

FREEPOST RRJY – ASBJ – AKTA  
EAST LANCS PCT – SELF CARE  
NELSON BB9 5SZ

Fold along line

Cut along line

*self care* • • •  
...because you matter

**“Students spoke very highly of the session, it was well prepared, well presented, very interactive with ample opportunity for students to contribute. Lots of confidence building during the session with visible (student) increased self esteem.”**

**Maureen Kelly, Burnley College**

**“The feedback that I got from the ladies was all good and I am surprised how much they all enjoyed it. I would like to do something like this again. The information that was given and the way the course was delivered and class atmosphere was excellent.”**

**Ithaad Community Development Trust**

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...because you matter

**NHS**  
East Lancashire

**SELF CARE IS PART OF  
EVERYDAY LIFE...**

**and it's all about YOU!**

A Self Care Skills Course will help you to:

- Understand the link between your health and the way you live
- Change unhealthy behaviours
- Increase your confidence and self esteem
- Manage stress and anxiety
- Develop healthy eating habits and increase physical activity levels
- Cope better with minor illnesses



# Self Care for You Courses are available free to anyone over 16 in East Lancashire

This short course is about your health and wellbeing and those you care about. It consists of 6 activities which last 90 minutes each.

## We provide:

- Crèche
- Refreshments
- Support through signposting
- Certificates
- Review sessions
- Personal development opportunities
- Friendly and approachable and professional tutors

Courses will be delivered in your local area around times to suit you.

Please complete and post the attached form (no stamp required) and we will get back to you.

## People who have completed the course have reported that they:

Gained confidence due to the relaxed group atmosphere.

Have been motivated to make positive changes around health.

Enjoyed the interaction and group discussion.

Saw the review session as a new way of comparing benefits of the course.

self care • • •  
...because health matters • • • NHS  
East Lancashire

### Take more control over your health choices



## Course Application Form

Name .....

Address .....

..... Postcode .....

Telephone number .....

Date of Birth .....

Crèche required? YES/NO

Please list any special requirements, e.g dietary, language, adaptation

.....  
.....  
.....

### DATA PROTECTION

I consent to my information being shared for the purpose of this course.

I understand that my information will not be transferred to any other services/organisations.

Signed ..... Dated .....