

Angus Arthritis Forum

For adults affected by any type of Arthritis. A relevant talk by a health care or other professional and a chance to ask questions and socialise with others over a cuppie. No need to book, no charge, and patients can bring a friend or family member for support. This forum rotates around Angus localities, with 4 meetings per year.

Angus Diabetes Forum

For adults affected by Type 2 diabetes. A relevant talk by a health care or other professional and a chance to ask questions and socialise with others over a cuppie. No need to book, no charge, and patients can bring a friend or family member for support. Patients may attend any forum that suits them, not just the one in their own locality.

Chronic Pain Self Management Course

For adults living with persistent pain. These courses are run by *Pain Association Scotland* over a 5 week period, and **places must be booked in advance**. Each session lasts 2.5 hours over an afternoon, and patients will get most benefit from attending the full course. The next course starts on **Monday 25th February 2019 in Monifieth. Dates of further courses in 2019 are awaiting confirmation**. You can refer a patient who would like to attend by contacting us with their name, address and phone number - **please explain to them that these details will be shared with Pain Association Scotland, who will be in touch with full joining instructions**. Courses run throughout the year, rotating localities in Angus.

Pain Association Scotland also run free monthly chronic pain self-management training sessions in Arbroath, Forfar and Dundee, for which no referral is required. Patients can attend at any point in the year, and the topics for each session are advertised in advance - further details can be found via their website <http://www.chronicpaininfo.org> or by phoning 0800 783 6059

Other options for Chronic Pain - for patients who are unable to attend the 5 week pain course, there is the option of an online programme called Pathway Through Pain, which guides them through a set of pain management techniques that help reduce the impact of pain on daily life. Patients can follow this course at their own pace in their own time. You can refer a patient for this course by providing their name and a contact telephone number to achppatientcourses.tayside@nhs.net

Fatigue Self Management Course

For adults living with persistent fatigue. Courses, which are delivered by a multi-disciplinary team over a 4 week period, run throughout the year, rotating localities in Angus. The next course will start **on 16th October in Arbroath and the course after that will begin on 5th February 2019 in Forfar (please note different start date to that previously advertised)**. **Places must be booked in advance on these courses**, and this can be done by emailing your name and email address / contact phone number to achppatientcourses.tayside@nhs.net

Online Self Management course for any Long Term Condition - to support adults to develop the tools, techniques and confidence to better manage their condition on a daily basis. A 6 week internet based course run by Self Management UK, with participants logging on at times to suit them, for a total of 2 hours per week. A patient can be referred for this course by providing their name and a contact telephone number to achppatientcourses.tayside@nhs.net

If you would like further information about any of these self management options, please contact the Primary Care Development Team on 01307 474889 or achppatientcourses.tayside@nhs.net

If patients would like to receive direct email updates from us regarding forum topics and dates, they can also contact us at this email address.

Kind Regards, Primary Care Development Team
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