

What participants say...

"Sharing has done me a lot of good - I no longer feel alone with my illness"



"This group have empowered me not to give up, to keep on going and it's been a massive turning point in my life"

"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"



How do I sign up?

How to register

To register on a course, or for more information contact:

lizzie.hewitt@arccltd.com

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www.arccltd.com



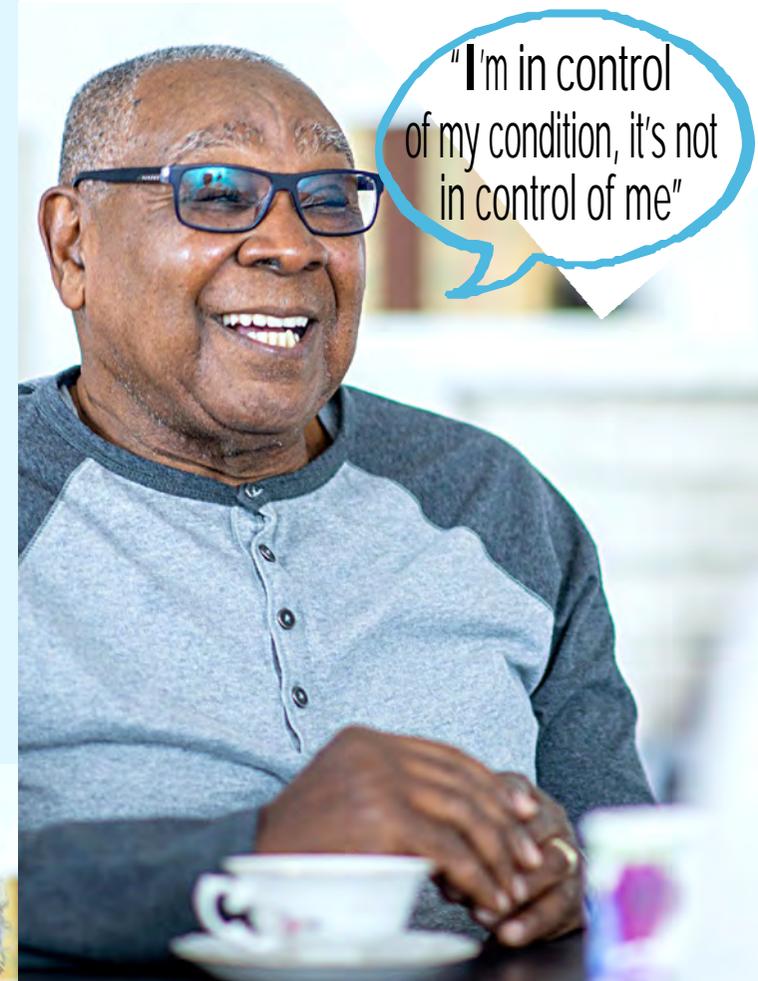
asian resource centre
croydon

Charity No: 1120376

Expert Patients Programme

A FREE course for adults living in Croydon who have any condition that affects them long-term

"I'm in control of my condition, it's not in control of me"



What is the Expert Patients Programme ?

A free 6-week course designed to boost your health and wellbeing, find solutions to common problems and help you feel more confident to manage your condition.

The course is also available to those caring for someone with a long-term health condition.

Weekly sessions will cover a range of topics including:

- Managing symptoms
- Weight Loss
- Dealing with pain and tiredness
- Coping with feelings of depression and anxiety
- Healthy eating
- Exercise
- Communicating with family, friends and health professionals

Who runs the course?

Each course is delivered by 2 fully trained tutors, who have a personal experience of living with a long-term health condition(s).



What are the benefits ?

People who have taken part in the EPP have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their condition and treatment together with healthcare professionals
- Be realistic about the impact of their condition on themselves and their family
- Use their new skills and knowledge to improve their quality of life

How does it work ?

The course is delivered over 6 weeks, in sessions lasting 2.5 hours, with breaks included.

Do I have to pay?

No, it's free!

How can I take part in a course?

The course is open to self-referrals, as well as referrals from doctors. Just register here: www.arccltd.com