

Contact Us

Office – 0300 303 8322 (option 5)

Email - 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

Cysylltu â Ni

Swyddfa – 0300 303 8322 (opsiwn 5)

E-bost – 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

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 am yr 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

Who is it for?
I bwy y mae hyn?

Anyone who is 18 years old and over including those who care for someone.
Unhyw un sy'n 18 oed neu'n hŷn, gan gynnwys y rhai sy'n gofalu am rywun
Amdanom Ni

Is there a cost?
A oes cost?

No. All our programmes and workshops are completely FREE
Nac oes. Mae ein holl raglenni a gweithdai yn RHAD AC AM DDIM

What we Offer

Yr hyn yr ydym yn ei gynnig

Chronic Disease Self-Management Programme
Rhaglen hunanreoli Clefydau Cronig

Diabetes Self-management programme
Rhaglen Hunanreoli Diabetes

STANCE - Diabetic Foot Care
STANCE - Gofal Traed Diabet

Living with COPD

Byw gyda Chlefyd Rhwystrol Cronig yr ysgyfaint (COPD)

Pain Management programme
Rhaglen Rheoli Poen

Cancer Thriving and Surviving
Canser: Ffynnu a Goroesi

Long COVID
COVID hir

Healthy Ageing
Heneiddio'n lach

Living with Lymphoedema
Byw â lymffoedema

Introduction to Looking After Me - For Carers
Cyflwyniad i edrych ar fy ôl i - ar gyfer gofalwyr

Healthy Bladder and Bowel
Pledren a Coluddyn lach

Foodwise Weight management Programme
Bwyd Doeth - Rhaglen rheoli pwysau

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

Find out more about your health condition

Cael gwylod rhagor am eich cyflwr iechyd

Gain skills & confidence 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's right for you
Teimlo bod gennych reolaeth a dewis yr hyn st'n iawn i chi