

BCU Self Care Office Monthly Newsletter

EPP Cymru: Chronic Disease Self Management Programme, Looking After Me (course for carers), An Introduction to Self Management, Diabetes Self Management Programme and COPD Self Management for Life.

British Heart Foundation: Healthy Hearts.

Connecting with People: Building Emotional Resilience.

X-Pert Diabetes Course.

Mental Health First Aid.

April

2017

BCU's Self Care Office consists of Senior Self Care Office Co-ordinator Michelle Rigby, Self Care Office Co-ordinator Elois Davis and Self Care Office Assistants Carys Thomas and Sherryl Todd, backed up by a small, skilled team of volunteer tutors and staff working across the North Wales Health Board area.

For information about any of the courses available and how to engage with us, or to make suggestions and requests for additions to the newsletter, we can be contacted by phone on 01286 674236 or by e-mailing eppcymru.bcuhb@wales.nhs.uk. EPP Cymru course info can be found at www.eppwales.org.

Cancer: Thriving and Surviving course

The Cancer: Thriving and Surviving (CTS) Programme is a workshop given two and a half hours, once a week, for six weeks, in community settings. Workshops are facilitated by two trained leaders, one or both of whom are peers who are cancer survivors themselves or who are affected by someone who lives with the condition.

Subjects covered include:

- 1) techniques to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and living with uncertainty
- 2) appropriate exercise for regaining and maintaining flexibility, and endurance
- 3) making decisions about treatment and complementary therapies
- 4) communicating effectively with family, friends, and health professionals
- 5) nutrition
- 6) setting priorities
- 7) relationships

Each participant in the workshop receives a copy of the companion book, Living a Healthy Life with Chronic Conditions (loan period for the 6 weeks), and a relaxation CD, Relaxation for Mind and Body. It is the process in which the programme is taught that makes it effective. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Does the Program replace existing programmes and treatments?

The programme will not conflict with existing programmes or treatment. It is designed to enhance regular treatment. The programme gives participants the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives and relationships.

How was the Programme developed and evaluated?

The Cancer: Thriving and Surviving (CTS) Workshop was originally adapted from the Chronic Disease Self-Management Programme (CDSMP), at the Macmillan Cancer Support Trust in the United Kingdom. It was tested for effectiveness in the UK and in the USA.

Chronic Disease Self Management Programme

The **CDSMP** is a **free** course to help people who live with a long term health condition to maintain and improve their quality of life through self-management.

What does the course involve? Six weekly sessions, each lasting two and a half hours (including breaks and refreshments). They are very varied. There are brief talks, discussions and freethinking sessions.

The course is about learning important skills, including managing your symptoms, dealing with stress, depression and low self-image, managing pain, developing coping skills, learning ways to relax and eating healthily, working more closely with those caring for you, and planning for the future.

Venue	Day	Start Date	End Date	Start time	End time
Canolfan Ebeneser, Llangefni Course full	Tue	25/04/17	30/05/17	14:00	16:30
Craig y Don, Llandudno Course full	Wed	26/04/17	31/05/17	13:30	16:00
Holywell Community Hospital. Course full	Thurs	27/04/17	01/06/17	13:30	16:00
RP Jones Room, Dolgellau 12 Places Available	Mon	12/06/17	17/07/17	10:30	13:00
Community Resource Centre, Kinmel Bay 3 Places available	Mon	12/06/17	17/07/17	13:30	16:00
Canolfan Ni, Corwen Places available	Tues	13/06/17	18/07/17	10:30	13:00
Quay Health Centre, Connah's Quay	Wed	14/06/17	19/07/17	10:00	12:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

**Chronic Disease Self Management Programme
continued**

Venue	Day	Start Date	End Date	Start time	End time
Capel y Groes, Wrexham Places Available	Wed	14/06/17	19/07/17	13:30	16:00
St Joseph's Church Hall, Pwllheli Places Available	Fri	16/06/17	21/07/17	13:30	16:00
Gwersyllt Resource Centre	Tues	25/07/17	29/08/17	11:00	13:30
Parkfield Community Centre, Mold	Thurs	27/07/17	31/08/17	12:30	15:00
Ysbyty Alltwen, Tremadog	Fri	28/07/17	01/09/17	11:00	13:30
Canolfan Awelon, Ruthin	Mon	11/09/17	16/10/17	13:30	16:00
Bro Tegid, Bala	Tues	12/09/17	17/10/17	10:30	13:00
Coed Mawr, Bangor	Tues	12/09/17	17/10/17	13:30	16:00
Capel y Groes, Wrexham	Thurs	14/09/17	19/10/17	13:30	16:00
Canolfan Ebeneser, Llangefni	Fri	15/09/17	20/10/17	10:00	12:30
Mancot Village Hall	Fri	15/09/17	20/10/17	13:30	16:00
St Mary's Church, Denbigh	Mon	30/10/17	04/12/17	10:00	12:30

