

Your Health Matters

Having a health condition like, depression, or diabetes can cause daily challenges. Self-Management support programmes – led by people who know what it's like – can make all the difference.

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 Wednesdays,
Starting Wednesday 3rd May 10:00-13:00 on Zoom
Spaces Available

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 Thursdays
Starting Thursday 20th April
2:00pm-4:30pm at the Ecology Centre **Spaces Available**

EPP Evening course Tuesdays,
Starting Tuesday 2nd May
18:00pm-16:00pm on Zoom **Spaces Available**

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
Spaces Available

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

Health matters

Having a health condition (like arthritis, depression or diabetes) can make daily life a challenge. Local self-management support programmes – led by people who know what it's like – can make all the difference.

Whittington Health's Self-Management Support Service is running several courses:

- **Expert Patient Programme.**
 - **Long Covid Expert Patient Programme**
 - **Sickle Cell Expert Patient Programme**
 - **Expert Patients Programme for Mental Health**

- **Diabetes Self-Management Programme**



Free Courses facilitated in English, Turkish & Bengali

People who come on the courses report that they make a big difference to them, they feel more positive, able to manage their health and enjoy life.



"Meeting people has helped me understand more about myself and ways of managing things... It has been a well-run course, and everyone has been very helpful and caring."
Ali

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