**Roy Anderson – LGOWIT Community Networker**

LGOWIT it's one of these strange titles that people wonder what it stands for. So it really stands for, ‘Let's Get On With It Together.’

**Joanne McCoy – LGOWIT Project Co-ordinator**

We were set up 10 years ago now, so this is about our 10th birthday, and really it was to give equitable access to support across NHS Highland.

**Roy Anderson – LGOWIT Community Networker**

Basically what we do is we support people who have different forms of long-term condition to self-manage their health and well-being.

**Sodirakis Kakouris – LGOWIT eLearning Development Officer**

Suuport is basically in the classroom based scenario and we run a 5 week course, 2 and a half hours a week over 5 weeks. And we introduce people to like-minded people and they start supporting each other.

**Mary O’Hara – LGOWIT Course and Communications Administrator**

I think there is so much in the various different tips, skills and techniques that we explain throughout our toolkit and through the course that clearly me so much to the people attending the course. From the feedback, I mean some of the feedback is so heartwarming to hear what people say about it but also, you know, just looking through it, looking through the toolkit and picking up tips and reminding myself about things I've learnt in the past and forgotten in the stress of every day life.

**Allison Elder – LGOWIT Volunteer Trainer**

I like the participation aspect of the volunteering, you know, it's not a trainer type of thing, it’s participatory, you know, and I really like that. I like the idea that we’re going to be sharing information and sharing tips and, you know, sharing stories. I like that. That was really, more than any of the other volunteering people that are out there so that’s what appealed to me.

**Mary O’Hara – LGOWIT Course and Communications Administrator**

And we really do get on with it together and it’s a most satisfying experience working for LGOWIT.