



Self-Care Team in BCU Autumn update

2022 Autumn update, well I watched the first of Dr Who this last weekend so it must be autumn. As the leaves change and we move into the colder months, our self-management needs to adapt. We need to concentrate on getting out in the daylight ensuring we keep those healthy habits going during those shorter and cooler days.

The next 6 week courses start in November and have a few places still remaining, bookings are being taken now for all types of one off sessions during November and December. The plan for January and February start six week courses is in place and bookings are being taken now.

Monthly update of all the Self-Care Team activity in BCU.

Patient education courses and sessions, to support disease specific and general long term condition Self-management education.

BCU's Self-Care Team consists of Self-care Team Manager and Strategic Lead Michelle Rigby, Self-Care Coordinator Elois Davis, Self-Care Facilitator Deborah Illman-Roberts and Self-Care Office Assistant Gwenan Griffiths, backed up by a small, skilled team of volunteer tutors and staff working across the North Wales Health Board area (BCU). For information about any of the courses available and how to engage with us, or to make suggestions and requests for additions to the newsletter, we

can be contacted by phone on 03000 852280 / 03000 852281 or by e-mailing eppcymru.bcuhb@wales.nhs.uk. Course info can also be found on the [Web site](#).



1 - Meet the team: -

Hi, I'm Gwenan Griffiths Self-Care Office Assistant.

I joined the NHS in 1991 as an administrator and have worked as either admin or a PA until I came to the Self-care team in April 2020.

Some people might say joining a new team at the start of a global pandemic, with all the schools closing and all the restrictions, was not great timing, but I say it was a good time.

My role is as your first point of contact; either by Phone, E-mail or letter, it will be me! I'm also there if you have problems getting access to the Microsoft Teams or need some directions to the venue for your course.



2 - Upcoming courses

Courses available via Teams and in local community venues.

Our main course provision is available at this time via Microsoft Teams. with a small selection of community face to face group courses

All our courses are available online and are accessed via an internet connected device that has camera, speakers and microphone. This can be a smart phone, tablet, laptop or computer.

All the Course dates are available [here](#). both online and community.



3 - Heart Failure (Left Sided) Self-Management Programme (LSHFSMP)

All new self-management for patients living with Heart Failure is coming to North Wales.

Heart Failure (Left Sided) Self-Management Programme (LSHFSMP)

LSHFSMP is a course to help people who live with left sided Heart Failure to maintain and improve their quality of life through self-management. It has been developed in BCU by the Self-care and Heart Failure (east) teams working in partnership. The initial courses are being run under special licence from SMRC.

Subjects covered include: preventing complications, monitoring, healthy eating, physical activity, Planning and Pacing, medication usage, managing sick days, dealing with stress, dealing low mood and difficult emotions, action planning, problem solving and decision making.

The first course has now completed with feedback from those participants being positive. Participants reported improvements in their quality-of-life, loneliness and Mental Wellbeing scores and have said that the course

"It has helped me to understand how other factors/activities/actions can help me manage my day-to-day life, living with Heart Failure, more effectively."

"Up until this point I have felt slightly isolated in that no one I know has experienced the condition and as a consequence, being able to articulate all of the nuances associated with Heart Failure is difficult, especially the incapacity elements of the condition."

Eligibility criteria: 18 years old and over, living with left Sided Heart Failure.

For more information or to book a place contact the office via the normal routes.

The types of courses available and the criteria for attending



[4 - General Long Term conditions.](#)

Chronic Disease Self-Management Programme (CDSMP)

CDSMP is a course to help people who live with a long term physical or mental health condition to maintain and improve their quality of life through self-management.

Subjects covered include: pain and fatigue management, improving sleep, dealing with low mood and difficult emotions, preventing falls, better breathing, medication usage, physical activity, healthy eating, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, living with symptoms for 6 months or more.

[Course overview](#)

Chronic Disease Self-Management (CDSMP) & Healthy Footsteps (HFS)

A seven week programme covering the chronic disease self-management programme and Healthy Footsteps foot education.

Eligibility criteria: 18 years old and over, living with symptoms for 6 months or more. An interest in foot care.

Introduction to Self-Management (ISM)

ISM is an introduction course to help people who live with a long term physical or mental health condition and carers to maintain and improve their quality of life through self-management.

Subjects covered include: positive thinking, managing daily activities, communication, relaxation, medication, physical activity, healthy eating, action planning and problem solving.

Eligibility criteria: 18 years old and over, living with symptoms for 6 months or more.



5 - [Diabetes Self-management Courses](#)

Diabetes Self-Management Programme (DSMP)

DSMP is a course to help people who live with type 2 diabetes to maintain and improve their quality of life through self-management.

Subjects covered include: preventing low blood glucose, preventing complications, monitoring, healthy eating, physical activity, foot care, medication usage, managing sick days, dealing with stress, dealing low mood and difficult emotions, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, living with type 2 diabetes.

