

“This programme has pushed me to get out of bed every day and do things I always thought I was too ill to do ... this is the programme our GPs should be referring us to ... “

R.S. Vallance Centre Course in March 2013

Expert Patients Programme

Staying well with a long-term health condition ...

Office address:

Expert Patients Programme

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Increase your **Motivation**

Manage **Stress**

Achieve your **Goals**

Helpful tips to control your **Symptoms**

Staying **Positive**

Learn better ways to manage your condition **Day to day**

What is the Expert Patients Programme?

A free NHS course to help you manage your long-term condition and feel more in control of your health.

It will complement your treatment and care as well as support you to adopt a healthier lifestyle.

The course is also open to carers.

A 2½ hour course held once a week over 6 weeks and run at local venues across Manchester.

Patients who have attended the programme said:

- They feel more confident coping with their health problems.
- Day to day living is not such a struggle.
- They feel more in control.
- They experience less pain, fatigue, depression or anxiety.
- They get more from GP and health care appointments.
- They are able to communicate better with family, friends and health care providers.
- They manage their medication more effectively.

“The course is designed as a means back into a productive fulfilling life”

N.R. Vallance Centre Course in March 2013

“Thank you for an excellent and well presented EPP course. Confidence boosting and wonderfully socialising.”

M.B. Burnage Course in April 2013

What do I do next?

If you feel you would like to find out more:

Give the referral team a call on **0161 371 2105**

A member of staff will be happy to discuss the programme and answer any questions you may have.

How do I book a place?

Ring the referral team on **0161 371 2105**

or

Ask your health care provider (such as your GP, Podiatrist, Counsellor) to complete a referral form and send it to the Expert Patients Programme Team - our contact details are on the back of this leaflet.

Volunteering opportunities available

Contact us to find out more.