

I am interested in the Expert Patients Programme. Please send me details.

The Expert Patients Programme

Name

Address

Tel. No

Email



“ Before EPP my long-term health condition used to limit me. Now I manage my pain relief, I’m active and have taken back control of my life. ”

**Do you have a long-term health condition?
Then this could be for you!**

“ When I look back I realise I had given up hope of ever being able to live a normal life... now thanks to EPP I have a life! ”

The Expert Patients Programme (EPP) A free self-management course to help you take control of your life

If you would like this leaflet in another format or language, please call 01432 364463 or email Sue.Tobey@wvt.nhs.uk



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Return to:
Expert Patients Programme
Quality & Safety, Trust HQ,
County Hospital, Hereford HR1 2ER

What is the Expert Patients Programme?

A FREE self-management course where YOU take control and improve your quality of life. EPP helps make you an expert in living your life to the full with your condition.

How long is the course?

2 ½ hour sessions (including breaks) each week for 6 weeks.

What does the course cover?

- Dealing with pain, fatigue and stress
- Healthy eating and exercise
- Relaxation techniques
- Planning for the future
- Communication skills

How does the course differ from hospital patient education classes?

Hospital classes give important information on coping with your specific condition. EPP gives you the opportunity to find out what you can do for yourself, and complements information given by health care professionals.

Who can take part?

The course is available to anyone over 18 living with any long-term health condition regardless of what it is, such as arthritis, diabetes, asthma, back pain, MS, ME, Parkinson's disease, depression. It is tutored by trained volunteers who themselves have long term conditions. Courses are held at various locations throughout Herefordshire.

I feel more confident, less isolated, and armed with a wealth of information to enable me to obtain a better quality of life.

How can it help you?

- Learn ways to manage your condition more positively
- Increase confidence
- Improve general health
- Gain more community involvement
- Share experiences with others in similar situations
- Improve communication with health care professionals, family and friends



Take control of your life

contact the Expert Patients Programme now for more information

Expert Patients

Programme Wye Valley NHS Trust

Tel: 01432 364463

Email: Sue.Tobey@wvt.nhs.uk

Or alternatively complete the form on the back and return to our address

www.expertpatients.co.uk

I found the course enlightening, positive and very beneficial. An empowering process for people struggling to cope with a long-term condition.