

## Case study 4

### Patients as mentors

EPP CIC working in partnership with the South Central Strategic Health Authority (SHA) and three universities in the south of England has developed a mentorship programme. Volunteers who live with long-term health conditions have been trained as mentors to students undertaking the Health & Social Care Foundation degree course. The primary aim of the project is to offer students an opportunity to gain a greater insight into the day-to-day lives and associated challenges of those who are living with long-term conditions. Mentoring facilitates students learning through reflection and helps them develop a clearer understanding to positively influence future health and social care practice. This programme empowers by placing healthcare service users at the centre of the education of healthcare students.

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