



Parkside Medical Practice

NHS WALSALL

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NEW YOU!

The Self Care Management Programme

The Self Care Management Programme is run by Walsall Healthcare NHS Trust.

Taking part in the programme can help you to:

- Gain knowledge about how to live and cope with your condition
- Feel confident, be motivated and have more control of your life
- Reduce pain, tiredness, low mood/depression and isolation
- Manage your condition and treatment together with healthcare professionals
- Learn about the benefits of healthier food choices and being more active

Meet others who share similar experiences

This course is fully funded and **FREE** to you and will help you manage your long term health condition more effectively.

The Self Care Management Programme is held one day a week for six weeks and each session lasts for approximately two and a half hours. Topics covered will include: healthy eating, improving breathing techniques, pain and symptom management, how to get a good night's sleep, exercise, dealing with anxiety and low mood/depression and much more.

When you have completed the course you will have the opportunity to take home the **FREE** handbook that accompanies the course "Self-Management of Long-Term Health Conditions" worth £14.95 and also the Walsall Healthcare NHS Trust "A Guide to Wellbeing – Healthy Body, Healthy Mind" relaxation book and CD. You will also be able to access information leaflets on many other topics.

Courses will be commencing **in your local area** and if you would like more information or more details about the courses then please contact Self Care Management Team on 01922 605490.

REACT COPD CLINIC

This is a specialist clinic that is held at the surgery to help patients optimise their treatment of chronic obstructive pulmonary disease.

At present there is no cure for COPD but by optimising your treatment you can help slow the progression of the condition or control your symptoms.

We currently have a Respiratory Specialist Nurse from National Services For Health Improvement helping the practice review your treatment and symptoms.

Look out for your invitation from the practice for these sessions.