

Who can take part?

Anyone living with one or more long-term health condition.

How can it help you?

By taking part, you will:

- Gain/extend knowledge about how to live with your condition
- Feel confident and more in control of your life
- Manage your condition and treatment together with healthcare professionals
- Be realistic about the impact of your condition on yourself and your family
- Use your new skills and knowledge to improve your quality of life
- Meet others who share similar experiences



We can help

01922 605490

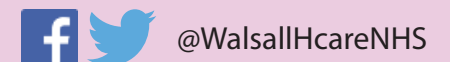
All courses are free of charge

For more information about the Self Care Management Programmes please call 01922 605490 or email:

selfcare@walsallhealthcare.nhs.uk

Self Care Management Programme

If you are living with a long-term health condition, why not join the Self Care Management Programme and take better care of yourself



@WalsallHcareNHS

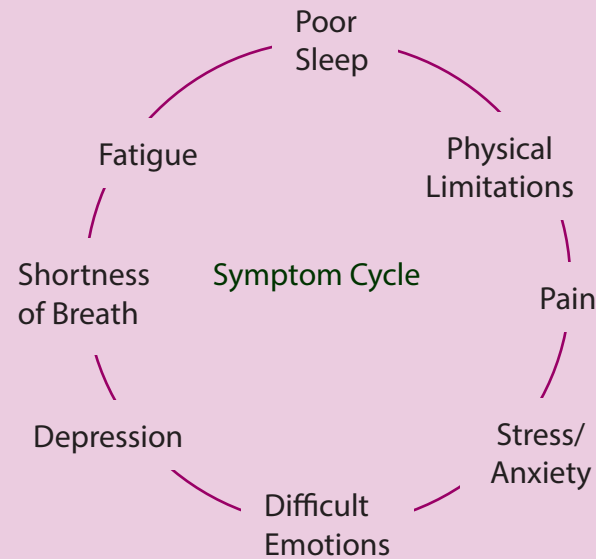
www.walsallhealthcare.nhs.uk

What is a Self Care Management course?

It's a **FREE** six week course for anyone living with any long-term health condition. The programme aims to help you take more care of your health by learning new skills to manage your condition better on a daily basis.

Is this you?

- You have a long-term health condition
- Your condition affects the quality of your life
- You feel you have little control over your life
- You would like to rebuild your confidence and improve the quality of your life
- You would like to meet others in a similar situation
- You would like to share experiences and help others at the same time



Courses are held locally and run for six weekly sessions, each session lasts for two and a half hours.

Topics that the course covers:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communicating with family, friends and professionals
- Planning for the future

Self Management Toolkit

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- Physical Activity
 - Medications
 - Decision Making
 - Action Planning
 - Breathing Techniques
 - Understanding Emotions
 - Problem Solving
 - Using Your Mind
 - Sleep
 - Communication
 - Healthy Eating
 - Weight Management
 - Working with Healthcare Professionals

