

"I worry about things more than I used to"

"I feel depressed"

"I m not as active or heathy as I want to be"

"I visit the doctors a lot"

Do any of these apply to you?

"I struggle with my medication"

"The leaflets I am given aren't easy to follow"

"I don't have many people to talk to"

COPD & Asthma

Coronary Heart Failure

Do you have one of these Long Term Conditions (LTC)?

Epilepsy

**Diabetes
(Type 1 & 2)**

Osteoporosis

If so,



Could help you.

We are a new service aiming to help and support to people aged between **40** and **74** with managing their long term conditions and lead a healthier lifestyle.

Speak to your **GP** for a referral with
Paul



First Contact Clinical