

New **FREE** NHS Self Help Courses Autumn 2009

- * Do you want help managing a long-term health condition?
- * Tired of nobody understanding you?
- * Frustrated with your lack of motivation?

If so, learning additional skills may enable you to make positive changes and help you better manage things on a daily basis.

The Expert Patients Programme is a six-week course (two and a half hours per week) and includes the following topics:

- Managing symptoms such as pain & tiredness
 - Coping with low self-image
- Dealing with difficult feelings such as anger, fear & frustration
 - Coping with stress & depression
 - Eating healthily
- Relaxation techniques & better breathing
 - The benefits of exercise
- Improving communication skills with family, friends & professionals
 - Problem solving & planning for the future

NEW COURSES 2009:

Treherbert = Wed, 9thSept-14thOct, The Band Room, 1:30-4pm

Pontyclun = Fri, 9thOct-13thNov, Pontyclun Community Centre, 10am-12: 30

Pontypridd = Tues, 13thOct-17th Nov, Conference Room-Interlink, 12:30-3pm

For more information and to book a place contact:

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