

“Meeting new people on the course made a huge difference to my life. I found the course exciting, informative and motivating.”



“The programme gave me real strength and made me want to get out and about more than I used to, even though it's difficult for me to walk for a long time.”



“It has been a great help just to be able to speak to people with the same problems.”



“It's incredible how much empathy the tutors on the programme have with you. Because they have been through the same thing, they know how it feels.”



“The EPP course has made me realise that I can have some say over my pain and not let it dictate my life.”



“It gave us the strength we needed to handle our conditions, to appreciate ourselves again and not get down about being ill.”



Are you living with a long-term health condition?

- **free courses for all!** Courses take place in community or NHS venues and are available throughout the year.

- Light refreshments and training materials are provided free of charge.
- Courses are much in demand, so early booking is recommended.



For more details on future EPP courses in Harrow, please contact:

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PO Box 57
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Harrow HA1 2XF

Tel: 020 8420 9525
Email: tim.hoyle@harrow.gov.uk

The photographs used are for illustrative purposes only. The people featured are not necessarily the same as those quoted.

We can help you to manage your condition better and **enjoy life more**



Join our free, local Expert Patients Programme

These relaxed and friendly, six week courses help you find more effective ways to manage your illness

Learn how to better control your health condition

Small, informal groups of no more than 16 people work together to help you to **develop your confidence**

"I have met lots of interesting people from all sorts of backgrounds, with all sorts of conditions and, from them, also learnt lots of new skills to manage my condition."



The Expert Patients Programme (EPP) is a six week course for anyone over the age of 18 living with a long-term health condition, who would like to find ways to manage their illness more positively in order to improve their quality of life.

People with conditions such as arthritis, heart disease, back pain, multiple sclerosis, depression and respiratory conditions (eg COPD, asthma, chronic bronchitis, emphysema) have all benefited from the programme.



The course is led by trained tutors who have experience and an understanding of living with long-term health conditions.

Topics covered include:

- Dealing with pain and extreme tiredness
- Coping with feelings of depression
- Communicating with family, friends and health professionals
- Healthy eating
- Planning for the future



EPP courses run for six weeks from the start date. We have courses running throughout the year. Places are strictly limited and are likely to be very popular, so if you'd like to take part on the next course, book early to avoid disappointment.

To book onto one of these courses, please contact the EPP Manager Tim Hoyle on:

T: 020 8420 9525

E: tim.hoyle@harrow.gov.uk

