

UK DELIVERY ACTIVITY - SCOTLAND



PHYSICAL ACTIVITY

We support people living with arthritis or any other long-term medical condition to get active and stay active, in order to live well with your condition.

Evidence shows that physical activity is good for us, even when we have a long-term condition like arthritis. Regular physical activity has many benefits and helps us to remain well for longer and manage our pain more effectively.



Online Tai Chi

We currently run an online Tai Chi class every Wednesday from 11am-11.45am. These sessions are open to anyone regardless of location and are free to join.

This gentle form of exercise can help improve balance, flexibility, and muscle strength and reduce pain and stiffness.

If you would be interested in joining, please scan the above QR code to register or contact our Delivery team.

Chi-Me

We are also running Chi-Me sessions in person from the 19th of September till the 24th of October. At Speyside Community Centre, Aberlour. To sign up for this class, use the QR code shown above.



Face-to-Face Classes

We also offer an everchanging variety of in-person classes throughout Scotland in disciplines such as:

- Tai Chi
- Seated Yoga
- Qi Gong

To check if a class is running in your area soon please visit our [Scotland - In Your Area](#) webpage or contact our Delivery team for further information.

Contact our Delivery Team

For more information or support joining any of our activities place contact a member of our Livewell

team on:

Email:

Livewell@versusarthritis.org

Phone:

0141 251 0300

Or visit our website:

<https://www.versusarthritis.org/in-your-area/scotland/>

LET'S MOVE
WITH LEON



Let's Move with Leon is an online 12 week programme of 30-minute movement sessions, presented by fitness expert Leon Wormley.

The classes have been created for people with Musculoskeletal (MSK) conditions and provide a holistic, full-body programme that will improve strength, flexibility and cardiovascular fitness.

Visit the [Versus Arthritis](#)



Website to access all Let's Move content for FREE.

Information and Support

Sessions



We also run a number of Bitesize workshops online, focusing on key topics such as:

- **Managing Pain**
- **Managing Fatigue**
- **Managing Anxiety**
- **Managing Sleep**
- **Managing Fibromyalgia**
- **Arthritis Awareness**



These movement friendly sessions aim to provide helpful tips, useful resources and the chance for participants to share their experiences.

New dates are announced regularly via our Scotland social media channels , or you can email Livewell@versusarthritis.org to register your interest and be notified of future sessions.

Self Management Programme

Our 5-week Self-Management programme also offers participants the chance to meet with likeminded people, share their story, and get the support and tools they need to manage their condition and live their life the way they want to.

Each week our sessions run for 2-3 hours and will cover key topics such as:

- **WEEK ONE - Introduction to Self-Management**
- **WEEK TWO - Effective Communications**
- **WEEK THREE - Understanding Pain and Other Symptoms**
- **WEEK FOUR - Exercise and Activity**
- **WEEK FIVE - Managing Change**

Classes are a safe space to share and learn together, with biscuits and a cuppa too!

If you would like to register your interest please email us on Livewell@versusarthritis.org.

Walking Groups

Walking has many benefits and has been described by health professionals as the perfect exercise. We currently run a number of walking groups, designed to support participants with arthritis or other long-term conditions.

All walks are accessible, low level and reflect individual pace.

Register here:



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For more information please visit our website
versusarthritis.org

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Scotland No. SC041156.