

How have the programmes helped other people?

People who have taken part in a Self Management Programme have said that it has helped them to:

- Feel more confident and more in control of their life
- Manage their condition and treatment alongside healthcare professionals
- Be realistic about the impact of their condition on themselves and their family
- Use their new skills and knowledge to improve their quality of life

More information on Self Management Programmes

Self Management Programmes run all year round at different venues throughout the Dudley borough. Each course takes place once a week, for six weeks and is tutored by trained volunteers who themselves are living with a long term health condition. Morning, afternoon and evening courses are available.

Our courses are available in community languages such as: Urdu, Punjabi, Hindi, Arabic and Bengali.

هذه الدورة متاحة بعدد من اللغات المتداولة في المجتمع المحلي.

یہ کورس متعدد معاشرتی زبانوں میں دستیاب ہے۔

ਇਹ ਕੋਰਸ ਕਈ ਸਮੁਦਾਇਕ ਭਾਸ਼ਾਵਾਂ 'ਚ ਉਪਲਬਧ ਹੈ।

এই কোর্সটি অনেকগুলি সাম্প্রদায়িক ভাষায় পাওয়া যায়।

આ અભ્યાસક્રમ સંખ્યાબંધ સામુદાયિક ભાષાઓમાં સુલભ છે.

本課程有多種社區語言版本可提供。



“

I have had so much help and support from this course. I feel that everything seems so much brighter. I know I can face the future with confidence.”

If you require a translation into your own language, large print version or audio tape of this leaflet, please call 01384 816437

For more information contact

Dudley Self Management Team

tel: 01384 816437

email: smp@dudley.gov.uk

visit: www.dudleyselfmanagement.org



SelfManagementProgrammeDudley



SMPDudley1

Dudley
Metropolitan Borough Council



Dudley Self Management Programme

Do you have a long term health condition or are you a carer?

We offer a range of **FREE** programmes available for you!



What are Self Management Programmes?

Self Management Programmes (SMP) improve your quality of life by giving you new skills and information to help you manage your condition better on a daily basis.

All the courses are **FREE** and run for six weeks, 2.5 hours a week.



“

Its an excellent and worthwhile course - has helped me a great deal in speaking to others and coming to terms with my condition.

The course has been a big help to the way I deal with my condition and the way I live my life.

Mentally I feel more light hearted about myself since attending the class. ”

What Self Management Programmes are available to me?

• Expert Patients Programme (EPP)

The EPP is a six week course for adults living with long term health conditions. The EPP aims to help you take more control of your health by learning new skills to manage your condition better on a daily basis.

• Looking After Me (LAM) a course for carers

LAM is a six week course for adults who care for people living with a long term health condition or disability. The programme is about making time to look after your own health needs. It helps you take control of your situation and make a difference to your life.

• Looking After Me (LAM) dementia

This course is specifically for carers of someone with dementia. It looks at supporting carers to think about their own health and wellbeing.

• Diabetes Self Management Programme (DSMP)

The DSMP is a six week programme aimed at supporting people living with type 2 diabetes to manage their condition on a daily basis. It is based on EPP, but also looks at topics such as; what is diabetes? managing hypos, healthy eating, looking after your feet and more.

What do you learn on the programmes?

Topics include:

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

How can attending a self management programme help me?

By taking part in a self management programme you will:

- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with healthcare professionals



How do I get a place?

To book your place on any programme please call the SMP team on **01384 816437** or email us on **smp@dudley.gov.uk**