

## Contact Us

Office – 0300 303 8322  
(option 5)

Email - [EPP.HDD@wales.nhs.uk](mailto:EPP.HDD@wales.nhs.uk)

EPP, Prince Philip Hospital,  
Block 6, Bryngwyn Mawr,  
Dafen, SA14 8QF

Office working hours  
Monday – Fridays  
8:30 am – 4:30 pm

Find us on Facebook  
Bydd Iach – Hywel Dda – Be Well

## Cysylltu â Ni

Swyddfa – 0300 303 8322  
(opsiwn 5)

E-bost – [EPP.HDD@wales.nhs.uk](mailto:EPP.HDD@wales.nhs.uk)

**Y Rhaglen Addysg i Gleifion,**  
Ysbyty'r Tywysog Philip,  
Bloc 6, Bryngwyn Mawr,  
Dafen, SA14 8QF

Oriau gwaith y swyddfa  
Dydd Llun-Dydd Gwener  
8:30am-4:30pm

Dewch o hyd i ni ar  
Facebook  
Bydd Iach – Hywel Dda –  
Be Well

## Useful EPP resources

Please have a look at our short film on the following link to learn a bit more on what we do and to meet some of the team and tutors:

<http://pocketmedic.uk/wellbeing>



## Adnoddau defnyddiol – Y Rhaglen Addysg i Gleifion

Dilynwch y ddolen ganlynol i wyllo ein ffilm fer a dysgu ychydig mwy amyr hyn yr ydym yn ei wneud, ac i gwrdd â rhai o aelodau'r tîm a'r tiwtoriaid:

<http://pocketmedic.uk/wellbeing>

## Hywel Dda Be Well Service

## Gwasanaeth Bydd Iach Hywel Dda



## About Us Amdanom ni

### What we do

#### Yr hyn yr Ydym yn ei Wneud

We offer a range of Health, Wellbeing & Self-Management Programmes & Workshops

Rydym yn cynnig ystod o Raglenni a Gweithdai Iechyd, Lles a Hunanreoli

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### Who is it for?

#### I bwy y mae hyn?

Anyone who is 18 years old and over including those who care for someone.

Unrhyw un sy'n 18 oed neu'n hŷn gan gynnwys y rhai sy'n gofalu am rywun.

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### Where are the courses held?

#### Lle mae'r cyrsiau yn cael eu cynnal?

Courses are delivered throughout Carmarthenshire, Ceredigion and Pembrokeshire - as well as virtually.

Cyflwynir cyrsiau ledled Sir Gaerfyrddin, Ceredigion a Sir Benfro - yn ogystal â bod yn rhithiol.

## What we Offer Yr hyn yr ydym yn ei gynnig

Living with a long term health condition  
Byw gyda Clefyday Cronig

Living with Fibromyalgia  
Byw gyda Ffibromyalgia

Conversations around Dementia  
Sgwrsiau yngylch Dementia

Anxiety and Depression  
Pryder ac Isilder

Diabetes Self-Management – Type 2  
Hunanreoli Diabetes – Math 2

Diabetic Footcare  
Gofal Traed Diabetig

Living with COPD  
Byw Gyda COPD

Pain Management Programme  
Rhaglen reoli Poen

Cancer: Thriving and Surviving  
Canser: Ffynnu a Goroesi

Living with Long COVID  
Byw gyda COVID Hir

Healthy Ageing  
Heneiddion Iach

Living with Lymphoedema  
Byw gyda Llymfgoedema

Introduction to looking after me – Carers  
Cyflwyniad edrych ar ol fy hun – Gofalwyr

Healthy Bladder and Bowel  
Pledren a Coluddyn Iach

Foodwise – Weight Management  
Bwyd Doeth – Rhaglen reoli pwysau

## Do you want to.... A ydych chi am ...

Find out more about your health  
condition

Cael gwybod rhagor am eich cyflwr  
iechyd

Gain skills & confidence in managing  
your health

meithrin sgiliau a hyder o ran rheoli  
eich iechyd

Reduce risks of serious  
complications

lleihau'r peryglon o gymhlethdodau  
difrifol

Feel in control & choose what'sright  
for you

Teimlo bod gennych reolaeth a  
dewis yr hyn st'n iawn i chi