

## Where and when

This free course runs over six weeks with a two and a half hour session each week. We hold at least four courses a year. To check venues or ask for further details:

### Call us

**Patient Advice and Liaison Service (PALS) Freephone 0800 587 8818**

### Write to us

**Patient Advice and Liaison Service**  
Westminster Primary Care Trust  
15 Marylebone Road  
London NW1 5JD

### Email us

[expert.patient@westminster-pct.nhs.uk](mailto:expert.patient@westminster-pct.nhs.uk)

### Check our website

[www.westminster-pct.nhs.uk](http://www.westminster-pct.nhs.uk)

## Get involved

- Train as a tutor and share your skills to help other people manage their conditions and improve their quality of life. Training is free.



“Personal experience is the key to being an Expert Patients Tutor.

*It is humbling and inspiring to see people who sometimes have multiple chronic conditions, discover that they can cope with things they thought they couldn't.*”

**Nikolai Dejevsky, Tutor.**

Produced by Westminster Primary Care Trust

May 2006

# Expert Patients Programme



“Expert Patients has helped me understand life in a nicer way”

**Take more control of your life.  
Join Westminster PCT's  
Expert Patients Programme**

# Expert Patients Programme

The Expert Patients Programme (EPP) is a FREE six week course for anyone living with a long-term health condition. Learn skills and techniques to help you take control of your life and manage your condition and its treatment. You can refer yourself into the course, you don't need to go to your doctor. Expert Patients is for anyone living with a long-term health condition, including:

- Diabetes
- Arthritis
- Heart disease
- Lung disease
- Back problems
- Asthma



## How can you help me?

The course is led by people living with long term conditions. You can gain knowledge, skills and confidence to help you better manage your condition and reduce its impact on your daily life.

You can meet other people living with the same condition and share your experiences.

You can learn to communicate more effectively with the health and care professionals involved with you.

And if you want to stay involved, you can become a volunteer tutor. The training is free and you can share the skills you have developed to help others.



## What will I learn?

Over the six week course, you will learn:

- How to deal with pain
- How to cope with feelings like depression and stress
- Relaxation techniques
- Healthy eating
- Exercise and fitness
- Communicating with family, friends and health professionals
- Understanding your medicines
- Complementary therapies

