

Inverness

Living Better Group

October - December 2026



**The Bike Shed,
23 Grant Street, Inverness IV3 8BN**



10.30am - 12.30pm

Join us for a monthly social meeting where we have a cuppa and a catch up as well as a range of activities; arts and crafts, games, boccia and guest speakers and an opportunity to share and discuss self management.

No booking required and meetings are free to attend, however we do leave out a donation bowl to help cover teas and coffees

TUESDAY 6th OCTOBER

TUESDAY 3RD NOVEMBER

TUESDAY 1ST DECEMBER

*SEE SUMMER ACTIVITIES SCHEDULE



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