

Participants have said...

- ❏ I was worried about what I would have to do on the course but you don't have to perform! Even when I didn't feel 100% I still went along for support and advice. ❏
- ❏ I feel like I control my health condition, and my condition doesn't control me. ❏
- ❏ I just wanted to be left alone, I didn't want to do a course but by the end I felt positive and enjoyed having some time off for me. ❏
- ❏ I felt embarrassed before that I couldn't cope with my life and condition; now I feel happy and confident about the future. ❏

For more information...

... or to register on a course, please contact the team.

Telephone: 020 8871 5163

Email: expertpatients
@wandsworthccg.nhs.uk

Online: www.wandsworthccg.nhs.uk/selfmanagement

Find us on facebook:
wandsworthppi-team

Sick and tired of feeling sick and tired?

Make a positive difference to living your life with a long term health condition



Wandsworth
Self-Management Programme

Wandsworth self-management programmes are FREE and...

- are for carers and people living with a long term health condition
- run for two and a half hours, once a week, for six weeks
- are run by qualified tutors who have a long term health condition
- cover healthy eating, pain and fatigue management, dealing with difficult emotions, communication skills, relaxation techniques and exercise, medication management, action planning, problem solving and more

Can I take part in a course?

Yes, if you...

- are over 18
- live, work or are registered with a GP in the borough of Wandsworth
- have any long term health condition or are a carer

Current courses include:

- **The Expert Patients Programme** for people with any long term health condition
- **Looking After Me** for carers
- **New Beginnings** for people living with or recovering from a mental health condition
- **Persistent Pain Programme** for people living with long term persistent pain

We have courses running across Wandsworth throughout the year.

If you don't live or work in Wandsworth, contact us and we will direct you to your local service.



What will I get out of it?

By the end of a course you should:

- feel more positive and confident
- be more in control of your condition
- have met like-minded people
- have got support and information from other participants
- have been signposted to other resources
- have new skills to manage your condition better

