

# VHS Conference November 2016

## Working Together to Combat Isolation Session

Action for Sick Children Scotland  
[www.ascscotland.org.uk](http://www.ascscotland.org.uk)





# Lothian Self Management Programme

**Self management  
workshop programmes for  
children and young people  
(one for 8 to 11 and the  
other for 12 to 17 year  
olds) living with a long  
term health condition.**

**For more information contact:**

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**Action for Sick Children  
SCOTLAND**

**Diabetes \* Asthma \* Chronic Fatigue (M.E.) \* Inflammatory Bowel Disease \* Epilepsy \* Other Chronic Conditions**



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'I'm more confident talking to other groups about my condition. Before I never used to talk to people I didn't know and at the groups I spoke to everybody, and I did not know any of them. Now I get involved with others. I went on a trip to Alton Towers a couple of weeks ago and in groups I started to do stuff with my friends.'

*Cameron 13 years*

‘Before the  
Programme  
I was unable to  
leave the house,  
and now I do.’

*Young Person*

‘Instead of feeling  
excluded she was  
included, that made  
her happier and  
makes us happier.’

*Parent*

‘He benefitted from being with others with  
chronic illnesses and realised he’s not alone’.

*Renal Nurse*