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如果您需要翻译服务或者需要该文件的其它版本，录音磁带，盲文或大字体，请和CWP的一位员工提出，或者发电邮至cwp.info@nhs.net

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Frequently asked questions

How many people will be on the course?
Up to 16 people at any one time may attend the course.

Will everyone on the course have the same condition as me?
No. Participants will have diverse long-term health conditions. However, most people have common symptoms and similar challenges and issues

Who runs the sessions?
The course is led by 2 fully trained volunteer tutors, who are living with or caring for someone who has a long-term health condition.

Where are the courses held?
Courses are running regularly throughout the year in different accessible venues across South Cheshire and Vale Royal

Do I need to be referred by my GP?
No. You can self-refer by contacting the team directly if you wish to attend a course.

Can I become a volunteer tutor myself?
Yes, however the first step in the process is to attend a course so please contact the team.

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NHS
Cheshire and Wirral Partnership
NHS Foundation Trust

Living Well with a Long-Term Health Condition

Helping people to be **the best they can be**

What does the course involve?

Attending one 2½ hour session a week, for six weeks.

The course covers:

- Dealing with pain and fatigue
- Planning and setting goals
- Dealing with difficult emotions
- Healthy eating and exercise
- Communicating with family, friends and health care professionals
- Using your mind to manage symptoms, relaxation, distraction and positive thinking
- Finding other health services in the community

Involvement, Recovery and Wellness Centre

Involvement, Recovery and Wellness Centre
Jocelyn Solly Resource Centre
Victoria Road
Macclesfield
Cheshire
SK10 3JE
Tel: 01625 505617
Email: cwp.involve-and-recover@nhs.net

How can the course help you?

Do you want to take control of your health? This course enables you to do that at your own pace and gives you a chance to develop your self-management skills and use these to improve quality of life.

"I now sleep much better, eat better and keep fit"

By taking part you will get to:

- Learn new skills to manage your health condition and improve quality of life
- Meet others who are facing similar problems and share experiences
- Gain practical advice
- Learn new skills to help you continue with your daily activities
- Feel more confident and in control

Research shows that the course can also help reduce your symptoms and make you more active.

About the course

A free 6-week self-management course designed for people that live with a long-term health physical and/or mental health condition and their carers, partners, family members or a close friend.

The aim of the course is to boost your health and wellbeing and to learn new skills and techniques that can assist you with taking control of your condition, feeling more confident, improving quality of life and managing conditions better on a daily basis.

The course is run by tutors who have been a participant on the course and who also live with or care for someone with a long-term health conditions.

Who can take part?

The course is available to anyone over 18, who has or cares for someone with a long-term health condition. To attend a course you must either live or be registered with a GP in the South Cheshire and Vale Royal areas.