**Chronic Disease Self Management Programme
continued**

Venue	Day	Start Date	End Date	Start time	End time
Quay Health Centre, Connah's Quay	Mon	30/10/17	04/12/17	13:30	16:00
Overton Village Hall	Tue	31/10/17	05/12/17	10:30	13:00
Community Church Hall, Moelfre	Tues	31/10/17	05/12/17	13:30	16:00
Scout Hut Tywyn	Wed	01/11/17	06/12/17	13:30	16:00
St Mary's Church Hall, Betws y Coed	Thurs	02/11/17	07/12/17	13:30	16:00
The Stiwt, Rhosllanerchrugog	Tues	02/01/18	06/02/18	13:30	16:00
London Road Community Centre, Holyhead	Wed	03/01/18	07/02/17	10:00	12:30
Llanberis Community Centre, Llanberis	Thurs	04/01/18	08/02/17	10:00	12:30
Canolfan Ni, Corwen	Fri	05/01/18	09/02/18	13:30	16:00
Capel y Groes, Wrexham	Mon	12/02/18	19/03/18	10:30	13:00
Ysbyty Alltwen, Tremadog	Wed	14/02/18	21/03/18	10:00	12:30
Glasdir, Llanrwst	Wed	14/02/18	21/03/18	13:30	16:00

British Heart Foundation Healthy Hearts courses

The Healthy Hearts course is a **free** course to help people to maintain and improve their quality of life through self management. Six weekly sessions, each lasting two and a half hours (including breaks and refreshments). They are very varied, there are brief talks, discussions and ideas storming sessions. The course is about learning important skills including how the heart works, coronary heart disease, risk factors, dealing with stress, eating for a healthier heart and making lifestyle changes.

Venue	Day	Start Date	End Date	Start time	End time
Holywell Hospital 10 Places Available	Fri	09/06/17	14/07/17	13:30	16:00
Eryldon, Caernarfon	Thurs	14/09/17	19/10/17	10:30	13:00
Royal Alexandra, Rhyl	Wed	01/11/17	06/12/17	10:00	12:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

Foodwise Courses

Foodwise for Life is an 8 week programme to help people manage their weight in a healthy way. It is designed to help people:

Learn about a healthy way to lose weight

Become more active

Get support and ideas to help change eating habits

The sessions will cover a range of topics such as:

Portion sizes

Moving more

Dealing with hunger and craving

Food labels

Overcoming barriers

Venue	Day	Start Date	End Date	Start time	End time
St Margaret's Church, Wrexham	Thur	20/07/2017	07/09/2017	14:00	15:15
Boardroom, Eryldon	Thur	07/09/2017	26/10/2017	16:30	17:45
Community Resource Centre, Kinmel Bay	Wed	01/11/2017	20/12/2017	14:00	15:15

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

COPD Self Management for Life Course.

The **COPD Self Management for Life (COPDSML)** involves seven sessions (all 3 hours long) where people can learn new skills and ways of dealing with the effects that living with breathlessness can cause. The course is free of charge.

To actively self-manage, individuals need confidence and skills to manage their health on a daily basis and particularly during inevitable exacerbations. They also need to be able to engage the effective support from the health professionals they work with who can act as a resource to them.

Venue	Day	Start Date	End Date	Start time	End time
Wellington Road Community Centre, Rhyl course in progress	Wed	19/04/17	31/05/17	10:00	13:00
Wellington Road Community Centre, Rhyl 5 Places available	Mon	04/09/17	16/10/17	13:30	16:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

Diabetes Self Management Courses

The DSMP is a **free** course to help people who live with Type 2 diabetes to maintain and improve their quality of life through self management. Six weekly sessions, each lasting two and a half hours (including breaks and refreshments). They are very varied. There are brief talks, discussions and freethinking sessions. The course is about learning important skills including managing your symptoms, preventing low blood sugar, preventing complications, skin and foot care, emotional wellbeing, physical activity and exercise, healthy eating, appropriate use of medication and effective engagement with health care providers.

