

## Have You Ever Thought About Volunteering?

If you enjoy meeting people and helping the local community you are the ideal person to volunteer on any one of our schemes. Any amount of time that you are able to give to a scheme is welcome.

We pay 45p per mile, for every mile that you drive on behalf of a scheme. If you are interested in volunteering for us, please contact Bassetlaw Action Centre for more information.

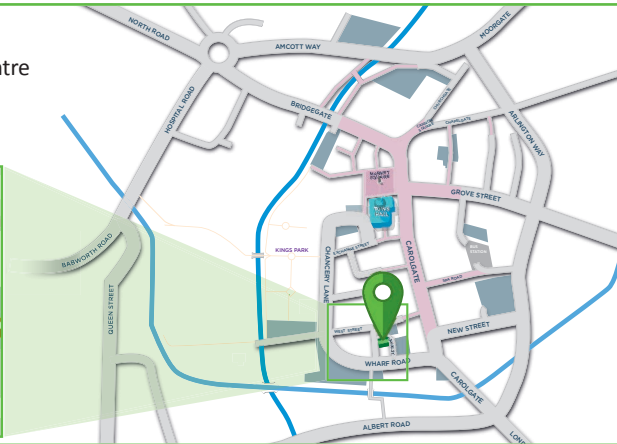


01777 709650

[enquiries@actioncentre.org.uk](mailto:enquiries@actioncentre.org.uk)



**Where to find us:**  
Bassetlaw Action Centre  
Canal Street, Retford  
DN22 6EZ



Bassetlaw Action Centre is affiliated with the following organisations:



**Registered Office**  
Bassetlaw Action Centre  
Canal Street, Retford  
Nottinghamshire DN22 6EZ

01777 709650  
[enquiries@actioncentre.org.uk](mailto:enquiries@actioncentre.org.uk)  
[www.bassetlawactioncentre.org.uk](http://www.bassetlawactioncentre.org.uk)



Bassetlaw Action Centre



@BassetlawBAC

BAC0523-08

Registered Charity No: 1106908  
Company Registered in England & Wales No: 5177066

Bassetlaw

**ACTION**



Centre

08

## Staying Well Expert Patients Programme



Free self help course for people  
living with a long term health condition



# Staying Well - Expert Patients Programme

The Staying Well Expert Patients Programme is a six week course for anyone living with a long term health condition.

Its aims are to help you take control of your health by learning new skills to manage your condition better on a daily basis.

Each session lasts for two and a half hours and is facilitated by trained tutors who are themselves living with a long term condition.

The Staying Well Programme compliments existing health care programmes and treatments, empowering participants to be more informed and better able to develop partnerships.

## Examples of some long term health conditions:

Alzheimer's	Crohn's Disease	M.E.
Amputations	Depression	Migraine
Aphasia	Diabetes	M.S.
Arthritis	Eczema	Osteoporosis
Asthma	Epilepsy	Parkinson's
Back Conditions	Fibromyalgia	Psoriasis
Bipolar Disorder	Heart Conditions	Stroke
Cancer	H.I.V.	
C.O.P.D.	I.B.S.	



## What Is Achievable By The Programme?

Course participants learn how to:

- Set goals and make action plans.
- Problem solve.
- Develop communication skills.
- Manage their emotions.
- Pace daily activities.
- Manage relationships with family, friends and work colleagues.
- Communicate with health and social care professionals.
- Find other health care resources in the community.
- Understand the importance of exercise, keeping active and healthy eating.
- Manage fatigue, sleep, pain, anger and depression.

## Topics Covered By The Programme

- Dealing with pain and extreme tiredness.
- Coping with feelings of depression.
- Relaxation techniques and exercise.
- Healthy eating.
- Communicating with family, friends and professionals.
- Planning for the future.



To talk with one of our advisors about 'Staying Well' programme, by calling 01777 709650 or email [stayingwell@actioncentre.org.uk](mailto:stayingwell@actioncentre.org.uk)

## How The Programme Has Helped Other People

People who have taken part in the programme have reported that it has helped them to:

- Feel more confident and in control of their life.
- Manage their condition and treatment together with healthcare professionals.
- Be realistic about the impact of their condition on themselves and their family.
- Use their skills and knowledge to improve their quality of life.

## Outcome Of Attending The 'Staying Well' Course

Monitoring of pre and post course questionnaires from participants showed that four to six months after completing the course:

- GP consultations decreased by 7%**
- Outpatients visits decreased by 10%**
- A&E attendances decreased by 16%**
- Pharmacy visits increased by 18%**

## Research Confirms

In a randomised trial, research carried out by The National Primary Care Research and Development, found the following:

- Increases in people's confidence to manage their condition.
- Higher energy levels.
- Improvements in quality of life.
- High satisfaction with the course.

## How Do I Book A Place On The Course?

To book your place on the course please send the following details to the programme coordinator at the **Bassetlaw Action Centre** or email: [stayingwell@actioncentre.org.uk](mailto:stayingwell@actioncentre.org.uk) with the details listed below.

Name: .....  
Address: .....  
Postcode: .....  
Contact Tel: .....  
Mobile: .....  
Email: .....

## Course Locations

Please select one of the locations listed below where you would like to attend:

Retford ☐ Worksop ☐

