

SELF-MANAGEMENT COURSES - PARTICIPANT INFORMATION SHEET

Who is it for?

Our FREE accredited self-management courses are aimed at adults living with all forms of persistent pain and long-term health conditions. The courses are suitable for people who want to take back control of their lives and are ready to make a positive change.

Waiting lists for treatment in Northern Ireland are at an all time high. Why not do something positive for yourself while you wait?

What will the course offer me?

- Peer support
- Some proven techniques to help manage your pain and condition
- Empowerment to take control of your own health
- Guidance towards you making positive changes in your life

What does the course **not** do?

- Give you advice, medical or otherwise
- Take the pain and other symptoms away
- Make the change for you



Why should I take part?

"It got me in touch with people like myself with same condition and as I don't go out much I made new friends. I enjoyed it so much"

"I was motivated to re-start exercises which I had recently abandoned. Also I was inspired to look at healthier food such as pulses. I have started to declutter possessions because of the course."

I was a bit sceptical about the course but I've told so many people about how much I enjoyed it, my daughter noticed how positive and upbeat I was after every Saturday morning zoom"

Where will this be held?

We offer the courses in a face to face setting and also on-line via MS Teams. All details will be confirmed when you book.

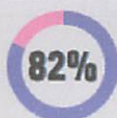
How do I sign up?

You simply need to either ring us on 028 90782940 (please leave a voicemail if there is no answer and we will come back to you). You can also email us on NIreland@versusarthritis.org

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**NORTHERN
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reported a definite improvement in the levels of pain they were experiencing by the end of the course.



stated that their ability to manage fatigue had improved from taking part in the course.



told us they felt that pain wasn't interfering as much in their day to day lives as it had been when they started the course.



VERSUS ARTHRITIS FREE SELF-MANAGEMENT COURSES

JULY – SEPT 2023

6-WEEK COURSES

VENUE	Day	DATES	TIMES
Lisburn Library 23 Linenhall Street Lisburn BT28 1FJ	Thursdays	27/07/23 - 31/08/23	11.00am - 1.30pm
Bangor Aurora 3 Valentine Road Bangor BT20 4TH	Tuesdays	25/07/23 - 08/08/23 15/08/23 22/08/23 - 29/08/23	1.30pm - 4.00pm 2.00pm - 4.00pm 1.30pm - 4.00pm
Annalong Community Centre Glassdrummon Road Annalong BT34 4QH	Fridays	25/08/23 - 29/09/23	11.00am - 1.30pm
Linn Road Community Centre 241 Linn Road Larne BT40 2AH	Tuesdays	22/08/23 - 26/09/23	11.00am - 1.30pm
Portglenone Enterprise Centre 61E Main Street Portglenone	Wednesdays	16/08/23 - 20/09/23	11.00am - 1.30pm
Orangefield Church 464 Castlereagh Road Belfast BT5 6BH	Fridays	25/08/23 - 29/09/23	11.00am - 1.30pm
Lagmore Forum 12A Lagmore Drive Belfast BT17 0TG	Wednesdays	23/08/23 - 27/09/23	11.00am - 1.30pm

Our courses are for anyone needing support and techniques to make everyday life a little bit easier to manage, despite the pain. We have our 6-week course which aims to help manage the many symptoms, such as pain and fatigue, caused by a long-term condition.

At the end of each course, you will receive your Membership Certificate, welcoming you into the VA family and all the other support and opportunities we can offer you.

Our courses are delivered by trained volunteers who have their own lived experience of a long-term condition and who all attended a similar course in the past which benefited them so much, they became part of our VA family and trained to support others. These courses follow a weekly structure but are still relaxed enough for you to feel comfortable and confident to share your own experiences and in doing so learn from each other as well as from the evidence-based approaches offered on the course.

Here's what participants have to say:



“I am more in tune with myself, and my illness and I know that even doing a little is better than doing nothing.”

“The course presenters were lovely and supportive. The biggest takeaway was to be kinder to myself when I cannot manage to do the things, I used to be able to do and to pace myself so that I do not burn out.”

Phone 02890 782940

EEmail nireland@versusarthritis.org



Scan QR Code

VERSUS ARTHRITIS SELF-MANAGEMENT COURSE

"Over 6 weeks we learned techniques that helped me deal with my condition on a day-to-day basis. The programme left me with a collection of self-management skills to help with diet, exercise, pacing and planning and coping with low mood and depression. What was supposed to be a "stop gap" service while I was queued on a waiting list completely changed my life".

Linn Road Community Centre
241 Linn Road
Larne
BT40 2AH
Tuesdays
22nd Aug - 26th Sept 2023
11.00am - 1.30pm

What will the course offer me?

- Peer support
- Some proven techniques to help manage pain
- Empowerment to take control of your own health
- Guidance towards you making positive changes

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Email us nireland@versusarthritis.org



VERSUS ARTHRITIS



Department of
Health

