



Conversations about HIV positive self-management programme

The aim of the programme is to support and help people living with HIV and those who support them, to build confidence in self-management and maintain active and fulfilling lives.

This programme consists of two and a half hour sessions, once a week for six weeks, in community locations and online. Sessions are facilitated by two trained people who either live with HIV or those who support them.

Website : www.eppcymru.org

Email : EPPCymru@wales.nhs.uk

Topics covered include:

- 1 **Ways** to deal with uncertainty, new challenges and how to organise your day
- 2 **Mind and body** - exercise for staying healthy, flexible, and strong
- 3 **Making decisions** on practicalities of life
- 4 **Sex, intimacy and disclosure**
- 5 **Evaluating symptoms**
- 6 **Healthy eating**
- 7 **Communicating effectively with family, friends and your health care team**

Each person who attends will receive a copy of the book, Living a Healthy Life With Chronic Conditions (on loan for the 6 weeks), and a relaxation CD or link, **Relaxation for Mind and Body**, to keep.

Through group discussions, mutual support, learning and practising new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives whilst meeting new people on the way.



Does the programme replace existing programmes?

This programme does not replace existing support and aims to help people move on from their diagnosis and lead a better life. More information of what's in your area will be available at the sessions.

How was the programme developed and evaluated?

The **Positive Self-Management Programme** has been adapted from the Chronic Disease Self-Management Programme (CDSMP).

These sessions have been co- produced by people living with HIV, supported by Public Health Wales and other partner organisations



Positive Self-Management

Living with HIV

Education Programmes for Patients (EPP Cymru) develop and deliver Self-Management Courses for adults across Wales

