

"I really enjoy being a volunteer tutor for EPP. After having to give up work six years ago because of ill health, it's great to be using some of my skills again. I find the weekly action planning is a useful way of getting around to doing things that otherwise I might not do, and keeping track of my own self management. I've met some lovely people and I continue to learn a lot from other people's experiences of overcoming problems. EPP helps me to stay positive and get the most out of life."

Helen, Volunteer Tutor

Contact us

To find out more about the Expert Patients Programme or register on a course please call the Self-Care Facilitator on:

Tel: **07827 280 219** or

Email: **epp@nelft.nhs.uk**

www.nelft.nhs.uk/epp

NELFT provides community and mental health services for people of all ages in Essex and the London boroughs of Barking & Dagenham, Barnet, Havering, Redbridge and Waltham Forest, as well as Kent and Medway.

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www.nelft.nhs.uk

If you would like this information in Braille, large type, in another format or in another language, please ask a member of staff. (English)

Bu bilgileri büyük yazı tipinde Körler Alfabesinde, başka bir biçimde ya da başka bir dilde okumak isterseniz lütfen bir görevliye danışın. (Turkish)

Nëse këtë informacion do e dëshironit në Braille, font më të madh, në format tjetër apo gjuhë tjetër, ju lutem pyesni një anëtar të personelit. (Albanian)

Se desejar obter esta informação em Braille, num tipo de letra maior, noutro formato ou noutro idioma, por favor peça a um membro do pessoal. (Portuguese)

আপনি যদি এই তথ্যটি ব্রেইলে, বড় হরফে, অন্য ফরম্যাটে বা অন্য ভাষায় পেতে চান, অনুগ্রহ করে, কর্মীদের একজন সদস্যকে তা জানান। (Bengali)

در صورت تمایل به دریافت این اطلاعات به صورت بریل، چاپ درشت، یا سایر فرمت‌ها یا زبان‌ها، لطفاً درخواست خود را با یکی از کارکنان ما مطرح کنید. (Farsi)

Jeżeli chciałoby Państwo uzyskać niniejszą informację zapisaną w alfabecie Braille'a, dużą czcionką, w innym formacie lub w innym języku, prosimy zwrócić się w tej sprawie do członka personelu. (Polish)

Si vous souhaitez obtenir ces informations en gros caractères Braille ou dans une autre langue, veuillez le demander à un membre de l'équipe. (French)

நீங்கள் இத்தகவலை ப்ரெய்லியில், பெரிய எழுத்துகளில், வேறு ஃபார்மேட்டில் அல்லது வேறு மொழியில் பெற விரும்பினால், ஊழியரிடம் கேளுங்கள். (Tamil)

إذا أردت الحصول على هذه المعلومات بطريقة برايل، أو بحروف كبيرة، أو بصيغة أو لغة أخرى، يرجى طلب ذلك من أحد أعضاء فريق العمل. (Arabic)

Если вы хотите получить эту информацию на языке Брайля, напечатанную крупным шрифтом, в другом формате или на другом языке, пожалуйста, обратитесь к любому сотруднику. (Russian)

Equality & Diversity:

We are committed to meet and provide equitable and accessible care and support for all our patients by working in partnership with you and communicating these needs at the earliest, so that appropriate arrangements could be made.

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The Expert Patients Programme (EPP)

A self-management course for people living with long-term health conditions and for carers.

Manage your illness - don't let it control you!

Healthy eating

Self-management

Pacing Better breathing
Walking Communication
Getting into action Live well Informed decisions
Healthy eating Pacing
One Small Step
Communication Moving
Take control Communication
Positive thinking Managing your pain
Getting into action Informed decisions Pacing
Better sleep Walking
Decision making

Positive thinking

Information for patients and carers

www.nelft.nhs.uk



About this leaflet

This leaflet provides information about the Expert Patients Programme and helps explain:

- what the Expert Patients Programme is
- what the course covers
- what the benefits are
- who can attend
- how you can book a place on a course or obtain further information

What is the Expert Patients Programme?

The Expert Patients Programme (EPP) is a free course for people living with long term health conditions, and for carers.

The aim of the course is to help you to be more confident in managing your life and health condition. It's a great opportunity to meet others in a similar situation to you and to share tips and ideas around ways of coping.

The EPP course is run over six weeks; each weekly session lasts two and a half hours. The course is run by two trained tutors who themselves live with long term conditions.

Due to the current pandemic this is being run virtually by video conferencing.

How can EPP help you?

EPP can help you to:

- manage pain and extreme tiredness
- set personal goals
- improve sleep
- communicate better with family, friends and healthcare professionals
- manage medication
- improve balance and help avoid falls
- make decisions, problem-solve and plan
- learn about healthy eating and weight management
- deal with stress and worry
- practise new ideas with support from the group
- practise better breathing and relaxation
- learn how to live well as a carer
- improve your self-confidence.

Who can take part?

- Anyone who is over 18 and lives with a long term health condition (such as arthritis, asthma, depression, diabetes, heart disease, COPD, fibromyalgia, MS, Parkinson's disease, HIV, ME, on-going back pain etc)
- Carers for people living with long term health conditions.

People who have taken part in EPP have said:

"I am more realistic about the impact of my condition on myself and my family."

John, living with COPD

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

Linda, living with arthritis

"You have given me purpose in life. I'm still trying to cope with my pain, but it's worth it."

Sara, living with Fibromyalgia

"Meeting other people with issues and fears about the future means you're not alone."

Ali, living with Diabetes

