

Badenoch and Strathspey

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

Badenoch centre – Tel: 01349 781250 - 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 fall

- Aviemore community centre
Mondays 1.45pm and Fridays 10.15am
- Badenoch centre, Kingussie - Wednesdays 1.15pm

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

- Badenoch - Mondays 12noon
- Grantown library - Wednesdays 10.30am
Tel. 01479 870281

Also available – physiotherapy 7 session pass – to continue physical activities

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 on a Thursday at 10.30am. In partnership with Chest Heart and Stroke Organisation.

Contact : Mike Woolvin Tel: 07850644076

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 Badenoch

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.

Tel: 07525366736 or
badenochmensshed@gmail.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 – Aviemore 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) : 01479 812618