

## Leeds EPP Self Management Courses for people with health problems 2015

COURSE		VENUE	DATES	DAY	COURSE TIMES
<b>Pain 1</b>	Pain Management Course	St Georges Centre LS1	20 Jan – 3 March	Tues	12.00 – 2.30
<b>NB 1</b>	Mental Health Issues Course	St Georges Centre LS1	28 Jan – 11 March	Wed	12:00 – 2:30
<b>Gen 1</b>	All Health Issues Course	Reginald Centre LS7	4 Feb – 11 March	Wed	1:00 – 3:30
<b>Stroke 1</b>	Stroke Specific Course	Osmondthorpe LS9	2 March – 27 April	Mon	1:00 – 3:30
<b>Gen 2</b>	All Health Issues Course	St Marys Hospital	3 March – 7 April	Tues	11:00 – 1:30
<b>Pain 2</b>	Pain Management Course	St George's Centre LS1	18 March – 29 April	Wed	11:00 – 1:30
<b>NB 2</b>	Mental Health Issues Course	Shine, Harehills	19 March – 30 April	Thurs	12:30 – 3:00
<b>Gen 3</b>	All Health Issues Course	Chapelton H.C	9 April – 14 May	Thurs	11:00 – 1:30
<b>Gen 4</b>	All Health Issues Course	Middleton H.C	6 May – 10 June	Wed	11:00 – 1:30
<b>Pain 3</b>	Pain Management Course	TBC	19 May – 30 June	Tues	11:30 – 2:00
<b>N.B 3</b>	Mental Health Issues Course	Middleton H.C	26 May – 7 July	Tues	12:30 – 3:00
<b>Gen 5</b>	All Health Issues Course	Chapelton H.C	4 June – 9 July	Thurs	11:00 – 1:30
<b>FIBRO (Pain)</b>	Fibromyalgia Specific Course	St Georges Centre LS1	24 June – 12 Aug	Wed	12:30 – 3:00
<b>Gen 6</b>	All Health Issues Course	Parkside H.C	7 July – 11 Aug	Tues	11:00 – 1:30
<b>Stroke 2</b>	Stroke Specific Course	Osmondthorpe LS9	7 Sep – 26 Oct	Mon	1:00 – 3:30
<b>Gen 7</b>	All Health Issues Course	Reginal Centre LS7	9 Sept – 14 Oct	Wed	1:00 – 3:30
<b>1 x</b>	Course TBC	TBC	3 Sept – 15 Oct	Thurs	11:00 – 1:30
<b>Pain 4</b>	Pain Management Course	Middleton H.C	10 Sept – 22 Oct	Thurs	12:00 – 2:30
<b>N.B 4</b>	Mental Health Issues Course	TBC	16 Sept – 28 Oct	Wed	11:00 – 1:30
<b>Pain 5</b>	Pain Management Course	St Georges Centre LS1	21 Oct – 2 Dec	Wed	12:00 – 2:30
<b>NB 5</b>	Mental Health Issues Course	St Georges Centre LS1	3 Nov – 15 Dec	Tues	12:00 – 2:00
<b>Gen 8</b>	Health Issues Course	TBC	5 Nov – 10 Dec	Thurs	11:00 – 1:30

**There are also courses in Urdu and Punjabi and courses for people with HIV/AIDS**

**Tel: 0113 843 4548**

**Mob: 07944299403**

**[epp.account@nhs.net](mailto:epp.account@nhs.net)**