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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**

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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
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| **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
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| **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
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| **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
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| **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

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| **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
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| **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 separate1-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

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Swansea Bay EPP Cymru Free Self-Management Courses