

ACCEPT

ACCEPT (All Chronic Conditions and Expert Patients Together) — bridging the gap from patient to person

ACCEPT is a patient-led support group for anyone who has attended a self-management course. It is run by people who either have, or care for those with a long-term condition or impairment.

Meetings are on the first Monday of each month (if it is Bank Holiday, the group will meet the following Monday) from 10.30am to 1.00pm.

Members of the ACCEPT group work in partnership with a range of NHS services to provide valuable insights into the patient experience and improve services.

Different activities are planned for each meeting, including group outings.

Diabetes Support Group

The Diabetes Support Group is for anyone living with diabetes who would like to learn more about the condition.

Meetings are on the first Monday of every other month (unless Bank Holiday) from 2.00pm to 4.00pm.

The meetings focus on the importance of self-managing your condition. Guest speakers may also be invited to talk about various subjects relating to diabetes.

Please note that to attend any of the courses in this booklet you need to be a Lambeth resident or registered with a Lambeth GP.

Leaflet number: 3758/VER1
Date published: August 2013
Review date: August 2016
© 2013 Guy's and St Thomas'
NHS Foundation Trust

The Expert Patients Programme and Self-Care Services

How to cope with a long-term condition – information for patients, relatives and carers



What is the Expert Patients Programme (EPP)?

The **Expert Patients Programme** (EPP) is a six-week self-management course for anyone living with any long-term health condition or impairment.

The EPP helps you to learn new skills to manage your condition better.

Topics include:

- Dealing with pain and fatigue
- Managing depression and other difficult emotions
- Getting a good night's sleep
- Preventing falls and improving balance
- Relaxation and exercise
- Healthy eating
- Physical activity
- Communicating with family, friends, health professionals and social services.

The EPP does not provide specific health information or treatment, and it does not address clinical needs.

The course is delivered over six weekly sessions, each lasting two and a half hours.

It is led by trained tutors who also live with a long-term condition or impairment.

By taking part in an EPP course you will:

- Feel more confident and take control of your life
- Learn new skills to manage your condition
- Develop confidence in the daily management of your condition
- Meet others who share similar experiences
- Learn about developing better relationships with health professionals and social services
- Use your skills and knowledge to lead a better quality of life.

The EPP and the ACCEPT Support Group have given me more confidence to look at myself and be more positive. Even right from the first meeting I felt I was not alone. I walked in alone, but afterwards, I felt more self-worth and self-confidence. It was great to meet like-minded people, with similar issues.

It's not just always the medical or physical condition, it's about the feeling of being human and that you are worth something.

Fred Martin



A word cloud of various topics covered in the EPP course, arranged in a circular pattern. The words are in different colors and sizes, with 'Empowerment' being the largest and most central. Other prominent words include 'Positive Thinking', 'Relaxation', 'Exercise', 'Decision Making', 'Physical Activity', 'Problem Solving', 'Action Plans', 'Symptom Cycle', 'Medication Usage', 'Pain and Fatigue Management', 'Mind Body Connection', 'Difficult Emotions', 'Communication Skills', 'Better Breathing', 'Healthy Eating', 'Depression', 'Improving Balance', 'Sleep', and 'Expert Patients'.

Decision Making
Expert Patients
Improving Balance
Positive Thinking
Healthy Eating
Depression
Empowerment
Exercise
Difficult Emotions
Relaxation
Communication Skills
Better Breathing
Action Plans
Symptom Cycle
Medication Usage
Pain and Fatigue Management
Mind Body Connection
Physical Activity
Problem Solving
Sleep

New Beginnings

The **New Beginnings course** is based on the EPP and has been specially adapted for people living with, or in recovery from, a mental health condition.

The course aims to help individuals to manage and adapt to the issues they encounter in daily living.

Topics include:

- Anxiety and depression management
- Triggers and relapse — symptom awareness
- Set-back strategies and reinterpreting beliefs
- Problem solving and goal setting
- Positive thinking
- Confidence building paced to individual requirements
- Communicating with family, friends and professionals, and planning for the future
- Relaxation techniques
- Healthy lifestyle.

The New Beginnings course does not provide specific health information or treatment, and it does not address clinical needs.

