Free Virtual Courses Wellbeing Courses

Your local EPP Cymru area are currently delivering the following courses across Gwent via Zoom:

- **Living with Chronic Pain** – 1.5 hour sessions over 6 weeks
- **Living with Long Term Health Conditions** – 1.5 hour sessions over 6 weeks
- **Living Well with Diabetes** – 1.5 hour sessions over 6 weeks
- **Cancer - 'Thriving and Surviving'** – 1.5 hour sessions over 6 weeks
- **Stance Diabetic Footcare** - a single 1 hour and 30 mins session
- **Introduction to Self-Management** - a single 1 hour and 30 mins session

Each six-week course is accompanied by an introductory session that gives an overview of Zoom & its functions, and also introduces the participants to the Tutors & the course they will be attending. The courses will be run in groups of up to seven participants, and aims to develop the fundamentals of self-management skills for people living with a range of health conditions and also for carers.

Participants will be led through a structured course by trained Tutors (the majority of which are Volunteers), who themselves have experience of making life changes as a result of a long term health condition.

- Our EPP Cymru courses help 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 EPP Cymru special is the sharing of skills and experience with people who have to deal with the same things as each other.
- **NB:** EPP courses do not provide any health condition or treatment information, nor does it look at specific health needs.

All courses will be delivered virtually via Zoom, until further notice**. If you would be interested in taking part in any of these courses, complete the Form on the next page and return to us via post or email.**

Please do get in touch if you have any questions and we'll be happy to help you.

GAVO, Ty Derwen, Church Road, Newport, Gwent, NP19 7EJ

Tel: 07483 150109 | **E**: jules.godden@gavo.org.uk | **W**: www.eppwales.org.uk

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board

Gwent Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Gwent

EPP Enquiry / Referral / Booking Form

I would like to register for the following course(s):

Living with Chronic Pain ☐ Living with Long Term Health Conditions ☐

Living Well with Diabetes ☐ Cancer – 'Thriving and Surviving' ☐

Stance Diabetic Footcare ☐ Introduction to Self-Management ☐

Name: Mr/ Mrs / Ms / Miss	
Address:	
Postcode:	
Landline and/or Mobile:	
Email Address:	
GP Surgery & area:	

About You

Please state main health condition(s)							
Are you a Carer?	Yes / No	**Where did you hear about EPP?**					
Gender (please tick ✓ or highlight)	Male		Female		Other		
Age (please tick ✓ or highlight)	18-24	25-34	35-44	45-54	55-64	65-74	75+
Ethnicity (please tick ✓ or highlight)	White	Black	Asian	Chinese	Mixed	Other	
First Language (please tick ✓ or highlight)	English	Welsh	Other	**Would you prefer the course to be delivered in:** English / Welsh / Either			

GDPR Compliance I hereby give permission for the information I give to be held in a secure database while I am a Participant on an EPP course and that it will not be shared with ANY third party without my knowledge. Please tick ✓	☐

Participant Signature (typed signature is acceptable)**:**		**Date:**	

GAVO, Ty Derwen, Church Road, Newport, Gwent, NP19 7EJ

Tel: 07483 150109 | **E**: jules.godden@gavo.org.uk | **W**: www.eppwales.org.uk