

REGISTRATION FORM (EPP)

Please note we run courses for

- People with Health Problems
- Pain Management
- People with Long Term Conditions
- People with Mental Health Issues
- People with Stroke or Brain Injury

Name:.....

Address:.....

.....

Tel:.....

Mobile:.....

Email:.....

Please state your main health condition(s).....

.....

Will you be arriving in a wheelchair?.....

Do you have hearing or sight problems?.....

Where did you hear about this course?.....

Please send this half of the leaflet to:

**EPP, FREEPOST, EPP, Shaftesbury
Harehills Lane, RSXA-GLXR-BXZT,
LS9 6NG** No stamp needed

House,



Expert Patients Programme

FREE Self Management Courses 2015

Want to feel and cope better?

Come on one of our courses for people with

- Health problems
- Anxiety, stress and depression
- Pain management

Courses run across Leeds throughout the year.

Ring us and find out how we can help



Phone: 843 4548 or 07944 299403

or email: epp.account@nhs.net



Leeds Community Healthcare **NHS**
NHS Trust

Who is this course for?

Anyone with a long term health condition who wants to learn to manage and improve their health

What does it involve?

- attending a weekly 2 ½ hour session every week for 6 weeks
- It's very informal and refreshments will be provided
- joining in group discussions and activities (as much or as little as you want)
- meeting people, having fun and feeling better!

What will I learn?

- Managing our symptoms and improving how we feel
- Relaxation
- Breathing easier
- Healthy eating and nutrition
- Exercise and how to improve fitness, flexibility and strength
- Communicating effectively
- Dealing with anger, fear, frustration, isolation, fatigue and depression
- Using problem solving skills in our daily lives
- Making informed choices
- How to make plans which work for us
- Working with health care professionals

What will I get out of it?

The course provides tried and tested skills which have been shown to benefit people with long term health conditions. Course participants have the option of going on further training to become volunteer course tutors.

Will the course interfere with my current treatment or medication?

This course will not conflict with any treatment you're having and is an extra way you can improve your health

What can I expect?

- Each session lasts 2 ½ hours. Light refreshments are provided – but please bring your own lunch if the course runs over lunchtime.
- Most people have found the course enjoyable and helpful in improving their self care and quality of life
- After completing the course you will receive a certificate to mark your participation on an Expert Patients Programme
- The course is run by people with experience of managing their health conditions

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To register or for more information please

Phone: 843 4548 or 07944 299403 or

Email: epp.account@nhs.net

http://www.leedscommunityhealthcare.nhs.uk/what_we_d_o/adult_services1/expert_patients_programme/

(Please note: Unfortunately we are unable to email hotmail and similar email accounts. Please include your contact numbers when you email us)

Expert Patients Programme



Leeds Community Healthcare 
NHS Trust