Dingwall Living Better Group

October - December 2026

Community Centre, Old Academy Building
Tulloch Street, Dingwall IV15 9JZ

11am - 1pm

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

WEDNESDAY 14TH OCTOBER

WEDNESDAY 11TH NOVEMBER

DECEMBER TBC

WEDNESDAY 11TH JUNE

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