

“ The programme gave me real strength and made me want to get out and about more than I used to, even though it's difficult for me to walk for a long time. ”



“ It has been a great help just to be able to speak to people with the same problems. ”



“ Meeting new people on the course made a huge difference to my life. I found the course exciting, informative and motivating. ”



“ It's incredible how much empathy the tutors on the programme have with you. Because they have been through the same thing, they know how it feels. ”



“ The EPP course has made me realise that I can have some say over my pain and not let it dictate my life. ”



“ It gave us the strength we needed to handle our conditions, to appreciate ourselves again and not get down about being ill. ”



# Are **you** living with a long-term health condition?

- Courses take place in community or NHS venues and are available throughout the year.
- Light refreshments and training materials are provided free of charge.
- Courses are in demand, so early booking is recommended.



**For more details on future EPP courses in Harrow, please contact:**



EPP Co-ordinator  
Harrow Council  
Public Health Team  
Civic Centre, Station Road  
Harrow HA1 2XY

Tel: 020 8736 6923  
Email: [healthyliving@harrow.gov.uk](mailto:healthyliving@harrow.gov.uk)  
Search online “Harrow+EPP”

**FREE  
COURSES!**



**We can help you to manage  
your condition better and  
**Enjoy Life More****

**Email:** [healthyliving@harrow.gov.uk](mailto:healthyliving@harrow.gov.uk)

The photographs used are for illustrative purposes only. The people featured are models and not the same as those quoted.



# Join our free, local Expert Patient Programme

**These relaxed and friendly, six week courses help you to find more effective ways to manage your illness**

# Learn how to better control your health condition

**Small, informal groups of no more than 16 people work together to help you develop your confidence**

“ I have met lots of interesting people from all sorts of backgrounds, with all sorts of conditions, and from them, also learnt lots of new skills to manage my condition. ”



The Expert Patient Programme (EPP) is a 6 week course for anyone aged 18 and over living with or caring for someone with a long-term health condition, who would like to find ways to manage their illness more positively in order to improve their quality of life.

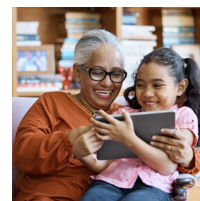
People with conditions such as diabetes, arthritis, heart disease, multiple sclerosis, back pain, depression and respiratory conditions (e.g. COPD, asthma, chronic bronchitis, emphysema) have all benefitted from the programme.



The course is led by trained tutors who have experience and an understanding of living with long-term health conditions.

Topics covered include:

- Dealing with pain and extreme tiredness.
- Coping with feelings of depression.
- Communicating with family, friends and health professionals.
- Healthy eating.
- Planning for the future.



EPP courses run for six weeks from the start date. We have courses running throughout the year. Search online “Harrow+EPP” for more information and course dates.

Places are strictly limited and are likely to be very popular. If you'd like to take part on the next course, book early to avoid disappointment.

To book a place, contact:

**EPP Co-ordinator**

T: 020 8736 6923

E: [healthyliving@harrow.gov.uk](mailto:healthyliving@harrow.gov.uk)



**ENJOY LIFE MORE!**

**LEARN SELF CARE SKILLS**

**FREE COURSES!**