

## Frequently asked questions

### How many people will be on the course?

A maximum of 16.

### Will everyone on the course have the same condition as me?

No. Participants will have diverse long-term health conditions. However, most people with long-term conditions experience common symptoms and similar issues and problems.

### Who runs the sessions?

The course is led by 2 fully trained volunteer tutors, who are living with a long-term condition themselves.

### Can my partner/carer come to the course with me?

We would recommend that you attend the sessions on your own, but please feel free to discuss this further with a member of our team.

### Where are the courses held?

Courses are running regularly throughout the year in different accessible venues across West Sussex and Brighton & Hove.

### How much does it cost?

Nothing. The course is free to participants.

### Do I need to be referred by my GP?

No. You can self-refer by contacting the EPP team directly if you wish to attend a course.

### Can I become a volunteer tutor myself?

Yes if you're living with a long-term condition. The first step in the process is to attend a course so please contact the team to organise this. Further training will then be provided.

## Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:



PALS Sussex Community NHS  
Foundation Trust Freepost (BR117),  
Elm Grove, Brighton BN2 3EW



01273 242292



sc-tr.serviceexperience@nhs.net

Please ask any member of the team caring for you if you need this information in large print, Braille, easy read, audio tape, email. Or if you need help with understanding this information or require this in a language that is not English.

## Contact the EPP Team



Horsham, Crawley and Mid Sussex  
01403 227000 ext. 7547



Brighton & Hove  
01273 267545



Coastal West Sussex & Chichester  
01903 858002



sc-tr.epp@nhs.net



www.sussexcommunity.nhs.uk/epp



twitter.com/sct\_epp



facebook.com/sctep



Excellent care at the  
heart of the community

**NHS**

**Sussex Community**  
NHS Foundation Trust

# Expert Patients Programme

## Helping you to live well

A free self-management  
course for adults living with a  
long-term health condition



## About the course

The Living Well Programme is a self-management course developed for people who live with a long-term health condition, such as heart disease, asthma, MS, depression, arthritis, ME/CFS, IBS and many more.

The aims are to help you to take more control of your health by learning new skills to manage your condition better on a daily basis and to live well.

The EPP course is run over six weekly sessions, each lasting two and a half hours. It's facilitated by two fully qualified (but not medically trained) volunteer tutors who themselves are living with a long-term health condition. The course is **free**.

## What the course covers

- How to manage common symptoms such as pain, fatigue, anxiety, depression and isolation.
- Weekly goal setting.
- Problem solving.
- Healthy eating.
- Physical activity.
- Communication skills.
- Medication management.
- Getting a good night's sleep.
- Using your mind to manage symptoms – relaxation, distraction, positive thinking etc.
- Dealing with difficult emotions.
- Better breathing techniques.
- Decision making skills.
- Preventing falls.
- Making informed treatment decisions.
- Budget management.

## Set your goals

You decide what you want to achieve. The course enables you to do so at your own pace, with the support of others who are facing similar problems.

- The course gives you the opportunity to:
- Learn new skills to manage your condition.
- Help you continue with your daily activities.
- Help you manage the emotional changes brought about by your condition.
- Meet others and share similar experiences.

## Evidence/effectiveness

Feedback and evaluation of the programme shows that six months after completing the course there were:

- Increases in peoples' confidence to manage their condition.
- Gains in energy.
- Improvements in quality of life.
- Gains in psychological wellbeing.
- Improvements in partnerships with doctors.

## Feedback from people who've been on the course

**"I learned to be positive and proactive instead of passive."**

**"It changed the way I look at my chronic condition - the course helped me to concentrate on what I can do, not what I can't. It gave me back control of my life."**

**"My confidence, self-esteem and feeling of self-worth are growing daily and for me the course has been a life changing experience."**

**"The course has helped me in so many ways. Most of all it gave me back my confidence and independence and has helped me to get back to work."**