

## **Other ways you can manage your long term condition in Hammersmith & Fulham, Kensington & Chelsea and Westminster**

### **Your GP**

As you know, your GP can provide expert health education and advice. If you have not already discussed your long term condition with your GP or practice nurse, then we recommend making an appointment with your practice to discuss different ways of managing your condition.

### ***Self-Management for Life Online***

*Self-Management for Life Online* is a structured course based on the Expert Patient Programme and is targeted at adults with a long term condition.

Topics covered include:

- Healthy lifestyle advice including sleep, diet and exercise
- Relaxation techniques including ways to manage pain, fatigue and stress
- Better communication with family, friends and health professionals

The course is designed to give patients the flexibility to learn at their own pace alongside trained peer tutors who are available to answer questions and offer support where necessary. It has seven interactive modules, giving patients a range of tools and techniques to manage their long term condition.

For more information or to register telephone 03333 445 840 or email [hello@selfmanagementuk.org](mailto:hello@selfmanagementuk.org).

### **Other online resources**

If *Self-Management for Life Online* isn't right for you, there are lots of other internet-based resources you can try instead. Visit the **NHS website** at [www.nhs.uk](http://www.nhs.uk) for information in multiple formats including video about the best self-management methods for various conditions.

The **People First website** can be found at [www.peoplefirstinfo.org.uk](http://www.peoplefirstinfo.org.uk) and it provides information about health, among other subjects, relevant to the boroughs of Hammersmith & Fulham, Kensington & Chelsea, and Westminster.

We will soon be launching additional websites to share further information with borough residents about self-management, and we will promote these websites on our CCG websites, through the People First website and at local GP surgeries.

### **Are you without internet access? Do you need help developing your computer skills?**

If you don't own a computer you may be able to access one at your local library. There are organisations within your community that offer courses and advice on using computers if you

need help. You can try contacting your local Age UK, Age UK London, your local library or Adult Education Service using the details below to find out what is available.

Hammersmith & Fulham Adult Education Service  
MacBeth Street, London W6 9JJ  
Telephone: 0845 839 7912  
[www.hfals.co.uk](http://www.hfals.co.uk)

Kensington & Chelsea Adult Education Service  
Hortensia Road, London SW10 0QS  
Telephone: 020 7573 3600  
[www.kcc.ac.uk](http://www.kcc.ac.uk)

Westminster Adult Education Service  
Lisson Grove, London NW8 8LW  
Telephone: 020 7297 7297  
[www.waes.ac.uk](http://www.waes.ac.uk)

### **Health Trainers**

Health Trainers provide free and practical one-to-one support and motivation for people living in Westminster, Hammersmith & Fulham and Kensington & Chelsea. Health Trainers provide a free service for residents who need support to improve their health and wellbeing.

Health Trainers are local people, who are qualified to support residents in making healthier lifestyle choices, such as doing regular exercise, eating more healthily, giving up smoking, drinking less alcohol or reducing stress levels.

Over six one-to-one sessions, a Health Trainer will work with you to develop a Personal Health Plan, designed by you and the Trainer together, to identify the areas of your health you want to improve and the actions needed to achieve your goals.

Health Trainers also provide you with information, practical advice and motivational support, and may direct you to other appropriate services for additional help.

For more information about the service:

- Visit [www.londonhealthtrainers.com](http://www.londonhealthtrainers.com)
- Telephone: 020 3137 3373
- Email: [contact@londonhealthtrainers.com](mailto:contact@londonhealthtrainers.com)

### **Diabetes Mentors**

Diabetes Mentors are local people with experience of diabetes who can work alongside you offering support as you manage this condition. If you are interested, please contact Peter Gilbert by telephone on 020 7736 0044 or by email at [peterhgilbert@gmail.com](mailto:peterhgilbert@gmail.com).

## **Type 2 X-PERT Group Education**

Central London Community Healthcare offers a choice of two group education programmes for people with Type 2 Diabetes to help you gain the knowledge and confidence to manage your condition.

### *Option One: X-PERT*

X-PERT is a nationally accredited course for six afternoons or evenings over six weeks. All sessions last for two and a half hours.

Key topics covered include:

- Session 1 – What is Diabetes?
- Session 2 – Weight Management
- Session 3 – Carbohydrate Awareness
- Session 4 – Understand Food Labels
- Session 5 – Possible Complications
- Session 6 – Are you an X-PERT Game

### *Option Two: Introduction to Diabetes Self-Management*

As a taster, attend Week One of the X-PERT course, before deciding whether you will attend all six sessions.

If you would like further information about X-PERT courses in Hammersmith & Fulham, Kensington & Chelsea or Westminster, please contact the Central Booking Office, by telephone on 020 8962 4499, or by email at [cbo@nhs.net](mailto:cbo@nhs.net).

## **Breathe Easy**

Breathe Easy groups provide support and information for people living with a lung condition, and for those who look after them.

This takes the format of regular meetings, usually monthly. At these meetings, people get the opportunity to share their experiences and learn from each other. Regular speakers can talk to the group about how they cope with the emotional aspects of living with a lung condition.

Breathe Easy also raises awareness locally about lung conditions in partnership with the British Lung Foundation.

Every group is different, but many include opportunities to socialise in a more relaxed setting, including the occasional day trip. To find out more about our local Breathe Easy groups contact:

- Breathe Easy Hammersmith & Fulham 03000 030 555
- Breathe Easy Kensington & Chelsea 03000 030 555
- Breathe Easy Westminster 0207 834 0894 - [breatheasywestminster@talktalk.net](mailto:breatheasywestminster@talktalk.net)

## **Mental health and wellbeing**

One in four people will experience anxiety or feel low at some point in their life. If you're feeling low, stressed, anxious or depressed, then there are services available to help you.

Talking therapies are available in all three boroughs for adults aged 18 years and over who are experiencing mild to moderate symptoms of anxiety or depression, including panic and specific phobias.

You can find out more about talking therapies on the NHS website at [www.nhs.uk](http://www.nhs.uk).

The access route to mental health services is slightly different for each CCG, but wherever you live there is plenty of support available.

### *Central London CCG*

For more information about the talking therapies available in Westminster\* and how to access them:

- Talk to your GP
- Telephone our information line on 020 7535 8330
- Visit our website at [www.centrallondonccg.nhs.uk/reachout](http://www.centrallondonccg.nhs.uk/reachout).

\*Queen's Park and Paddington is served by West London CCG below

### *Hammersmith & Fulham CCG*

For more information about the talking therapies available in Hammersmith & Fulham and how to access them:

- Talk to your GP
- Telephone our information line on 0300 123 1156
- Visit our website at [www.backontrack.nhs.uk](http://www.backontrack.nhs.uk).

### *West London CCG*

For more information about the talking therapies available in Kensington & Chelsea and Queen's Park and Paddington, and how to access them:

- Talk to your GP
- You can also visit our new website [www.take-time-to-talk.com](http://www.take-time-to-talk.com) where there is information on how to make a referral.