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Os oes angen gwasanaethau cyfieithu neu gopi o'r ddogfen hon arnoch mewn ieithoedd eraill, tâp awdio, Braille, neu brint brasach, siaradwch ag aelod o staff CWP neu e-bostiwch cwp.info@nhs.net

જો તમને ભાષાંતર સેવાઓની જરૂર હોય અથવા અન્ય ભાષાઓ, ઑડિયો ટેપ, બ્રેઇલ અથવા મોટા અક્ષરોમાં આ દસ્તાવેજની નકલ જોઈતી હોય તો કૃપા કરીને CWP સ્ટાફના સભ્ય સાથે વાત કરો અથવા cwp.info@nhs.net પર ઇ-મેલ કરો

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यदि आपको अनुवाद सेवाएँ, या इस दस्तावेज़ की प्रति किसी अन्य भाषा, ऑडियो टेप, ब्रैल या बड़े अक्षरों में चाहिए, तो कृपया CPW स्टाफ के सदस्य से बात करें या cwp.info@nhs.net पर ईमेल करें



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Expert Patients Programme (EPP)

Helping people to be
the best they can be

What does EPP involve?

Attending one 2½ hour session a week, for six weeks.

The course covers:

- Dealing with pain and fatigue
- Planning and setting goals
- Dealing with difficult emotions
- Healthy eating and exercise
- Communicating with family, friends and health care professionals
- Using your mind to manage symptoms, relaxation, distraction and positive thinking
- Finding other health services in the community

Expert Patients Programme

Involvement, Recovery and Wellness Centre
Jocelyn Solly Resource Centre
Victoria Road
Macclesfield
Cheshire
SK10 3JE
Tel: 01625 505617
Email: cwp.eppc@nhs.net

How can the course help you?

Do you want to take control of your health? This course enables you to do that at your own pace.

EPP gives you a chance to develop your self-management skills and use these to improve quality of life.

“I now sleep much better, eat better and keep fit”

By taking part you will get to:

- Learn new skills to manage your health condition
- Meet others who are facing similar problems and share experiences
- Gain practical advice
- Learn new skills to help you continue with your daily activities

Research shows that the course can also help reduce your symptoms and make you more active.

About the course

The Expert Patients Programme (EPP) is a free self-management course that supports people who live with long-term health conditions and their carers.

The aim of the Expert Patients Programme is to help you learn new skills and techniques that can assist you with taking control of your condition, feeling more confident, improving quality of life and managing conditions better on a daily basis.

The course is run by tutors who have been a participant on the course and who also live with or care for someone with a long-term health conditions.

Who can take part?

The course is available to anyone over 18, who has or cares for someone with a long-term health condition. To attend a course you must either live or be registered with a GP in the South Cheshire and Vale Royal areas.