

# West Dunbartonshire Long Term Condition Self Management Assembly



Do you or someone you know live with a  
long-term health condition?

Want to know more about the condition  
and support to help you?

**SEPTEMBER 2025**

## **Why** a Long-Term Condition Self-Management Assembly?

Living with a long-term health condition means that you will spend an average of less than four hours a year directly with a clinician - the rest of the time, managing your condition is down to you. Having the right tools in place can help make that journey easier.

## **Why** West Dunbartonshire?

Public Health Scotland's Burden of Disease (SBoD) study is a national and local population health surveillance system which monitors how diseases, injuries and risk factors prevent the Scottish population from living longer lives in better health. In nearly every category West Dunbartonshire is higher than the Scottish average for dying prematurely and having a disability for a longer period.

West Dunbartonshire CVS would like to thank the organisations taking part in our Long-Term Condition Self-Management Assembly, helping us signpost the citizens of West Dunbartonshire to the best information, support, knowledge and training available.

Self-management can

- Empower you
- Allows you to feel in control of your condition and
- Can also help improve your health.

So once again thank you for your support and have a great day.

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Miller Lane  
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G81 1UJ

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[www.wdcvs.com](http://www.wdcvs.com)





# ASK ACCESS

**One connection for community services  
across West Dunbartonshire**



**Call Ask Access on Tel: 0141 280 0129**

**Contact us**  
**info@wdcvs.com**

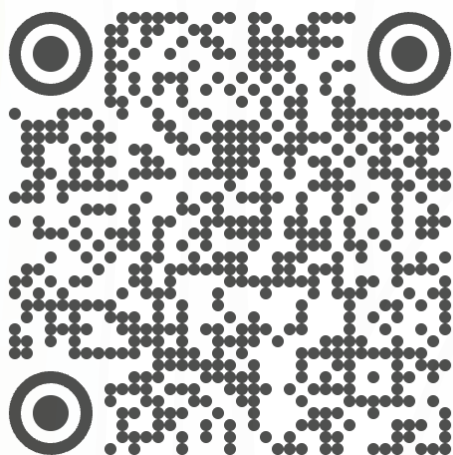


**wdcvs**   
*With communities, for communities!*



# OPPORTUNITIES ON YOUR DOORSTEP

...volunteer your  
time, for your  
community



0141 941 0886



Bipolar Scotland is Scotland's charity for people living with bipolar, offering invaluable support within West Dunbartonshire and across Scotland. We offer help in the form of support groups, one-to-one support for people who have received a recent bipolar diagnosis and self-management training geared towards empowering people with practical tools to improve their lives. Each month within West Dunbartonshire individuals living with bipolar (as well as their friends and family) are invited to connect via:

- A monthly online support group held on the second Wednesday of the month, offering a safe, welcoming environment to share experiences, gain insight, and feel heard in a practical, positive, solution-focused way.
- An in-person group meeting at Concord Community Centre, Dumbarton (G82 1LJ), every fourth Wednesday of the month, providing opportunities for face-to-face peer support and connection.

Both groups are entirely free, are run by trained volunteers and prioritise peer support. Our support groups provide a safe space where you can 'talk to someone who gets it'. To sign up for a group or to find out about any of our other services, please visit our website.

<https://bipolarscotland.org.uk/>

Our services provide an empowering, holistic approach to long-term condition support combining the comfort of peer support with the strength of self-management learning.





# ∞ cahonas

## TESTICULAR CANCER EDUCATION AWARENESS AND SUPPORT

### TALKING BALLS. SAVING LIVES!

At Cahonas, we're dedicated to making sure everyone knows how to check themselves for testicular cancer - because early detection saves lives. Our education and awareness sessions reach schools, workplaces, sports clubs, and communities across Scotland, giving people the knowledge and confidence to spot the signs early when treatment is most effective and survival rates are highest.

But our work doesn't stop there. For every man in Scotland diagnosed with testicular cancer, we provide a "You've Got This" Cancer Care Pack. Packed with practical items to make hospital visits and treatment a little easier, plus information and resources for both body and mind, it's a simple but powerful way of letting men know they're not facing this journey alone.

We also run a growing peer support programme, connecting men through one-to-one conversations, meetups, and community events. Supported by those with lived experience, it's a safe space to share, listen, and find strength at every stage of the journey - from diagnosis through treatment and beyond.

And for support anytime, anywhere, there's the Check One Two Podcast. Featuring real stories, expert advice, and open conversations about life during and after testicular cancer, it's become a vital resource for men and families across Scotland and beyond.

