

The Expert Patient Service is a self management course for carers and for people living with long term health conditions.

The course covers:

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

The Service is open to people who are over eighteen and live in Hammersmith & Fulham, Kensington & Chelsea or Westminster or are registered with a GP in the area.

Dates and venues may be subject to change. Please check with the provider.

## **WESTMINSTER**

### **Church Street**

Nubian Life | Venue: Penfold Community Hub, 60 Penfold Street, NW8 8PJ

Tuesday 11-1.30pm, 6 weeks, starts Tuesday 27 January

**Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: [davendra.dangol@nubianlife.org.uk](mailto:davendra.dangol@nubianlife.org.uk)**

### **Harrow Road - This is a closed course for homeless people**

Desta | Venue: St Mungo's Hostel, 217 Harrow Road, London W2 5XQ

Wednesday 10-12.30 pm, 6 weeks, starts Wednesday 28 January

**Contact: Frances Neate | Tel: 0207 952 1242 | Email: [frances.neate@destaconsortium.org.uk](mailto:frances.neate@destaconsortium.org.uk)**

### **Pimlico**

Chinese National Healthy Living Association | Venue: MRC, 24 Churton Street, London, W14 0JR

Friday 12-2.30pm, 6 weeks, starts Friday 30 January

**Contact: Judith Yung | Tel: 0208 749 8017 | Email: [j.leung@cnhlc.org.uk](mailto:j.leung@cnhlc.org.uk)**

### **Queens Park**

Westminster Society | Venue: 16a Croxley Road, W9 3HL

Monday 10-12.30pm, 6 weeks, starts Monday 19 January

**Contact: Anna Bhalla | Tel: 0208 968 2690 | Email: [abhalla@wspld.org](mailto:abhalla@wspld.org)**

### **Soho – Delivered in Cantonese**

Chinese National Healthy Living Association | Venue: 29-30 Soho Square, London, W1D 3QS

Tuesday 12-2.30pm, 6 weeks, starts Tuesday 27 January

**Contact: Judith Yung | Tel: 0208 749 8017 | Email: [j.leung@cnhlc.org.uk](mailto:j.leung@cnhlc.org.uk)**

**HAMMERSMITH & FULHAM**

**Brook Green**

Hammersmith and Fulham Mind | Venue: 62 Blythe Road, W14 0HB

Friday 11.30-2pm, 6 weeks, starts Friday 23 January

**Contact: Linden Rennie | Tel: 0207 602 2336 | Email: linden.rennie@hfmind.org.uk**

**College Park and Old Oak**

Nubian Life | Venue: Old Oak Community Centre, 76 Braybrooke Street, W12 0AP

Wednesday 11-1.30pm, 6 weeks, starts Wednesday 21 January

**Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: davendra.dangol@nubianlife.org.uk**

**Hammersmith**

Action on Disability | Venue: St Paul's Church, Queen Caroline Street, W6 9PJ

Monday 10.30-1pm, 6 weeks, starts Monday 26 January

**Contact: Andrew Farrow | Tel: 0207 471 8514 | Email: andrew.farrow@actionondisability.org.uk**

**Shepherds Bush – for carers**

Nubian Life | Venue: Nubian Life Resource Centre, 50 Ellersie Road, Shepherds Bush, W12 7BW

Friday 11-1.30pm, 6 weeks, starts Friday 30 January

**Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: davendra.dangol@nubianlife.org.uk**

**Shepherds Bush – for people who want to return to employment – with under 5s crèche support**

Urban Partnership Group | Venue: Masbro Centre, 87 Masbro Road, W14 0LR

Friday 9.30-12noon, 6 weeks, starts Friday 30 January (half term 20 February)

**Contact: Gosia Banach | Tel: 0207 605 0800 x 221 | Email: gosia@upg.org.uk**

**White City**

Action on Disability | Venue: White City Community Centre, India Way, W12 7QT

Tuesday 10.30-1pm, 6 weeks, starts Tuesday 27 January

**Contact: Andrew Farrow | Tel: 0207 471 8514 | Email: andrew.farrow@actionondisability.org.uk**

**White City – with Somali language support**

Opportunity for All | Venue: White City Community Centre, India Way, W12 7QT

Tuesday 11-1.30pm, 6 weeks, starts Tuesday 27 January

**Contact: Zahra Farah | Tel: 0208 743 2403 | Email: farahza@hotmail.com**

**KENSINGTON & CHELSEA**

**Ladbroke Grove - for carers**

Nubian Life | Venue: Migrant Refugee Community Forum, 2 Thorpe Close, Ladbroke Grove, W10 5XL  
Thursday 11-1.30pm, 6 weeks, starts Thursday 29 January

**Contact: Davendra Dangol | Tel: 0208 749 8017 | Email: [davendra.dangol@nubianlife.org.uk](mailto:davendra.dangol@nubianlife.org.uk)**

**Ladbroke Grove - with Somali language support**

Midaye | Venue: 1 Thorpe Close, W10 3XL  
Monday 10.30-1.00pm, 6 weeks, starts Monday 26 January

**Contact: Filsan Ali | Tel: 0208 969 7456 | Email: [filsan@midaye.org.uk](mailto:filsan@midaye.org.uk)**

**Ladbroke Grove**

HF MIND | Venue: K&C MIND, 7 Thorpe Close, W10 3XL  
Wednesday 6-8.30 pm, 6 weeks, starts Wednesday 28 January

**Contact: Brian Hanley | Tel: 0207 602 2336 | Email: [brian.hanley@hfmind.org.uk](mailto:brian.hanley@hfmind.org.uk)**

**North Kensington – with Farsi and Arabic language support**

Iranian Association | Venue: Al Maneer Islamic Cultural Heritage Centre, 244 Acklam Road, W10 5YG  
Thursday 11-1.30pm, 6 weeks, starts Thursday 29 January

**Contact: Forouzan Jahanbin | Tel: 0208 741 2304 | Email: [london.iranian.association@gmail.com](mailto:london.iranian.association@gmail.com)**

**Worlds End, Chelsea**

SMART | Venue: The Basement, 15 Gertrude Street, London, SW10 0JN  
Tuesday 1-3.30pm, 6 weeks, starts Tuesday 27 January

**Contact: Jose Veiga | Tel: 0207 376 4668 | Email: [jose.veiga@smartlondon.org.uk](mailto:jose.veiga@smartlondon.org.uk)**