[Course overview](#)

Diabetes Self-Management Programme (DSMP) & STANCE

A seven week programme covering the diabetes self-management programme and the STANCE diabetes foot education.

Eligibility criteria: 18 years old and over, living with type 2 diabetes.

[STANCE Leaflet](#)

X-Pert Diabetes

X-pert Diabetes is a course for anyone living with type 2 diabetes and we would certainly encourage participation of all adults newly diagnosed with Type 2 diabetes following on from their attendance at the dietician group session.

Subjects covered include: understanding what diabetes is, carbohydrate awareness, reading and understanding food labels, possible complications of diabetes and care planning / lifestyle experiment.

Eligibility criteria: 18 years old and over, living with type 2 diabetes, not prescribed Insulin.

[X-PERT Leaflet](#)

X-pert Insulin—the X-pert diabetes education for patients using insulin.

The X-pert Insulin programme has been designed to help people living with type 2 diabetes and using insulin to self manage their condition, health and quality of life. Programme participants have the opportunity to explore and learn about the management of their condition. The programme may help you reduce your insulin requirements in conjunction with your health care professional.

[X-PERT Insulin Leaflet](#)

X-Pert Diabetes Weight

X-pert Weight is a course to help people to manage their weight in a healthy way.

Subjects covered include: digestion and body weight, carb awareness, nutrition for health, intermittent fasting, all about food, fat awareness, physical activity, stress and psychology of eating, gut and hormones, health check and prevention.

Eligibility criteria: 18 years old and over, living with diabetes.

X-Pert Diabetes Education Apps

Some of our Diabetes Education programmes are now available in an APP format, that you can access the programme at a time of day and week that works for you. If the app format is suitable (i.e. for Shift workers) please ask. The eligibility for each of the programmes still applies.



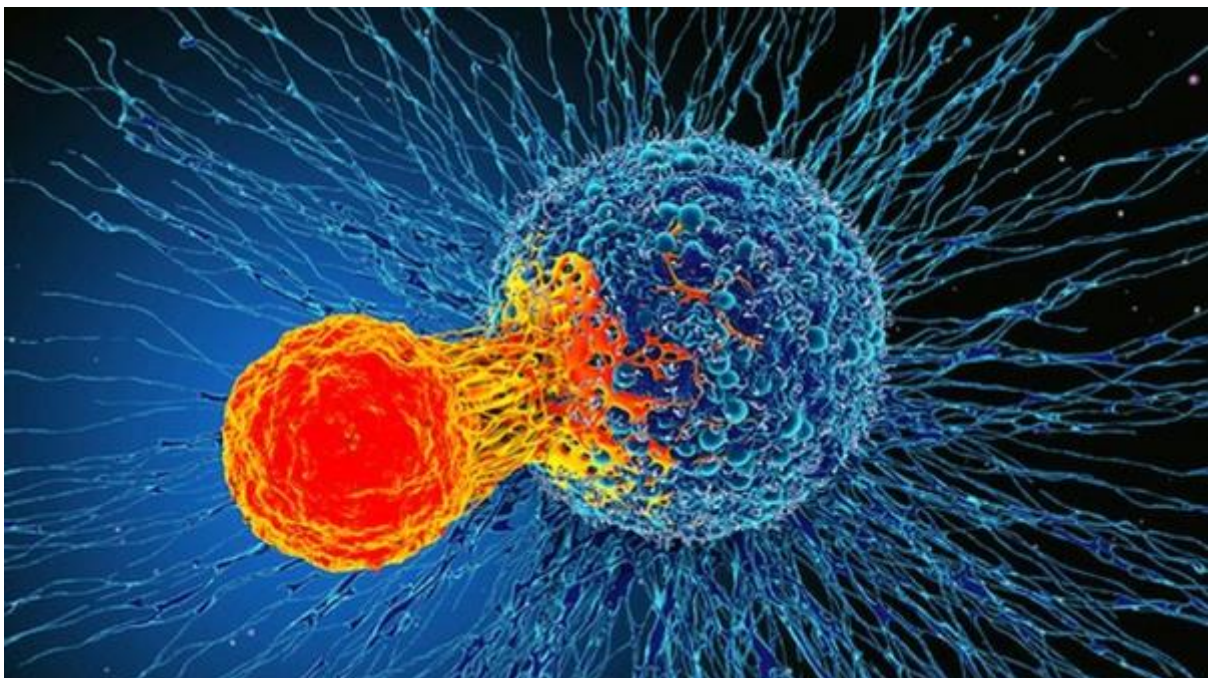
6 - [Long Covid Self-Management Programme \(LCSMP\)](#)

LCSMP is a course to help people who have had Coronavirus and are experiencing long Covid / post viral symptoms to maintain and improve their quality of life through self-management.

