

BASSETLAW ACTION CENTRE STAYING WELL PROGRAMME



SCENARIO

- Six week course for anyone living with a long term health condition
- Aims to help you **take control** of your health and manage your condition on a daily basis
- Sessions are 2.5 hours, facilitated by **trained tutors** who are **living with a LTC** themselves

SOME OF THE TOPICS COVERED

- **Dealing** with pain and extreme tiredness
- **Coping** with feelings of depression
- **Relaxation** techniques and exercise
- Action **planning**

HOW IT HAS HELPED PEOPLE

- Gained in **confidence** and felt more in control of their life
- **Manage** their conditions and treatment together with healthcare professionals
- Be **realistic** about the impact of their condition on themselves and their family

NEXT STEPS

- Make a **six month goal/action plan**
- **Signpost** to other organisations that may help further.
- **Refer** to organisations or projects that can help further.