

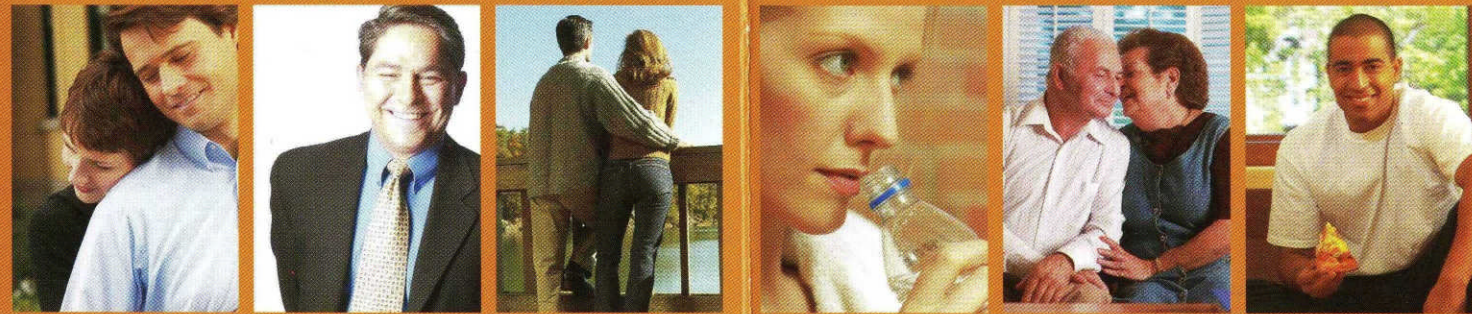
**"Patients  
are more  
than their  
illness!"**

**expert patients**

What makes the **Expert Patient Programme** special is the sharing of skills and experience with other people who are used to dealing with the same things as you.

**It is about what you can and want to do.**

For some people, it also means that they go on to become trained tutors themselves.



**Contact details**

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Herefordshire **NHS**  
Primary Care Trust

**Do you want  
help to manage  
your long term  
health condition?**

**Expert Patients  
Programme**

**Is it for you?**

### What is the Expert Patients Programme?

The Expert Patients Programme (EPP) is a new NHS initiative to help people who are living with long term conditions to maintain their health and improve their quality of life. It is a course that helps you to take control of your condition and make a difference to your life.

### Who is the course for?

Anyone who is living with a long-term health problem, regardless of what it is. People with conditions such as arthritis, asthma, diabetes, heart disease, ME, MS, and Parkinsons have all benefited.

*"It made me re-assess my condition realistically."*

*"I have learned skills that have made a real difference to my life"*

*"I appreciated the group support"*

### What does the course offer?

The course is about learning important skills to:

- Manage your symptoms
- Deal with stress, depression and low self-image
- Manage pain
- Develop coping skills
- Relax
- Eat healthily
- Work more closely with those caring for you
- Plan for the future

### What does it cost?

Nothing except a commitment to attend regularly!

### What does the course involve?

Six sessions, each lasting two and a half hours (including breaks) held weekly. It is very varied. There are short talks and lots of opportunities for participants to share ideas and to make individual action plans to improve their health and well-being.

### How is the course different from hospital patient education classes?

Hospital classes give important information about how to cope with your particular condition. This course complements that information and gives you the chance to find out what you can do for yourself. The training is led by people who themselves have a long-term condition.

### What if my worries are different from those of other people?

Experience and research has shown that, whatever your condition, the things you have to deal with on a day-to-day basis are similar – tiredness and pain, for example. The course gives you the opportunity to put into practice the skills you learn with the support of others who are facing similar challenges.

### How do I find out more?

For more information about an EPP course in your area, please complete the form and return to the address on the back of leaflet.

I am interested in the Expert Patients Programme.

*Tick as appropriate*

Please ring me to talk about it

Name

Tel. no.

Preferred day of week

Preferred time: day  evening

*Or*

Please send me details of courses

Name

Address

Postcode