

## Programmes we offer:

### Chronic Disease Self Management Programme (CDSMP)

for adults living with a long term physical or mental health condition.

### Chronic Disease Self Management Programme - Bereavement

for adults with long term health conditions who have been bereaved.

### Telephone Course – Living with Long Term Conditions

for adults who are unable to access community or online courses.

### Caring for Me and You

for adults who are carers for friends and relatives with health conditions or disabilities.

*For more information or to book on a course;*

Contact: [smp@dudleycabx.org](mailto:smp@dudleycabx.org)



## Self Management Programme

Do you have a long term physical or mental health condition? are you are a Carer?

*We can support you with our FREE courses*

Our courses will help you to stay well and improve your quality of life by learning skills to address your symptoms.



## What is Self-Management?

*"Learning to live a meaningful life in the face of having chronic conditions" Kate Lorig Dr PH*

Our courses run for 2.5 hours per week for 6 weeks, all year round. They are delivered through group sessions in community venues around the Dudley Borough, courses are also delivered online and as a 1-hour telephone option too.

Sessions are run by trained volunteers, who also manage their own health conditions/caring situations



Dudley  
Empowerment  
Partnership



Dudley &  
Wolverhampton

## How can a Self-Management Programme help me?

- Learn **new skills** to help you manage your health condition.
- **Support** and **motivation** to continue doing necessary tasks as well as continue to do things in life that you enjoy,
- Improve your **quality of life**.
- Develop **confidence** and **control** in the daily management of **your own health** and your **caring situation**.



- Learn about developing more **effective relationships** with your **health and social care professionals**.
- Be more **realistic** about the **impact** of your condition on you and your family.
- Learn to **plan for the future** and set **achievable goals**.
- **Meet** others and **share** similar experiences.
- Better **work life balance**.

## What will I gain from the programme?

- **Skills and confidence** to manage your **physical and mental health** symptoms every day
- **Tools**, to support and motivate you:



- *Participants are provided with resources and a certificate of achievement at the end of the course.*
- *Courses are also available in community languages subject to demand.*