

Hepatitis C Life Coaching

Starting early June, dates still to be confirmed

Our Life Coaching Programme has been designed for people living with Hepatitis C. This programme consists of seven, 3 hour sessions, which are delivered on a weekly basis. Our life coaching is underpinned by a cognitive behavioural framework, which is based on the principle that the way you think about events strongly influences the way you feel about them, which in turn, affects the way you behave.

What areas does the Life Coaching Programme cover?

- Equips individuals with more effective thinking and behavioural skills
- Facilitates individuals openness to change through highlighting self-limiting beliefs and emotional barriers
- Raises confidence and self-esteem using techniques to deal with difficult emotions and problems such as anger, frustration, fear, depression, fatigue, pain and isolation.
- Encourages better health through good nutrition, exercise, relaxation
- Facilitates informed choice regarding treatment
- Improves motivation by encouraging realistic personal goals
- Builds internal resources, stability and self-acceptance
- Enables individuals to become their own self-coach

This programme is delivered within a safe and supportive group environment, affording participants the chance to meet other people who are facing similar challenges, helping them to overcome isolation and build a supportive social network. Through discussion and sharing of information participants are encouraged to attain new skills and direction to help them make better informed decisions about managing their condition.

We also offer additional one to one emotional support and individual life coaching sessions if required.

If you are interested, please call Paula on 0131 558 1425 for an informal chat.

Paula McFadyen

Self Management Programme Coordinator

Tel: **0131 558 1425**

email: paula.mcfadyen@waverleycare.org

Supporting people living with HIV and Hepatitis C in Scotland

www.waverleycare.org

Waverley Care Community Projects
3 Mansfield Place, Edinburgh EH3 6NB
Tel: 0131 558 1425 Email: communityprojects@waverleycare.org
Fax: 0131 466 9883

Waverley Care Milestone
113 Oxfords Road North, Edinburgh EH14 1EB
Tel: 0131 441 6989 Email: milestone@waverleycare.org

Scottish Charity No. SC036500

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Service User Forum and Social

Saturday 26th June 2010

Share your ideas, experiences and opinions about Waverley Care Services

All Waverley Care service users are invited to attend our Service User Forum & Social. This is your opportunity to tell us what matters to you about HIV and Hepatitis C Support Services in Scotland.

We need to hear from you, the people who are using, or have used, our services, about your experiences of Waverley Care so that your views can be incorporated into the design and delivery of our services. The forum will allow you to confidentially share your ideas, experiences and opinions with other service users and Waverley Care staff.

A social event will follow the forum where you can meet other service users in a friendly, informal setting.

RSVP - Please contact Rik or Karen on 0131 558 1425 to tell us if you will be attending the event. They will then let you know the time and venue and can also talk about any childcare or travel expenses you may have.

Hope to see you there!

PS. If you can't make the day but would still like to be involved, get in touch and we will let you know about future meetings.

Rik Hodgson

Employment and Skills Worker

Tel: 0131 558 1425

email: rik.hodgson@waverleycare.org

Karen Hamilton

Advocacy & Information Worker

Tel: 0131 558 1425

email: karen.hamilton@waverleycare.org

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Cooking Group

Cooking for fun, cooking for health, cooking for friends

Starting this summer, dates still to be confirmed

Waverley Care is launching a cooking group this summer.

This is a 6 week course which aims to give you some of the basic core skills and confidence needed to cook a variety of delicious meals.

We will be using both conventional cookers and microwaves to cook up some tasty and healthy meals which will be kind to your body and also your wallet.

Places are limited so if you are interested please contact Gaby at Mansfield Place

Gabrielle Mora
Health Promotion Worker
Tel: 0131 558 1425
email: gabrielle.mora@waverleycare.org

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HIV Positive Self Management Programme

Starting September, dates still to be confirmed

Our Positive Self Management Programme provides people living with HIV with practical everyday skills and techniques with which to manage their physical, mental and emotional health. The programme consists of seven, 3 hour sessions, which are delivered on a weekly basis. Sessions are run by two trained facilitators, one of whom is living with HIV.

What areas does the PSMP cover?

- Building confidence and self-esteem, using techniques to deal with difficult emotions and problems such as frustration, fear, depression, fatigue, pain and isolation.
- Goal setting, action planning problem-solving
- Nutrition, exercise and relaxation
- Appropriate exercises for maintaining and improving strength, flexibility, and endurance.
- Communicating effectively with family, friends, and health professionals
- Evaluating symptoms and how to evaluate new or alternative treatments.
- How to best integrate medication regimens into daily life so they can be taken consistently.

This programme is delivered within a safe and supportive group environment, affording participants the chance to meet other people who are facing similar challenges, helping them to overcome isolation and build a supportive social network. Through discussion and sharing of information participants are encouraged to attain new skills and direction to help them make better informed decisions about managing their condition.

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