

Living With Long Term Conditions

Self management programme

What is the Living With Long Term Conditions Programme?

Living with long term conditions self management programme is a free six week course for anyone living with any long-term health condition(s). The programme aims to provide support and develop self confidence to help you feel more in control.

The programme looks at:

- 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

Practicalities

The programme is run over six weekly sessions with each session lasting two-and-a-half hours. It is facilitated by trained tutors who are themselves living with a long-term condition.

Who can take part?

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

How can it help you?

By taking part in the Living with long term conditions programme, you will:

- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition(s)
- Meet others who share similar experiences
- Learn about developing more effective relationships with healthcare professionals

How has it helped others?

People who have taken part in the programme have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their condition and treatment together with healthcare professionals
- Be realistic about the impact of the condition on themselves and their family
- Use their new skills and knowledge to improve their quality of life

What course participants say

“I have started swimming again which I never thought I would do – it’s given me a new lease of life”.

“This was the best thing I could have done to help me to cope with my condition.”

“This course has made me realise that I can have some say over my pain and not let it dictate my life.”

This course has given me back my confidence to get on with life – it was like everything stopped when I became ill until I attended the course.”

Find a course

To find out about the Living With Long Term Conditions self management programme and courses being run in Derbyshire please see the table below and contact Julie Lomas on tel: 01246 868400 ext 457 or e-mail Julie.lomas@derbyshirecountypct.nhs.uk

Future courses planned:

Start Date		Area	Town
2009			
September	Afternoon	North East Derbyshire	Langwith / Whaley Thorns
September	Afternoon	Erewash	Long Eaton
September	Morning	South Derbyshire	Swadlincote
September	Evening	North Derbyshire	Chesterfield
November	Afternoon	North Derbyshire	Bolsover
November	Morning	Derbyshire Dales	Bakewell
November	Afternoon	Amber Valley	Belper
2010			
January	Afternoon	North Derbyshire	Clay Cross
January	Morning	South Derbyshire	Ashbourne
February	Morning	High Peak	Buxton
February	Afternoon	North Derbyshire	Chesterfield
February	Evening	Erewash	Ilkeston