

The **EXPERT PATIENT SERVICE**

might be for you!

Sick and tired
of feeling sick
and tired?

Do you
have a long-
term health
condition?

Are you a carer?

Would you like
a healthier, less
stressful life?

Courses take place over six weeks with one half day or evening session each week.

The programme includes:

- healthy lifestyle advice including diet and exercise
- managing pain, fatigue and stress; and relaxation techniques
- better communication with family, friends and health professionals

Meet other people in a friendly environment

Learn new skills to have a healthier life

Share your experiences and ideas

Courses are free and run in local, accessible venues

The Expert Patient Service is open to people who:

- live in Hammersmith & Fulham, Kensington & Chelsea or Westminster (or are registered with a GP in the area)
- have a long-term health condition (eg. heart disease, diabetes, depression, asthma, cancer, or any other condition)

The Service is also open to carers living in the area.

See overleaf to find
a local provider.



Find a local provider

Hammersmith & Fulham

East European Advice Centre

Room 18, POSK, 238-246 King Street, W6 0RS

Tel: 020 8741 1288 | Mob: 0773 725 6688

Contact: Anna Michta

E-mail: michtaanna@hotmail.com

Foundations UK

Masbro Centre, 87 Masbro Road, W14 0LR

Tel: 0845 241 0962

Contact: Mary Wood

E-mail: mary@foundationsuk.org

Nubian Life

50 Commonwealth Avenue, W12 7QR

Tel: 020 8749 8017

Contact: Davendra Dangol

E-mail: davendradangol@nubian-life.org.uk

Opportunity for All

White City Community Centre, India Way,

W12 7QT

Tel: 020 8743 2403 | Mob: 0794 744 4165

Contact: Zahra Farah

E-mail: farahz.ofa@btconnect.com

Kensington & Chelsea

SMART

The Basement, 15 Gertrude Street, SW10 0JN

Tel: 020 7376 4668

Contact: Jill Watson

E-mail: jill.watson@smartlondon.org.uk

Westminster

Chinese National Healthy Living Centre

29-30 Soho Square, W1D 3QS

Tel: 020 7534 6548

Contact: Lucy Tran

E-mail: lucy.tran@cnhlc.org.uk

Fitzrovia Neighbourhood Association

39 Tottenham Street, W1T 4RX

Tel: 020 7580 4576

Contact: Barbara Jacobson

E-mail: olderfitzrovia@yahoo.co.uk

We are adding new providers all the time.

Visit our website for more information:

www.expertpatientservice.org.uk

Visit the website
or contact your
local provider
for upcoming
courses

Information Line:

Frances Neate at RAIN Trust | Tel: 020 8964 2727 | E-mail: frances.neate@raintrust.org.uk