

## BCU Self Care Office Monthly Newsletter

EPP Cymru: Chronic Disease Self Management Programme, Cancer: Thriving and Surviving, An Introduction to Self Management, Chronic Pain 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.

5 Ways to wellbeing.

**July**

**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](mailto:eppcymru.bcuhb@wales.nhs.uk). EPP Cymru course info can be found at [www.eppwales.org](http://www.eppwales.org).

### 5 Ways to Wellbeing

We are happy to announce that this short session of about an hour in length can now be made available to BCU staff. The session addresses the 5 ways that all individuals can promote their wellbeing.

The five ways to wellbeing has been developed by the New Economics Foundation (NEF) from evidence gathered in the UK Government's Foresight Project on Mental Capital and Wellbeing (published in 2008). The report drew on state-of-the-art research about mental health capital and mental wellbeing through life and asked NEF to develop the five ways to wellbeing.

If you would like details or wish to arrange a session for a group of staff please contact the office via phone or e-mail (details above).

Some initial sessions are being run in Eryldon (see page 8) for staff to test it out. If you would like to attend one of the sessions please contact the office to book your place.

In the event we do not have enough participants booked to attend then the sessions will not run. Please do not turn up without a booked place.

## 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
Gwersyllt Resource Centre 3 places available	Tues	25/07/17	29/08/17	11:00	13:30
Parkfield Community Centre, Mold 5 places available	Thurs	27/07/17	31/08/17	12:30	15:00
Ysbyty Alltwen, Tremadog 4 places available	Fri	28/07/17	01/09/17	11:00	13:30
Canolfan Awelon, Ruthin 5 Places available	Mon	11/09/17	16/10/17	13:30	16:00
Bro Tegid, Bala 11 Places available	Tues	12/09/17	17/10/17	10:30	13:00

### 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
Coed Mawr, Bangor 11 Places	Tues	12/09/17	17/10/17	13:30	16:00
Capel y Groes, Wrexham Places available	Thurs	14/09/17	19/10/17	13:30	16:00
Canolfan Ebeneser, Llangefni 11 Places available	Fri	15/09/17	20/10/17	10:00	12:30
Mancot Village Hall Places available	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
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

## Chronic Disease Self Management Programme

Venue	Day	Start Date	End Date	Start time	End time
Rhydymwyn, football club	Tues	02/01/18	06/02/18	10:00	12:30
The Stiwt, Rhosllanerchrugog	Tues	02/01/18	06/02/18	13:30	16:00
Gwelfor 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
Llanddulas Youth & Community Centre	Fri	05/01/18	09/02/18	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

**continued**

### County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
Flintshire	Wrexham

## 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
Eryldon, Caernarfon 10 Places available	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
Llandudno General Hospital	Thurs	04/01/18	08/2/18	13:30	16:00
Canolfan Ebeneser, Llangefni	Fri	16/02/18	23/03/18	10:00	12:30

## 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 4 Places available	Mon	04/09/17	16/10/17	13:30	16:30
Alive Church, Prestatyn	Thurs	25/01/18	08/03/18	10:00	13:00

## 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 cravings
- Food labels
- Overcoming barriers

Venue	Day	Start Date	End Date	Start time	End time
St Margaret's Church, Wrexham 3 Places available	Thur	20/07/2017	07/09/2017	14:00	15:15
Boardroom, Eryldon 10 Places available	Thur	07/09/2017	26/10/2017	16:30	17:45
Community Resource Centre, Kinmel Bay 10 Places available	Wed	01/11/2017	20/12/2017	14:00	15:15

## 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
Eryldon, Caernarfon 4 Places available	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
Wellington Road Community Centre, Rhyl	Wed	03/01/18	07/02/18	13:30	16:00

## Cancer: Thriving and Surviving Courses

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

Venue	Day	Start Date	End Date	Start time	End time
Dolgellau Hospital	Thurs	14/09/17	19/10/17	11:00	13:30
Community Resource Centre, Kinmel Bay	Tues	31/10/17	05/12/17	10:00	12:30
Ysbyty Alltwen, Temadog	Fri	16/02/18	23/03/18	13:30	16:00

County colour codes

Anglesey	Gwynedd
Conwy	Denbighshire
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## Chronic Pain Management

The Chronic Pain Management (CPM) 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 living with chronic pain themselves or who are affected by someone who lives with the condition.

Topics covered include, Understanding what Chronic pain is and how to Pace, Planning, decision making, healthy eating, communication skills, medication, Relaxation and other ways to use the mind to manage pain.

