



**Energise Health**

Generating hope. Transforming lives.

## ENERGISE RECOVERY PROGRAMMES FACTSHEET

*The journey of recovery is “an on-going, personal process, which aims to allow the person to have a satisfying life despite the limitations posed by their condition”.*

*- Acharya & Aguis, 2017*

### The Importance of Self-Management

Self-management is simple, powerful and cost-effective. It can be harnessed to support the health, wellbeing and quality of life for people with injuries and long-term health conditions.

According to the Health Foundation (2011), “*self-management can have benefits for people’s attitudes and behaviours, quality of life, clinical symptoms and use of healthcare resources*”. It also “*leads to higher self-efficacy and subjective wellbeing, improved clinical outcomes and a reduction in visits to health services by as much 80%*”.

### Energise Recovery Programmes

Energise Recovery is a series of facilitated educational Recovery Facilitation Programmes (RFPs) designed for people at varying stages following injury or diagnosis of long-term health conditions.

The courses provide a strong foundation for recovery and condition self-management by:

- Educating Participants about typical body-mind responses, including pain, stress, anxiety, depression, poor sleep, reduced activity and energy levels
- Supporting Participants to develop a personalised toolkit of practical, evidence-based strategies to manage these responses
- Teaching Participants how to integrate these strategies into their daily lives.

	<b>Energise Recovery</b>	<b>Energise Recovery 4Life</b>
<b>Suitability</b>	6 weeks to 6 months post injury or diagnosis	6 months or more post injury or diagnosis
<b>Modules</b>	<ul style="list-style-type: none"><li>• Energy, Recovery &amp; Bodily Sensations (including pain)</li><li>• Thoughts &amp; Emotions</li><li>• Movement &amp; Activity (including fatigue)</li><li>• Sleep</li><li>• My Energise Recovery Toolkit</li><li>• Energising Your Recovery in the Future</li></ul>	
<b>Length</b>	6 weeks (10 hours, including 5 taught sessions & course work)	
<b>Fees</b>	Self-Referrals: £300   Third Party Referrals: £475 <i>Discounts available on our website and upon request.</i>	
<b>Referrals &amp; Enquiries</b>	Make an enquiry or download our referral form via our <a href="#">website</a>	