

## Feedback from Young People, Parents and Clinicians

“Before the programme I was unable to leave the house, and now I do! I feel better about myself being the different one.”

Young person with long term condition

“Loved the fact he was with people that understood him and that he felt comfortable in the group. It's lifted a burden off my family, knowing he's confident, I'm not so anxious.”

Parent of young person with long term condition

“Gives me another treatment modality, which seems to be helpful, it broadens my options, I think it's very appropriate to learn from other people how they are adapting to chronic illness, probably much better than seeing a doctor.”

Psychiatrist in CAMHS

The Self-Management Project is supported by: BBC Children in Need, The Robertson Trust, Nancie Massey Trust, Ponton House Trust, Henry Duncan Award - Lloyds TSB.

**Children's Health Scotland is  
Scotland's only national charity  
working to make sure that all  
children and young people get the  
best healthcare.**

For more information in your language phone  
0131 553 6553

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अपनी भाषा में जानकारी लेने के लिए फोन करें 0131 553 6553

欲想索取閣下所操之語文資料，請致電 0131 553 6553。

Aby uzyskać informacje w Waszym języku, prosimy o kontakt pod numerem telefonu  
0131 553 6553.

Pentru informatii in limba dumneavoastra sunati la  
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## Lothian Self Management Programme

**for Children and Young People with  
long term conditions**



**Children's  
Health Scotland**

**Promoting the healthcare rights and  
needs of children and young people**

## What is Self Management?

Self-management puts people living with long term conditions in 'the driving seat'. It supports and encourages people to access information and to develop skills that will enable them to live their lives on their terms.



The Self Management Programme offers two age specific workshops, one for 8-11 year olds and the other for 12 - 17 year olds.

Workshops are tailored to children and young people's needs, whilst making them fun and useful! We provide a safe space to explore issues, and come up with solutions.

**When:** Workshops are usually held on Saturday mornings for 3 hours on a fortnightly basis. Group size is restricted to 10 people per session. Travel expenses and lunch are provided.

## What happens at the workshops?

### Workshop 1 - Get to know each other

Share a bit about yourself on our **GRAFFITI WALL**; Agree on ground rules and create a **SAFE SPACE**; Set **GOALS** for yourself  
Think about how we **COMMUNICATE**

### Workshop 2 - Exploring life with a long-term condition

What does our **HEALTHCARE** look like?  
Learn about your **NEEDS** and **RIGHTS**  
Chill out with some **RELAXATION** techniques

### Workshop 3 - Learning about change

Connect with the **CHANGE CURVE**  
Learn how to **REFLECT** and identify change  
What is **MINDFULNESS** and how can it help?

### Workshop 4 - Overcoming the hard bits

What **WORRIES** do we have and how can we deal with them in a positive way?  
Get **INSPIRATION** from others  
What are your **COPING** mechanisms?

### Workshops 5&6 - Healthy body & Healthy mind

Discover new ways to stay **HEALTHY**  
Get **COOKING** by making a healthy snack  
Round up the workshops by doing a **FUN** group activity such as bowling, drumming, going for pizza!

## Why should I attend?

- ▶ To increase confidence and self esteem
- ▶ Meet other young people living with long term health conditions
- ▶ Build on your practical skills and try new things (like Mindfulness)
- ▶ Make new friends and socialise
- ▶ Opportunity to volunteer and become a peer supporter



### Some common conditions include:

- ▶ Arthritis
- ▶ Asthma
- ▶ Bowel conditions
- ▶ Cancer
- ▶ Chronic Pain
- ▶ Diabetes
- ▶ Epilepsy
- ▶ Rare conditions and many more!

Visit our website for **workshop dates** and to download a **referral form**

[www.childrenshealthscotland.org/project/lothian-self-management/](http://www.childrenshealthscotland.org/project/lothian-self-management/)