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Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें

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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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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 symptom, 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 505647
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 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.