

MY creative LIFE

A self-management programme for people with long-term conditions

Join us Wednesday 2nd December 2020, 1-4pm

Join us to celebrate the launch of our new self-management programme designed for people living with long-term conditions.

We have worked in partnership with a group of people living with long-term conditions to design the programme.

It can be used by health and social care professionals and practitioners, peer mentor/support workers and organisations with support work streams.

We will showcase a selection of suggested activities during the event and launch a programme handbook which practitioners can use to run the programme with their clients.

The seven session, peer lead programme uses creative activities to allow people to consider how they self-manage their long-term condition(s).

Each session concentrates on an area of self-management contained within

[MyLifeTool](#):

- Planning and pacing
- Finding time for me
- Recognising my strengths
- Connecting with others



Spaces are limited so reserve yours today via

[eventbrite](#)

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