

Programmes we offer:

Chronic Disease Self Management Programme (CDSMP)

for adults living with a long term physical or mental health condition.

Diabetes -Chronic Disease Self Management Programme

for adults with Type 2 diabetes.

Caring for Me and You

for adults who are carer givers to friends and relatives with health conditions or disabilities.

Courses are also available in community languages subject to demand.

For more information or to book on a course;

Contact: smp@dudleycabx.org

Tel: [07976 637404](tel:07976637404)



Self Management Programme

Do you have a long term physical or mental health condition? Are you a Carer?

We can support you to take charge with our FREE SMRC evidence based programmes.

Our courses will help you to stay well and improve your quality of life by learning skills to address your symptoms/caring situations.



What is Self-Management?

"Learning to live a meaningful life in the face of having chronic conditions" Kate Lorig Dr PH

Our courses run for 2.5 hours per week for 6 weeks, all year round. They are delivered through group sessions in community venues around the Dudley Borough. Courses are also delivered online too. Sessions are run by trained and accredited volunteers, who also manage their own health conditions/caring situations on a day to day basis.



How can a Self-Management course help me?

Our Self-Management Resource Centre programs help you manage your symptoms and caregiving situations in the following ways:

- Learn new skills to help you manage your physical and mental health symptoms on a day to day basis.
- **Support and motivation** to continue doing necessary tasks as well as continue to do things in life that you enjoy,
- Improve your **quality of life**.
- Develop **confidence and control** in the daily management of your own health and your caring situation.



- Learn about developing more **effective relationships with your health and social care professionals**.
- Be more **realistic** about the **impact** of your condition **on you and your family**.
- Learn to **plan for the future** and set **achievable goals**.
- **Meet** others and **share** similar **experiences**.
- Better **work life balance**.

What will I gain from the programme?

How we manage our condition/ caring situation on a day to day basis greatly determines our symptoms and quality of life.

Our courses support and motivate you with self management tools such as:



- Participants are provided with resources and a certificate of achievement at the end of the course.
- We also offer volunteering opportunities to our participants, to share their self management knowledge and skills to help their community take charge of its health.