

## Hywel Dda Be Well Service Self-Management Education Programmes

All are nationally accredited structured programmes which are quality assured and formally evaluated.

To enquire on course dates, availability and/or to be placed on our mailing list please call 0300 303 8322 (Option 5) or email [app.hdd@wales.nhs.uk](mailto:app.hdd@wales.nhs.uk)

### *'Helping you live your life your way'*

Self-Management Programme	Programme Detail
<p><b>Anxiety and Depression Self-Management Programme</b></p>	<p>This is a 6 week, 2 ½ hours a week Self-Management programme for anyone with anxiety and depression.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Dealing with difficult emotions</li> <li>• Making decisions</li> <li>• Positive thinking</li> <li>• Relaxation techniques</li> <li>• Medication usage</li> <li>• Working with your Healthcare Professional</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<p><b>Cancer: Thriving and Surviving</b></p>	<p>This is a 6 week, 2 ½ hours per week Self-Management programme for anyone who has survived cancer and would like some support getting back into the usual daily routine.</p> <p><b>Some of the areas we cover include:</b></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Regaining fitness during and after cancer treatment</li> <li>• Living with uncertainty</li> <li>• Positive thinking</li> <li>• Making decisions</li> <li>• Cancer and relationships</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with Cancer.</p>
<p><b>Living with a long Term Health Condition - CDSMP</b></p>	<p>This is a 6 week, 2 ½ hours a week Self-Management programme for anyone with any long-term health condition.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Preventing falls and improving balance</li> <li>• Making decisions</li> <li>• Pain and fatigue management</li> <li>• Better breathing</li> <li>• Medication usage</li> <li>• Working with your Healthcare Professional</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>



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<p><b>Conversations about Dementia</b></p>	<p>This is a 6 week, 2 ½ hours per week Self-Management programme for anyone with early onset Dementia</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Coping Strategies</li> <li>• Pain Management</li> <li>• Healthy Eating</li> <li>• Communication skills</li> <li>• Medication usage</li> <li>• Relaxation techniques</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<p><b>Diabetes Self- management Programme (DSMP)</b></p>	<p>This is a 6 week, 2 ½ hours per week Self-Management programme for anyone with Type 2 Diabetes (non-insulin dependent).</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is Diabetes</li> <li>• Monitoring and managing your Diabetes</li> <li>• Preventing complications</li> <li>• Communication skills</li> <li>• Relaxation techniques</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with Type2 diabetes.</p>
<p><b>Foodwise for Life  Weight Management Programme</b></p>	<p>This is an 8 week, 1 ½ hours per week weight management programme for anyone with a BMI of 25 and above,</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Preparing to change for life</li> <li>• Portion sizes &amp; you</li> <li>• Up &amp; about (benefits of exercise),</li> <li>• Food labels</li> <li>• Meal Planning</li> <li>• Food &amp; drink swaps</li> </ul> <p>This course is delivered by Dietetic Assistant Practitioner's.</p>



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<p><b>Foundation Pain Management Programme</b></p>	<p>This is a 6 week 2 ½ hours per week Self-Management programme for anyone with chronic pain.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is chronic pain</li> <li>• Physical activity and exercise</li> <li>• Fatigue management</li> <li>• Moving easy</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<p><b>Healthy Ageing</b></p>	<p>This is a 2 ½ hour session for anyone who would like to learn ways to look after yourself as you age and reduce the risks of frailty.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Foot care</li> <li>• Improving balance and preventing falls</li> <li>• Healthy eating and nutrition</li> <li>• Medications</li> </ul> <p>This course is delivered by two experienced lay tutors</p>
<p><b>Healthy Bladder and Bowel</b></p>	<p>This is a 2 ½ hour introductory session for anyone with continence problems or for anyone who would like to know more about continence issues and its management.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Types of continence and management</li> <li>• Bladder irritation triggers</li> <li>• Physical activity</li> <li>• Healthy eating</li> <li>• Bowel continence issues and management</li> </ul> <p>This course is delivered by two experienced lay tutors</p>
<p><b>Healthy Footsteps</b></p>	<p>This is a 2 hour interactive session on personal foot care for all those who are deemed to be low risk within the podiatry service or those who are deemed to not need to access the podiatry service.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Self-care what is it</li> <li>• Footwear</li> <li>• Falls prevention</li> <li>• Healthy lifestyle-healthy eating</li> <li>• Paying attention to your feet</li> </ul> <p>This course is delivered by two experienced lay tutors</p>



