

# Do you live with a long term health condition?

## Why not come to the Expert Patients Programme (EPP)?

This is a **FREE** course run over 6 weeks for people living with long-term health conditions. Each 2 ½ hour session is delivered by two trained volunteer tutors who themselves live with long-term health conditions.

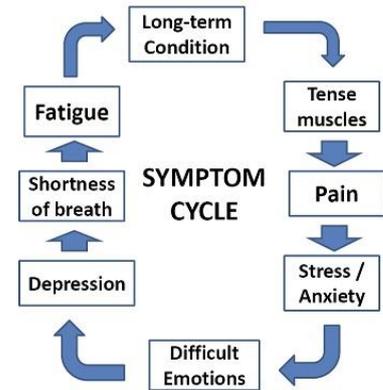
The EPP course can help you to learn new skills to manage your condition better and take more control from day to day.

### What is the symptom cycle?

Most people wrongly believe that the symptoms they are experiencing are all due to their condition, whereas they are part of a cycle and feed on each other.

For example depression causes fatigue; stress causes tension, leading to more pain or shortness of breath, and so on.

Each symptom interacts with another making the overall condition worse. This course helps to find ways of breaking this cycle and solve the problem of physical and emotional helplessness which can result from chronic illness.



### Who can take part?

Anyone living with one or more long-term health conditions

### How can it help you?

By taking part in an EPP course, in a welcoming and friendly environment, you can:

- learn new skills to enable you to break the symptom cycle and improve your health
- develop more confidence and feel more control in your daily life
- learn how to deal with pain, tiredness and feelings of depression
- plan more relaxation, gentle exercise and healthy eating into your day
- meet others who share similar experiences
- learn how to develop more effective working and communication relationships with healthcare professionals, family and friends
- plan for the future

### How has it helped other people?

People who have taken part in an EPP course tell us it has helped them:

“I refocused my condition using the Expert Patients Programme, putting me in control so I became the manager not the victim.”

“I soon realised the benefits of attending such a course; we each had very different conditions to contend with but the common denominator was long-term.”



How do I apply? You refer yourself – just call **426 5576**