SELF-MANAGEMENT COURSES - PARTICIPANT INFORMATION SHEET

Who is it for?

Our FREE accredited self-management courses are aimed at adults living with all forms of persistent pain and long-term health conditions. The courses are suitable for people who want to take back control of their lives and are ready to make a positive change.

Waiting lists for treatment in Northern Ireland are at an all time high. Why not do something positive for yourself while you wait?

What will the course offer me?

- Peer support
- Some proven techniques to help manage your pain and condition
- Empowerment to take control of your own health
- Guidance towards you making positive changes in your life
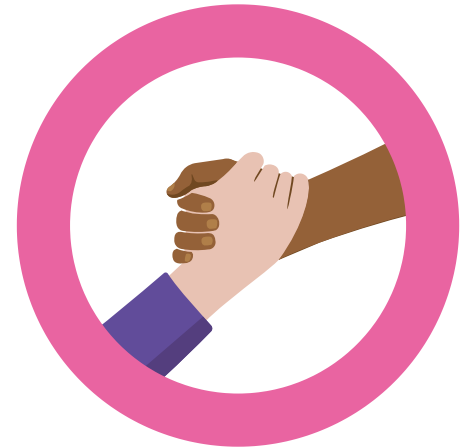
What does the course not do?

- Give you advice, medical or otherwise
- Take the pain and other symptoms away
- Make the change for you

Why should I take part?

"It got me in touch with people like myself with same condition and as I don't go out much I made new friends. I enjoyed it so much"

"I was motivated to re-start exercises which I had recently abandoned. Also I was inspired to look at healthier food such as pulses. I have started to de-clutter possessions because of the course."

I was a bit sceptical about the course but I've told so many people about how much I enjoyed it, my daughter noticed how positive and upbeat I was after every Saturday morning zoom"

Where will this be held?

We offer the courses in a face to face setting and also on-line via MS Teams. All details will be confirmed when you book.

How do I sign up?

You simply need to either ring us on 028 90782940 (please leave a voicemail if there is no answer and we will come back to you). You can also email us on NIreland@versusarthritis.org

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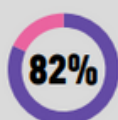
82% reported a definite improvement in the levels of pain they were experiencing by the end of the course.

84% stated that their ability to manage fatigue had improved from taking part in the course.

84% told us they felt that pain wasn't interfering as much in their day to day lives as it had been when they started the course.