Venue	Day	Start Date	End Date	Start time	End time
Llanberis Community Centre Course full	Tue	25/04/17	30/05/17	10:00	12:30
Parkfield Community Centre, Mold Course full	Fri	28/04/17	02/06/17	13:30	16:00
The Stiwt, Rhosllanerchrugog Places available	Tues	13/06/17	18/07/17	13:30	16:00
Eryldon, Caernarfon	Wed	26/07/17	30/08/17	11:00	13:30
Community Resource Centre, Kinmel Bay	Mon	11/09/17	16/10/17	10:00	12:30
Canolfan Ebeneser, Llangefni	Thurs	02/11/17	07/12/17	10:00	12:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

Introduction to Self Management

EPP Cymru's Introduction to Self Management. The session is a one off 3 hour session suitable for anyone with a health condition or who cares for someone with a health condition and aims to provide you with some "tools" and information to improve your ability to self manage your condition or caring situation. For more information about the course or to book your place, please phone 01286 674236 or e-mail EPPCymru.BCUHB@wales.nhs.uk.

Venue	Day	Date	Start time	End time
Canolfan Awelon, Ruthin	Thurs	15/06/17	11:00	14:00
Ysbyty Alltwen, Tremadog	Thurs	06/07/17	11:00	14:00
The Stiwt, Rhosllanerchrugog	Wed	27/09/17	11:00	14:00
Llanddulas Youth and Community Centre	Wed	18/10/17	11:00	14:00
Holywell Hospital	Fri	27/10/17	11:00	14:00
Capel y Groes, Wrexham	Fri	10/11/17	11:00	14:00
Royal Alexander Hospital, Rhyl	Fri	24/11/17	11:00	14:00
Craig y Don Community Centre, Llandudno	Fri	08/12/17	11:00	14:00
Canolfan Ebeneser, Llangefni	Mon	08/01/18	11:00	14:00
Eryldon, Caernarfon	Mon	22/01/18	13:30	16:30
Quay Health Centre, Connah's Quay	Tues	13/03/18	11:00	14:00

Building Emotional Resilience

The course is a 2.5 hour session and aims to increase your ability to deal with difficult feelings, increase your ability to cope with stressful life events and gives you the information required so that you know where to access further support if you ever need help in the future.

Venue	Day	Date	Start time	End time
Llandudno Hospital 6 Places available	Mon	22/05/17	11:00	13:30
Llangefni Football Club 12 Places Available	Thurs	29/06/17	11:00	13:30
Dolgellau Hospital.	Thurs	13/07/17	11:00	13:00
Tesco, Wrexham	Wed	20/09/17	10:30	13:00
St Mary's Church, Denbigh	Fri	03/11/17	11:00	13:30
Connah's Quay Swimming Pool	Fri	17/11/17	11:00	13:30
Ysbyty Alltwen, Tremadog	Fri	01/12/17	11:00	13:30
Community Resource Centre, Kinmel Bay	Tues	12/12/17	11:00	13:30
Parish Hall Coedpoeth	Fri	15/12/17	11:00	13:30
Eryldon, Caernarfon	Mon	15/01/18	11:30	14:00
Overton Village Hall	Tues	06/03/18	11:00	13:30

X-Pert Diabetes Courses

The X-pert diabetes course is a health care professional led course. It runs over a six week period and each session lasts for 2.5 hours. This course is suitable for any adult living with Type 2 diabetes and we would certainly encourage participation of all adults newly diagnosed with Type 2 diabetes following on from their attendance at the dietician group session, which is now becoming established across North Wales .

East — Wrexham and Flintshire

Town	Day	Start Date	End Date	Start time	End time
St Margaret's Church, Wrexham Course full	Wed	12/04/17	17/05/17	14:00	16:30
Parish Hall Coedpoeth 12 Places Available	Wed	07/06/17	12/07/17	14:00	16:30
Overton Village Hall	Wed	13/09/17	18/10/17	09:30	12:00
Holywell Community Hospital, Holywell	Wed	13/09/17	18/10/17	14:00	16:30
St Johns Small Hall, Buckley	Wed	01/11/17	06/12/17	09:30	12:00
St Margaret's Church, Wrexham	Wed	08/11/17	13/12/17	14:00	16:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

