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**Swansea Bay Free EPP Courses**

**‘Helping People Live Well With Their Long Term Health Condition’**

**All EPP courses are nationally accredited structured education programmes that are quality assured and formally evaluated.**

**To book patients or for patient self-referral, onto any of the Self-Management Courses below, please contact the Education Programme for Patients (EPP) team on 01639 684528 Or email us at:** [**SBU.EPPActivelyManagingHealthConditions@wales.nhs.uk**](mailto:SBU.EPPActivelyManagingHealthConditions@wales.nhs.uk)

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| **Self-Management Course** | **Course Details** |
| **Introduction to Health and Wellbeing(ISM)** | This course is for adults with any long-term health condition, or any adult who would like to take care of their Health & Wellbeing.  **Topics covered are:**   * Introduction to Self-Management * Managing Daily Activities * Action Planning * Problem Solving * Healthy Eating * Physical Activity * Medication * Relaxation |
| **6 Week Health and Wellbeing Course (CDSMP)** | This is a 6 weeks generic Self-Management course for adults with any long-term health condition. Each weekly session lasts 2.5 hours.  **Topics covered are:**   * Overview of Self-Management and Health Conditions * Problem Solving * Making Decisions * Getting a Good Night’s Sleep * Preventing Falls and Improving Balance * Pain and Fatigue Management * Distraction * Managing Difficult Emotions * Breathing Techniques * Medication Usage * Managing Depression * Healthy Eating * Communication Skills * Working with your Health Care Professionals & Health Care System |
| **Diabetes Self-Management Course** (**DSMP**) | This is a 6 weeks Self-Management course for adults who live with Type 2 Diabetes (non-insulin dependent). The course is also suitable for people at risk of developing Diabetes. Each weekly session lasts 2.5 hours.  **Topics covered are:**   * What is Diabetes? * Common Problems and Responsibilities * Monitoring * Heathy Eating * Action Planning * Problem Solving * Foot Care * Medication Usage * Communication Skills * Low/High Blood Sugar * Preventing or Delaying Complications * Managing Depression * Working with your Health Care Professionals and Health Care System |
| **Cancer Thriving and Surviving Course** | This is a 6 weeks Self-Management course for adults who are managing cancer or are in remission. Each weekly session lasts 2.5 hours.  **Topics covered are:**   * Overview of Course * Fatigue Management and Getting Help * Action Planning * Problem Solving * Dealing With Difficult Emotions * Getting a Good Night’s Sleep * Regaining Fitness During and After Treatment * Managing Pain * Living with Uncertainty * Cancer & Changes to your Body * Healthy Eating * Communication Skills * Making Decisions about Treatment and Complementary Therapies * Maintaining a Healthy Weight * Managing Depression * Positive Thinking * Cancer and Relationships * Relaxation * Working with your Health Care Professionals and Health Care System |
| **Pain Self-Management Course** | This is a 6 weeks Self-Management course for adults living with Chronic Pain. Each weekly session lasts 2.5 hours.  **Topics covered are:**   * What is Pain? * Distraction * Getting a Good Night’s Sleep * Action Planning * Managing Difficult Emotions * Physical Activity * Breathing and Relaxation Techniques * Fatigue Management * Moving Easy Programme * Pacing and Planning * Making Decisions * Managing Depression * Healthy Eating * Problem Solving * Communicating about Pain * Medications for Chronic Pain * Working with your Health Care Professionals and Health Care System |
| **Looking After Me (LAM) Carers Self-Management Course** | This is a six weeks Self-Management course for adult carers  Each weekly session lasts 2.5 hours.  **Topics covered are:**   * What is Self-Management * Managing Fatigue * Managing Pain * Distraction * Breathing Techniques * Action Planning * Problem Solving * Advance Decisions * Lasting Power of Attorney * Relaxation * Physical Activity * Communication Skills * Decision Making * Difficult Emotions * Working with Health & Social Care Professionals |
| **Managing, Long Term Conditions in work (wCDSMP)** | This is a Self-Management course for adults who work full –time or part –time.  The course is run over six weeks, consisting of two separate  1-hour sessions a week.  **Topics covered are:**   * Balancing home and work * Distraction * Relaxation * Maintaining and improving strength, flexibility and endurance * Medication * Problem Solving * Decision-Making * Communication * Time * Nutrition * Unhelpful Thinking * Working with your Health Care Professionals and Health Care Organisations   **Techniques to manage:**   * Stress * Anxiety * Difficult Emotions * Pain * Low mood * Shortness of Breath * Poor Sleep * Fatigue * Physical Limitations |

Swansea Bay EPP Cymru Free Self-Management Courses