

Education Programmes for Patients (EPP)

We provide a range of free self-management and well-being programmes and workshops for anyone who has a long term health condition or for those who care for someone with a health condition.

Who can access the Education Programmes for Patients?

The programme is available if you are aged 18 or over with any long-term health condition or someone who cares for someone with a long-term health condition.

What to expect when you attend an Education Programmes for Patients course?

Due to current guidelines with Covid19 our courses are group sessions running virtually through Microsoft teams, and we will continue to run in community venues as soon as possible.

The aim of our courses are to give participants the confidence to take responsibility for their own care, whilst also encouraging them to work in partnership with health and social care professionals. What makes our courses special are the sharing of skills and experience with people who have to deal with the same things as each other. We also offer the opportunity to become a volunteer in the service.

We run a variety of programmes from one off 45 minute sessions to 9 week sessions. We provide a choice of options to support either the person's individual journey through their care pathway or support teams to stay emotionally and physically well.

The current courses that we run are:

- Five ways to well-being
- Introduction to Health and Well-being
- Health and Well-being 6 week course
- Introduction to Health and Well-being for Carers
- Chronic Obstructive Pulmonary Disease (COPD) Education
- Foodwise for life
- X-PERT Diabetes programme
- Diabetes Self Management programme
- Cancer Thriving and Surviving – Education and Activity sessions together
- Foundation Pain Management Programme
- Healthy Footsteps
- STANCE – Diabetic Foot Health
- Confidence with Continence
- Living with Lymphoedema

Contact the Education Programmes for Patients

To enquire about accessing any of these self-management courses please contact the Education Programmes for Patients:

Telephone: 01554 899035

Email: eppcymru.hyweldda@wales.nhs.uk