

To:
**Expert Patients Programme,
 Whittington Health,
 Partnership Primary Care Centre,
 331 Camden Road,
 London N7 0SL**

Take part in the Expert Patients Programme
 - a free course for people living with long-term
 health conditions and carers



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 Please

How has the Expert Patients Programme helped others?

“ My health condition has improved greatly since the Expert Patients Programme. It has been a very beneficial experience. I feel a lot more confident now. ”

“ It’s been a great help to be able to see and speak to people with the same problems. ”

“ The Expert Patients Programme helped me go from thinking I can’t to asking how can I? ”

“ I’ve started swimming again which I never thought I would do. It’s given me a new lease of life. ”

“ Being involved in the Expert Patients Programme gave me my life back... Now it’s not just a struggle and rest, but joy too. ”

Contact us

To find out more or to register on a course, please use the tear-off form or contact the:

Whittington Health,
 Partnership Primary Care Centre
 331 Camden Road London N7 0SL

Tel: 020 7527 1189 (Islington) 020 7527 1707 (Haringey)
 E-mail: whh-tr.self-management@nhs.net

If you have a question or concern about Whittington Health Services, please contact our Patient Advice and Liaison Service (PALS):

PALS and Complaints Service, Patient Relations Office,
 Whittington Health, Whittington Hospital,
 Magdala Avenue, London N19 5NF

Tel: 0207 288 5551 Fax: 0207 288 5822 Text 07825 420944
 E-mail: whh-tr.whitthealthPALS@nhs.net

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Whittington Health **NHS**



Do you have a health problem?

Do you care for someone with a health problem?

Want to live healthy and feel more in control?

Expert Patients Programme (EPP)
 For people with long term
 conditions and carers
 Islington/Haringey



Take part in the Expert Patients Programme to manage your health

The Expert Patients Programme (EPP) is a free, six-week course that can help you cope with your health condition, find solutions to common problems and feel more in control.

If your life has been affected by arthritis, chronic fatigue, depression, diabetes, heart disease, pain or any other long-term condition, or you are a carer for someone with health problems, the Expert Patients Programme can help you.



How can the Expert Patients Programme help you?

By taking part, you can learn to:

- Manage symptoms including pain and fatigue
- Cope with depression or feeling low
- Find solutions to common problems
- Deal with stress and worry
- Practice relaxation and better breathing
- Communicate better with family and friends
- Put new ideas into practice with the support of others who are facing similar challenges
- Develop confidence to take more control of your condition and improve your health
- Set goals and pace yourself
- Gain healthy lifestyle tips and advice
- Live well with health problems
- Live well as a carer



What more do I need to know?

- The course lasts six weeks. Each session is two-and-a-half-hours.
- The groups of up to 16 people are friendly, relaxed and informal.
- The course is for people who live, or have a GP in Islington or Haringey.
- Courses are available on different days and times, in accessible community venues.
- The course is run by tutors who live with long-term health conditions. They can give practical advice based on their own life experiences.
- There is a break for refreshments.
- Training materials are provided.
- Courses are in demand so book early to avoid disappointment.

Call us or post this form back to us

For more information or to register on an Expert Patients Programme please call:

The Self-Management Co-ordinator

on 020 7527 1189 (Islington)

020 7527 1707 (Haringey)

or email whh-tr-self-management@nhs.net



Alternatively, please fill in the form, tear this section off and post it to us (stamp required). Please add the appropriate information:

First name	
Surname	
Telephone	
Address	
Post code	