

## Self-Management Service



Children's Health Scotland offers a Self-Management Service for children and young people with long-term health conditions.

The Self-Management Service is a Programme of face-to-face workshops and is available for children and young people living in, or able to travel to, the Lothians.

Two SMS Programmes are available, one for children aged 9 to 12 and one for young people aged 13 to 17 years.

## What happens after the Programme?



Once you have finished the six-week Programme, you will be invited to join our SMS:CONNECT Hub – an online community space where you can keep in touch with us and the young people you met on your Programme if you would like to!

## Interested?



To find out more please contact the friendly SMS team:

- By email: [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org)
- By phone: **Beth Davidson 07483 973 320**
- You can also complete our online form or download a referral form: [www.childrenshealthscotland.org/service/lothian-self-management/](http://www.childrenshealthscotland.org/service/lothian-self-management/)



Children's Health Scotland

# Self-Management Service

A FREE Group Programme for children and young people living with long-term health conditions in the Lothians



Find us on:



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

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# Who are Children's Health Scotland?



Children's Health Scotland is the only charity in Scotland which is dedicated to promoting and championing the needs of all children, young people and their families. We offer a range of Children's Health & Wellbeing services focused on five key areas:



1. **Expertise & Information to help you access the best quality health services.**



2. **A National Voice for promoting the universal recognition of your healthcare needs and rights.**



3. **1:1 support to improve your life experiences.**



4. **Training & resources to ensure that your needs are properly identified.**



5. **Health-Related Play may help you physically, mentally and emotionally to cope with health conditions.**

*"We would like to thank you massively for the help and support that you have given our whole family over the past year. We can never thank you enough for all you have done."*

- Family of child with heart condition

# What is Self-Management?



*"Before the Programme I was unable to leave the house, and now I do."*



Self-Management means improving the relationship that you have with your health and wellbeing and building your confidence and self-esteem. We will support you to access information and develop skills to cope with your health condition and meet other young people living with health conditions.

Self-Management does not focus on managing a specific health condition but empowers young people to manage their own health and wellbeing.

*"I've gained more confidence around new people and talking about my condition."*

Living with a long-term health condition can be overwhelming and isolating. During the Programme, you will meet other young people who understand how it feels to cope with a health condition.

Workshops have an informal atmosphere with a mixture of activities and games to help you get to know other young people on the Programme and have fun!

We listen to children and young people and we adapt our Programmes to meet your needs and concerns.

It is normal to feel nervous about attending something new. Our friendly team will support you through the Programme.

# What happens during the Programme?

## Where and when?

We will meet in Edinburgh once a week for six-weeks. Groups will have between six and ten people your age, and two coaches will work with each group.



Our final session is always a fun social activity! This can be an indoor activity, such as bowling or crazy golf, or an outdoor activity, like climbing or a beach BBQ!

**Don't live in the Lothians? Try SMS:CONNECT - our online Self-Management Service for children and young people living with long-term health conditions. To find out more information, contact the SMS team.**

## Why should I attend?



**The SMS Programmes can help you build:**

- Confidence
- Self-esteem
- Coping and relaxation skills
- Communication skills
- Friendships and connections
- Access to social activities
- Opportunities for volunteering and peer mentoring