



How the Long Term Conditions Project Helped Janet

Janet from Wooler could not walk without the aid of a stick and a great amount of pain, but following the completion of the Long Term Conditions Project, she now has a new lease of life!

“When I first started the programme, I had to use one stick and hold onto the windowsill for support, which was probably more of a confidence issue than a physical one. By the end of the programme I was joining in with everyone else with no support. That felt great. My posture has improved a lot and I get a real sense of achievement when I do a little job around the house”.

“The group trainers get rid of all your negative thoughts about your health conditions and keep you moving. It’s a really worthwhile programme and anyone who feels they want to improve their outlook on life should sign up”.



Get involved

If you are interested in joining the Long Term Conditions Programme and would like more information about how we can help you, please contact:

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Are you living with a long term health condition?

We can help you to **achieve your goals!**

Living with Long Term Conditions Project



www.ageuk.org.uk/northumberland

How can we help you?

The Long Term Conditions Project offers you a free, tailored programme of holistic health improvement to help you to regain control of your health and love later life!

We will provide information and advice on how to manage health conditions through:

- **Exercise and lifestyle activities**
- **Weight management**
- **Diet and healthy eating**

The specially designed exercises will help to improve muscle strength, endurance, breathing, flexibility, balance and ultimately help you to better manage your health condition. Gentle exercise activities are part of the programme and working together in groups will keep you motivated and focused on improving your health.

What if you have never exercised before?

Don't worry, everyone has to start somewhere and you're already taking a step in the right direction by thinking about getting more active.

The programme is free to anyone who wants to achieve the best quality of life and learn how to do more to live better. The courses are delivered in community venues across Northumberland and groups benefit from sharing experiences and celebrating success.

Is this right for you?

Age UK Northumberland is experienced in delivering exercise and falls prevention classes, with a special focus on training for long term health conditions.

If you are living with one or more of the long term conditions listed below, you could be eligible to join our free programme:

- **Arthritis**
- **Diabetes**
- **Chronic Obstructive Pulmonary Disease**
- **Heart Disease**
- **High Blood Pressure**

When you register your interest with our Health and Wellbeing Team, we will undertake a health assessment with you and your progress will be measured. The programme is extremely flexible and will change to suit your needs to ensure that you achieve your goals.