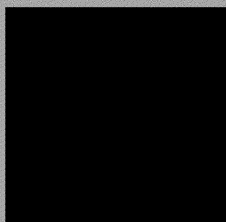
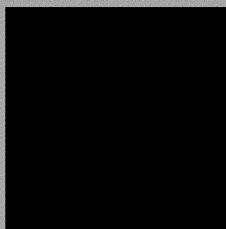


# Expert Patient Programme

**FREE  
COURSE**

**FACT:**

In the UK there are approximately **17.5 million** people who have a long-term health condition.



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

Expert Patient Programme is an NHS based self-management course that helps people who live with long-term health conditions, to manage their illness better on a day-to-day basis.

## How could I benefit from the Expert Patient Programme?

The Programme has been shown to be effective in helping to both improve quality of life and positively aid health services as a whole.

## Who is the EPP aimed at?

ANYONE over the age of 18 living with a long-term health condition/s. A condition is considered long term if a person has experienced 12 months or more of continual symptom/s or where a condition is expected to last more than 12 months.

The course aims to help develop people's confidence and skills (e.g. problem solving and decision making) to take control of the daily management of their illness.

Achieving the greatest possible quality of life and learning about communication, managing the symptoms, by working with professionals to make the best use of available resources and dealing with the consequences of the illness/s.

If you would like more information about courses starting in March and June 2010 at The PowerStation, St. Dials, Cwmbran, then please contact:

**Michelle Morgan, Expert Patient Coordinator**  
on: **01291 672352**

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**Expert Patients  
Programme Wales**  
learning to manage your  
long-term health condition