

EXPERT PATIENT PROGRAMME (EPP)

- Offers free self-management courses for people living with any long-term health condition
- Run in partnership with the NHS and the Royal Borough of Greenwich, delivered by local community health organisations
- The EPP is a 6-week course designed to help individuals take control of their health by developing new skills
- Sessions run for two-and-a-half hours weekly, cover various topics, including:
 - Managing symptoms, pain, and tiredness
 - Coping with emotions like depression and frustration
 - Utilising relaxation techniques
 - Healthy eating and exercise
 - Setting realistic goals
 - Communicating effectively with healthcare professionals
 - Courses are led by trained tutors who also have experience managing their own long-term conditions

PHONE - 020 8921 2304

EMAIL -

aops.contact.officers@royalgreenwich.gov.uk

OXLEAS NHS GREENWICH TIME TO TALK

- Provides specialist psychological therapy for those living with chronic conditions like diabetes, COPD, arthritis, chronic pain, fatigue, or fibromyalgia
- Self-referral available. Emphasis on combining therapy with condition-specific understanding

PHONE - 020 3260 1100

WEBSITE - <https://oxleas.nhs.uk/gttt-ltc>

EMAIL - oxl-tr.greenwichtimetotalk@nhs.net

SOCIAL PRESCRIBING VIA GP/PRIMARY CARE

- Active in Lewisham & Greenwich
- Link workers assist with lifestyle, wellbeing, and community integration (Be Well, Feel Well, Age Well).
- Offered especially for cancer, but also available for respiratory illness, mental health, diabetes and more
- Refer through GP or clinical nurse specialist referral.

PHONE - 020 8333 3336

EMAIL - lg.mags@nhs.net

WEBSITE -

<https://www.lewishamandgreenwich.nhs.uk/social-prescribing-cancer/>

we're **kind** we're **fair** we **listen** we **care**



Long-Term Health Conditions

Greenwich Mental Health
Support Resources



COUNCIL PHYSICAL DISABILITY SERVICES

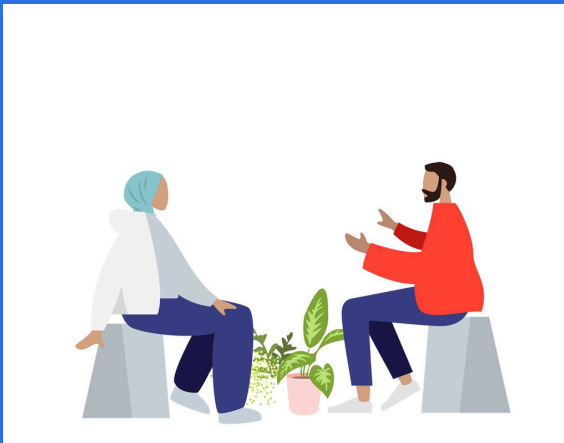
- Offers advice and referrals for housing adaptations, travel, mobility equipment, form-filling help, advocacy, and support groups
- Part of council's routine assessment; may lead to low-cost or subsidised support
- Services to help you manage your mental and physical health, live independently and to help carers supporting someone

PHONE - 020 8854 8888

EMAIL -contact.centre@royalgreenwich.gov.uk

WEBSITE -

<https://www.royalgreenwich.gov.uk/adult-care-and-health>



MORE RESOURCES

LIVE WELL GREENWICH

- Offers practical, tailored support for people managing long-term conditions alongside everyday life
- They provide:
 - Dedicated support pathway
 - Holistic health improvement advising
 - One-to-one live well coaches
 - Access to community activities and referrals
 - Centralised 'Live Well For Longer' Hub

PHONE - 0800 470 4831

WEBSITE -

<https://livewellgreenwich.org.uk/living-well/managinglhc/>



MACMILLAN - SOUTH EAST LONDON BUDDIES SCHEME

- Trained volunteers, known as Macmillan Buddies, provide a confidential and empathetic listening ear
- The service aims to reduce the isolation that can come with a cancer diagnosis and treatment
- This includes:
 - Emotional Support: A safe, confidential space to share feelings about cancer
 - Practical Help: Signposting to Macmillan services (e.g., financial advice) and local resources
 - Flexible Contact: Weekly calls, video chats, or home visits (where possible)
 - Duration: 8-12 sessions with the same volunteer for continuity

PHONE - 020 8921 6375

EMAIL - contact@macmillan.org.uk

WEBSITE -

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/macmillan-buddy-for-me>

