

Nairn and Ardersier

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

Offering a variety of classes as well as gym and pool facilities and outdoor 10 station gym.
Also available – physiotherapy 7 session pass – to continue physical activities. www.highlifehighland.com

Highland Cycle Ability Centre (Cantray Bridge)

A safe, peaceful and enjoyable place to relax and cycle regardless of ability. Bikes provided if required. £5 for service users (carers/ support workers free of charge)
Tel: 01667 493789 / www.highlandcycleabilitycentre.net

Nairn Community and Arts Centre

Activities including Tai Chi, pilates and various social groups
www.nairncc.co.uk

Nairn Hydrotherapy Trust

A multiuse facility – including individual and group sessions depending on needs.
Enquire via web site or enquiries@nairnhydrotherapypool.co.uk

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.

Nairn community centre, 1st Wednesday each month
[contact ruth@myself-management.org](mailto:ruth@myself-management.org)

Paths for All

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

Nairn & Ardersier - Wednesday 2pm

Other options available in the Highland area include:

All conditions group : 4th Monday of each month at the Oxygen Works Inverness

Disability Sports Highland :
Contact charlie.forbes@highlifehighland.com

Cycling :
Spokes for folks www.cyclinguk.org
www.cyclingwithoutage.scot

Walking groups :
www.ramblers.org.uk
www.highland-disabled-ramblers.org
www.claritywalk.co.uk
www.n4h.co.uk
www.pathsforall.org.uk

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 – Inverness, Elgin 9.30am

Nairn beach wheelchairs

Sited at Nairn Leisure Centre, accessible wheelchairs for the beach, free of charge.
Search on facebook via 'nairn beach wheelchairs' or email nairnbeachwheelchairs@gmail.com

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) : 01667 422702