

Are you interested in attending?

### Expert Patients Programme interest form

Please complete this form, fold in half, seal and post. No stamp needed.

Mr/Mrs/Miss/Ms: \_\_\_\_\_

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Where did you pick up this leaflet?  
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## Don't just take our word for it!

*"The impact it's had on my life has been amazing; a real lasting effect." – Paul B*

*"It has helped me organise my life and medication better." – Dr Aggarwal*

*"I can sum EPP up in one word; hope." – Paul H*

These are all things that local people have had to say about our EPP programme. We've also made short films about how their lives have changed, thanks to EPP. Watch their inspiring stories on our website, or call us to borrow a DVD copy.

**Get in touch** To find out more, visit our website or use the contact details below. You can also return the form in this leaflet.



**01977 665732**

[admin.epp@swyt.nhs.uk](mailto:admin.epp@swyt.nhs.uk)

[www.WakefieldEPP.co.uk](http://www.WakefieldEPP.co.uk)

[www.facebook.com/ExpertPatients](http://www.facebook.com/ExpertPatients)

#### Your feedback is welcome

We invite you to share any comments, compliments, concerns or complaints you have about the Trust. Please speak to a member of staff or contact our customer services team on 0800 587 2108 who can also provide help in understanding this information.

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South West Yorkshire Partnership   
NHS Foundation Trust

## Self management course

If you have an ongoing illness or condition, we have a course that could also change your life.

*It's changed my life in an unbelievable way.*

*– Chris S*

*I haven't looked back.*

*– Gina S*

Our self-management course – known as the **Wakefield Expert Patients Programme (EPP)** – is a free NHS course, run by people like you, and it puts you back in control of your condition.

The course can teach you new tools and techniques to manage your health and improve your wellbeing. This leaflet tells you more.

*My confidence has returned.*

*– Janet W*



With all of us in mind

## Nobody knows you better than you know yourself. So, doesn't it make sense that the same will be true when it comes to managing your health condition?

Our self management course – the Wakefield Expert Patients Programme (EPP) – compliments existing care you get from the NHS by helping you understand your health better – we can help you become an expert in managing your own condition.

EPP is run by your local NHS. It is free of charge, informal and friendly and you may even find it could change your life.

## Who is the programme for?

It is for anyone with an ongoing illness or condition who wants to learn new skills for managing and improving their health. People who have already benefitted from the course have a range of conditions.

Come along and listen, share experiences and discuss issues. You can participate as much or as little as you wish.

## What is the programme?

It runs for 6 weeks and each session lasts for 2.5 hours. It is held in local community venues where you take part in group discussions or activities. You get to meet new people, have fun and, most importantly, feel better.

## How can the programme help me?

It is designed to put you in control of your health – to make you an expert in managing your own wellbeing. Through a set of tried and tested techniques the course has been shown to increase confidence and help you feel better and more in control.

## What do you learn?

Weekly sessions help give you tools, techniques and confidence to manage your condition better. We cover a wide variety of topics including:

- Managing symptoms and improving how you feel
- Setting realistic goals
- Communicating effectively with health professionals
- Relaxation techniques
- Problem solving
- Dealing with anger, fear, frustration and isolation.

The programme focuses on what you can do, rather than what you can't. And what makes it so special is the sharing of skills and experience with people who are dealing with similar things as you.

## Who runs the programme?

It is run by the NHS. Sessions are led by people who have all attended an EPP course, found it helpful, and have trained as tutors themselves. This means that everyone who is involved knows exactly how it feels to come to a course as well as to live with an ongoing health condition, so they fully understand the ups and downs it can bring. It also means you can choose to train as a tutor once you've completed the course.

## Does the course interfere with my current treatment?

No, not at all. It is an extra way of supporting your health needs. The course complements other healthcare programmes and treatments and it doesn't offer specific advice or guidance around individual conditions.

*"Medical professionals are fantastic but they can only lead you so far, you have to learn to lead yourself."*

– Paul V, cancer patient



*"It's about learning tools and techniques that can help you live a full life every single day."*

– Lynn D, diabetes patient

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POSTAGE  
PAID

**Expert Patients Programme (EPP)  
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