

WHAT DO PEOPLE SAY ABOUT THIS COURSE?

"I just wanted to be left alone, I didn't want to do a course but by the end I felt positive and enjoyed having some time off for me".

"I was worried about what I would have to do on the course but you don't have to perform! Even when I didn't feel 100% I still went along for support and advice".

"I felt embarrassed, before that I couldn't cope with my life and my illness; now I feel happy and confident about the future".

LONG TERM ILLNESS HAS ITS UPS AND DOWNS

GET SUPPORT TO HELP YOU TAKE CONTROL



C.I.S.S.

Carers' Information & Support Service

**CARERS' INFORMATION AND SUPPORT SERVICE
30 KING EDWARD STREET, HULL HU1 3SS**

TELEPHONE: 01482 222220

EMAIL: CHCP.CARERSINFO@NHS.NET

WEBSITE: WWW.CARERSCENTREHULL.ORG.UK

**POP IN AND SEE US ANY TIME BETWEEN 9AM AND 5PM,
MONDAY TO FRIDAY**

City Health Care Partnership CIC

a co-owned business

COURSE DETAILS

The Expert Patients Programme (EPP) is a six week course, which runs for 2 1/2 hours a week.

It covers:

- Dealing with pain and extreme tiredness (fatigue)
- Coping with feelings of depression, anger and frustration
- Relaxation techniques and exercises
- Healthy eating and nutrition
- Communicating with family, friends and healthcare professionals
- Planning for the future
- Managing your symptoms and medication

The sessions are run by tutors who have been through the programme and also have an ongoing illness.

Come along and listen, share experiences and discuss issues.

HOW TO FIND OUT MORE

Complete the form below and send it to us at the address overleaf, we will then contact you with course availability and details of courses in your area.

Title: Name:

Address:

Postcode:

Telephone Number:

Email:

HOW TO APPLY

Are you over the age of 18?

Do you have an ongoing illness or condition?

If the answer is yes to all of these questions, then give us a call on 01482 222220, or send us a quick email to chcp.carersinfo@nhs.net and we will give you all the information you will need to get started.

GET IN TOUCH TODAY

Call us now for more information
01482 222220 or email us
chcp.carersinfo@nhs.net



WHAT WILL I GET FROM THIS COURSE?

You will get:

- New skills to manage your health and well being
- The chance to talk to people who feel the same as you
- Practical and realistic advice
- Group support
- Excellent free self-help manual

It will help you feel more positive, confident and in control.