

Get in Touch

To find out more or please contact
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referrals@thistle.org.uk.

www.thistle.org.uk

Company No. 24409
Charity No. SC 016816



INVESTOR IN PEOPLE

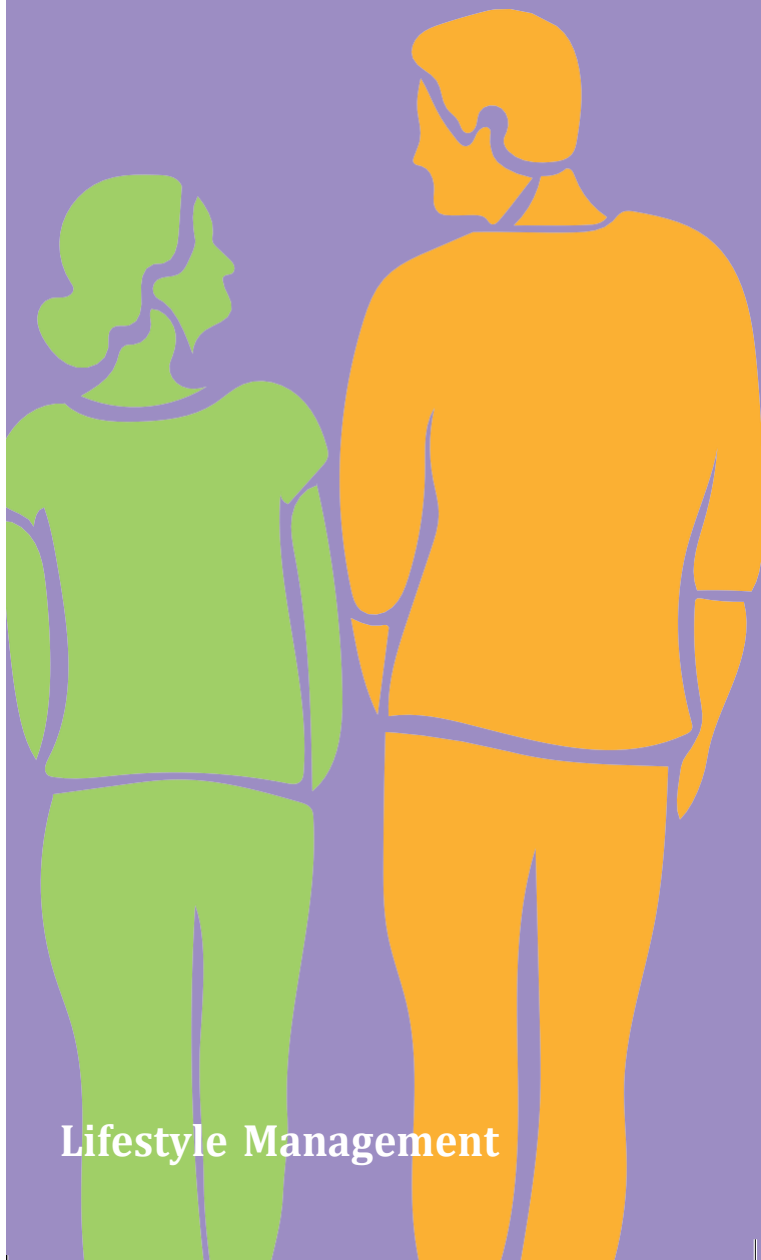


QUALITY
SCOTLAND

Thistle Trust

thistle
Foundation

Living with
a long term
health condition?



Lifestyle Management

Lifestyle Management

Are you stressed, struggling to cope or living with a long term health condition?

Thistle's Lifestyle Management course could help you learn techniques that will reduce stress and give you the tools you need to manage better and live well.

Why choose us?

We believe that people are resourceful and capable of dealing with life's challenges, but sometimes lose touch with the abilities that help us cope. With the right support, you can turn things around, start to manage your condition better and get back in control.

At Thistle we focus on you, not your condition, and ask what matters, not what is the matter.

Our Lifestyle Management courses support you to take control of your life so that you can really, truly live it and do the things that matter to you.

We work at your pace and from whatever point you are at in your life.

What's involved?

The first step is to get in touch. You can choose to meet one of our team members who will want to get to know you and learn what you hope to get from coming to Thistle.

Once we've had a chat, we can work with you to choose what support will be helpful. Some people choose to work individually with one of the team, while others choose to take part in a Lifestyle Management course.

Lifestyle Management courses

If you choose to participate in a Lifestyle Management course there are 10 weekly group sessions. Each lasts three hours, and includes discussion, safe and appropriate physical activity, and therapeutic relaxation.

Week 1 Getting started (20th October)

Week 2 Sleep (27th October)

Week 3 The effects of stress and benefits of relaxation (3rd November)

Week 4 Pacing and energy management (10th November)

Week 5 Getting active and motivated (17th November)

Week 6 Pacing and prioritising what's important (24th November)

Week 7 Communication skills (1st December)

Week 8 The mind-body connection (8th December)

Week 9 Preventing, minimising and recovering from relapse (15th December)

Week 10 Reflection and forward planning (22nd December)

Course Details:

Day: Thursdays

Time: 10.30 am - 1.30 pm

Venue:

Fife Renewables Innovation Centre,
Ajax Way, Leven KY8 3RS

'I am much more confident. I am thinking clearer about the future and am better able to communicate calmly and clearly in the face of difficulties. I'm finding ways round difficulties instead of being frozen and doing nothing.'

