What our participants say about us

“I found the informal nature of the course and sharing of experiences (with) various people (who have) different chronic medical conditions very stimulating. Topics covered certainly impacted not only on self-managing and understanding of my own condition but also on my perception of some of my experiences.”

“My wife and I would like to put on the record how much we have enjoyed the course. The course is certainly of tremendous benefit to elderly people living with medical conditions. It clearly focuses on the fact that a medical condition does not mean the end of the world. We have to accept the reality with courage and adjust to new situations and circumstances.”

“I thoroughly enjoyed the course and I am now able to take more control of my long-term condition than before.”

“The self management uk course crosses the cultural, gender and age divides – and it is a sure way to enable the patient to be independent and able.”

“I would like to thank my doctor for recommending the six-week course. This self-management course has opened my eyes to how much I had lost sight of living my life...This course made me realise only I can take control of myself.”

“I have a lot more confidence in everyday life, which I did not have before attending the course, as I do suffer from anxiety...it has been an invaluable experience for me, and I hope others can benefit from it the way I have.”