

Wester Ross, Skye and Lochalsh

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

Lochbroom Leisure Centre (Ullapool)
Fingal Centre (Portree)
Poolewe swimming pool (Achnasheen)
Gairloch Leisure Centre, gym facilities and various classes including :

Dynamic well-being – Lochbroom Leisure Centre,
Tuesdays 1.15pm, tel : 01854 612884

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

- Crafting with rag tag, Broadford ,
1st Monday each month, 11-3pm
- Resting rowans (therapeutic outdoor session),
Kyle of Lochalsh, 2nd Tuesday each month, 11-2pm
- Seated movement, Kyle village hall, Wednesdays at 11am

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.

Aultbea and District aultbeams@gmail.com

Gairloch
Contact: Ben Grooters
Tel: 07899 845049 / 01445 712283

Broadford and straths
Contact: High Davies
Tel: 07799 310012)

Ullapool
Contact: Christine McCallum
Tel: 01854 612523

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 – Skinadrin (Broadford) 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) : 01471 820174