

Managing the Challenge

of living with a long term condition

Managing your Pain

For more information on courses,
and access to referral forms please log on to
www.amh.org.uk/services/managing-the-challenge/

Completed Referral forms can be returned to :

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

Managing your Pain



**Learn to
Manage Pain**

Set Goals

**Make Positive
Changes**

**Gently Exercise
with the
Move Easy
Programme**

**Improve Quality of
Life!**

What is Self Management?

Self management is about living the best life that you can in spite of Chronic Pain. Whether it's a physical, mental or emotional condition, self management is about you being actively involved in your management of Chronic Pain and developing skills that can enable you to overcome your problems rather than worrying about them. You will understand your Pain 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 overall quality of life.

The Problem

Living with Chronic Pain can be very challenging. It 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 Your Pain ” 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 living with Chronic Pain who wish to better manage it; or to carers who wish to support their loved one. The course offers the following topics:

Pain Management	Relaxation Skills
Healthy Eating	Dealing with Difficult Emotions
Action Planning and Pacing	Communicating about your Pain
Depression Management	Problem Solving
Better Breathing	Medication and Chronic Pain
Positive Thinking	*Physical Activity *

This course includes the Moving Easy Programme.

This is a series of light, seated or standing, exercises (participants move at their own pace). This is taught and carried out during the course with instruction manual and CD available for participants to practise exercises at home.

The skills gained from the course 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 6 sessions, which take place on the same day of the week for 6 weeks. Each session lasts 2.5 hours. All courses are delivered by two trainers in a group setting of 8-16 people.

Trainers have experience of living with Chronic Pain themselves or work/care for people that have Chronic Pain. 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 who like you live with Chronic Pain and understand what it is like to deal with symptoms and problems. Group participants are the experts on their own condition and Chronic Pain. They know what triggers their symptoms and also what works well for them. This experience is invaluable. The support of the group means you are no longer alone.

How to Access Courses

Courses run throughout the Western Health and Social Care Trust area which include, Limavady, Derry / Londonderry, Strabane, Omagh, Enniskillen and other venues in County Fermanagh.

You can access a course by contacting your local health condition support group, GP, Community Health Team, or for more information and a referral form log on to :

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