Together, through education, awareness, and support, we're breaking down stigma, saving lives, and standing beside everyone affected by testicular cancer.



# BREAST CANCER NOW

The research &  
support charity

WHATEVER BREAST CANCER BRINGS, WE'RE HERE.

We're Breast Cancer Now, the research and support charity. However someone is experiencing breast cancer, we're here. Whoever you are, and whatever your experience of breast cancer, you can turn to us. Whether you're dealing with a diagnosis, managing side effects, working out life during or beyond treatment – or supporting someone who is.

We have free services that give those affected by breast cancer the support they need, in the way that works best for them. We can be there over the phone, in person or online. Our services are designed to work alongside clinical care. We offer the chance to talk to others going through the same thing, so there's space to share experiences and concerns. Our expert nurses are on hand to listen to whatever someone is going through. And we have courses that help people manage living with, or adjusting to life beyond, treatment.

**Visit [breastcancernow.org](https://breastcancernow.org)**

**Call us free on 0808 800 6000**





## **NHS 24**

NHS 24 is Scotland's provider of digital and telephone-based health and care services. Their services include:

- 111 – providing urgent care triage for anyone who thinks they need A&E, but it is not life or limb threatening, support for those in mental health distress and advice when their GP, pharmacy or dental practice is closed.
- NHSinform.scot - Scotland's online health information service that offers quality assured health and care information including - Symptom checker, Scotland's Service Directory and Mental health advice and resources.
- Breathing Space a free and confidential phone and web chat service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.
- Care Information Scotland (CIS) a phone, webchat and website service providing information about care services for people living in Scotland.
- Quit Your Way Scotland an advice and support service for anyone trying to stop smoking in Scotland.
- Living Life a phone service that offers support to people in Scotland who are experiencing low mood, mild to moderate depression or symptoms of anxiety through cognitive behavioural therapy (CBT).
- The 'NHS 24 Online' app provides people in Scotland an additional channel to find out more about your symptoms, how to safely self-manage illnesses and conditions, and when and where to seek further medical advice if required.

NHS 24 Online is free and can be downloaded on both iOS and Android devices.





pancreatic  
cancer  
**action**

Saving lives through early diagnosis

**panact.org**

For more information about pancreatic cancer and Pancreatic Cancer Action, please get in touch.



0303 040 1770



enquiries@panact.org



panact.org



@PancreaticCancerAction



@OfficialPCA



pancreatic\_cancer\_action



Saving lives through early diagnosis

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Trusted  
Information  
Creator



Patient Information Forum



## **Welcome to AAF: Your Support Network**

### **Would you know what to do if someone next to you was having an asthma attack or an anaphylaxis episode?**

At AAF, we strive to ensure that as many people as possible can confidently answer "yes" to this important question. Our mission is to support individuals living with asthma and anaphylaxis, as well as their support networks.

### **What We Offer:**

- **In-Person Workshops:** We provide engaging workshops at schools, community centres, and businesses to educate and empower individuals.
- **Online eLearning:** Access our comprehensive online courses at your convenience, designed to equip you with essential knowledge.
- **1-on-1 Support:** Personalised assistance is available for those seeking tailored guidance and advice.

Our goal is to ensure that everyone living with asthma and anaphylaxis receives the best support and information to lead their best lives. Join us in making a difference!

[www.asthmaandallergy.org.uk](http://www.asthmaandallergy.org.uk) Contact:  
[vicki.rae@asthmaandallergy.org.uk](mailto:vicki.rae@asthmaandallergy.org.uk) or call 01224 973001.





## See differently

RNIB is the UK's leading sight loss charity. A representative from RNIB Scotland's Social Action team will be attending the event to provide information on a range of sight loss topics. Whether you are seeking advice or would like to chat about available aids, RNIB is here to help.

Our Social Action team is also keen to raise awareness of sight loss. Tell us about any challenges you are facing in your local area such as inaccessible venues and transport or difficult-to-navigate street clutter. We want to encourage society to be more inclusive for everyone and we need your help to do it.

If you need further support, speak to one of our advisors by calling our helpline: 0303 123 9999. RNIB is the UK's leading sight loss charity.

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## About the MS Society

The MS Society is the UK's leading charity for people affected by MS. For 70 years we have been at the forefront of support, research, and campaigning to improve the lives of people with MS. We are the largest charitable funder of MS research in the UK, transforming our understanding and treatment of the condition.

Our free MS Helpline offers emotional support and information to anyone affected by MS including benefits and legal advice.

Across the UK our local groups bring people together to reduce isolation and offer support with events, exercise classes and support.

Our campaigning work helps to improve the rights of people with MS and their carers.