Central — Conwy and Denbighshire

Town	Day	Start Date	End Date	Start time	End time
Abergele Youth Centre Course full	Tue	25/04/17	30/05/17	13:30	16:00
Llandudno Hospital Course full	Wed	26/04/17	31/05/17	10:00	12:30
Royal Alexandra Hospital Rhyl Course full	Thurs	27/04/17	01/06/17	10:00	12:30
Penmaenmawr Community Centre Course Full	Mon	12/06/17	17/07/17	13:30	16:00
Renal Unit, Ysbyty Glan Clwyd	Mon	10/07/17	14/08/17	18:00	20:30
Glasdir, Llanrwst 6 Places available	Tues	04/07/17	08/08/17	14:00	16:30
Llanddulas Youth & Community Centre	Tues	12/09/17	17/10/17	13:30	16:00
St Marys Church, Denbigh	Thurs	14/09/17	19/10/17	10:00	12:30
Renal Unit, Ysbyty Glan Clwyd	Mon	30/10/17	04/12/17	18:00	20:30
Craig Y Don, Llandudno Course Full	Tues	31/10/17	05/12/17	10:00	12:30
Community Resource Centre, Kinmel Bay	Tues	31/10/17	05/12/17	13:30	16:00

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

Gwynedd and Anglesey

Town	Day	Start Date	End Date	Start time	End time
Community Church Hall, Moelfre 10 Places available	Tues	25/04/17	30/05/17	13:30	16:00
Ysbyty Alltwen, Tremadog Course full	Thurs	27/04/17	01/06/17	10:00	12:30
Canolfan Ebeneser, Llangefni 4 Places available	Mon	12/06/17	17/07/17	09:30	12:00
Scout Hut Tywyn Places Available	Thurs	15/06/17	20/07/17	10:00	12:30
Ty Dr, Nefyn Places Available	Fri	16/06/17	21/07/17	13:30	16:00
St Josephs Church, Pwllheli	Mon	11/09/17	16/10/17	13:30	16:00
Eryldon, Caernarfon	Tues	12/09/17	17/10/17	10:00	12:30
Yr Hen Orsaf Medical Centre, Bethesda	Tues	12/09/17	17/10/17	14:30	17:00
Ardudwy Health Centre, Harlech	Thurs	14/09/17	19/10/17	14:00	16:30
London Road Community Centre, Holyhead	Fri	15/09/17	20/10/17	10:00	12:30
Thomas Telford Centre, Menai Bridge	Thurs	02/11/17	07/12/17	14:00	16:30

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

For the attention of the BCU Self Care Office

Tel :- 01286 674236

Fax : - 01286 674366

E-mail:- EPPCymru.BCUHB@wales.nhs.uk

Course(s) Referring to:

- | | |
|---|--|
| <ul style="list-style-type: none"> ◇ Introduction to Self Management ◇ Chronic Disease Self Management ◇ Carers ◇ Diabetes ◇ X-pert Diabetes | <ul style="list-style-type: none"> ◇ COPD ◇ Healthy Hearts ◇ Emotional Resilience ◇ Online CDSMP |
|---|--|

Date of Referral

Person Referring:

Address :

Contact Tel No:

Patient details

Enw:							Name:	
Rhif Ffôn:							Telephone No:	
Cyfeiriad:							Address:	
Côd Post:							Post Code:	
Ffôn Symudol:							Mobile Phone:	
Cyfeiriad E-bost:							E-mail address:	
Natur y Cyflwr:							Nature of Condition:	
A ydych yn defnyddio cadair olwyn ?	Ydw/Yes		Nac-ydw/No				Do you use a wheelchair?	
Meddygfa:							GP Practice:	
Cenedl (rhowch tic ✓)	Gwrw / Male		Benyw / Female			Arall / Other		Gender (please tick ✓)
Oed (rhowch tic ✓)	18-24	25-34	35-44	45-54	55-64	65-74	75+	Age (please tick ✓)
Ethnigrwydd (rhowch tic ✓)	White	Black	Asian	Chinese	Mixed	Other		Ethnicity (please tick ✓)
Iaith Cyntaf (rhowch tic ✓)	English		Welsh			Other		First Language (please tick ✓)
Iaith a ffefirir (rhowch tic ✓)	English		Welsh			Other		Preferred language (please tick ✓)
Datganwch eich prif cyflwr/cyflyrau iechyd							Please state main health condition (s)	
	Ydych chi'n ofalwyr? Are you a Carer?			YDW / NAC YDW YES / NO				