

# EPP Cymru Booking / Consent Form



GIG  
CYMRU  
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WALES

Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board

I wish to book a place on: ( Please ✓ which course you wish to attend)

**INTRODUCTION TO HEALTH AND WELL BEING** - 3 hour session to support anyone to improve their health and well being

**Peniel School Hall, Carmarthen** Monday 22<sup>nd</sup> Jan 2018 2pm – 5pm

**Ammanford Venue TBC** Wednesday 31<sup>st</sup> Jan 2018 1.30pm – 4.30pm

**Swiss Valley Hall, Llanelli** Friday 16<sup>th</sup> March 10am – 1pm

**Picton Centre, Haverfordwest** Tuesday 20<sup>th</sup> March 2018 1.30pm – 4.30pm

**HEALTH & WELL BEING PROGRAMME (CDSMP)** – 6 week, 2 ½ hours a week health and well being programme for anyone and everyone with a long term health condition

**Peniel School Hall, Carmarthen** Mon 5<sup>th</sup> Feb to Mon 12<sup>th</sup> March 2018 10am – 12.30pm

**DIABETES SELF MANAGEMENT PROGRAMME**- 6 week, 2 ½ hours a week programme for anyone living with non insulin dependent Type 2 Diabetes

**Peniel School Hall, Carmarthen** Fri 19<sup>th</sup> Jan to Fri 23<sup>rd</sup> Feb 2018 10am – 12.30pm

**Lampeter venue TBC** Wed 14<sup>th</sup> Feb to Wed 21<sup>st</sup> March 2018 1.30pm – 4pm

**XPERT PROGRAMME** - 6 week, 2 ½ hours a week programme for anyone living with TYPE 2 Diabetes. This programme is delivered by Healthcare professionals who specialise in Diabetes

**Carmarthen Athletic AFC** Wed 11<sup>th</sup> April to Wed 16<sup>th</sup> May 2018 10am – 12.30pm

**Maes Mwldan, Cardigan** Wed 18<sup>th</sup> April to Wed 23<sup>rd</sup> May 2018 10am – 12.30pm

**Felinfach hall, Lampeter** Wed 19<sup>th</sup> Sept to Wed 24<sup>th</sup> Oct 2018 10am – 12.30pm

**Morlan Centre, Aberystwyth** Wed 7<sup>th</sup> Nov to Wed 12<sup>th</sup> Dec 2018 10am – 12.30pm

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE PROGRAMME WITH EXERCISE** – 9 weeks, 3 hours a week programme for anyone living with a respiratory condition

**Carmarthen Leisure Centre** Wed 18<sup>th</sup> Jan to Wed 15<sup>th</sup> March 2018 1pm – 4pm

**INTRODUCTION TO LOOKING AFTER ME FOR CARERS** -3 hour session for former or current carers

**Haverfordwest Cricket Club** Tuesday 30<sup>th</sup> Jan 2018 10am – 3pm

**Ammanford Venue TBC** Wednesday 7<sup>th</sup> Feb 2018 9.30am – 12.30pm

**Ashleigh Surgery, Cardigan** Friday 2<sup>nd</sup> March 2018 10am – 1pm

I am unable to attend any of the above **ISM/CDSMP/XPERT/ DSMP/COPD+/I2LAM** courses but wish to be kept informed of future courses

PLEASE TURN OVER ►

PERSONAL DETAILS

Title: Name in full: Date of Birth:

Address: City: Postcode:

Telephone No: Mobile No: (Course reminders will be sent by text message)

Email:

GP Practice: GP Name:

(NB. This service is an NHS based service who work closely with GP and community based services, therefore we will inform your GP on your successful completion of a self management course, we will also let your GP know if we have offered you 3 self management courses and you have been unable or chosen not to attend)

Do you have any special requirements during the course?

Checkboxes for special requirements: A hearing Loop, Access for manual wheelchair, Space for electric wheelchair / scooter, I require the following special requirements in order to take part in the programme (please specify):

Please tick ✓ the boxes that apply to you

1. Are you? Male Female White Black Chinese Asian Mixed Other

2. Do you speak Welsh? Yes No

3. Given a choice what language would you prefer the course to be delivered in? (Please specify):

4. What is/are your long-term health condition/s

1) 2) 3) 4)

5. Are you a; Smoker Non Smoker ExSmoker

6. Are you a carer? Yes No

7. How did you hear about us?

Name of partner/carers member attending with you (optional) Date of Birth: Address: Tel No: GP Surgery:

Please return booking form to: EPP Cymru Hywel Dda Health Board, Prince Philip Hospital, Block 6, Room 9, Llanelli, SA14 8QF Tel: 01554 899035 Email: eppcymru.hyweldda@wales.nhs.uk