

TONBRIDGE & MALLING BOROUGH COUNCIL
COMMUNITIES and HEALTH ADVISORY BOARD

03 March 2015

Report of the Director of Planning, Environmental Health and Housing

Part 1- Public

Matters for Information

1 PRESENTATION – THE EXPERT PATIENTS PROGRAMME

To receive a presentation on the above programme.

1.1 Background

1.1.1 Jane Reynolds of the Kent Community Health Trust will be attending the Board meeting to give a short presentation on the Expert Patients Programme. This initiative is aimed at providing assistance to those with long health conditions who need help to manage their health. Run by volunteers, the programme offers six week courses covering the following:

- dealing with pain and tiredness
- coping with feelings of depression, stress and anxiety
- relaxation techniques and exercise
- healthy eating
- communicating with family, friends and healthcare professionals
- planning for the future.

1.1.2 The Board may wish to consider how the Borough Council could help promote the initiative locally.

Background papers:

contact: Jane Heeley

Nil

Steve Humphrey
Director of Planning, Environmental Health and Housing