



Helping you to manage a long-term health condition



Your Guide to EPP

Education Programmes for Patients

EPP Cymru is led by Improvement Cymru

About EPP Cymru

Education Programmes for Patients (EPP Cymru) provide a range of self-management courses for people living with a long-term health condition/s and carers.

Our self-management courses support you to have the confidence, information and skills needed to help you manage a condition in partnership with your health and social care professionals.

Visit eppwales.org to find out which courses are available in your area.

"The course has helped me realise that I am not alone on this long journey and that there is light at the end of the tunnel. It has taught me to pace myself, listen to my body and accept who I am now and not mourn for the person I was pre-Covid."



What's covered in the courses?

Our courses support you to build confidence in your ability to manage and maintain active and fulfilling lives. Courses cover a wide range of topics including:

- Fatigue, stress and emotional problems such as low mood, anger, fear and frustration
- Communication with family, friends and your health care team
- Appropriate exercise for maintaining and improving strength and endurance
- Eating healthy
- Breathing techniques
- Developing and maintaining your own self-management care plan
- Problem solving and decision-making techniques
- Appropriate use of medication
- Planning for the future



How are the courses run?

Sessions take place weekly over a number of weeks, delivered by trained facilitators who live with a long-term health condition/s themselves or care for someone who does. These courses are available both in person and online and provided in suitable venues in local communities. The courses offer people a chance to share experiences, concerns and problems in a safe and welcoming space.



How the courses are developed

Research has shown that the significant components of successful self-management is the acceptance of a chronic condition, self-efficacy and stress management. Our self-management courses are licensed, evaluated and co-produced by health care professionals and individuals who live with a chronic disease or carers. Courses support individuals to improve their quality of life.

What courses are available?

Your local health board run a range of self-management courses for people living with a long-term health condition/s. Visit eppcymru.org to find out which courses are available in your area.

Living with a Chronic Condition

(also available in the workplace)

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults living with a long-term physical or mental health condition to maintain and improve their quality of life through self-management.

Topics include positive thinking, managing daily activities, communication, relaxation, medication, physical activity, improving sleep, developing and maintaining your own self-management care plan, working with your healthcare teams and problem solving.

Living with Persistent Pain

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults living with chronic pain to maintain and improve their quality of life through self-management.

Topics include understanding chronic pain, pacing and planning, improving sleep, fatigue management, weight management, dealing with difficult emotions and low mood, better breathing, stress management, physical activity, healthy eating, developing and maintaining your own self-management care plan, problem solving, working with your healthcare teams and decision making.

Cancer: Thriving and Surviving

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults affected by cancer to maintain and improve their quality of life through self-management.

Topics 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, developing and maintaining your own self-management care plan, working with your healthcare teams, problem solving and decision making.

Living with Long COVID

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults with long COVID or post viral symptoms, to maintain and improve their quality of life through self-management.

Topics include pain and fatigue management, improving sleep, dealing with low mood and difficult emotions, preventing falls, better breathing, medication usage, physical activity, healthy eating, developing and maintaining your own self-management care plan, problem solving and decision making.



Caring for Me and You

(Course for Carers)

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults who care for someone with a long-term health condition to maintain and improve their quality of life through self-management.

Topics include staying healthy, improving fatigue, improving sleep, accessing support, challenging behaviours, dealing with difficult thoughts and emotions, future planning and legal issues, relaxation, developing and maintaining your own self-management care plan, problem solving and decision making.

Living with Type 2 Diabetes

This is a 6-week course consisting of one 2.5-hour session each week. It helps adults living with type 2 diabetes to maintain and improve their quality of life through self-management.

Topics include balancing your blood glucose, preventing complications, healthy eating, physical activity, foot care, medication usage, managing sick days, dealing with stress, low mood and difficult emotions, developing and maintaining your own self-management care plan, problem solving and decision making.

An Introduction to Self-Management

This 3-hour introductory course helps adults living with a long-term physical or mental health condition and carers, to maintain and improve their quality of life through self-management.

Topics include positive thinking, managing daily activities, communication, relaxation, medication, physical activity, healthy eating, developing a SMART self-management care plan and problem solving.



New course topics coming soon:

- Dementia
- Fibromyalgia
- HIV
- Multiple Sclerosis

If you'd like to register your interest in one of our new courses, please email us at eppcymru@wales.nhs.uk

"I have enjoyed the course with real world communication – it has saved me from going to my GP. Excellent course."

**Book onto a course
or make an enquiry**

Visit eppwales.org to find out which
courses are available in your area.
Alternatively, you can email us at
eppcymru@wales.nhs.uk



*"I would often feel very anxious if a
problem occurred in my life, whereas
now I feel more calm and ready for
challenges due to learning these steps."*

