



# Managing the Challenge

of living with a long term condition

**Free to anyone over 18 in the WHSCT area who want to manage their long term chronic pain condition.**

## Benefits of Managing the Challenge Training

- You will understand your conditions and symptoms better and learn new techniques to manage and improve your health.
- We can help turn down the volume of your pain so that you can live the best life you can in spite of having a health condition.
- It is an opportunity to share the ideas and experience of others in a friendly and supportive environment
- Self-management can help you to be actively involved in your recovery and develop skills empowering you to overcome your problems.
- It uses the latest research on pain management with active participation in the design and delivery from experienced Trust healthcare professionals.

## Develop proven strategies and techniques on how to:

- Communicate better with healthcare professionals and family
- Review your medication
- Sleep more soundly
- Eat mindfully
- Manage your energy levels
- Relax easier, move better and problem solve



**New Programme Date: Omagh Enterprise, Great Northern Road, Omagh BT78 5LU.  
beginning Thursday 15th February 2024 10.30 am-1.00 pm and continuing on the  
22nd and 29th February and the 7th, 14th and 21st March.**



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:  
**Email [mtc@amh.org.uk](mailto:mtc@amh.org.uk) or call 028 66720673.**



@amhNI

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



Western Health  
and Social Care Trust