



# Managing the Challenge

of living with a long term condition

## Pain Self-Management Courses – Jul-Sept 2025

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Road Derry/Londonderry BT48 6SR	Beginning on Thursday 31 <sup>st</sup> July 2025 and continuing on the 7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup> and 28 <sup>th</sup> August and the 4 <sup>th</sup> September	10.30 am –1.00 pm
The Koram Centre 12 Railway Street Strabane BT82 8BG	Beginning on Tuesday 12 <sup>th</sup> August 2025 and continuing on the 19 <sup>th</sup> and 26 <sup>th</sup> August and the 2 <sup>nd</sup> , 9 <sup>th</sup> and 16 <sup>th</sup> September	7.00 pm–9.00 pm
Fermanagh House Broadmeadow Place Enniskillen Co-Fermanagh BT74 7HR	Beginning on Wednesday 3 <sup>rd</sup> September and continuing on the 10 <sup>th</sup> , 17 <sup>th</sup> , and 24 <sup>th</sup> September and the 1 <sup>st</sup> and 8 <sup>th</sup> October	10.30 am–1.00 pm



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This programme is funded by WHSCT



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## Pain Self-Management Courses - Jul-Sept 2025

VENUE	DATES	TIMES
The Roe Valley Arts and Cultural Centre 24 Main Street Limavady BT49 OFJ	Beginning on Wednesday 10 <sup>th</sup> September 2025 and continuing on the 17 <sup>th</sup> and 24 <sup>th</sup> September and the 1 <sup>st</sup> , 8 <sup>th</sup> and 14 <sup>th</sup> October	10.30 am-1.00 pm

“ I found the whole programme really informative, practical and easy to follow and I am applying different bits in my life, particularly trying to build up my strength and resilience - one step at a time. It has helped me to try to change my approach and to look at things differently and to work through the pain, or with it as much as possible ”

Julia after attending the Managing the Challenge Programme



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:

Email [mtc@amh.org.uk](mailto:mtc@amh.org.uk) or call 028 66720673.



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