

*Here to help you stay active and involved*

Lifestyle Management Course programme for 2018

**Who would this course be suitable for?**

This course would be suitable for you if you have a diagnosed physical disability or long term health condition. It would suit you if you are keen to explore ways of building you’re confidence, self worth and knowledge and skills that will help you to cope better and move on in life *despite* any difficult life situations that you may be dealing with.

**What would this course offer?**

This course is planned to offer you the opportunity to share your experiences and coping strategies with other group members. Together you can explore the scope for small successes of change which can enable powerful progress in your lifestyle. We plan the course based on your needs, hopes and expectations. The course can cover the following topics:

* Developing effective communication skills to cope better with daily life.
* The effects of stress and pain and the benefits of relaxation.
* Pacing and energy management
* Getting active and how to keep motivated
* Understanding pain and the symptoms to manage these better
* Planning and prioritising hopes and goals for achieving a better lifestyle
* Mind-body connection using mindfulness to stay focussed
* Link in relevant and appropriate external resources an support organisations
* Recognising, preventing and minimising relapse and sustaining stamina
* Reflection and forward planning

**Venue and facilities**

The course is being run across all 4 localities this year, details are below.

There will be light refreshments available however if you require to eat something more substantial then please bring along something with you.

**What happens next?**

**How do I find out more about is course or register for this course?**

If you are interested in attending this course then contact me directly. Course facilitators will meet with you prior to the course to discuss the course in more detail and find out what your best hopes are so that the course can be tailored to meet your needs. If you are then keen to attend the course, a registration form will be completed along with a pre-course questionnaire.

We are happy to accommodate people at any point throughout a course so starting from the beginning is not essential – but beneficial. So please contact me to discuss this further.

Please contact : Susan Dalgliesh; 07795 121 702 or our office: 0131 -659 -7842

**Courses planned:**

**Cameron House Education Centre, 34 Prestonfield Ave, EH16 5EU**

**Thursday April 19th – 21st June 10 weekly sessions 1-4pm**

**A pre- course registration meeting needs to be arranged for 12th April or 16th April**

**(If required course facilitators can do registration meeting by alternative appointment)**

**Henderson St Halls, Leith**

**Thursday 19th July- 201th September 10 weekly sessions 1-4pm**

**A pre- course registration meeting needs to be arranged for 2nd or 5th July**

**(If required course facilitators can do registration meeting by alternative appointment)**

**Wester Hailes Healthy Living Centre**

**Monday 8th October – 10th October 10 weekly sessions 1-4pm**

**A pre- course registration meeting needs to be arranged for 1st October**

**(If required course facilitators can do registration meeting by alternative appointment)**