

Managing the Challenge

of living with a long term condition

For more information on courses please contact:

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This Self Management Programme is funded by the Western Health and Social Care Trust, managed and delivered by Action Mental Health (AMH)



Learn to manage
a long term
health condition

Set goals

Make changes

Improve quality
of life!

What is Self Management?

Self Management is about living the best life you can in spite of having a health condition. Whether it is a physical, mental or emotional condition, self management is about you being actively involved in your recovery and developing the skills that can enable you to overcome your problems rather than worrying about them. You will understand your condition and symptoms better and learn new techniques to manage and improve your health. You will set goals for yourself and improve your confidence levels, which in turn will assist you in improving your quality of life.

The Problem

Living with health conditions such as Asthma, Diabetes, MS, Arthritis, Depression, Epilepsy, Fibromyalgia, Pain, Heart Conditions, COPD etc can be very challenging. Dealing with their symptoms and effects can seem like life has become a constant cycle of set-backs and negativity. Your ill health takes over your life for the worse.

Self Management Course

“Managing the Challenge” is a licensed self management course running throughout the Western Health and Social Care Trust area. It is FREE to anyone over 18 years old with a health condition who wish to better manage their condition or to carers who wish the same for their loved one. The course covers the following topics:

Pain Management Technique	Relaxation Skills
Physical Activity	Dealing with Difficult Emotions
Healthy Eating Action	Communication Skills
Planning Depression	Problem Solving
Management Better	Positive Thinking
Breathing	

These skills can help break the negative cycle and put in place better techniques that could lead to positive outcomes for you. You may feel more empowered, confident and positive about life overall.

Course Duration

The course has six sessions, which take place on the same day of the week for 6 weeks, each session lasting 2.5 hours. All courses are delivered by two trainers in a group setting of 12 – 18 people. Trainers have experience with living with a long term condition themselves or working with people that have health conditions. Trainers have been expertly trained to deliver the course and use the licensed course manual to ensure high quality self management training.

The Group

The group is made up of people like you who have long term conditions and understand what it is like to deal with symptoms and problems. Group participants are the experts on their own condition. They know what triggers their symptoms and also what works well for them. This experience is invaluable. The support of the group means that you are no longer alone.

How to Access Courses

Courses run throughout the Western Health and Social Care Trust area which incorporates the five Council areas of Limavady, Strabane, Omagh, Fermanagh and Derry City Council. You can access a course by contacting your local health condition support group, GP, Community Health Team or by contacting the Self Management Coordinator directly.