

Why get Involved? We believe self management programmes and PPGs have a shared ethos and common goal:

The will to improve a patient's experience, support individuals to manage their own health and to foster an effective partnership between person and professional.

- Hear the voice of patients who would not normally attend PPG meetings.
- Focused project for the PPG, with evidence-based outcomes.
- Help meet the rising demand for self management programmes as a result of QOF revision*
- Excellent training and support that is free, local and internationally recognised.
- Be innovative – this project, if successful, could influence how self care is systematised nationally. We can be the leaders!
- Identify efficiencies and improve services by helping people to help themselves.
- Potential limited funding to support incidentals of project delivery.

PPGs have an increasingly important role to play in giving patients a say in the way services are delivered to meet their needs. You can shape the model and make it work for your practice.

Interested?

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*Quality and Outcomes Framework - local indicators are changing. Self management programmes are now recommended for anyone with a long-term health condition

Dudley Self Management Programme

PPG Project



Dudley
Metropolitan Borough Council

Who are we? Dudley Self Management Programme are a team of staff and volunteers who deliver self management programmes across the Dudley borough.

Expert Patients Programme

For people living with any long-term health condition

Diabetes Self Management Programme

For people living with type 2 diabetes

Looking After Me

For carers looking after someone living with a long-term health condition or disability (we also have a programme especially for people who care for someone with dementia)

Each programme runs for 2½ hours each week for 6 weeks. Programmes support people to manage the symptoms/challenges of their condition (or caring role) better on a daily basis.

Volunteer tutors, who have personal experience of living with a health condition (or caring role), deliver the programmes from a scripted and licensed manual. Drawing on their own experience of the benefits of self care, they motivate and empower participants by building their confidence, knowledge and skills to help gain control of their health and wellbeing. This leads to a happier, more confident person living an independent, fulfilling and quality life.



Our vision is to revolutionise 'peer support' and self care in Dudley.

We believe that Patient Participation Groups (PPGs) are ideally placed to host self management programmes within their own practices, thereby increasing availability and improving access to self care for patients with long-term health conditions (and carers). Self management improves quality of life, enriches patients' experience and relationship with the practice and has great potential to enhance (or even establish) a robust PPG.

We will support PPGs with the skills and the training needed to deliver licensed and quality assured programmes, enabling patients to deliver to patients in a standardised and evidence-based way.

We will work collaboratively with PPGs, Practices and the CCG and any other necessary stakeholders to co-produce the model by sharing knowledge, expertise and experience.

Opportunities for working collaboratively across locality areas could offer further choice and build resilience into the system.