To donate, or see more information about MS, our research, support or campaigns visit [www.mssociety.org.uk](http://www.mssociety.org.uk)

## About MS

More than 17,000 people in Scotland, and more than 150,000 people in the whole of the UK, live with multiple sclerosis (MS)\*.

MS is a condition that affects the brain and spinal cord. This impacts how people move, think and feel.

Symptoms are different for everybody and often invisible. MS is the most common neurological condition among young adults. Most people are diagnosed in their 30s or 40s, but it can affect people of all ages, ethnic backgrounds and genders.

\* The figures were published by the MS Society and established using data from The Health Improvement Network (THIN) Database (a Cegedim Property Database). This work uses data provided by patients and collected by the NHS as part of their care and support.



## **Pain Concern**

Pain Concern is a UK-based charity that supports people living with chronic pain and those who care for them. The organisation produces reliable, accessible information across multiple platforms, including the Airing Pain podcast, Pain Matters magazine, expert-led leaflets, and a comprehensive website. Social media is also used to share the latest updates and resources.

Support is offered through a dedicated helpline, where trained team members with lived experience, provide information and a listening ear. Pain Concern also hosts a vibrant online community on Health Unlocked, offering a space for individuals to connect, share experiences, and support one another.

Pain Concern offer free Mindfulness and Pain Education sessions which will give you a better understanding of your pain to help you manage your condition more effectively in the long term.

In addition to information and support, Pain Concern is active in research, policy, and campaigning. The charity's work includes projects like Breaking Barriers and the development of the Self-Management Navigator Tool. Pain Concern is a member of key advisory groups and works in partnership with organisations such as the British Pain Society and the International Association for the Study of Pain to advocate for improved pain services and greater awareness.

**[www.painconcern.org.uk](http://www.painconcern.org.uk)**





Breathing Space is a free confidential listening service run by NHS 24.

Breathing Space provides vital phone and webchat support to people who are experiencing distress in their lives. Our guiding principle is that "you matter, we care". You do not have to give a reason for calling.

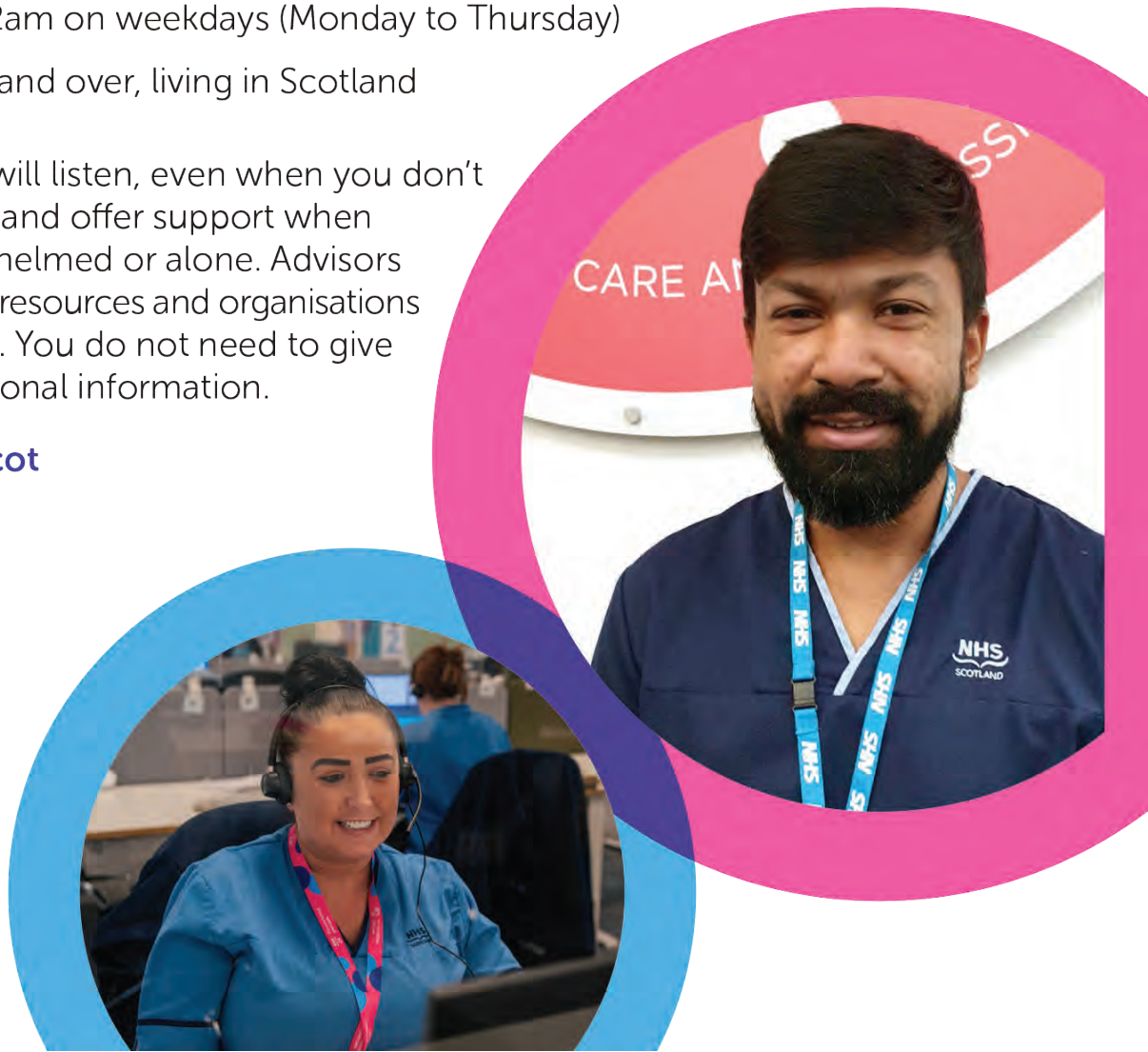
You might feel nervous about picking up the phone and unsure about what to expect. Our advisors appreciate this and will give you the time to talk and be listened to.

