

Living Better

April 2024



Welcome to our first printed update as MySelf-Management, letting you know about all our current projects and activities and how you can join in if you would like to. It's a year since we changed from LGOWIT to MySelf Management in April 2023. We have had a busy year as we transferred over to becoming an independent charity and we now have a board of trustees in place (read more on p2) and a full complement of staff. We continue to offer all our services, with monthly in-person Living Better groups running in 14 locations across the Highlands, including a mix of activities, guest speakers and crafting. We run a monthly garden visit group and several boccia meet ups around the Highlands too (see p3 for more about our groups).

We also continue to run our popular online sessions; seated movement, breathing and relaxation, combined qi gong & tai chi and socials like coffee & chats, Monday Moment, quizzes, weekly informal chats and get togethers including over the Christmas period. These are available for all our members to attend. We also have online self management courses you can do at your own pace. If there's anything you'd like to join, get in touch and we will look forward to seeing you soon.

Joanne

Stay in touch...

Are you still getting all our information? To keep up to date with our groups and activities or to find out how to join our closed Facebook groups please email **catherine@myself-management.org**. Add us to your email list to ensure our messages don't go into your spam folder.

@MySelfManage on social media (Facebook and X)
www.myself-management.org

Scan the QR code with your phone's camera or QR App to go straight to our website!



Trustees and new staff



We appreciate all the work and guidance from our three Trustees, Evelyn Campbell, Alison MacRobbie and our Chair Fiona Skinner. Between them they have over 90 years' worth of experience of working in a range of roles in healthcare. They bring excellent experience and we are looking forward to working closely with them.

We are also pleased to let you know that we secured funding for five additional staff members. Welcome to:

Marion Rennie—Living Better Group Coordinator, Tain, Dornoch, Dingwall, Muir of Ord

Jean MacCallum—Development Officer, Young People Project

Catherine Mitchell—Membership & Administration Officer

Val Gale—Linkworker Wait Well Project with NHS Highland

Vicki Nevin—Linkworker Wait Well Project with NHS Highland

For more info, including staff contacts: www.myself-management.org/about

Meet Marion...



Marion Rennie is our new Living Better Group Coordinator for Tain, Dornoch, Dingwall and Muir of Ord. She joins **Kate Hathway** (Skye, Kyle of Lochalsh), **Kirsteen Campbell** (Wick, Thurso, Thrumster) and **Ruth Gomes** (Inverness, Nairn) as part of our team delivering in-person (and online) groups and activities.

Marion has plenty of experience to bring to her role including nursing and charity coordinator roles, most recently working with Home-Start, supporting families with children under 5. She lives near Kirkhill and loves travelling, parties, beaches and trying to keep fit. She says, "I'm excited about learning Boccia and getting to know our lovely group members."

Living Better Groups



Our Living Better Groups are 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. Open to anyone in Highland living with a long-term condition or Long Covid, get in touch with your local Coordinator if you would like to find out more or see our website for dates and times.

Garden Visit Group... If you are in Inverness and surrounding areas, why not celebrate Spring by joining our Garden Visit Group for one of our monthly visits to garden centres and open gardens? These sessions are run by our Living Better Group Coordinator, Ruth Gomes, she says, "We have a short walk round the garden and a cuppa after. Sometimes we can arrange garden tours too. No need to book, just turn up to attend or pop me a message or email, I'm always happy to meet prior to the group starting." The garden location is shared on the Facebook groups and emails monthly.

Upcoming Garden Visit Group dates - 1-3pm, Mondays 13th May, 10th June

For more details of the Garden Visit Group contact ruth@myself-management.org

Not local to Inverness? Why not join our Sunflower growing challenge? Simply sow your seeds and share your progress in our Living Better Facebook group. We may even see who can grow the tallest...



If you aren't already a member of our closed Facebook groups and would like to join or just to find out a little more, please email

catherine@myself-management.org

Boccia Groups

Are you a keen on Boccia, the all-abilities type of indoor bowls? We continue to run Boccia meets around Highland, currently in Thrumster, Inverness, and Kyle of Lochalsh. Groups are always thrilled to have new members so if you would like to give it a go, get in touch with your local coordinator or just drop-in. And don't forget our ever-popular tournament which will be at the end of September this year, a wonderful day out (with a little bit of competition thrown in!)



Inverness Spectrum Centre, 2-4pm, 15th May, 19th June (Ruth)

Thrumster Hall 11am-1pm, 20th May, 17th June (Kirsteen)

Kyle, Kirkton Church Hall, alternate Wednesdays 2-3:30pm (Kate)

contact: kate@myself-management.org for dates

New! 10 Minute morning Qi Gong & Tai Chi

We are really pleased to be adding a new 10 minute morning Qi Gong & Tai Chi session (Mondays to Thursdays) to our online Tai Chi offerings. As well as being a lovely gentle form of exercise, Tai Chi has lots of other wonderful benefits. It can help improve brain function, memory, heart health, lower blood pressure and helps to support your immune system. Get in touch if you would like to give it a try... catherine@myself-management.org

Why not have a go at our Tai Chi inspired wordsearch in the meantime...

M	X	M	L	T	Y	M	O	M	E	M	O	R	Y
I	C	T	L	A	H	T	T	M	O	I	H	S	I
M	N	N	R	V	E	E	P	N	E	T	T	N	E
M	O	E	N	J	O	Y	A	B	L	E	L	O	M
U	I	T	M	T	T	R	Y	R	Y	M	A	T	O
N	T	T	A	A	T	N	G	T	T	Y	E	O	V
E	N	B	H	Y	M	N	I	A	A	T	H	A	E
S	U	I	I	I	I	N	M	N	P	I	L	I	M
U	L	M	T	X	U	I	O	R	T	L	A	I	E
P	T	T	A	M	X	T	N	T	H	A	T	V	N
P	P	L	M	H	M	A	E	G	N	T	N	M	T
O	E	O	M	Y	N	M	M	E	N	I	E	B	Y
R	C	N	M	M	M	E	G	P	E	V	M	U	X
T	N	O	I	T	C	N	U	F	N	I	A	R	B

- MENTALHEALTH
- MEMORY
- IMMUNESUPPORT
- HEART
- MOVEMENT
- COMMUNITY
- ENJOYABLE
- BRAINFUNCTION
- VITALITY

After the session I feel totally relaxed, calm and rejuvenated.

It's been such a blessing to be in the company of others in similar situations who understand what chronic illness is like. That we can all go at our own pace & sessions are tailored for people with chronic health conditions is vital. No one judges & this is important too.

Days and times...
Mon-Thurs 9:30-9:40am*
Monday 6.30-7.15pm
Thursday 4.30-5.15pm
Friday 4.30-5.15pm
** may change so more members can join but no later than 10:30am*