

Self Management Menu of Structured Education Programmes
 All Courses are nationally accredited structured programmes which are quality assured and
 formally evaluated

To book a place on any of the courses please ring **01554 899035**

'Helping you live your life your way'

Self Management option	Course Detail
5 Ways to Wellbeing	5 ways to wellbeing is for everyone, old, young, ill or well. We can all benefit from a brief awareness session on our health and wellbeing with these 5 simple tips. The session takes about 45 minutes and is particularly useful for staff teams or support groups to introduce the concept of taking control of your own health and wellbeing.
Introduction to Health and Wellbeing(ISM)	This course is for anyone with any long term health condition and / or carers. Some of the areas we cover are: <ul style="list-style-type: none"> • Healthy eating, • Positive Thinking, • Communication, • Managing Daily Activity, • Medication • Relaxation.
6 week Health and Wellbeing course (CDSMP)	This is a 6 week, 2.5 hours a week self management course for anyone with any long term health condition. Some of the areas we cover are: <ul style="list-style-type: none"> • Preventing Falls and Improving Balance, • Making Decisions, • Pain and Fatigue Management, Better Breathing, • Medication Usage, • Working With Your Healthcare Professional
Introduction to Health and Wellbeing for Carers (I to LAM)	This is a 3 hour session introducing carers to skills to support health and wellbeing and develop their self management skills. Some of the areas we cover are: <ul style="list-style-type: none"> • Making Difficult Decisions • Managing Down Days • Positive Thinking • Healthy Eating
Looking After Me (LAM)	This is a 6 week, 2.5hours a week self management course for anyone who is or has been a carer Some of the areas we cover are: <ul style="list-style-type: none"> • Thinking Techniques, • Relaxation, • Difficult Emotions, • Managing Tiredness.
COPD + Education and Activity sessions together	This is a 9 week course with an assessment on week 1 and a post assessment on week 9, with 7 weeks of 1 hour guided physical activity and 1.5 hours a week education regarding living with COPD (including breathlessness). If you can't manage the exercise you can still come to the education session Some of the areas we cover are: <ul style="list-style-type: none"> • What is COPD? • Planning & Problem Solving • Dealing with Difficult Emotions, • Managing Daily Activities, • Working with your Health Care Professional This course is delivered by two tutors, one Health Care Professional and one Lay Tutor.

Self Management Option	Course Detail
Foodwise for Life (with or without physical activity)	<p>This is an 8 week course, of 1 ½ hours each week, the programme is for anyone with a HbA1c of 42 – 47mmol/mol and for people who may be risk of developing Type 2 Diabetes.</p> <p>Some of the areas we cover are:</p> <ul style="list-style-type: none"> • Preparing to Change for Life • Portion Sizes & You, • Up & About (benefits of exercise), • Food labels • Meal Planning, Food & Drink Swaps <p>We offer this course with a one hour physical activity session in some areas. Please ask for details when you ring.</p>
X-Pert Diabetes Programme (X-PERT)	<p>This is a 6 week course of 3 hours each week for anyone with Type 2 Diabetes</p> <p>Some of the areas we cover are:</p> <ul style="list-style-type: none"> • What is Diabetes • Digestion and blood glucose • self monitoring, medications, weight management, • Carbohydrate Awareness • Possible complications of Diabetes, • Goal setting. <p>This course is delivered by Diabetes Specialist Nurses and Diabetes Specialist Dieticians.</p>
Diabetes Self Management Programme (DSMP)	<p>This is a 6 week, 2.5hours per week self management course for anyone with Type 2 Diabetes (non insulin dependent)</p> <p>Some of the areas we cover are:</p> <ul style="list-style-type: none"> • Planning and Problem Solving • Dealing with Difficult Emotions, • Communication Skills • Relaxation Techniques <p>This course is delivered by two lay tutors with experience of living with Type2 diabetes</p>
Cancer: Thriving and Surviving + Education and Activity sessions together	<p>This is a 6 week course of 3.5hours per week with 2.5 hours education and 1 hour of guided physical activity for anyone who has survived cancer and would like some support getting back into the usual daily routine</p> <p>Some of the areas covered include:</p> <ul style="list-style-type: none"> • Healthy eating • Problem Solving • Regaining fitness during and after cancer treatment • Living with uncertainty • Positive Thinking • Making decisions • Cancer and relationships. <p>This course is led by two lay tutors.</p>
Foundation Pain Management Programme	<p>This is a 6 week 2.5 hours per week self management programme for anyone with chronic pain,</p> <p>Some of the areas we cover are:</p> <ul style="list-style-type: none"> • What is Chronic Pain • Physical Activity and Exercise • Fatigue Management • Moving Easy <p>This course is delivered by two lay tutors</p>

To enquire about accessing any of these self management courses please contact Education Programmes for Patients on 01554-899035 or email us at: eppcymru.hyweldda@wales.nhs.uk