

East and Mid Ross

Now that you have been discharged from Hospital, you may wish to consider utilising some local services in your area to continue on your rehabilitation journey. Below is a list – not exclusive – of services offered in your area:

Highlife Highland

Dingwall Leisure Centre - Tel : 01349 781552

Invergordon Leisure Centre - Tel: 01349 781561

Black Isle Leisure Centre - Tel : 01381 621252

TRACC Tain - Tel : 01862 893767

Averon Leisure centre - Tel : 01349 781751

offering gym facilities and a number of classes including :

Falls prevention –in partnership with NHS Highland, work to support people across Highland to reduce their falling

- Dingwall Leisure Centre -Tues 10.45am
- Invergordon Leisure Centre - Tuesday 11a
- Black Isle Leisure Centre - Friday 1.30p,
- TRACC Tain - Monday 10.45am, Wednesday 1pm, Thursday 11am

Dynamic well-being – support to help those with health conditions safely get active and stay active

- TRACC - Mondays 12.30
- Invergordon Leisure Centre - Thursdays 11.15am
- TRACC - Friday 11.15am)

ESCAPE-pain is a group education and tailored exercise program for people with chronic joint pain or osteoarthritis which aims to increase physical function and improve quality of life

- TRACC - Tues & Thurs 1.30pm)

Also available – physiotherapy 7 session pass to continue physical activities

Myself-management

– formerly 'Lets get on with it, LGOW-it'

Aims to raise awareness of the difficulties of living with lifelong chronic conditions, help people self-manage their conditions through training, education and fun; giving people the ability to control how they live their lives better and with confidence.

Contact info@myself-management.org

- Kiltarlity community Hall, 1st Thursday of month 11-1pm,
- Dingwall community centre, 2nd Wednesday of month 11-1pm
- Muir of Ord Hub, 2nd Wednesday of month 2-4pm
- Tain youth cafe, monthly meetings
- Invergordon RC church hall, 2nd Thurs each month

Puffin pool, Dingwall

Hydrotherapy can help to speed up rehabilitation after injuries and operations and as part of self-care for painful long term conditions. www.puffinpool.co.uk

Jog Scotland

Fun and friendly jogging groups for people who want to get active for the first time, or more experienced runners who want to exercise in a sociable, supportive environment. Also offer walking sessions for those who want to get ready to jog.

www.jogscotland.org.uk



Paths for All

Deliver health walks in partnership with Chest, Heart & Stroke organisation
contact Jayne Preece - Tel: 07824689235

Alness - Monday 10am

Dingwall - Wednesday 9.50am

Fortrose - Tuesday 1.30pm

Muir of Ord - Monday 10am, Wednesday 2pm

Tain - Wednesday 11am

Other options available in the Highland area include:

Walking groups :

www.ramblers.org.uk ,

www.highland-disabled-ramblers.org

Cycling group:

www.cyclingwithoutage.scot

Men's Shed

A place where people can get together to use and learn new practical skills which they have learned through their working lives – or just get together for a chat over a cup of tea.

Black Isle :

Contact: Richard Cherry - Tel: 01381621945

Dingwall :

Contact: Steve Dovey - Tel: 07896 479293

Maryburgh :

Contact: Andy Barnett - Tel: 07792739600

Cromarty - <https://www.cf-ms.co.uk/>

Kyle of Sutherland Hub

Gym facilities - Bonar Bidge

Tel: 01863 769170

Parkrun

www.parkrun.org.uk

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate.

Parkrun is 5k and takes place every Saturday morning – Alness 9.30

If you feel you require specialist input from a member of the community health services team – please contact your local single point of contact (SPOA) : east ross – 01349 853131, mid ross – 01349 860460