

## How does it work?

- Our FREE courses for patients living with one or more long-term conditions run over 6 weekly sessions, lasting 3 hours each.
- They are led by experienced facilitators, who often have first-hand experience of what it is like to live with a long-term condition or have experience of actively supporting people to self-manage.
- The self-management programme will give you practical solutions, tools and techniques, so that you can better manage your condition on a daily basis.

It's fun, it's free –  
get in touch now!



**To book your FREE place or to find out more about self-management, get in touch:**

**T:** 03333 445 840

**E:** [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org)

[www.selfmanagementuk.org](http://www.selfmanagementuk.org)

self management uk also has an online patient community and social media sites where you can learn more about what we do and get support from other people living with long-term conditions.



[facebook.com/  
selfmanagementuk](https://facebook.com/selfmanagementuk)



[@SelfManageUK](https://twitter.com/SelfManageUK)



self management uk is a registered charity in England and Wales (No: 1146727).  
Registered Office: 32-36 Loman Street, Southwark, London SE1 0EH

## Control your condition

## Don't let it control you

- Do you want to manage your condition better?
- Do you want to improve your health and wellbeing?

**Join our FREE course**



“ I understand my health condition better  
and how to self-manage. ”

self  
management uk



SELF MANAGEMENT UK  
MIGRAINE  
CANCER  
BACK PAIN  
EPILEPSY  
IBS  
SCIENTIFIC  
SELF MANAGEMENT  
SARCOIDOSIS  
CERVICAL SPONDYLOSIS  
SJOJREN'S SYNDROME  
LUNG DISEASE  
LUPUS  
PHYSICAL DISABILITY  
SCHEUERMANN'S DISEASE  
JOINT PAIN  
MEIBOMIAN GLAND DYSFUNCTION  
ANXIETY  
DEPRESSION  
CANCER  
PTSD  
ARTRHITIS  
PARKINSONS  
ASTHMA  
SPINAL CORD INJURY  
FIBROMYALGIA  
ARTRHITIS  
ANXIETY  
MS  
STROKE  
HIV  
CHRONIC PAIN  
HEART PROBLEMS  
HIGH BLOOD PRESSURE  
SPINAL FUSION  
DIABETES  
PARKINSONS  
FIBROMYALGIA  
STROKE  
HIV  
CHRONIC PAIN  
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HIGH BLOOD PRESSURE  
SPINAL FUSION  
KNEE PAIN  
ULCER  
PAIN  
LUNG DISEASE  
CHRONIC PAIN

# What is the impact of self-management?

It helps you better manage your condition.

It reduces stress and improves quality of life.

It improves physical symptoms and overall health.

Around 70 - 80% of people with long-term conditions can be supported to manage their own condition.

## Self-management can help you:

- ✓ Feel more confident and in control of your health condition
- ✓ Cope with daily challenges
- ✓ Set health goals
- ✓ **Self-management helps with ANY long-term condition**

## Our participants say:



*"I would recommend the course to anyone with a long-term condition as it can make a big difference to your life."*

*"I am feeling a lot more positive about the future."*



*"I feel better in myself and more able to cope with life. The course tutors were helpful without being condescending."*