

White House Cancer Support - Expert Patient Programme

(commissioned by the Office of Public Health, Dudley Council)

Would you like us to help you manage your cancer diagnosis?

We are running a free course for adults living with cancer. The EPP course aims to help you take more control of your health by learning new skills to manage your condition better on a daily basis. The course consists of six sessions lasting two-and-a-half hours each; a break for tea and biscuits is included and free on-site parking is available. Although informal, the sessions are run in a structured format with different topics being discussed each week. During the course you will be given a book and relaxation CD to keep and use at your leisure.

Course tutors are trained volunteers and have personal experience of living with long-term conditions, either as a patient or carer. Course topics include: Getting a good night's sleep; Coping with difficult emotions/depression; Relaxation techniques, exercise and healthy eating; Communicating with family, friends and health professionals; Dealing with pain and extreme tiredness.

Our next EPP course begins on Monday 11th May 2015 and then takes place each Monday until 22 June 2015, 10.30am-1.00pm at The White House, 10 Ednam Road, Dudley, DY1 1JX.

You can register for a place on our EPP course by either telephoning White House Cancer Support on 01384-231232 or by calling the Dudley Self-Management Team on 01384-816437.