



Where and when are courses held?

Courses are held at regular intervals at local venues. Contact us to find a course near you.

Topics covered include:

- How to manage your symptoms
- Dealing with pain and fatigue
- Relaxation and distraction techniques
- Nutrition and exercise
- Improving your communications skills
- Problem solving
- Medication

You will also receive a course handbook and certificate.



To secure a place on the course, or to find out more, please contact:

Expert Patients Programme Coordinator
NHS Kingston CCG
FREEPOST RTEA-KBHY-CHCS
Royal Borough of Kingston upon Thames
Guildhall 2, High Street
Kingston Upon Thames
KT1 1EU

T: 0800 0288 694 (Freephone number)
T: 020 8339 8051 (Direct line)

Email: eppkingston@nhs.net
www.kingstonccg.nhs.uk

Need help with a long-term health condition?

Kingston's Expert Patients Programme could be for you

"I've learned to live life to the full and now I'm helping others"



The Expert Patients Programme

– A **FREE** Self-Management Course

Yes please, I am interested in taking part.

Name
(please print)

Address

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.....

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.....

.....

Telephone



What is the Expert Patients Programme?

Kingston's Expert Patients Programme is for people living with long-term health conditions to help them take control of their lives, and to avoid their condition dominating their lives.

Participants on this free course gain the knowledge, skills and support to effectively self-manage and live life to their full potential.

The course is run as a series of six weekly sessions, each lasting for two and a half hours with a substantial break in the middle.

Importantly it is run by people who have long-term conditions who have attended the course.



How does it work?

The course is based on motivation and giving people skills to self-manage the health issues that may impact on different aspects of their lives.

It encourages self belief and self confidence and consists of group discussion, brief presentations, group problem solving and free thinking sessions.

Do I qualify for the course?

The programme welcomes anyone living with a long-term illness or condition that may have impacted on their quality of life.

People attend the course with a very wide range of conditions, from the most severe of long-term conditions to those that have only a minimal impact on their lives at this moment.

If you have a question about whether you qualify please contact us to discuss your needs.

What does it cost?

The course is absolutely free and the only commitment you need to make is to attend all six sessions.

Real difference

The course can make a real difference to people's lives and lead to enhanced quality of life. Last year we helped fifty one people to live life to the full through Kingston's Expert Patients programme.



Amanda attended Kingston's Expert Patients Programme

She said:

"While I was recovering from my treatment for cancer and severe back pain, I was really isolated – really lost. Going on the EPP course meant meeting other people with similar problems. I realised that I was not on my own. I am now waiting for my assessment that will give me the go ahead to deliver the course with other trainee tutors."

NHS
Kingston
Clinical Commissioning Group

NO
STAMP
REQUIRED

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The Expert Patients
Programme