

Kent Community Health



NHS Foundation Trust

Living with a long-term condition? We know just how you feel.



Expert Patients Programme

Managing your long-term condition doesn't have to be hard. The **Expert Patients Programme**, a free six-week course run by people like you, can help you to regain your independence, manage everyday situations and boost your mental and emotional wellbeing.

Email kcht.epp@nhs.net

Phone 0300 123 1220 / 07944 935 047

Because when it comes to your life.. you're the expert.