

Your Health Matters

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 Evening course: Mondays
Starting Monday 13th February 18:00-21:00 on Zoom

[Yes, I'd like to attend](#)

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 Tuesdays,
Starting Tuesday 21st February
13:30pm-16:00pm on Zoom

[Yes, I'd like to attend](#)

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
Fridays and Wednesdays,
Starting Friday 17th February 12:00noon-13:30 on Zoom

[Yes, I'd like to attend](#)

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