

Inverness

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

Inverness Leisure • Culloden Leisure centre • IRA sports centre • Charleston Academy Community complex • Craigmonie centre (Drumnadrochit) • Hilton community centre • James Cameron Community centre • Merkinch Community centre • Raigmore community centre : offering gym facilities and a number of classes including :

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

- Inverness Leisure- Mon 11-12noon, Tues 1.45pm, Weds 11.10pm Thurs 2.10pm

Otago – an exercise class aimed at preventing falls, injuries and improve co-ordination amongst older people.

- Inverness Leisure - Mon 2pm, Weds 2.45pm, Thurs 12.45pm

Tai chi – a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.

- Inverness Leisure - Mon 11am, Thurs 2.40pm
- Merkinch community centre - Monday 11am

Escape pain - pain management classes

- Inverness Leisure - Tues 3pm & 6.30pm, Thur 3pm & 6pm

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.

- Spectrum centre, 1st Monday each month, 11.15am-1.15pm

Contact ruth@myself-management.org

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

Drumnadrochit Tuesday 2pm
Inverness – Kinmylies Tuesday 10.30am
Smithton - Thursday 10.30am

Other options available in the Highland area include:

Walking groups :

www.claritywalk.co.uk - various dates/times.
Terrain Inverness and surrounding area

Spokes for folks

Provide sociable assisted trike or adapted bike rides - piloted by a pool of trained volunteers - for the elderly or those with limited mobility wherever they live.

Access via facebook – facebook.com/spokesforfolksinverness/ or Tel: 07989 921923

Boccia

A fully inclusive indoor sport, related to bowls played either individually or in teams of 2 or 3. free with refreshments.

Third Monday of every month, all ages and abilities welcome - Kings inverness, smithton industrial estate,
www.kingsinverness.com/book-online
Third Weds of every month at Spectrum Centre 2-4pm, contact ruth@myself-management.org
Disability sport scotland contact charlie forbes
Tel : 07951 900 725
charlie.forbes@highlifehighland.com

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 - Torvean 9.30am

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): 01463 888333