Venue	Day	Start Date	End Date	Start time	End time
Gwelfor Community Centre, Holyhead.	Mon	12/02/18	19/03/18	13:30	16:00
Venue TBC Rhyl	Thurs	15/02/18	22/03/18	10:00	12:30
Holywell Community Hospital, Holywell	Thurs	15/02/18	22/03/18	14:00	16:30

## 5 Ways to Wellbeing

The five ways to wellbeing is a 1 hour session that takes some time to look at 5 ways to improve our wellbeing. The sessions are relaxed discussion forums where staff can address the factors that impact on their wellbeing.

Please contact 01286674236 to book your place.

Venue	Day	Date	Start time	End time
Eryldon, Caernarfon	Wed	06/09/17	12:30	13:30
Eryldon, Caernarfon	Fri	13/10/17	12:30	13:30
Eryldon, Caernarfon	Tues	24/10/17	12:30	13:30
Eryldon, Caernarfon	Thurs	09/11/17	12:30	13:30
Eryldon, Caernarfon	Mon	04/12/17	12:30	13:30



## 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](mailto:EPPCymru.BCUHB@wales.nhs.uk).

Venue	Day	Date	Start time	End time
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

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## 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
Tesco, Wrexham 13 Places available	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
Overton Village Hall 14 Places available	Wed	13/09/17	18/10/17	09:30	12:00
Holywell Community Hospital, Holywell 6 Places available	Wed	13/09/17	18/10/17	14:00	16:30
St Johns Small Hall, Buckley 11 Places available	Wed	01/11/17	06/12/17	09:30	12:00
St Margaret's Church, Wrexham 7 Places available	Wed	08/11/17	13/12/17	14:00	16:30

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## Central — Conwy and Denbighshire

Town	Day	Start Date	End Date	Start time	End time
Ty Elan Surgery , Rhyl 10 Places Available	Mon	31/07/17	11/09/17	10:00	12:30
Llanddulas Youth & Community Centre <b>Course full</b>	Tues	12/09/17	17/10/17	13:30	16:00
St Marys Church, Denbigh 6 Places available	Thurs	14/09/17	19/10/17	10:00	12:30
Renal Unit, Ysbyty Glan Clwyd 6 Places available	Mon	30/10/17	04/12/17	18:00	20:30
Craig Y Don, Llandudno <b>Course Full</b>	Tues	31/10/17	05/12/17	10:00	12:30
Community Resource Centre, Kinmel Bay <b>Course Full</b>	Tues	31/10/17	05/12/17	13:30	16:00
Craig y don, Llandudno 4 Places available	Wed	01/11/17	06/12/17	13:30	16:00
Prestatyn Library Places available	Fri	03/11/17	08/12/17	10:00	12:30

## Gwynedd and Anglesey

Town	Day	Start Date	End Date	Start time	End time
St Josephs Church, Pwllheli <b>course full</b>	Mon	11/09/17	16/10/17	13:30	16:00
Eryldon, Caernarfon 4 Places available	Tues	12/09/17	17/10/17	10:00	12:30
Yr Hen Orsaf Medical Centre, Bethesda 12 Places available	Tues	12/09/17	17/10/17	14:30	17:00
Ardudwy Health Centre, Harlech 13 Places available	Thurs	14/09/17	19/10/17	14:00	16:30
London Road Community Centre, Holyhead 10 Places available	Fri	15/09/17	20/10/17	10:00	12:30
Thomas Telford Centre, Menai Bridge 10 Places available	Thurs	02/11/17	07/12/17	14:00	16:30

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Flintshire	Wrexham

**For the attention of the BCU Self Care Office**

**Tel :- 01286 674236**

**Fax :- 01286 674366**

**E-mail:- [EPPCymru.BCUHB@wales.nhs.uk](mailto:EPPCymru.BCUHB@wales.nhs.uk)**

**Course(s) Referring to:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>◇ Introduction to Self Management</li> <li>◇ Chronic Disease Self Management</li> <li>◇ Diabetes Self Management</li> <li>◇ Online CDSMP</li> <li>◇ Cancer : Thriving and Surviving</li> <li>◇ Chronic Pain Management</li> </ul> | <ul style="list-style-type: none"> <li>◇ Foodwise</li> <li>◇ COPD Self management for life</li> <li>◇ Healthy Hearts</li> <li>◇ Emotional Resilience</li> <li>◇ X-pert Diabetes</li> <li>◇ Five ways to wellbeing</li> </ul> |
|--|--|

**Date of Referral**

**Person Referring:  
Address :**

**Contact Tel No:**

**Patient details**

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