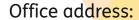
"This programme has pushed me to get out of bed every day and do things I always thought I was too ill to do ... this is the programme our GPs should be referring us to ... "

R.S. Vallance Centre Course in March 2013



## **Expert Patients Programme**

Higher Openshaw Primary Care Centre
Ashton Old Road
Manchester
M11 1JG

Tel: 0161 371 2105 Fax: 0161 371 2101

Email: smu-tr.epp@nhs.net

www.uhsm.nhs.uk





# **Expert Patients Programme**

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

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



### 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.