Expert Patients Programme
You can have a medical condition and live a healthy life
Expert Patients Programme is a free six week course run by the Health Trainer Service in Bury, that helps you take more control of your own health needs by learning new skills to self-manage better on a daily basis.

Otherwise known as EPP, the Expert Patients Programme is for anyone over the age of 16 who is living with a long-term health condition, disability, re-occurring illness or is a carer whose health is affected by their caring situation.

The programme

Sessions are up to 2½ hours, one day a week for six weeks.

Subjects covered include:
- Dealing with pain and fatigue
- Managing low mood, stress, anxiety and depression
- Coping with feelings of anger and frustration
- Relaxation techniques and better sleep
- Importance of physical activity and ways to keep active
- Healthy eating and weight management
- Decision making, problem solving and planning for the future
- How to communicate more effectively with family, friends and healthcare teams

If you would like to increase your confidence and develop a greater sense of control over important aspects of your life, you can refer yourself on to the programme. For more information or to register a place on the programme please contact the Health Trainer Service advisor using the details below.

Contact us

Bury:
T: 0845 071 0699 or 0161 724 2153
E: buryhealthtrainers.penninecare@nhs.net

Get involved

For regular updates, follow us on Twitter @PennineCareNHS, or like the Pennine Care NHS Foundation Trust page on Facebook

“It has been a great help just to be able to see and speak to people with similar problems”
Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

Tel: 0161 716 3178

Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us. You can also contact the Trust’s Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

Tel: 0161 716 3083
Email: complaints.penninecare@nhs.net

Become a member of our Trust

You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

Tel: 0161 716 3960
Email: ftmembership.penninecare@nhs.net

Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language – speak to a member of staff.