

Expert Patient Programme - Self Management Service

Diabetes Self-Management Programme – a 7-week programme (one 3-hour session per week) for people with Type 2 Diabetes. Delivered on-line or at a local community venue – co-delivered by a health professional and someone with lived experience.

DSMP:

- Wednesday 3rd May 10.00-13.00 on Zoom
- Tuesday 23rd May 14.00-17.00 on Zoom
- Monday 5th June 13.30-16.30 – F2F at Brickworks
- Thursday 8th June 13.30-16.30 at Lordship Lane

Expert Patients Programme – a 6-week programme (one 2½ hr session per week) for people with *any* on-going health condition and carers. Delivered on-line or at a local community venue by tutors with lived experience.

EPP:

- Thursday 20th April 14.00-16.30 at Ecology Centre
 - Tuesday 2nd May 18.00-20.30 at Zoom
- Thursday 8th June 10.30-13.30 at Lordship Lane
- Monday 3rd July 13.30-16.00 at Ecology Centre

New Supported Self-Management Courses LCEPP! **LCEPP The Long Covid EPP is now open to referrals!**

Whittington Health's Long Covid Expert Patients Programme is a 7-week on-line programme (two 1½ hr sessions per week) delivered by the Self-Management Support & Behaviour Change Service developed with input from the Post Covid Service at Whittington Health. Delivered by tutors with lived experience, with healthcare professionals contributing to 2 sessions. We are open to self-referrals for all our courses.

Long COVID EPP

Dates to be confirmed but will be delivered mid May 2023.

Places are limited please contact us for a confidential call:

Tel: 0207 527 1189/ 1558

E-mail: Whh-tr.Self-management@nhs.net

website: www.whittington.nhs.uk/selfmanagement