

## Living Well with Neurological Conditions

Neuro Central received funding from Perth & Kinross Wellbeing Grant to provide a programme of support for our members wellbeing. The following 10 session programme will start fortnightly on Saturdays.

Date	Session 11:30 – 13:30	Presenter	Therapist
1 05/02/22	<b>Introduction to the Living Well with Neurological Conditions Programme (LWwNC)</b> <b>How to live better with neurological conditions?</b> exercises, aids, fall prevention and assessments	Heather Wilson Sheila Doogan  Ali Allanach Physiotherapist	Lorna Meek Margaret Osbourne Therapists
2 19/02/22	<b>It's good talk</b> introduction to the benefits of talking therapy available from Neuro Central  <i><b>Postponed until 28 May due to adverse weather</b></i>	Heather Wilson Sheila Doogan  Harriet Hay Counsellor	Claire Hamilton McPhee podiatrist Lorna Meek Margaret Osbourne Therapists
3 05/03/22	<b>Slow ink - Writing for Wellbeing</b> Writing can be therapeutic as well as helping to manage your condition. Try your hand at mindful writing with Bev	Heather Wilson Sheila Doogan Bev Schofield	Lorna Meek Margaret Osbourne Therapists
4 19/03/22	<b>Give Your Feet a Treat</b> Discuss the importance of looking after your feet for your mobility- the right footwear and dealing with common problems	Heather Wilson Sheila Doogan Claire Hamilton McPhee Podiatrist	Claire Hamilton McPhee Podiatrist  Lorna Meek Margaret Osbourne Therapists

5 02/04/22	<b>Changes in the Benefit System in Scotland</b> Overview of Social Security Scotland, benefits, and local delivery service presentation and questions	Heather Wilson Sheila Doogan Claire Taylor	Lorna Meek Margaret Osbourne Therapists
6 16/04/22	<b>Art Therapy for Fun and Wellbeing</b> Easter Crafts & Painting	Heather Wilson Sheila Doogan	Lorna Meek Margaret Osbourne Therapists
7 30/04/22	<b>Acupuncture &amp; Acupressure for Wellbeing</b> There are many reported benefits to acupuncture & acupressure. Why not try seeded acupressure to see what it does for you?	Heather Wilson Sheila Doogan Katherine Dandridge	Lorna Meek Margaret Osbourne Therapists
8 14/05/22	<b>Mental Health First Aid</b> Introduction to Mental Health First Aid and an opportunity for questions	Heather Wilson Sheila Doogan Paul MacFarlane	Lorna Meek Margaret Osbourne Therapists
9 28/05/22	<b>It's good to talk</b> introduction to the benefits of talking therapy available from Neuro Central <b>Stepping into Your Positive future</b> – where are you now and where do you want to be?	Heather Wilson Sheila Doogan Harriet Hay Counsellor  Scott Montgomery	Lorna Meek Margaret Osbourne Therapists
10 11/06/22	<b>Where to Next-</b> Marisa Carradice – Social Prescriber Perth & Kinross <b>Round Up of Living Well with Neurological Conditions</b> Sheila- review of benefits of LWwNC	Sheila Doogan Heather Wilson Marisa Carradice	Lorna Meek Margaret Osbourne Therapists