

**OWN  
YOUR**



**Find it difficult to do things you enjoy because of  
your asthma?**

**You are not alone!**

**learn to control your asthma with confidence.**

**Be inspired • Be informed • Be involved**

**FREE Asthma Self-Management Programmes  
for 10-11 years olds**

"When we made our own action plans, this helped me be more organised and focussed on a set target. And also learning about what asthma actually does inside the body."

"I enjoyed it! The videos, nurse led activities, and self management circles were helpful"

"It was very successful and it helped me understand my asthma and how to manage myself."

"I had fun and made new friends!"



**For more info or to make a referral, call or email**

**07747 564 076/ 0207 527 1214**

**[whh-tr.ypself-management@nhs.net](mailto:whh-tr.ypself-management@nhs.net)**

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