



with you, for you

NHS

**Gloucestershire
Health and Care**
NHS Foundation Trust



'Live Better to Feel Better!'

S Gloucestershire Self Management

**Empowering you to take control
of living with a long-term
health condition**

Examples of
Long-term conditions
can include: Diabetes,
Fibromyalgia, Chronic Pain,
COPD, Heart Conditions,
Asthma, Epilepsy, Chronic
Fatigue Syndrome,
ME, Arthritis
+ many more

First Steps in Self-Management

Self-management is about finding ways, and learning techniques, which enable you to control your long-term health condition, rather than having it control you. Live Better to Feel Better has been designed with you in mind, to provide you with these techniques as well as the confidence and awareness to use them appropriately.

What We Do

Most people living with a long-term health condition know that life can be difficult and can seem overwhelming at times. On our self-management programme you will meet others living with long-term conditions and explore together common symptoms you may face.

Our trained facilitators all have long-term conditions themselves, and understand these challenges and feelings. They will lead discussions about techniques that might help, and support you to put a plan together to use these in your day-to-day life. We will help you find community resources, including support groups, or signpost to a specific course for a particular condition if that's right for you.

We explore how a condition can affect your life, introduce techniques to help and describe ways to build them into your routine:

- **Breathing for Relaxation**

Easy, simple and powerful

"Wherever I am, using breathing for relaxation can relieve my symptoms and make me feel better. It's easier than it appears!"

- **Managing Low Mood**

Relaxation is extremely important

"My confidence, self-esteem and feeling of self-worth are growing day by day."

- **Getting a Good Night's Sleep**

Vital for almost every aspect of your health

"I'm amazed that just by using simple techniques how much better I now sleep."

- **Working with health care professionals**

Self-management often creates different relationships with health care professionals.

"I appreciate how important it is to think ahead and have a plan to make best use of the time when I have an appointment."

- **Next Steps**

Next steps are an important part of self-management.

"If you can plan it, and set up a pathway to get there, you are much more likely to stick at it and go on to succeed."

- **Being Active**

Activity has benefits for both physical and mental health

"Any physical activity is good for your mood like you wouldn't believe."

● **Food Awareness**

Good diet is central to health

“I now realise that it’s about balance and awareness long-term, not about diets in the short-term.”

● **Problem-solving**

Helping you to take control

“Taught me to be logical and try one solution and give it time to work rather than trying everything and giving up.”

Title:

Tele:.....

Name:

Email:

Address:

DOB:.....

.....

GP practice:

.....

Health condition(s).....

Mental health condition

Physical health condition

Both

Are you comfortable in a group situation? Yes / No

Areas willing to travel:

Cheltenham

Stroud

Gloucester

North Cotswolds

Forest of Dean

Cirencester

Tewkesbury

Churchdown

Please tell us where you heard about the Live Better to Feel Better programme:

.....

Is there anything else we need to know about?.....

.....

Please return this form to Gloucestershire Health and Care NHS Foundation Trust, Self-Management Team, Southgate Moorings, 2 Kimbrose Way, Gloucester, GL1 2DB, or email us at gloucestershire.selfmanagement@nhs.net



One
Gloucestershire
Transforming Care, Transforming Communities

Live Better to Feel Better

- Call: **0300 4211623**
- Email us at: **gloucestershire.selfmanagement@nhs.net**
- Visit: **www.ghc.nhs.uk**
- Friendly and informal
- Five week programme
- Three hours each week
- Countywide sessions
- Comfortable venues

You can contact us between 9am and 5pm, Monday to Friday.

This leaflet can also be supplied in braille, audio format, PDF, large print, easy read and other languages on request.

Tel: **0300 421 8313** (answerphone available outside office hours)

Email **experience@ghc.nhs.uk**

Write: Service Experience Team
Gloucestershire Health and Care NHS Foundation Trust
Southgate Moorings, 2 Kimbrose Way, Gloucester, GL1 2DB