

## Participant Registration Form - Self Care to Wellness Programme

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Age: \_\_\_\_\_

Chronic/Long term Condition(s): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Contact Details:

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Please tick preference for Programme:

Morning  Evening

*\*I agree to my contact details being passed onto the Self Care to Wellness Programme Co-ordinator for the purpose of contacting me about planned programmes near me.*

Please send completed registration form together with €20 registration fee to:

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

Please tick the below box's to ensure your registration form is completed correctly so as to avoid delays.

Registration Fee enclosed

Form completed with all details

**Acceptable methods of payment:** Cheque 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.

## What are the things people say having completed such a programme

*"To be honest it just felt like I had found the remaining pieces of the jigsaw puzzle. I would wholeheartedly recommend that all patients who have any chronic condition get to avail of this programme."*

*Past programme participant*

*"The most important thing that I have accomplished in the group is learning to speak more openly about my condition. Previously I would not have spoken openly about the level of pain and discomfort that I suffer... the other thing I learned was to set achievable targets or goals for the week ahead... once you have reached your target there is a great sense of accomplishment and pride."*

*Past programme participant*

*"The camaraderie in the room had an uplifting effect. It was very comfortable being with other people with similar conditions. One of the most helpful outcomes of the course is the various relaxation techniques. We were taught about and practised breathing exercises and also used imagination techniques to virtually go to a Happy Place!"*

*Past programme participant*



## How do I take part?

If you are interested in taking part in this programme or would like more information about it, please contact:

**Jackie Lynott**

**Self Care to Wellness Programme Coordinator**

The Mosaic Centre, Garvey Way, Harlequin Plaza,  
Castlebar, County Mayo.

Email: [selfcaretowellness@mayocil.ie](mailto:selfcaretowellness@mayocil.ie)

Mobile: 087 7185615

The programme endeavours' to accommodate specific physical requirements of participants and we ask that these are discussed in advance with the Programme Coordinator to allow for planning etc.



m080/14

# Self Care to Wellness Programme



A self care management  
course for people living with an  
on-going or long term health  
condition



Living with an on going or long term health condition can be difficult and can leave people feeling like they are out of control. This **Self Care to Wellness** programme is designed to help people learn ways to manage many of the symptoms and feelings that are common when faced with long term health conditions. This programme was originally designed at Stanford University in California, USA, and has international research to show it works for people around the world.

## What is the **Self Care to Wellness** Programme?

This is a six week self care management programme for people living with ongoing health conditions. It can help you develop the skills you need to become an active self-manager of your condition and live a happier and healthier life. You decide what is important to you and what you would like to work on.

### Topics covered include:

- Managing pain, fatigue and difficult emotions
- Nutrition and exercise methods
- Communicating effectively with your family, friends and health care team
- Problem solving and decision making
- How to set manageable goals
- Managing your medications

## What does this programme cost?

We ask for a donation of €20 to help cover the cost of materials supplied to participants, refreshments and venue costs.

## What can I expect if I attend this programme?

On the six 2.5 hour weekly sessions you will be joined by 12 to 15 other individuals who also have an on-going health condition. While the programme provides opportunity for individuals to share their experience, if comfortable doing so confidentially within the group is agreed from the outset i.e. personal details shared in the group stay in the group.

Previous participants who have attended this type of programme have reported the following benefits:

- Increased knowledge and self-managing their condition
- Increased self-confidence
- Decreased depression
- Decreased pain

## Who runs this programme?

The weekly sessions are facilitated by two supervised trainers. All of our Trainers understand the challenges of living with on-going conditions and many use the very same health management techniques you'll learn during this programme to cope with their own on-going health conditions.



## Is this a support group or some kind of group therapy?

The **Self Care to Wellness** programme is a practical series of classes that teach new skills. Many people find it supportive, but it isn't therapy!

## Who can take part?

Anyone living with an ongoing or long term health condition, be it physical, mental or neurological is welcome to register. If you think this programme could be for you but have additional queries that you need addressed, please contact the programme coordinator who will advise you.

