



Do you live with a long term condition?

Do you want to:

INFLUENCE self management services?

EXPLORE self management principles?

HAVE YOUR SAY on health and social care policy ?

COSMIC Workshop (Champions Of Self Management In Care)

Working together to support Self Management

Chest Heart & Stroke Scotland (CHSS) have developed the “COSMIC Workshop”. This training aims to support people in promoting Self Management in Scotland. Available free to help you have your say on health and social care policy and decision making.

What does the course include?

Day 1 on Self Management

- Understanding the broad range of what constitutes Self Management and the role of the Champion of Self Management
- Exploring the various models of Self Management
- Recognising the support available to help people manage their condition.

Day 2 on Having Your Say

- Understanding health and social care organisational structures and how they influence Self Management
- Recognising how to work effectively with professionals
- Identifying the issues linked to Self Management and how to present these effectively

Complete a full two day course or you can choose to attend either day.

For more information contact:

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