



Is Self Management important to your organisation?

Do you want to:

INFLUENCE policy effectively?

INFORM your members/staff about self management?

CONNECT with other LTCAS member organisations?

“COSMIC Resources” (Champions Of Self Management In Care)

Flexible training tools to influence Self Management in Scotland

cosmicresources.org.uk

Working together to support Self Management

Chest Heart & Stroke Scotland (CHSS) have developed the “COSMIC Workshop”
The training aims to support people in promoting Self Management in Scotland.

Available free to your organisation from cosmicresources.org.uk

How can I use this training material?

- **As a Full Two Day Course**, to equip your members with the **knowledge and skills to influence the strategic agenda on Self Management** and improve local health and social care services.

Or choose to attend:

- **Day 1 on Self Management**
To enable your members to explore and value the breadth of **Self Management**.
- **Day 2 on Having Your Say**
To **give your members the skills and confidence to be public representatives** to become involved in planning, monitoring and improving services.
- Use individual sessions from either day and adapt them for your organisation's focus and needs.

CHSS are available to support adaptations of the sessions for The Alliance member organisations.



What does the course include?

Day 1

- Understanding the broad range of what constitutes Self Management and the role of the champion
- Exploring the various models of Self Management
- Recognising the support available to help people manage their condition.

Day 2

- Understanding health and social care organisational structures and how they influence Self Management.
- Recognising how to work effectively with professionals.
- Identifying the issues linked to Self Management and how to present these effectively.

For more information contact:

Voices Scotland
Chest Heart & Stroke Scotland

Rosebery House, 9 Haymarket Terrace, Edinburgh EH12 5EZ
Tel: 0131 225 6963 • Email: voicesscotland@chss.org.uk