Subjects covered include: pain and fatigue management, improving sleep, dealing with low mood and difficult emotions, preventing falls, better breathing, medication usage, physical activity, healthy eating, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, living with Post Covid Syndrome. This would mean living with ongoing symptoms 12 weeks or more after the Covid infection was present.

[Course Overview](#)



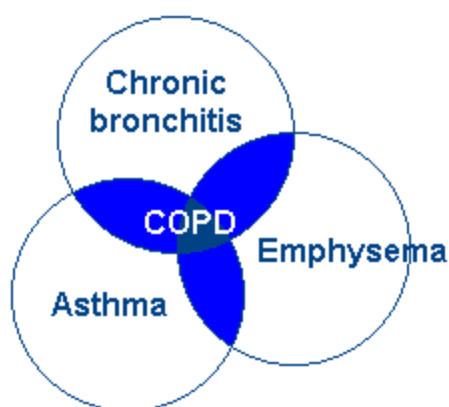
7 - Cancer: Thriving and Surviving Programme (CTS)

CTS is a course to help people who have been affected by cancer to maintain and improve their quality of life through self-management.

Subjects covered include: pain and fatigue management, living with uncertainty, body changes, dealing with difficult emotions and low mood, improving sleep, making treatment decisions, physical activity, healthy eating, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, living with, receiving treatment for or in remission from cancer.

Course Overview



8 - COPD Self-Management for Life Course (COPDSM4L)

COPDSM4L is a course to help people who live with breathlessness to maintain and improve their quality of life through self-management on a daily basis and particularly during inevitable exacerbations.

Subjects covered include: understanding COPD, breathing techniques, managing breathlessness, recognising and managing setbacks and exacerbations, fatigue management, planning to stay well, pacing, improving sleep, physical activity, introduction to mindfulness, goal setting, action planning and problem solving.

Eligibility criteria: 18 years old and over, living with COPD symptoms for 6 months or more.

Course overview



9 - [*Caring for Me and You—Carers Course \(C4M&Y\)*](#)

C4M&Y is a course to help people who care for someone with a long term health condition to maintain and improve their quality of life through self-management.

Subjects covered include: staying healthy, improving fatigue, improving sleep, getting help, challenging behaviours, dealing with difficult thoughts and emotions, future planning and legal issues, relaxation, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, undertaking an unpaid caring role.

[Course Overview](#)

[Leaflet](#)



10 - [Living Well while Working Programme \(LWwW\)](#)

LWwW is a course to help people who work while living with a long term health condition to maintain and improve their quality of life through self-management.

Subjects covered include: pain and fatigue management, stress management, improving sleep, time management, working toward balance, dealing with difficult emotions and low mood, physical activity, healthy eating, weight management, goal setting, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, in work and living with symptoms that affect their lives for 6 months or more.

[Course overview](#)



11 - [Chronic Pain Management Programme \(CPM\)](#)

The **CPM** Programme is a course to help people who live with chronic pain to maintain and improve their quality of life through self-management.

Subjects covered include: understanding what chronic pain is, pacing and planning, improving sleep, fatigue management, weight management, dealing with difficult emotions and low mood, better breathing, stress management, physical activity, healthy eating, action planning, problem solving and decision making.

Eligibility criteria: 18 years old and over, living with chronic pain including fibromyalgia symptoms for 6 months or more.

[Course overview](#)



5 Ways to Wellbeing is a course for any adult that would like to increase their wellbeing.

Subjects covered include: connecting, being active, take notice, keep learning, and giving.

Emotional Resilience Training (ERT)

ERT is a course for any adult who would like to increase their emotional resilience and wellbeing and enhance their emotional literacy.

Subjects covered include: challenging stigma around emotional distress, tackle barriers to seeking help, understand different levels of distress, effective self-help strategies, understand wellbeing and resilience.

[Leaflet](#)

Self-Harm Awareness (SHA)

SHA is a course for adults with an interest in increasing their self-harm awareness.

Subjects covered include: myths and stigma, understand coping mechanisms, understand prevalence of self-harm, understand why people self-harm, effects of self-harm on an individual, compassionate way to support someone who is self-harming, supporting people to find safer ways cope with distress to support recovery from self-harm.

[Leaflet](#)

Self-Harm Response (SHR)

SHR is a course for adults with an interest in increasing their ability to respond to self-harm.

Subjects covered include: know and understand more about self-harm, how to talk about self-harm, techniques to develop and maintain wellbeing and coping, useful techniques to help people to self-harm, practice how to talk to someone in distress who may self-harm.

[Leaflet](#)



13 - [Foot Health Education](#)

Healthy Footsteps (HFS)

HFS is a course for anyone living with a health condition or who cares for someone with a health condition to improve their ability to manage their foot health.

