long-term health condition can attend

Contact us to book your FREE place

6 WEEK COURSES - FACE TO FACE

Venue	Day	Date	Times	Health Trust Area
Marquis Hall 5 Abbey Street Bangor BT20 4JE	Tuesday	25 th August - 29 th September 2026	11.00am - 1.30pm	SEHSCT
Lagmore Community Forum 12A Lagmore Drive Belfast BT17 0TG	Thursday	22 nd October - 26 th November 2026	11.00am - 1.30pm	BHSCT
South Belfast Venue TBC Register Interest, details on the last page	TBC	TBC	TBC	BHSCT
Duncairn Community Centre Upper Mervue Street Belfast BT15 2JZ	Thursday	29 th October - 3 rd December 2026	11.00am - 1.30pm	BHSCT
Old School House 27 Main Street Clough BT30 8RB	Monday	19 th October - 23 rd November 2026	11.00am - 1.30pm	SEHSCT
Donaghadee Community Centre 12A Railway Street Donaghadee BT21 0HG	Wednesday	10 th October - 2 nd December 2026	11.00am - 1.30pm	SEHSCT

6 WEEK COURSES - FACE TO FACE - CONTINUED

Venue	Day	Date	Times	Health Trust Area
Cookstown Library 13 Burn Road Cookstown BT80 8DJ	Thursday	12 th November - 17 th December 2026	11.00am - 1.30pm	NHSCT
Portrush Town Hall 2 Kerr Street Portrush BT56 8DG	Monday	5 th October - 9 th November 2026	11.00am - 1.30pm	NHSCT
West Armagh Consortium 20 Cathedral Road Antrim BT61 7QX	Monday	19 th October - 23 rd November 2026	11.45am - 2.15pm	SHSCT
Newry Leisure Centre 60 Cecil Street Newry BT35 6AU	Tuesday	6 th October - 10 th November 2026	11.00am - 1.30pm	SHSCT
Brownlow Library 3 Brownlow Road Craigavon BT65 5DL	Tuesday	13 th October - 17 th November 2026	11.00am - 1.30pmL	SHSCT
Roe Valley Arts & Culture Centre 24 Main Street Limavady BT49 0FJ	Wednesday	21 st October - 25 th November 2026	11.00am - 1.30pm	WHSCT

Online 6 Week Courses

Day	Date	Times
Tuesday	21 st July - 25 th August 26	11.00am - 1.30pm
Thursday	23 rd July - 27 th August	6.00pm - 8.30pm
Tuesday	3 rd November - 8 th December 26	11.00am - 1.30pm
Thursday	5 th November - 10 th December 26	6.00pm - 8.30pm

ONE OFF INFORMATION & SUPPORT SESSIONS- FACE TO FACE

Topic	Venue	Day	Date	Times
Sleep	Atlas Womens Centre, 7 Bachelors Walk, Lisburn, BT28 1XJ	Wednesday	26 th August 26	11.00am - 1.00pm
Managing Mental Wellbeing	Short Strand Community Centre, 26A Beechfield Street, Belfast, BT5 4EQ	Friday	28 th August 26	11.00am - 1.00pm
Managing Anxiety	Cookstown Library, 13 Burn Road, Cookstown, BT80 8DJ	Thursday	8 th October	11.00am - 1.00pm

“Self management has helped me understand my pain more & manage it better without always reaching for medication. Meeting other people with the same issues and who understood was great as I didn't feel so alone with my conditions”.



Telephone: 02890 782940

EMail: northernireland@arthritis-uk.org

www.arthritis-uk.org/in-your-area/northern-ireland