

## Values

- ▶ Diversity
- ▶ Equality
- ▶ Trust & Honesty
- ▶ Openness
- ▶ Shared Experience
- ▶ Not being judged
- ▶ Having fun

GO gave me the opportunity to get back into paid employment after a period of ill health

I have met new friends, gained confidence and have a sense of purpose through my volunteering

GO



Grampian Opportunities aims to open up learning, volunteering and employment opportunities for people with disabilities, mental health and long term conditions.

## Our Services

- ▶ Providing Information
- ▶ Learning Programmes
- ▶ Volunteering Opportunities
- ▶ Employability Programmes
- ▶ Wellbeing Activities
- ▶ Voices for Change
- ▶ Peer Support & Mentoring

GO

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**Moving Forward Together**

Living well with a long-term condition

## Moving Forward Together

Connects people with long term conditions to information, learning, skills and support to promote the opportunity to live life to the full.

"Good fun"

"With MS I cant go for a walk so its fine to be able to do something and doing 'proper exercise'"

"Come away feeling more positive"

"I like that we have come from different groups and places but we get on so well we are planning to go for a coffee together. Its building a social circle for me!"



## Enabling people across Grampian to manage their conditions and live life to the full

- Linking people to community activities
- Linking people to places and information
- Creating community activities where none exist

**GET INVOLVED**

### Community Activities include...

- ▶ Strength & Balance exercise
- ▶ Friendship Groups
- ▶ Discussion Groups
- ▶ Health Walks
- ▶ Wellbeing Taster Sessions
- ▶ Life Skills Groups
- ▶ Volunteering
- ▶ GO to Work Programme

## Five Ways to Wellbeing

A review of the most up-to-date evidence suggests that building the following five actions into our day-to-day lives is important for wellbeing.



**BE ACTIVE**



**CONNECT**



**GIVE**



**KEEP LEARNING**



**TAKE NOTICE**