

## Self Management

Self-management gives you the skills to manage your condition. It is crucial for your emotional and physical well-being.

Managing your condition is hugely liberating. As well as benefiting your physical and mental health, it can help in all aspects of life: aiding relationships, reducing workplace stresses, or helping you get back into work, reducing social isolation, to name but a few.

Learning about your condition is the first step in self-management – in particular, how your condition affects you. This can help you to predict when you might experience symptoms, and to think through how to work around them. Through attending self management courses called “Challenging Your Condition” you will be better able to understand your condition and learn a range of techniques to use to help you cope with day to day life.

For more information contact Rhona Guild  
Angus CHP on 01307 474889 or  
e-mail: [rhona.guild@nhs.net](mailto:rhona.guild@nhs.net)

## Angus Long Term Conditions Support Groups

### Arbroath Group

Last **Monday** of the Month in the Boardroom, Arbroath Infirmary, Arbroath, **2 until 4pm.**

### Montrose Group

Meetings Proposed for Last **Tuesday** of the Month Contact us for more information.

### Carnoustie Group

Last **Wednesday** of the Month in the Parkview Primary Care Centre, Barry Road, Carnoustie, **2 until 4pm.**

### Brechin Group

Last **Thursday** of the Month in Brechin Infirmary, Infirmary Road, Brechin, (Meet in MIU waiting area where ALTCSG member will greet you, **PLEASE DO NOT PRESS MIU BELL** for attention), **2 until 4pm.**

### Forfar Group

Last **Friday** of the Month in Academy Medical Centre, Academy Street, Forfar. **4 until 6pm**



Phone: 07901 385279

or

E-mail: [admin@altcsg.org.uk](mailto:admin@altcsg.org.uk)

# Angus Long Term Conditions Support Groups



[www.altcsg.org.uk](http://www.altcsg.org.uk)

# Do You Suffer From a Long Term Condition?

The Angus Long Term Conditions Support Groups were formed by one lady member who took, as the saying goes, “the bull by the horns” and phoned everyone who had recently attended and completed a six week “Challenge Your Condition” Course organised and delivered on behalf of Angus Community Healthcare Partnership.

We all agreed that it was a good idea to continue to meet on a regular basis as we had all become new



friends and found the benefit of sharing our experiences with each other and gaining support from each other once the realisation that we were not alone and that others in the group had similar problems to ourselves.

Although they were not all suffering from the same long term conditions, many were affected in the same way and that feeling of being understood is one that means a lot to us all who attend the course, we were all able to share our thoughts, feelings and emotions in a safe confidential environment, out-with our family circle and with others who suffer a

Long Term Condition like ourselves, and who understood what was being said and were not just saying “you look fine, get on with it”!

The groups run informally with no committee structure as we all take a part in how the groups are organised and run, the groups normally have speaker for the first hour and we all decide who and what we want to hear about, to date we have had talks and taster sessions from local complementary therapists, Angus Care and Repair, Tayside Police, Angus Carers, Tayside Fire and Rescue giving very informative talks and giving out good advice which has an impact on our daily living.

In the second hour of the meeting we normally do some seated exercise, as of our group members is a qualified Vitalyz seated exercise facilitator, as we know the benefits that exercise has to our health, this exercise can be done by everyone and **NO** we don't all get dressed up in leotards and jump about the room, seated exercise as you can see from the picture is a gentle but powerful means of ensuring that all our body muscles are exercised in a safe and relaxed manner, or we may do some relaxation techniques and even a general discussion.



Currently there are four self help support groups in Arbroath, Brechin, Carnoustie and Forfar who meet regularly once a month , so if you have any type of long term condition or you care for someone with a long term condition, you are more than welcome to drop in to see what we do and for a social chat and a cuppa at our next meeting !

**Please see back page for meeting dates and venues.**



We also have a website [www.altcsg.org.uk](http://www.altcsg.org.uk) which contains amongst others a Signpost links page to other condition specific local support groups and websites which offer good clear advice about many different long term conditions, as we found when first diagnosed with our various conditions information was very hard to find, even though there was plenty available, so we have tried to make the information easier to find!

The ALTCSG also has a small library of DVD's, Audio CD's and hard copy information which is available to group member's, details available on our website.