



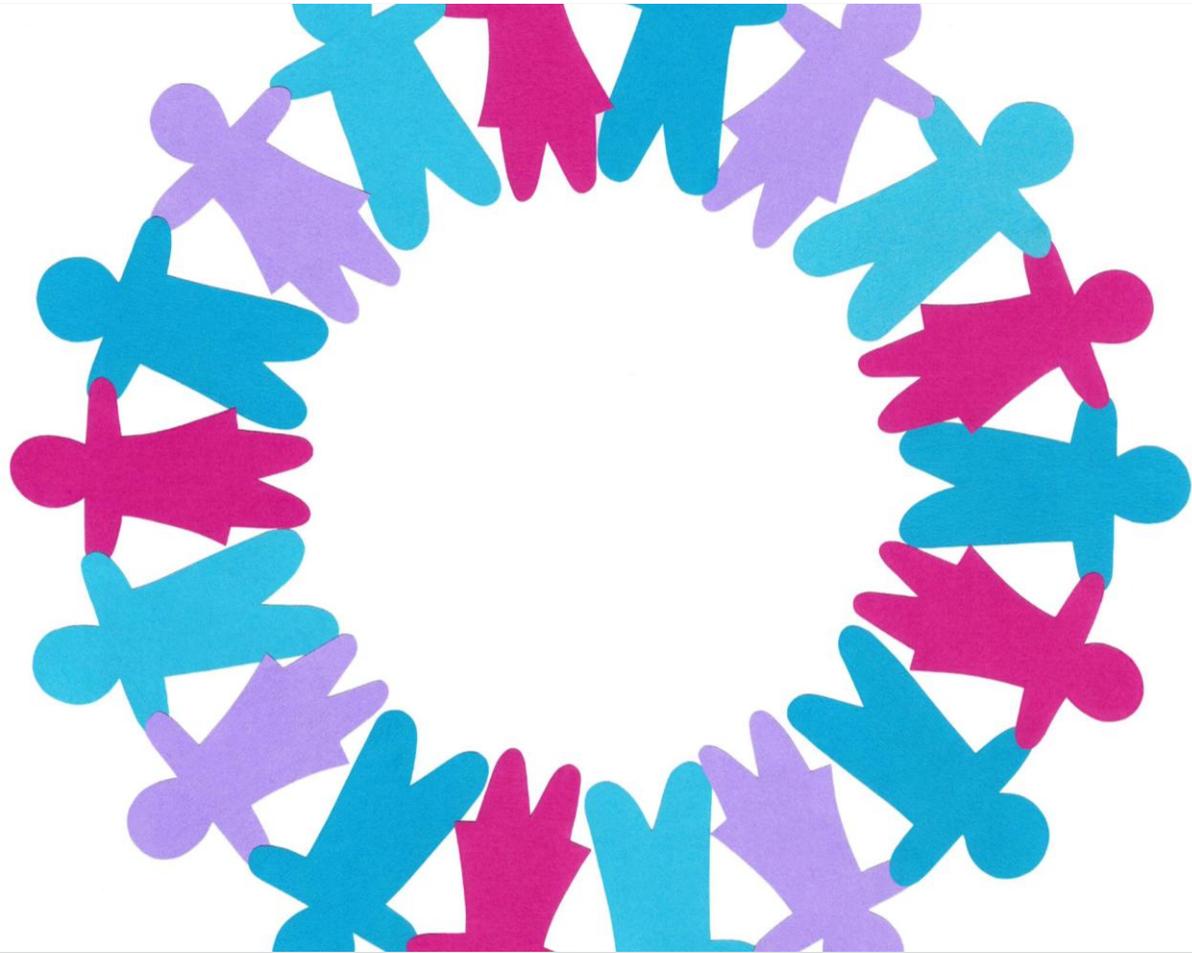
Cradling Culture C.I.C – LTC Support Programme

Empowering communities through
long-term care initiatives

CRADLING CULTURE C.I.C – LTC SUPPORT PROGRAMME

Programme Overview

- Integrated Support Initiatives The programme combines education, peer development, and lifestyle interventions to support individuals living with long-term conditions. Primary...



EDUCATIONAL FOUNDATION PROGRAMME

Project 1: Educational Foundation

- Programme Structure and Focus A 2-3 week online learning programme targets six participants with diverse long-term conditions for condition-specific education....



PEER DEVELOPMENT WORKSHOP

Project 2: Peer Development Workshop

- Workshop Structure The workshop spans three weeks and includes interactive discussions and expert-led educational content. Peer Support and Sharing Participants...



SHORT-TERM LIFESTYLE INTERVENTION

Project 3: Lifestyle Intervention Programme

- Personalised 1:1 Guidance The programme offers tailored one-on-one support to help participants set and achieve health goals effectively. Flexible Delivery...



INTEGRATED PROGRAMME PATHWAY



Programme Integration and Progression

- Sequential Learning Pathway The programme guides participants through a structured sequence from foundational knowledge to behavioural change for effective condition...