



Take control of your long term condition

Take Control is a supported self management programme for people who are living with one or more long term conditions and registered with a GP in Calderdale.

People who have done the course say:

I met others with similar conditions and we learnt from each other.

I can control my condition more, instead of it controlling me.

[www.cht.nhs.uk/services/non-clinical-services/
supported-self-management/](http://www.cht.nhs.uk/services/non-clinical-services/supported-self-management/)

Course aims

- Increase your knowledge about your condition.
- Give you confidence to use a range of tools and techniques to manage your condition more effectively.
- Support you to work in partnership with your health professionals to explore possible improvements in your quality of life.

Course details

- The programme will last for seven weeks.
- One 3 hour session in each week.
- The course will be delivered by an experienced and trained health professional.
- The facilitator will be supported by volunteers, who are people living with a long term condition and will have previously completed a Take Control course.
- The facilitators will instigate a range of discussions and guide you through the programme. We ask that you attend with an open mind and try things out.

Volunteering

If you are interested in volunteering to co-facilitate a course (once you have completed a course) or to help with the administration setting up future courses then please speak to the course facilitator or contact VAC on volunteering@cvac.org.uk

Upcoming Courses - 1pm to 4pm

Beechwood Health Centre: Friday 23rd February – 6th April

Brighouse Health Centre: Monday 9th April – 4th June

(No course on 2 bank holiday Mondays)

Todmorden Health Centre: Tuesday 24th April – 12th June

(No course on 22nd May)

To speak to someone about booking onto a course
please call 01422 224 225