

Kathy's Case Study

What health conditions did you have before joining a course with us?

"COPD - this condition hasn't been that severe, but the surgery (GP) sent me to the multiple condition course as I had some kidney complications. The surgery (GP) had screwed up with me and they really had to make amendments."

What were your thoughts and expectations before joining us?

"Not that high for me personally, I'd already been through talking therapies and the rolling workshops, I also had 1-2-1 counselling CBT, so I was already pretty aware of things. But I did it because I don't like to turn down any offer help, and I thought I'd learn something from other people, and I knew I could share something from my experiences."

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Would you recommend our courses to others, if so, why?

"Yes, largely because meeting others, all be it online - seeing others online with similar problems is beneficial. You really give and you take in these groups, and I was surprised how others knew very little on managing their lives."

How did you find your peers during the course?

"I find that a difficult thing to answer. They were friendly mostly; some didn't say anything. But for the most part Natascha and Zev (the Tutors) were very engaging, but I had to stop myself from answering things but then the silence would become embarrassing - so I'd always have to butt in. It's confusing if some people there didn't know the answer, or just didn't have the motivation."



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How were things with your peers after the course came to an end?

"Natascha and Zev were so engaging. They asked if we'd like to share contact details at the end of the course, so we all shared, and I set up a WhatsApp group. There was about three or four of us online. It can be difficult to bond with others online than face to face. But generally, I was the one pushing it and the group, and people were always sending messages - and I'd already gone to see Terrence as he only lives three bus stops from me and I got really close with him, and the other two ladies were lovely."

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Were there any points you felt that the course wasn't for you, if so, what got you to the end?

"I suppose what got me to the end is that I committed to it, and therefore I would see it through. I learnt a lot about how other people cope or don't cope with things, and I do find myself coping with things easily - so it put me into a box. It was a good exercise for me, and I have an empathy for seeing things from others points of views."

Did you leave our course with any of your perceptions about self-management changed?

"No, I'd still recommend it to other people. Because I recognised that some of the others got a lot more out of it than others, when I went into breakout sessions, you'd always go much more into somebody else's point of view and that was very valuable."



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Have you used any of the skills you learnt on our course, if so, would you be able to provide an example?

"It reiterated things for me, rather than taught me things. Such as the breathing and the pacing I already knew, but you forget. It was very valuable sociological exercise."

What would you say to anybody considering supporting, or attending one our courses?

"It's always valuable, learning new things or just being reminded of the things that you've forgotten. It's valuable to be with others, whether you're suffering or in-control."