

For more information...

Or to register on a course, please contact the team

Telephone: 020 8812 6750

Email:
wandsworthccg.expertpatients@swlondon.nhs.uk

Online:
www.wandsworthccg.nhs.uk/selfmanagement

Sick and tired of feeling sick and tired?

Make a positive difference to
living your life with a long term
health condition



Wandsworth Self-Management Service

What is self-management?

Self-management is about having the skills, knowledge and confidence to take a more active role in managing your health and your condition – and you do not have to manage alone.

What is Wandsworth Self-Management Service?

Our service offers Stanford Accredited self-management courses, which aim to encourage and support people living with long-term health conditions to become good self-managers. The courses we offer are:

- Expert Patients Programme
- Looking After Me

They are run across Wandsworth and are available to anyone who lives, works, or is registered at a GP practice in the borough.

Expert Patients Programme

This course aims to help you to improve your health and wellbeing and better manage your condition through learning self-management skills and sharing similar experiences with others.

How long is the course?

The course is run over 6 weekly sessions, on the same day each week, with each session lasting for 2 hours 30 minutes.

Looking After Me

This course is for carers. A carer is anyone who looks after or supports someone who could not manage without their help.

The course is about you taking more control of your situation and making time to look after yourself.

How long is the course?

The course is run over 6 weekly sessions, on the same day each week, with each session lasting for 2 hours 30 minutes.

