

## How can it help you?

### By taking part in the Supporting Parents Programme, you will:

- Learn new skills
- Develop confidence
- Meet others and share similar experiences
- Learn about developing more effective relationships with healthcare professionals and other services



A **FREE COURSE** for parents and guardians of children with long-term health conditions

**You're there for your child, and we're here for you**



### For details about courses in your area contact:

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EPPR/001/09



"I feel less isolated. It's been great to be part of a group where everyone understands."



"In the eight years since I had my son there's not been anything like this – it's invaluable."



"It was like a support group but with solutions, processes and tools."

[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Or visit  
[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Learn to manage the day-to-day issues associated with caring for children who have long-term health conditions or disabilities.



Expert Patients Programme  
Community Interest Company

## Course information

### What is the EPP CIC Supporting Parents Programme?

The Supporting Parents Programme is a **FREE** 6 week course for anyone who cares for a child with a long-term or life-limiting health condition.

The aims of the programme are to provide support and develop self confidence to help you feel more in control.

Topics that the programme covers include:

- Finding time for you
- Coping with difficult emotions
- Relaxation
- Dealing with family issues and tensions
- Communicating with family, friends, health professionals and schools
- Planning for the future

The Supporting Parents Programme is run over 6 weekly sessions, each lasting 2 hours 30 minutes, by trained facilitators, who are themselves parents of children with long-term conditions.

### How has it helped other people?

People who have taken part in the Supporting Parents Programme have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their child's condition and treatment together with healthcare professionals
- Be realistic about the impact of the condition on their child and their family
- Feel less isolated - there are other families in similar situations
- Use their new skills and knowledge to improve their quality of life



### Who can take part?

Any parent or guardian looking after a child with a long-term or life-limiting condition or disability.