

Long Term Condition Self-Management Programme

What is the Long Term Condition Self-Management Programme?

The programme has been designed for adults living with a long term health condition and/ or their carer. It aims to help you take more control of your health by learning new skills to manage your condition better on a daily basis.

How long is the programme?

The programme is FREE and runs over six weekly sessions, on the same day from Thursday 25th July to 29th August 2019 (11am to 1:30pm) in the Croydon Town Hall. Sessions are 2½ hours each week and are made up of talks, demonstrations and group discussions. Lunch and refreshments will be provided.

Resources

You will receive a FREE book to support the programme content and a certificate on completion. The programme is run by people who know what it is like to live with a long term health condition and who are passionate about helping others to manage their health better.

Topics covered include:

- ⇒ Getting a good night's sleep
- ⇒ Healthy eating
- ⇒ Communicating with family, friends and health care professionals
- ⇒ Dealing with pain and extreme tiredness
- ⇒ Coping with difficult emotions/depression



The course is a good opportunity to:

- ⇒ Learn new ways of coping
- ⇒ Meet new people and make friends
- ⇒ Find out about other groups / services in the community

What people who have attended the programme have said:

“It’s an excellent and worthwhile course which has helped me a great deal in speaking to others and coming to terms with my condition”

“I will employ the knowledge and skills that I have learnt to manage more effectively my blood pressure and diabetes”

For more information or to register on the programme, please contact:
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