

## Support with your health - What It meant to You

### How it made you feel:

Recent attendees on self-management support courses for those with long-term health conditions say the course made them feel:

Safe

Understood

Calmer

Motivated

Accepted

Better



Here are a few comments that recent attendees wanted to inspire others with:

“I was too scared to go outside and go for my walks- I used to walk every day and since COVID-19 I’ve just stayed inside. But now I’m able to go walking again because I talked about it and got tips from the course on a problem-solving activity.”

“Thank you for the meeting, you really made my day! I was so happy to join.”

“After we talked about “Healthy Eating Habits” I’ve gone into a breakout room with one of the other participants to ask his advice about things he mentioned to do with diet (he has IBS too). What he suggested is working for me.”

“The topics are very good, the sections - there’s a different angle each week. It’s well organised as a package.”

“It’s very educational and helpful. We’ve got good tutors who understand and who break things down to our level.”

“It’s motivating me to do things I wouldn’t have thought of and I feel better.”

“It’s good to have the opportunity to talk openly about my experiences and discuss our concerns.”

### Sharing of successes:

- I have increased my current walking more
- I now do an additional 4000 steps per day
- I have increased my exercise by 30 minutes each day
- I now do some form of exercise 6 days per week
- I managed to cut the sugar in my tea from 3 tsp to 1 tsp

## Support with your health - What It meant to You

Here are a few more comments that recent attendees wanted to inspire others with:

“Zev and Natascha...you’ve done brilliantly well. From the bottom of my heart and on behalf of my colleagues, I just say that God will continue to be with you and then give you more knowledge, continue to pass this knowledge to other people that come your way. You are very, very brilliant- God bless you all... We will be grateful to come to a reunion.”

“I really thank you, I’ve really learned a lot from it. I can really recommend it with my patients because I’ve been through it myself”

(this participant is a nurse at a GP’s practice in Southwark)

“I used to always wake up and be grumpy with my husband, but I decided to make my WOW plan to start my day by saying “Good morning, how are you?”. He was really pleased and asked me what changed!”

“I wish this X-PERT course had been offered to me at the time when I was diagnosed with Type 2 Diabetes.”

“I’m thankful for technology and for this group. That we can be together and see and help each other.”

“It’s a good thing that the government has put in place such a course to help people like me to manage their long-term conditions and I recommend that the teachers are doing a brilliant job. I don’t know whether there are many teachers in other boroughs helping people with long term conditions like mine- it would be a good idea. I want to applaud the tutors- they did a very good job. The zoom platform worked well. Very lovely people- lovely colleagues. It was fun and I couldn’t believe it went by in the twinkling of an eye. Thank you.”

### Sharing of successes:

- My alcohol intake is down to 4 units per week
- My portion sizes are smaller just by using a smaller plate
- I’m using greek yoghurt instead of mayonnaise
- I’ve cut my chapatti portions to 1.5 instead of 3

For more information call us on 03333 445 840, email us at [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org) or visit us at [www.selfmanagementuk.org](http://www.selfmanagementuk.org)