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| **Self-Management Programme** | **Programme Detail** |
| **Cancer: Thriving and Surviving** | This is a 6 week, 2 ½ hours per week Self-management programme for anyone who has survived cancer and would like some support getting back into the usual daily routine.  **Some of the areas we cover include:**   * Healthy eating * Regaining fitness during and after cancer treatment * Living with uncertainty * Positive thinking * Making decisions * Cancer and relationships   This course is led by two lay tutors that have experience of living with cancer or for caring for someone that has. |
| **Chronic Disease Self-Management Programme (CDSMP)** | This is a 6 week, 2 ½ hours a week Self-management programme for anyone with any long-term health condition.  **Some of the areas we cover are:**   * Preventing falls and improving balance * Making decisions * Pain and fatigue management * Better breathing * Medication usage * Working with your Healthcare Professional   This course is delivered by two lay tutors that live with a chronic condition. |
| **Diabetes Self-management Programme**  (**DSMP**) | This is a 6 week, 2 ½ hours per week Self-management programme for anyone with Type 2 Diabetes (non-insulin dependent).  **Some of the areas we cover are:**   * What is Diabetes * Monitoring and managing your Diabetes * Preventing complications * Communication skills * Relaxation techniques   This course is delivered by two lay tutors with experience of living with Type2 diabetes. |
| **Foodwise for Life**  **Weight Management Programme** | This is an 8 week, of 1 ½ hours per week Self-management programme for anyone with a BMI of 25 and above, in some areas we also recruit those with a HbA1c of 42 – 47mmol/mol in addition to the BMI of 25 and above. Includes those considered pre-diabetic.  **Some of the areas we cover are:**   * Preparing to change for life * Portion sizes & you * Up & about (benefits of exercise), * Food labels * Meal Planning * Food & drink swaps   This course is delivered by Dietetic Assistant Practitioner’s. |
| **Foundation Pain Management Programme** | This is a 6 week 2 ½ hours per week Self-management programme for anyone with chronic pain.  **Some of the areas we cover are:**   * What is chronic pain * Physical activity and exercise * Fatigue management * Moving easy   This course is delivered by two lay tutors with experience of living with Chronic pain. |
| **Healthy Ageing** | This is a 2 ½ hour session for anyone who would like to learn ways to look after yourself as you age and reduce the signs of frailty.  **Some of the areas we cover are:**   * Foot care * Improving balance and preventing falls * Healthy eating and nutrition * Medications |
| **Healthy Bladder and Bowel** | This is a 2 ½ hour introductory session for anyone with continence problems or for anyone who would like to know more about continence issues and its management.  **Some of the areas we cover are:**   * Types of continence and management * Bladder irritation triggers * Physical activity * Healthy eating * Bowel continence issues and management |
| **Healthy Footsteps** | This is a 2 hour interactive session on personal foot care for all those who are deemed to be low risk within the podiatry service or those who are deemed to not need to access the podiatry service.  **Some of the areas we cover are**:   * Self-care what is it * Footwear * Falls prevention * Healthy lifestyle-healthy eating * Paying attention to your feet   The course is delivered by a lay tutor with support from a podiatrist. |
| **Introduction to Health and Wellbeing (ISM)** | This is a 3 hour introduction session for anyone with any long-term health condition and / or carers.  **Some of the areas we cover are:**   * Healthy eating * Positive thinking * Communication * Managing daily activity * Medication * Relaxation   This course is delivered by a lay tutor with experience of living with a long-term health condition. |
| **Introduction to Health and Wellbeing for Carers**  **(I to LAM)** | This is a 2 ½ hour session introducing carers to skills to support health and wellbeing and develop their Self-management skills.  **Some of the areas we cover are:**   * Making difficult decisions * Managing down days * Positive thinking * Healthy eating   This course is delivered by a lay tutor with experience of being a carer. |
| **Living with COPD** | This is a 7 week, 2 ½ hours a week Self-management programme for anyone living with Chronic Obstructive Pulmonary Disease (including breathlessness).  **Some of the areas we cover are:**   * What is COPD? * Planning & problem solving * Dealing with difficult emotions * Managing daily activities * Working with your Health Care Professional   This course is delivered by two tutors who have COPD or have cared for someone that has COPD, with clinical support on week 1 and week 7 from a Respiratory Specialist. |
| **Living with Lymphoedema** | This is a 2 ½ hour session for anyone living with Lymphoedema.  **Some of the areas we cover are:**   * Treating Lymphoedema & reducing risks * Skin care * Healthy eating * Benefits of physical activity   This course is delivered by a lay tutor with the support of a Lymphoedema Assistant Practitioner. |
| **Living with Long COVID** | This is a 2 ½ hour session for anyone living with the after-effects of COVID 19 known as Long COVID.  **Some of the areas covered are:**   * What is Long Covid and the Symptoms * Managing the Symptoms * Dealing with low mood and depression * When to seek help   This course is delivered by Lay tutors. |
| **STANCE** | This is a 2 ½ hour foot health session for anyone with Diabetes, giving information on diabetes and how it effects your feet and how to reduce the risk of further complications.  **Some of the areas we cover are**:   * Diabetes and my body * Poor circulation * Nerve damage * Foot complications * Steps to reduce problems with your feet   This course is delivered by a lay tutor with the support of a podiatrist. |
| **X-Pert Diabetes Programme**  **(X-PERT**) | This is a 6 week, 2 ½ hours per week Self-management programme for anyone with Type 2 Diabetes.  **Some of the areas we cover are:**   * What is Diabetes * Digestion and blood glucose * Self-monitoring, medications, weight management * Carbohydrate awareness * Possible complications of Diabetes * Goal setting   This course is delivered by Diabetes Specialist Nurses and Diabetes Specialist Dieticians. |
| **Insulin X-Pert Diabetes Programme**  **(X-PERT Insulin**) | This is a 6 week, 2 ½ hours per week Self-management programme for anyone with Diabeteson insulin.  **Some of the areas we cover are:**   * What is Diabetes / the roles of insulin * Digestion and blood glucose * Self-monitoring, medications, weight management * Carbohydrate awareness * Possible complications of Diabetes   This course is delivered by Diabetes Specialist Nurses and Diabetes Specialist Dieticians. |