PRESS RELEASE

Monday 5 November 2012

Helping our patients to help themselves

To mark Self-Care Week (12 to 18 November) our Expert Patients Programme (EPP) team is encouraging more patients with long-term health conditions to sign up to our free six-week self-management courses.

The EPP is a self-management programme for people who are living with a chronic (long-term) condition such as heart disease, asthma, depression, multiple sclerosis, back pain or chronic fatigue syndrome.

Patients can attend weekly sessions to help them manage their condition more effectively by learning new skills that help improve quality of life and increase confidence. Each course is facilitated by trained (but not medically qualified) volunteer tutors who themselves are living with a long-term health condition.

“These courses really are invaluable for patients with ongoing health conditions,” said Karen Aylmore, EPP manager. “Evidence suggests that patients who complete the EPP experience improved energy levels, psychological wellbeing and feel empowered to better manage their health condition.”

Georgie Neal from Worthing, attended an EPP course two years ago and is now training to be a course tutor. “The course was hugely valuable,” she said. “The support and guidance have really helped me to cope better with my illness. Overall the course has boosted my confidence and improved my attitude towards my illness – I would highly recommend it to others.”

Courses will be held in Crawley, Worthing, Haywards Heath, Chichester, Brighton and Hove in the New Year.

For dates and venues please contact:
Natalie Cooper, EPP Administrator in Brighton & Hove on Tel: 01273 574647 or Susan Latter, EPP Administrator in West Sussex on Tel: 01403 227000 ext 7547. Alternatively email the team at: sc-tr.epp@nhs.net

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Notes to editors
Sussex Community NHS Trust
Sussex Community NHS Trust is the main provider of NHS community health services across West Sussex and Brighton & Hove. Sussex Community NHS Trust staff provide a wide range of medical, nursing and therapeutic care to over 9,000 people a day. We work to help people plan, manage and adapt to changes in their health, to prevent avoidable admission to hospital and to minimise hospital stay.