

Contact Us

South West Neuromuscular ODN
Office 7, Level 1, Gate 18 Brunel Building
North Bristol NHS Trust
Southmead Hospital Bristol
Southmead Road
Westbury-on-Trym
BRISTOL BS10 5NB

Tel: 0117 41 41184

E-mail: swneuromuscularodn@nbt.nhs.uk

Website: www.swneuromuscularodn.nhs.uk

The SW Neuromuscular
Operational Delivery Network
is hosted by:

South West Neuromuscular Operational Delivery Network



Living Well with a Neuromuscular Condition

A Six Session Course

What is the aim of the Living Well with a Neuromuscular Condition Course?

The course explores the emotional and physical impact of living with a neuromuscular condition. In so doing, participants are given the opportunity to develop knowledge and skills that can help manage the challenges that their health status can lead to.

Why have I been asked if I would like to attend this course?

Attendance on this course is by invitation only. It is designed to equip people with the 'tools' to cope and adjust to having a diagnosis of a long term neuromuscular condition. You may have been recently diagnosed and are finding it hard to adjust to having this condition, or, you may have a long standing diagnosis but need some further support in coping with your condition.

What does the course involve?

It is a six week course that is run by a Specialist Psychologist in partnership with a Specialist Physiotherapist and Neuromuscular Advisor.

It consists of six 2¹/₂ hour sessions on the following topics:

Session 1	The challenges of living with a neuromuscular condition
Session 2	The emotional impact of living with a neuromuscular condition
Session 3	Improving sleep and managing thoughts and feelings (Mindfulness)
Session 4	Understanding pain
Session 5	Ways to manage fatigue
Session 6	Self-management and goal setting

In the guided sessions you will be joined by six or seven people, who also have a neuromuscular condition. However, there will be lots of opportunity for you to share your own ways of coping and adjusting and learn from each others' experiences.

How might this course help me?

Previous participants have reported finding the course helpful in a number of ways, including:

- Meeting others living with a neuromuscular condition and having the opportunity to share ideas and experiences.
- Feeling more confident in putting into practice strategies that could help with adjusting to the neuromuscular condition.
- Identifying goals and ways to work towards these.
- Having access to the knowledge of the specialist team.

What have previous participants said about the course?



- I didn't feel so isolated. It was really helpful meeting others with similar conditions.
- Having experts on hand to ask questions was great and everything was explained in full so we could understand it.
- Knowing that my thoughts of anger and guilt are not uncommon.
- Being able to discuss feelings, problems and actually saying "I feel rubbish" without being judged.
- I found certain parts of the course very interesting and have taken away some of the skills/knowledge with me.
- Some of us will continue to meet up after the course ends!



How do I find out more?

If you think you would be interested in attending the course, please contact your Neuromuscular Advisor or call the South West Neuromuscular Network's office on 0117 41 41184 and we will be happy to answer any questions.