



Living Better

with a long term condition in

Kyle, Portree & Broadford

Monthly peer support group meetings
& crafting with Rag Tag

Day	Venue	Time	Dates		
Thur	Kyle Lighthouse Café Station Rd IV40 8AE	1.30 - 3	27th Oct	24th Nov	26th Jan
Mon	Broadford Rag Tag & Textile	11 - 3	7th Nov	5th Dec	9th Jan
Tue	Portree Skylab 2 Broom Place IV51 9HL	11 - 1	8th Nov	13th Dec	10th Jan

These groups are hosted by our Community Networker, Kate Hathway

To be considerate to others, please do not attend if you or anyone in your household is unwell with respiratory or Covid-19 symptoms.

Contact lgowitkate@highlandtsi.org.uk

Kate also runs our Kyle Community Ebikes - your chance to trail an ebike

We offer online activities including

Self management & long covid eLearning modules

Informal and self management themed chats

Wellbeing e.g. mindful movement & sound therapy

For more information see www.lgowit.org and our social media @LGOWIT