Subjects covered include: footwear, falls prevention, myths and facts, diabetes and foot care, reduce risk of ulceration, podiatry, smoking cessation, physical activity, healthy eating and action plans.

Eligibility criteria: 18 years old and over, interested in looking after their feet.

[Leaflet](#)

STANCE

Diabetes Foot Health Engagement and Empowerment to Self-care.

STANCE is a course for anyone living with a diabetes to improve their ability to manage their foot health.

Subjects covered include: being involved, engaged and participating, difference between type 1 and type 2 diabetes, diabetes and my body, good blood glucose control, attending annual diabetes foot check, knowing your RISK classification, importance of regular foot self-care, how to get help when needed, steps to reduce foot problems.

Eligibility criteria: 18 years old and over, living with diabetes and interested in looking after their feet.

[STANCE Leaflet](#)



14 - [Confidence with Continence \(CwC\)](#)

CwC is a course to help people living with continence issues to improve their ability to self-manage their incontinence.

Subjects covered include: me and my bladder, what's my type and what may help, lifestyle, healthy bowel, healthy bladder, healthy me, myths/misconceptions and facts.

Eligibility criteria: 18 years old and over, living with or interested in continence issues.

[Leaflet](#)

Self Care Team Referral Methods

Self-Care Team

Betsi Cadwaladr University Health Board

Eryldon, Campbell Road, Caernarfon, Gwynedd. LL55 1HU

03000 852280 or 03000 852281

eppcymru.bcuhb@wales.nhs.uk

[Health and Wellbeing Courses - Betsi Cadwaladr University Health Board \(nhs.wales\)](#)

Safehaven Fax : 03000 852282

To refer anyone to one of our courses please contact us in one of the following ways.

Complete the [Microsoft form](#) to refer someone, this is a secure method.

Call us on the contact telephone numbers between 9 -3.30 on a weekday.

Self-referral can be completed

People can **self-refer** to a particular course by clicking on [this link](#)

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Ffôn / Tel :- 03000 852280 / 03000 852281							
Information Fax Service : 03000 852282 E-mail:- EPPCymru.BCUHB@wales.nhs.uk ⁽¹⁾							
Referral to self management education : any course do not tick specific course							
Referral to specific course: please tick below							
<input type="checkbox"/> Long Term Condition <input type="checkbox"/> Carers <input type="checkbox"/> Diabetes Type 2 <input type="checkbox"/> Diabetes Type 2 Insulin <input type="checkbox"/> Diabetes Weight Management <input type="checkbox"/> Weight Management <input type="checkbox"/> Cancer <input type="checkbox"/> Chronic Pain <input type="checkbox"/> COPD <input type="checkbox"/> Heart Failure			<input type="checkbox"/> Emotional Resilience <input type="checkbox"/> Self Harm Awareness and Response <input type="checkbox"/> Foot Care <input type="checkbox"/> Diabetes Foot Care <input type="checkbox"/> Introduction to Self Management <input type="checkbox"/> Suicide Awareness <input type="checkbox"/> Staying Safe <input type="checkbox"/> 5 ways to Wellbeing <input type="checkbox"/> Confidence with Continence				
Dyddiad Atgyfeirio / Date of Referral :							
Person yn Cyfeirio / Person Referring:							
Cyfeiriad / Address :							
Rhif Cyswllt / Contact Tel No:							
Patient details							
Enw:					Name:		
Rhif Ffôn:					Telephone No:		
Cyfeiriad:					Address:		
Cód Post:					Post Code:		
Ffôn Symudol:					Mobile Phone:		
Cyfeiriad E-bost:					E-mail address:		
Natur y Cyflwr:					Nature of Condition:		
Rhif GIG					NHS Number		
DG					DOB		
Taldra (cm)					Height (cm)		
Pwysau (Kg)					Weight (kg)		
Meddygfa:					GP Practice:		
Rhyw (rhowch tic ✓)	Gwryw / Male		Benyw / Female		Arall / Other	Gender (please tick ✓)	
Ethnigrwydd (rhowch tic ✓)	Gwyn White	Du Black	Asialdd Asian	Tseinialdd Chinese	Cymysg Mixed	Arall Other	Ethnicity (please tick ✓)
Iaith Cyntaf (rhowch tic ✓)	Saesneg / English		Cymraeg / Welsh		Arall / Other		First Language (please tick ✓)
Iaith a Ffefrir (rhowch tic ✓)	Saesneg / English		Cymraeg / Welsh		Arall / Other		Preferred course language (please tick ✓)
Ydych chi'n ofalwr?	YDW / NAC YDW				YES / NO	Are you a Carer?	

15 - Paper Referral form can be completed and

[1] <mailto:EPPCymru.BCUHB@wales.nhs.uk>

[2] fax to 03000 852282

Contact Us

Self-Care Team

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