

## Pain Self-Management Courses – April-June 2026

VENUE	DATES	TIMES
Macmillan Health and Well Being Centre Altnagelvin Hospital, Glenshane Rd, Derry/Londonderry BT47 6SB	Beginning on Wednesday 6th May and continuing on the 13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> May and the 3 <sup>rd</sup> and 10 <sup>th</sup> June	1.30-3.30 pm
The Centre of Wellbeing 2-4 Foyle Road Derry/Londonderry BT48 6SR	Beginning on Thursday 14th May continuing on the the 21st and 28 <sup>th</sup> May and the 4th, 11 <sup>th</sup> and 18 <sup>th</sup> June	10.30 am -1.00 pm
Strule Arts Centre Townhall Square Omagh BT78 1BL	Beginning on Wednesday 20 <sup>th</sup> May and continuing on the 27 <sup>th</sup> May and the 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> and 24 <sup>th</sup> June	10.30 am-1.00 pm

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VENUE	DATES	TIMES
Roe Valley Therapy Centre 101A Irish Green Street Limavady BT49 9AA	Beginning Thursday 21 <sup>st</sup> May and continuing on the 28 <sup>th</sup> May and the 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> and 25 <sup>th</sup> June	10.30 am-1.00 pm
Fermanagh House Broadmeadow Place Enniskillen Co-Fermanagh BT74 7HR	Beginning Tuesday 2 <sup>nd</sup> June and continuing on the 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> and 30 <sup>th</sup> June and the 2 <sup>nd</sup> July	10.30 am-1.00 pm



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.**