

Living with A Long Term Condition Programme (LWLTC)

 <p>LIVING WITH A LONG-TERM CONDITION PROGRAMME</p>		<p>Did you enjoy the course?</p>  <p>■ Yes ■ No ■ NA</p>	 <p>LIVING WITH A LONG-TERM CONDITION PROGRAMME</p> <p>citizens advice South Derbyshire & City</p>
<p>WHAT WE DO</p> <p>To provide standardised, high quality self-management education to adults affected by a long term health conditions in line with the national Expert Patient Programme, licensed by Stanford University</p>	<p>OUR COURSE</p> <ul style="list-style-type: none"> • Course consists of one 2½ hour session, once a week for six weeks • Course delivered by two tutors who live with a long-term condition • Wide range of topics covered including; Exercise, Diet, Wellbeing, Action Planning, Problem Solving and Communication 	<p>DELIVERY AND FEEDBACK</p> <ul style="list-style-type: none"> • Sept16-Nov18 delivered 54 courses to 506 participants from 623 referrals in all eight Derbyshire districts • 6 Months on 58% have reduced GP Visits and 75% are more positive about themselves 	<p>NEXT STEPS</p> <ul style="list-style-type: none"> • We want to bring these benefits to more people in Derbyshire, to increase the quality of life for this growing sector of the population, continue to alleviate pressure on carers, families and communities as well as the health and social care professions

AC participant from Erewash said;

'It opened my eyes to other paths and ways of improving my quality of life'

Local GP said;

'I have had excellent feedback when I have referred people and they have all benefited in some way from attending the course'

NEW DATES

People from across Derbyshire with a long-term health condition are substantially benefiting from our courses which are supporting and encouraging participants to self-manage their conditions more effectively to live fuller more meaningful lives.

We have courses starting in **September** in **Long Eaton, Matlock, Bolsover, Swadlincote and Alfreton**

Please see below our timetable for all of the LWLTC courses taking place across Derbyshire from September 19 through to November 19. We still have availability for all the dates listed below but we are filling places fast so if you have, or know of patients who are interested in attending please refer to us as soon as possible.

Start Dates	Time	Location
Wednesday 18th September 19	13.00 – 15.30	Salvation Army Hall New Street Long Eaton
Tuesday 24th September 19	10.30 – 13.00	Alfreton Library Severn Square Alfreton
Wednesday 25th September	10.30 – 13.00	Swadlincote Fire Station Community Room
Friday 27th September 19	10.30 – 13.00	Bolsover Library Church Street Bolsover
Thursday 10th October 19	13.30 - 16.00	Tesco Community Room Clay Cross
Wednesday 23rd October 19	13.00 – 15.30	Dronfield Library Manor House High Street Dronfield
Tuesday 5th November 19	10.30 – 13.00	Buxton Library Bank Road Buxton
Wednesday 6th November 19	13.00 – 15.30	Amber Trust Ripley Wellington Street Ripley
Thursday 7th November 19	13.30 - 16.00	Chesterfield Fire Station Spires Walk Chesterfield
Friday 8th November 19	10.30 – 13.00	Ilkeston Fire Station Derby Road Ilkeston

The **FREE** six-week programme is delivered one day a week for 2.5 hours. It aims to support people with a long- term health or medical condition, to maintain their health and improve their quality of life. The course has been designed to help people with chronic or long term illness regain as much control over their physical and emotional wellbeing as possible. It compliments existing health care programmes and treatments, empowering participants to be more informed and take back control of their lives.

Topics covered include healthy eating, relaxation, appropriate physical exercise, dealing with pain, fatigue, stress and depression, and communicating effectively with friends, family and health professionals. It also provides a forum to meet with others and share experiences.

The LWLTC Programme is for anyone who has one or more long-term health conditions such as asthma, arthritis, Multiple Sclerosis (MS), depression, diabetes, Chronic Obstructive Pulmonary Disease (COPD), heart disease, sickle cell, HIV, ME/chronic fatigue, chronic pain or any other condition. The course is also available and has proved to be beneficial for carers of someone with a long term condition. The programme is delivered by two volunteer tutors who themselves live with long-term conditions and can give practical advice based on their own life experience.

For further information or to reserve a space on one of the courses please return the referral form or alternatively you can contact me at;
kziglam@citizensadviceSouthDerbyshireandCity.org

Tel: 07487 257187 or 01283 210107