EPP Time4me Information Overview

"A new approach to self-management for people living with a long-term health condition or a caring role.

Time4me@Cwmtaf EPP Cymru is an NHS based Self-Management Programme for people living with **any** long-term health condition. It helps people improve their quality of life by learning different skills to better manage their condition on a daily basis.

Groups of 8-16 participants, with a variety of different conditions, meet over six weekly sessions of 2½ hours per week. They are led through a structured course by two trained tutors who have experience of living with a long-term condition, or cares for someone with a long-term condition. Each session looks at ways to help manage the effects of their long-term condition such as:

- Managing symptoms such as pain and tiredness
- Dealing with anger, fear and frustration
- Coping with stress, depression and low self-image
- Eating healthily
- Learning relaxation techniques and taking regular exercise
- Improved communication with family, friends, health professionals
- Planning for the future

The majority of course tutors are volunteers who have been trained to deliver the course. The courses are run in suitable venues in local communities and are free of charge. However due to Covid 19 we are offering these courses virtually through Microsoft teams. We will help you with this set-up.

There is a strong emphasis on participants setting individual, realistic and achievable goals that are monitored each week. Core skills such as Problem Solving, Decision Making, being resourceful and behavioural changes are also developed throughout the six weeks.

The courses do not provide health information or treatment, or look at clinical needs. The aim is 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.

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People who have participated in a chronic disease self- management programme, (CDSMP) have reported that it has helped them to:

- **Feel confident and more in control of their life.**

- **Manage their condition and treatment more effectively, working in partnership with healthcare professionals.**

- **Develop effective relationships with those caring for them.**

- **Be realistic about the impact of their condition on themselves and their family.**

- **Use their skills and knowledge to lead a full life.**

- **Take their medication effectively by reporting problems when they arise**.

EPPtime4me Cymru courses are designed to run alongside Condition Specific Patient Treatment and Education Programmes provided by Healthcare Professionals. The course helps people develop the skills and confidence needed to manage their condition better on a daily basis, making them less dependent on Health and Social Care Programmes. Review of participant questionnaires has highlighted some of the benefits EPP courses can have for patients and healthcare professionals. The comparison of before and after measures show that 4-6 months after completing the course:

- GP consultations decreased 7%

- Outpatient visits decreased by 10%

- A&E attendances decreased 16%

- Pharmacy visits increased by 18%

The courses available are:

Health and Wellbeing – Stress/Anxiety/low-Mood – including Long Covid
Chronic Pain – All aspects of Chronic Pain Conditions
Pre-Type 2 Diabetes
Footcare for people with Type1 or 2 Diabetes (1hr 45min one off session)

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If you know a patient who would benefit from attending one of our Self-Management courses, please give them the information and encourage them to contact their local EPP Cymru team.

Anyone can refer and patients can self-Refer:

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