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<p><b>Introduction to Health and Wellbeing (ISM)</b></p>	<p>This is a 3 hour introduction session for anyone with any long-term health condition and / or carers.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Positive thinking</li> <li>• Communication</li> <li>• Managing daily activity</li> <li>• Medication</li> <li>• Relaxation</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<p><b>Introduction to Health and Wellbeing for Carers (I to LAM)</b></p>	<p>This is a 2 ½ hour session introducing carers to skills to support health and wellbeing and develop their Self-management skills.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Making difficult decisions</li> <li>• Managing down days</li> <li>• Positive thinking</li> <li>• Healthy eating</li> </ul> <p>This course is delivered by two lay tutors with experience of being a carer.</p>
<p><b>Living with COPD</b></p>	<p>This is a 7 week, 2 ½ hours a week Self-management programme for anyone living with Chronic Obstructive Pulmonary Disease (including breathlessness).</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is COPD?</li> <li>• Planning &amp; problem solving</li> <li>• Dealing with difficult emotions</li> <li>• Managing daily activities</li> <li>• Working with your Health Care Professional</li> <li>•</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition, with clinical support on week 1 and week 7 from a Respiratory Specialist.</p>



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<b>Living with Fibromyalgia</b>	<p>This is an 8 week, 2 ½ hour a week Self-Management programme for anyone living with Fibromyalgia.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is Fibromyalgia</li> <li>• Dealing with fatigue</li> <li>• Fibro fog</li> <li>• Pain management</li> <li>• Pacing and planning</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<b>Living with Lymphoedema</b>	<p>This is a 2 ½ hour session for anyone living with Lymphoedema.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Treating Lymphoedema &amp; reducing risks</li> <li>• Skin care</li> <li>• Healthy eating</li> <li>• Benefits of physical activity</li> </ul> <p>This course is delivered by two lay tutors with the support of a Lymphoedema Assistant Practitioner.</p>
<b>Living with Long COVID</b>	<p>This is a 2 ½ hour session for anyone living with the after-effects of COVID 19 known as Long COVID.</p> <p><b>Some of the areas covered are:</b></p> <ul style="list-style-type: none"> <li>• What is Long Covid and the Symptoms</li> <li>• Managing the Symptoms</li> <li>• Dealing with low mood and depression</li> <li>• When to seek help</li> </ul> <p>This course is delivered by two lay tutors who live with or have experience of living with a long term health condition.</p>
<b>STANCE</b>	<p>This is a 2 ½ hour foot health session for anyone with Diabetes, giving information on diabetes and how it effects your feet and how to reduce the risk of further complications.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• Diabetes and my body</li> <li>• Poor circulation</li> <li>• Nerve damage</li> <li>• Foot complications</li> <li>• Steps to reduce problems with your feet</li> </ul> <p>This course is delivered by a lay tutor with the support of a podiatrist.</p>



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<p><b>X-Pert Diabetes Programme (X-PERT)</b></p>	<p>This is a 6 week, 2 ½ hours per week Self-management programme for anyone with Type 2 Diabetes.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is Diabetes</li> <li>• Digestion and blood glucose</li> <li>• Self-monitoring, medications, weight management</li> <li>• Carbohydrate awareness</li> <li>• Possible complications of Diabetes</li> <li>• Goal setting</li> </ul> <p>This course is delivered by Diabetes Specialist Nurses and Diabetes Specialist Dieticians.</p>
<p><b>Insulin X-Pert Diabetes Programme (X-PERT Insulin)</b></p>	<p>This is a 6 week, 2 ½ hours per week Self-management programme for anyone with Diabetes on insulin.</p> <p><b>Some of the areas we cover are:</b></p> <ul style="list-style-type: none"> <li>• What is Diabetes / the roles of insulin</li> <li>• Digestion and blood glucose</li> <li>• Self-monitoring, medications, weight management</li> <li>• Carbohydrate awareness</li> <li>• Possible complications of Diabetes</li> </ul> <p>This course is delivered by Diabetes Specialist Nurses and Diabetes Specialist Dieticians.</p>



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