

## Feedback

We welcome your comments. If you have any ideas about how we could do something better or would like to give feedback about positive aspects of the service please let us know.

Patients quotes as follows:

- “Sharing has done me a lot of good - I no longer feel alone with my illness”
- “The group has helped me overcome so much and have found forever friends”
- “This group have empowered me not to give up, to keep on going and its been a massive turning point in my life”
- “I’m in control of my condition, its not in control of me”
- “We have laughed which is something I didn’t think I could do anymore. There is life after diagnoses!”
- “I had become a negative person but this course has turned me into a positive person”
- “Valuable, informative, friendly, what a great package”

## How to register

You can self-refer on to one of our courses by getting in touch.

### Contact:

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## Comments and concerns

We welcome your views, feedback and suggestions about how we can improve our service. The PALS office takes calls Monday to Friday, between 9.30am and 4.30pm.

Telephone: **01208 834620**

Email: [cpn-tr.palscft@nhs.net](mailto:cpn-tr.palscft@nhs.net)



To get this information in another format email:  
[cpn-tr.communications@nhs.net](mailto:cpn-tr.communications@nhs.net)

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**Cornwall Partnership**  
NHS Foundation Trust

## Expert Patient Programme

Free course now available for anyone living with a long-term health condition in Cornwall



Small steps to better health

Find us online at [cornwallft](http://cornwallft)

CFT001



## What is the Expert Patient Programme (EPP)?

The Expert Patient Programme (EPP) is a free course designed for adults living with any long term health condition.

The EPP is an opportunity for patients to understand pain and fatigue and to learn how to manage these symptoms.

## What will I learn?

- How to deal with pain and fatigue
- How to cope with feelings of depression
- Falls prevention
- Healthy eating
- Managing stress
- Relaxation
- Exercise
- Managing negative thoughts
- Conscious breathing
- Diversion techniques
- How to set personal goals
- Information and sharing resources
- Communication skills
- Tips on improving sleep
- How medication and other therapies can help

## What are the benefits?

Many people find that they are able to manage their conditions better and build more effective relationships with healthcare professionals.

Patients have also reported increased confidence and energy as well as improvements in their overall wellbeing.

## Who runs the course?

Each course is delivered by two fully trained people who have a personal experience of living with a long-term health condition.

During this course no one tells you what you should or should not do. However, you will receive lots of new ideas which will help to manage your pain and fatigue more effectively. Sometimes family members, carers and health professionals are interested in attending these workshops as well.

## How does it work?

The course is delivered over six weeks, in sessions lasting 2.5 hours with refreshment breaks included. There's also an opportunity at the end of the session to chat and get to know the other people in your group.

## What are the opportunities?

- Learn new coping skills
- Meet other people who have similar experiences
- To be realistic about the impact of your condition on you and your family
- The chance to try out a variety of new self-management techniques

## Our aim:

The Expert Patient Programme is designed to complement the care and the support you already receive from your healthcare specialists.

The course will make you aware of other services and resources available in Cornwall and how you can make best use of them.

## What will it cost?

The Expert Patient Programme is free for people who have any type of long term health condition.

Free hand-outs and a course handbook are given out as part of the course for you to take away with you.