If you are experiencing low mood, depression, or anxiety, contact Breathing Space on:

- 0800 83 85 87  
or the webchat service at [breathingspace.scot](https://breathingspace.scot)
- 24 hours at weekends (6pm Friday to 6am Monday)
- 6pm to 2am on weekdays (Monday to Thursday)
- 16 years and over, living in Scotland

Experienced staff will listen, even when you don't know what to say, and offer support when people feel overwhelmed or alone. Advisors may suggest other resources and organisations where appropriate. You do not need to give your name or personal information.

[breathingspace.scot](https://breathingspace.scot)





# VERSUS ARTHRITIS

## UK DELIVERY ACTIVITY - SCOTLAND



Versus Arthritis is here to make sure that people with arthritis have all the support and information they need to live well with their condition. Alongside volunteers, healthcare professionals, researchers and friends, we do everything we can to push back against arthritis.

Together, we continue to develop breakthrough treatments, campaign relentlessly for arthritis to be seen as a priority and bring people together to support each other and improve our health, through self-management and physical activity.

Throughout Scotland we provide a variety of services for people of all ages, including:

- Our 5-week Self-Management Programme
- Information and Support Talks on various topics
- Peer Support - Community Networks
- Physical Activity classes - Tai Chi / Chi Me/ Chair-Based Yoga

On the day, members of our team will be on hand to provide attendees with a variety of information booklets and resources, or to answer any questions you may have about activity within your areas.



Email: [Livewell@versusarthritis.org](mailto:Livewell@versusarthritis.org)

Phone: 0141 251 0300

Or visit our website: <https://www.versusarthritis.org/in-your-area/scotland/>

Facebook: [/ScotlandVersusArthritis](https://www.facebook.com/ScotlandVersusArthritis)

Twitter: [@ScotVArthritis](https://twitter.com/ScotVArthritis)

Versus Arthritis: Registered Charity England and Wales No. 207711, Scotland No. SC041156.



## Specialist support for Huntington's disease families

Huntington's disease is caused by an inherited faulty gene that damages the brain over time, robbing people of the ability to walk, talk, eat, drink and care for themselves.

In addition to complex physical symptoms, the disease affects thinking processes (cognition) and also leads to mental illness such as depression, anxiety and psychosis.

Its hereditary nature means families are impacted over generations. Each child of a person with Huntington's has a 50/50 risk of inheriting the disease.

Worldwide research brings hope that a cure or treatment will one day be found.



Scottish Huntington's Association is the only organisation in the country dedicated exclusively to supporting Huntington's families.

Its expert and personalised services reduce hospital admissions; support carers and other family members; lower household poverty; and alleviate wellbeing risks to children and young people living in Huntington's families.

For families across Scotland, the charity provides a lifeline that makes the difference between coping and not coping.

