

Data Protection Declaration

Please note that all personal data is processed in accordance with Data Protection Acts 1988, 2003 and 2018 alongside current GDPR legislation.

Personal information supplied will be held on file electronically and in a secure filing system for one year following programme completion. The purpose of this is to allow for one year post programme follow up.

Your details will be anonymised by the programme coordinator before sharing any data collected with a third party i.e. HSE appointed researcher.

What have people said who have completed the programme?

"Learning you are not the only one that has Depression, getting to know symptoms and also doing the weekly tasks, meeting friends"

"I thoroughly enjoyed participating in the programme. I met wonderful people with other illnesses and this made me feel "not alone" which helped immensely emotionally. I was taught skills in managing my health and I use these skills every day in my life now, which has me happier and healthier so thank you and keep up the good work, it is a fantastic course would recommend it to everyone."

"It made me more aware of my habits and gave me the tools to make positive changes."

How do I take part?

If you are interested in taking part in this programme or would like more information, please contact the programme coordinator as per details below:

Programme contact

Jackie Lynott

Telephone: 094 9034980

Mobile: 087-7185615

Email: selfcaretowellness@mayocil.ie

Web: www.selfcaretowellness.org



Self Care to Wellness Programme

www.selfcaretowellness.org



A programme to help you live well with a long-term health condition(s)



Living with an ongoing or long-term health condition(s) can be challenging. It can be difficult keeping up with the day-to-day routine of taking medications, dealing with symptoms, undergoing investigations and attending healthcare appointments. The **Self Care to Wellness** programme is designed to help you learn ways to manage and deal with many of the symptoms and feelings that are common when you are living with a long-term health condition(s).

What exactly is a long-term health condition?

It is a health condition which last more than 6 months, can be treated and managed but usually not cured and which impacts the quality of your life. Some examples of long-term health conditions include Asthma, COPD, Diabetes, Heart conditions, high blood pressure, Stroke, Arthritis, Chronic Pain, Anxiety/Depression, Multiple Sclerosis.

What is the Self Care to Wellness Programme?

This is a six week programme delivered in 2.5 hour weekly sessions. The programme has a proven track record and is based on a large body of research evidence that shows it is effective.



What will you learn?

- Understanding and managing common symptoms
- Healthy eating and exercising
- Using your mind to help manage physical and mental symptoms
- Communicating effectively with your family, friends and health care team
- Problem solving and decision making skills
- How to set manageable goals
- Managing your medications

What can I expect if I attend this programme?

You will be joined by 12 to 18 other individuals who also have an ongoing health condition. During the six weeks, there will be opportunities to share ideas and tips with others in the group, if you feel comfortable doing so.

Who delivers the programme?

The weekly sessions are delivered by two trained facilitators. Programme facilitators understand the challenges of living with on-going health conditions and use the same tools and techniques that you will be introduced to over the course of the programme.



Who can take part?

- If you are over 18 and living with an ongoing or long-term health condition(s).
- Or
- If you are a carer for someone living with a long term health condition.

If you think this programme could be for you but have additional queries, please contact the programme coordinator who will be able to advise you. You can also check the website: www.selfcaretowellness.org

What does this programme cost?

There is no fee for the programme. We ask for €20 for the manual which is an important part of the programme which you can keep for future reference.

Where?

Programmes will be delivered in areas where there is demand and the venues include local community centres, primary care centres etc.



Participant Registration Form - Self Care to Wellness Programme

Name: _____

Address: _____

Age: _____

Long term Health Condition(s): _____

Contact Details:

Email: _____

Phone: _____

Please tick preference for Programme:

Morning ☐ Evening ☐

I agree to my personal data been held on file for one year:

Yes ☐ No ☐

Please send completed registration form together with €20 to cover cost of programme manual to:

Jackie Lynott
Self Care to Wellness Programme Coordinator
The Mosaic Centre, Garvey Way, Harlequin Plaza,
Castlebar, County Mayo
Email: selfcaretowellness@mayocil.ie
Mobile: 087 7185615

Acceptable methods of payment: Cheque, Postal order or bank draft payable to Mayo Centre for Independent Living. If these methods of payment are not suitable please ring Jackie Lynott for other options. No cash accepted .
* See overleaf for Data Protection Declaration