

Formerly known as Healthy Minds



**Buckinghamshire
Talking Therapies**

The Long-Term Conditions Self- Management Course

Do you struggle with a long-term health condition which impacts your emotional wellbeing?

Our free and effective NHS service can provide you with tailored professional support to help you achieve your wellness goals.



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

Working together to improve wellbeing

How can this course help?

Research has found that if you have a long-term health condition, you may be two to three times more likely to also experience a mental health problem. At Bucks Talking Therapies, we have specialist expertise in understanding the impact of having a long-term condition and have developed strategies that can help you manage. In our experience, attending a group allows you to feel supported by those in similar situations and feel less alone.

Who is the course for?

This course is for people living with long-term physical health conditions who are interested in receiving support for the emotional challenges linked to and caused by their condition. Between 12-16 people will be attending this course.

How long is the course?

This course runs for 8 consecutive weeks, with each session lasting 2 hours. There will also be a short break in the middle.

What will be covered on the course?

Physical health conditions can severely impact mental wellbeing. The aim of this course is to learn techniques to help cope with the impact of these conditions. This will help you to look forward and improve your quality of life, despite your long-term health conditions. While each sessions allows time for discussion, the following techniques and topics will also be covered:

- Learning to live with symptoms
- Identifying your values and setting goals
- Problem-solving
- Activity pacing
- Managing relationships and assertive communication
- Improving sleep
- Maintaining progress and managing setbacks

Who facilitates the course?

The group is delivered by a Cognitive Behavioural Therapist and a Psychological Wellbeing Practitioner who are trained in supporting and teaching clients to learn techniques to improve the self-management of their health condition.

Where does the course take place?

The course will be delivered virtually, over Microsoft teams.

What will I need to bring?

All course materials will be supplied to clients, however, to attend the course, you will need access to a smart phone, I-pad, laptop, or desktop. This device will need to have Microsoft Teams installed and have access to wifi. If you have any questions or concerns about this, please get in touch.

Can I bring my carer to the course?

If you require a carer to attend the group with you, please let us know and we can discuss this with you.



How can I be referred to the course?

If you are a patient with Bucks Talking Therapies, please speak to your Cognitive Behavioural Therapist or Psychological Wellbeing Practitioner to discuss a referral to the course.

If you are not yet a patient with Healthy Minds, please refer yourself by speaking to your GP, visiting: bucks-talking-therapies.nhs.uk, or calling us on **01865 901 600**.

Feedback from previous Live Well Stay Well courses:

One of the biggest benefits of the group was the opportunity to meet other people living lives where every day they face the challenges of a long term health condition. It's been a huge encouragement.

The experience has been excellent at providing me with a good range of extra tools which I am sure I will use frequently as my recovery goes on.

I now feel my life is not over as a result of the stroke

Very relevant topics presented in a professional, friendly and relaxed manner

Terms and conditions of accessing our service

For information on our Terms and Conditions please scan this QR Code:



Or you can visit our website:

www.bucks-talking-therapies.nhs.uk

Patient Advice and Liaison Service (PALS):

Freephone: **0800 328 7971**

Email: **pals@oxfordhealth.nhs.uk**

Oxford Health NHS Foundation Trust
Trust Headquarters, Littlemore Mental Health Centre
Sandford Road, Littlemore, Oxford, OX4 4XN



This leaflet can be made available in different languages

If you would like to have this information translated into a different language, please contact the NHS Bucks Talking Therapies Team at:
bucks-talking-therapies@oxfordhealth.nhs.uk

إذا كنتم ترغبون في الحصول على المعلومات مترجمة إلى لغة أخرى، يُرجى التواصل مع فريق عبر NHS Bucks Talking Therapies البريد الإلكتروني:
bucks-talking-therapies@oxfordhealth.nhs.uk

আপনি এই তথ্য অন্য ভাষায় অনুবাদ করাতে চাইলে, অনুগ্রহ করে হেল্থ মাইন্ডস্ টিম-এর সাথে এই ই-মেল ঠিকানায় যোগাযোগ করুন:
bucks-talking-therapies@oxfordhealth.nhs.uk

如需将此信息翻译成其他语言，请联系 NHS Bucks Talking Therapies 团队：
bucks-talking-therapies@oxfordhealth.nhs.uk

Jeśli chcesz uzyskać informacje przetłumaczone na inny język, skontaktuj się z zespołem NHS Bucks Talking Therapies pod adresem:
bucks-talking-therapies@oxfordhealth.nhs.uk

Se pretender traduzir esta informação para outro idioma, contacte a equipa NHS Bucks Talking Therapies através do endereço:
bucks-talking-therapies@oxfordhealth.nhs.uk

اگر آپ کسی مختلف زبان میں اس معلومات کا ترجمہ چاہتے ہیں تو برائے مہربانی پبلدی مائنڈز ٹیم سے اس پر رابطہ کریں:
bucks-talking-therapies@oxfordhealth.nhs.uk