The course is delivered over seven weekly sessions, each lasting two and a half hours. There is also a follow-up meeting one month after the last session.

The New Beginnings course is led by trained tutors who have experience and understanding of living with a mental health condition.

Taking part in the New Beginnings course can help you to:

- Develop the confidence to take more control of your life
- Learn simple but effective skills to aid everyday living
- Plan ahead so that you can deal effectively with any blips or future problems
- Reach your own personal goals
- Learn to be realistic when working towards achieving personal goals
- Meet others who have shared similar experiences
- Form new friendships, reducing isolation.



Looking After Me

The **Looking After Me course** is based on the EPP and has been specially adapted for adults who care for someone with a long-term condition or impairment.

The course aims to help you make time for your own health needs and take more control of your situation.

Who can attend?

Any adult who looks after a relative or friend who is ill, impaired, elderly, or in need of emotional support.

Topics include:

- Dealing with tiredness
- Managing feelings of depression, anxiety, stress, guilt and other difficult emotions
- Problem solving
- Relaxation techniques

- Healthy eating
- Communicating with family, friends, healthcare professionals and social services
- Planning for the future.

The course is delivered over six weekly sessions, each lasting two and a half hours.

It is led by trained tutors who have experience of caring for a friend or relative.

Taking part in the Looking After Me course can help you to:

- Learn new skills to cope with your situation
- Develop confidence to take more control of your life
- Find solutions to problems
- Meet others who share similar experiences.

Looking After Me does not cover carer's rights including benefits rights, or practical caring skills like lifting and handling, although there will be information available on these topics.

“Going back to a number of years ago I would not have been open about my condition but now I can easily discuss it and I feel great. The course meant the world to me, there is nothing worse than losing hope. It has given me a tremendous amount of hope that there is a future and I can look forward to it.”

Freddi Allahyari

Unselfish
Guilt
Care
Selfish
Costs
Want
Home
Carer
Dedication
Compassion
Quality
Nurture
Vital
Need
Complete
Relief
Change
Support
Services
Social
Prevention

Self-Care 4U

The **Self-Care 4U course** is for any adult who wants to take control of their life and make positive changes.

It will empower you to make more informed choices about your own and others' health.

The course consists of six activities, each one being two hours long.

Activities include:

- What is self-care?
- Motivation and behaviour change
- Psychological aspects of health and well-being
- Physical aspects of health and well-being
- Developing healthy attitudes
- Healthy eating
- Self-belief model
- Improving confidence.

The Self-Care 4U course does not provide specific health information, and it does not address clinical needs. It is led by trained tutors who have personal experience of self-care and self-management.

Each activity focuses on different aspects of self-care, theoretical and practical.

They aim to help you learn new skills suitable for your circumstances, and to consider changes you can make to your and your family's lifestyle.

The activities will give you confidence and teach you how to care for yourself when you experience short-term conditions or minor health problems. You will also learn when to use health and social care services.

The biggest barrier is accepting that you have your condition for life and it is not going away. What helped me was finding a way to let this condition become my friend, not my enemy. The course gave me "me" back that I had lost along the way.

Sharon Hudswell

Behaviour Change

Happiness Physical Emotional Motivation Habits Health Lifestyle Balance Environmental Forgiveness Healthy Eating Positive Self-Esteem Belief Confidence Wellness Social Exercise Choices

Living with Diabetes

Living with Diabetes is a self-management course for any adult living with type 2 diabetes.

This course includes diabetes-specific information within the essential topics for managing any long-term condition outlined in the Expert Patients Programme.

The course is delivered over six weekly sessions, each lasting two and a half hours.

There is also a follow-up meeting one month after the last session.

It is led jointly by a person living with diabetes and a diabetes trained health professional.

By taking part in this course you will:

- Meet with and learn from others who have type 2 diabetes
- Have the opportunity to discuss diabetes-specific information
- Learn new skills to manage your condition
- Develop confidence in the daily management of your condition
- Learn about developing equal relationships with health professionals
- Use your skills and knowledge to lead a full life.

If you are newly diagnosed with diabetes, you may also like to attend a one-day DESMOND course. Contact your GP to find out where a DESMOND course is taking place locally to you.

Living with Diabetes does not specifically address individual clinical issues but aims to support you in your daily life with diabetes.

