

## Struggling with your health? Want to be more involved in decisions about your health?

Would you like to learn skills to manage your condition better and get more support in making healthier choices?

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



On this course you will learn:

- Tools and techniques for managing your long-term condition
- How to deal with the challenges faced with living with a long-term condition
- How to communicate better with family, friends and your healthcare team

The course will be delivered over 7 sessions, each lasting 1.5 hours.

### 3 reasons to join:

1. Get support and be involved with our trained tutors, and other people needing support. Weekly course notes will be given to you.
2. We will share **LOTS OF TIPS** on how you can manage your condition better, how to get the most out of your GP appointments and how to talk to your friends and family about how you are feeling. You will also find out how you can create your own support groups after the course.
3. Its easy and **FREE TO JOIN** and get the support you need. Your GP can refer you, just ask them. Or you can call us directly to find out more.

- ✓ **Did you know that our tutors all live with long-term conditions too?**
- ✓ **Many of our course participants still keep in touch with each-other after 10 years.**
- ✓ **Our tutors are available to talk you through how it works and what to expect.**

### What to do next:

1. Contact us on 0800 988 5560 or 03333 445 840 or by email [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)
2. We will let you know the courses available and register you on the best one for you

Self Management UK is a charity and we have supported over 150,000 people, across the UK, with long-term health conditions.

Freephone: 0800 988 5560 Local Call: 03333 445 840

Email: [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

Web: <https://www.selfmanagementuk.org>

Do you have... Chronic pain? High blood pressure? Depression? Fatigue? Asthma? we can support you.