"I really enjoyed attending the Expert Patients Programme. Through the course I was able to learn how to manage my condition better, to keep positive and manage my time much more efficiently."

"I would highly recommend this course to anyone who is living with a long-term condition."

"Living better with self management"

For details about Expert Patients Programme courses in your area contact:
EPP coordinator
Learning and Development Centre
Enderby Road
Scunthorpe
DN17 2JL

ExpertPatients@northlincts.gov.uk
01724 298421 / 8409
What is the Expert Patients Programme (EPP)?

The EPP is a free six week course for anyone living with any long-term health condition.

It is run over six weekly sessions by trained tutors who are also living with a long-term condition.

The EPP aims to help you take more control of your health by learning new skills to manage your condition better on a daily basis.

How can it help you?

By taking part in an EPP course, you will:

- Learn new skills to manage your health condition
- Develop confidence in the daily management of your specific condition
- Meet others and share similar experiences
- Learn about developing more effective relationships with healthcare professionals

Who can take part?

Anyone over 18 living with one or more long-term health conditions.

The course looks at the following topics and others:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Relaxation techniques and exercise
- Healthy eating
- Communication with family, friends and health professionals
- Positive planning for the future

“By sharing skills and experiences with others dealing with similar situations, you learn to focus on what you can do, rather than what you can’t.”

“If you take on board the information and honestly give it a fair chance, you can change aspects of your life.”

“Fabulous! Life changing.”

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