# WALKING FRIENDLY WEST DUNBARTONSHIRE



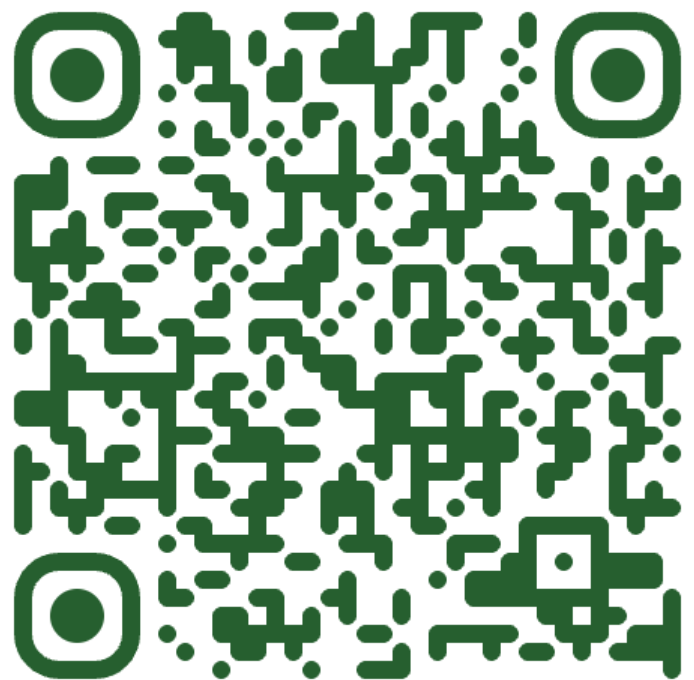
Did you know a 30 minute walk a day could help keep the doctor away?

Many people think of walking as recreational and not really exercise, but that daily walk can be hugely beneficial to your health - and it's free to do!

Find a local walk using  
our photo route maps



Find an organised  
walking group.



Not sure where to start... Contact us and we can talk through options of how you can get involved

[wdcvs.com/social-walks/  
walking@wdcvs.com](https://wdcvs.com/social-walks/walking@wdcvs.com)  
0141 941 0886





## **48 People a day die from cardiovascular disease in Scotland. 48 people every single day!**

Heart Research UK, Heart of Scotland Appeal exists to raise money in Scotland for Scotland so that we can start to tackle these shocking statistics – until there are no more deaths from heart diseases.

Around 700,000 people are living with heart diseases in Scotland. Through the generosity of our supporters, the Heart of Scotland funds lifesaving medical research to find new treatments and cures plus supports people across Scotland to keep their hearts healthy. Whatever you can donate or help to raise in Scotland, is spent right here in Scotland.

For further information, please contact: - Lynn Stewart

E: [lynn@heartresearch.org.uk](mailto:lynn@heartresearch.org.uk)

M:- 07565 440443

W:- [heartresearch.org.uk](http://heartresearch.org.uk)

Scottish Charity Number SC053550





## **NHS Greater Glasgow and Clyde's Patient Experience and Public Involvement (PEPI) Team**

The PEPI Team supports NHS Greater Glasgow and Clyde (NHSGGC)—Scotland's largest health board—in listening to and learning from the experiences of patients, carers and the public. The team ensures that people's voices are central to service design and improvement, helping the organisation in the way in which it delivers and designs its services.

The PEPI team supports the organisation in undertaking a wide range of patient, service user and public engagement to ensure the voice of people is at the centre of service delivery. The team manages feedback systems for the organisation such as Care Opinion, supports staff with training and best practice, and monitors themes and trends in patient experience to inform decision-making. Their work helps NHSGGC continually improve how people are involved in shaping services that meet their needs.

### **PEPI Team services and resources**



**Share your feedback**



**Consultations and engagement**



**Involvement Groups And Networks**



**Feedback And Engagement – Staff Resources**





## **Prostate Scotland COMPASS project**

Prostate Scotland's **COMPASS** project aims to help men and their families across Scotland navigate prostate cancer through a range of support and wellbeing services.

In partnership with Maggie's and Ayrshire Cancer Support, Prostate Scotland work to bring the **Living Well with Prostate Cancer** course for men diagnosed with prostate cancer to men with prostate cancer across Scotland.

The course comes after research with men diagnosed with prostate cancer by Prostate Scotland highlighted that 93% were satisfied with the medical care and treatment they received, but there was a clear need for more support on living with the disease.

Specifically designed for men undergoing or having recently finished treatment for prostate cancer, the course runs over a 6-week period. Men meet others in a similar situation and discuss various topics including managing side effects, the practicalities of living with prostate cancer, diet, exercise and everything in between.

The course is free and each session lasts around an hour and a half. 100% of the men who have attended to date would recommend the **Living Well with Prostate Cancer** course to others.

For more information visit <https://www.prostatescotland.org.uk/> or call 0131 603 8660.

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