

Free courses in  
Derbyshire and Derby  
City. For anyone living  
with a long-term health  
condition;  
helping you live well,  
gain confidence and  
learn new skills.

Take control of your life.

## Contact Us

 Citizens Advice  
114 Church Street  
Church Gresley  
Swadlincote  
Derbyshire  
DE11 9NR

 07487 257 187 or 07939 323365

 [lwltc@citizensadvicemidmercia.org.uk](mailto:lwltc@citizensadvicemidmercia.org.uk)



citizens  
advice

# Living with a Long-Term Condition Programme



**T**he Living with a Long-Term Condition Programme aims to help you take control of your long term health conditions, helping you live well.

The programme is for anyone living with any long term health condition(s). Join this FREE 6 week course to help you manage your day-to-day life.

**This programme is for you if:**

- Your illness is affecting your everyday life
- You want things to change for the better.
- You want to achieve the best quality of life despite your condition

We work with patients, carers and healthcare professionals to create a community of people that have the skills and knowledge to help you gain confidence and live a fuller life.

## **The Course**

People with long-term conditions face many similar issues such as fatigue, pain, frustration, stress and depression.

The course looks at how to manage these whilst working alongside your healthcare providers. By joining the course you will:

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

**The six-week course can help you take control of your health. It focuses on what you *can* do rather than what you can't. Each session is 2.5 hours, once a week where you will learn:**

- How to deal with symptoms like pain and tiredness
- How to cope with depression or feeling low
- Relaxation techniques
- Appropriate physical activity

- Healthy eating
- How to effectively communicate with family, friends and health professionals
- How to plan for the future
- How to set realistic goals and pacing yourself.

The programme is run by two trained tutors who themselves live with long-term conditions and can give you practical advice based on their own life experiences.

Call us on 07487 257187 or 07939 323365 for more information. If you would like to make a referral, than call or email [lwltc@citizensadvicemidmercia.org.uk](mailto:lwltc@citizensadvicemidmercia.org.uk)

My confidence, self-esteem & feeling of self-worth are growing daily & for me the course has been a life changing experience.

