



Managing the Challenge

of living with a long term condition

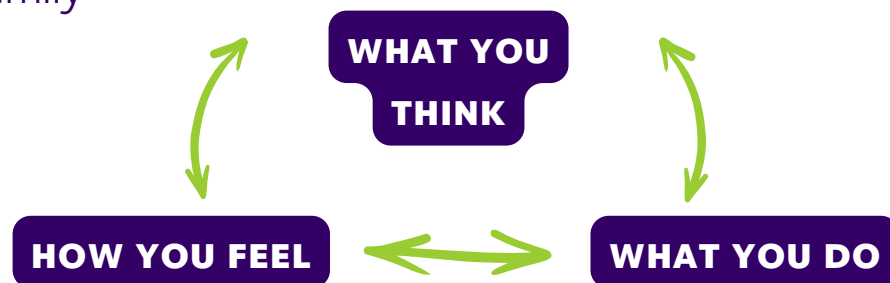
Free to anyone over 18 in the WHSCT area who want to manage their long term chronic pain condition.

Benefits of Managing the Challenge Training

- You will understand your conditions and symptoms better and learn new techniques to manage and improve your health.
- We can help turn down the volume of your pain so that you can live the best life you can in spite of having a health condition.
- It is an opportunity to share the ideas and experience of others in a friendly and supportive environment without leaving your home.
- Self-management can help you to be actively involved in your recovery and develop skills empowering you to overcome your problems.
- It uses the latest research on pain management with active participation in the design and delivery from experienced Trust healthcare professionals.

Develop proven strategies and techniques on how to:

- Communicate better with healthcare professionals and family
- Review your medication
- Sleep more soundly
- Eat mindfully
- Manage your energy levels
- Relax easier, move better and problem solve



Trainers have experience of living with a long term condition themselves or working with people that have health conditions. Groups are small 7-10 people.

The course is delivered remotely in 2.5 hour sessions over six weeks.



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:
Email mtc@amh.org.uk or call 028 66720673.



@amhNI

www.amh.org.uk

