

Lochaber and Fort William

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

Lochaber Leisure Centre (01397 704359) for gym facilities and various classes including -

- Otago balance class. (Wednesdays), Qi Gong (Thursdays)
- Fit Plus Classes - Gentle mobility, flexibility and strength class aimed at older adults or ideal for those easing into exercise.
- Walking Football (Mondays).
- Falls prevention –in partnership with NHS Highland, work to support people across Highland to reduce their falling.
- 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.
- Hydrotherapy pool – contact leisure center for details.

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



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.

Fort William's Men's shed
bajames@live.co.uk

CHSS local support worker

Vince McLaughlin - vince.mclaughlin@chss.org.uk

The Nevis Centre

If you are looking to keep active, there are a number of options at the Centre, including an outdoor court for tennis, an indoor court for Badminton and a Table Tennis Table.

Each of these can be booked for an hour slot and are available at various times of the week.

info@neviscentre.co.uk, Tel 01397 700707

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 – Nevis Range, Torlundy, Fort William, PH33 6SQ @ 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) : 01397 709873