Thurso
Living Better Group
October - December 2026

United Reform Church, Thurso

12.30pm - 2.30pm

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

~~MONDAY 24TH FEBRUARY~~

WEDNESDAY 28TH OCTOBER

WEDNESDAY 25TH NOVEMBER

WEDNESDAY 16TH DECEMBER

claire@myself-management.org

07454 905 383