

To book on a Take Control Programme please call the



Supported Self Management Team on 01422 224 225

We run courses throughout the year, but they do get busy so please call as soon as possible.

This course was recommended to me by:

Name:

Service:



Supported Self Management
Improving your health together

Calderdale and Huddersfield **NHS**
NHS Foundation Trust

Take control of your long term condition



A supported self management Programme to help you improve your quality of life

Take Control is a supported self management programme for people who are living with one or more long term conditions. The focus is on increasing the knowledge of your condition and its impact on you. The course aims to give you the confidence to use a range of tools and techniques to be able to manage your condition more effectively.

The focus of this course is to encourage and support people to work in partnership with their health professionals so that any possible improvements in your quality of life can be made.

Take Control is open to anyone registered with a Calderdale GP who lives with one or more long term condition. The programme will last for seven weeks, with one 3 hour session in each week.

The course will be delivered by an experienced and trained health professional and they will be supported by one of our valued volunteers, who are themselves people living with a long term condition.

The facilitators will instigate a range of discussions and guide you through the programme. We ask that you attend with an open mind and try things out.



What other people have got out of this Take Control Programme:

**my quality
of life is much
better now**

**I can control my
condition more, instead
of it controlling me**

**I feel better
about myself**

**I feel more
confident in managing
my long term
condition**

**I know
more about my
condition**

**I met others with
similar conditions and we
learnt from each other**