

Plas Menai Health Centre

Penmaenmawr Road
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Our Reference:
PMS/XPERT/19/01
Your Reference:
Not applicable
Date:
14 February 2019

 Canolfan Iechyd

Plas Menai

Health Centre

Dear patient of the Plas Menai Health Centre,

We want to help you deal better with your Diabetes!!

The Plas Menai Health Centre has a real want to proactively help patients with their health conditions. We have been creating a programme of proactive clinics and now focus on our intentions to support our diabetes patient's particularly those living with Type 2 Diabetes [T2D].

We have therefore, with the support of the Betsi Cadwalader University Health Board, elected to host the excellent X-PERT Diabetes course here at the Health Centre. You may be aware of the course and the value it can provide in supporting the management of Type 2 diabetes. However, in order for us to recognise the patient demand for such courses in order to ensure that our programme caters for all, we are keen to assess your thoughts and interest in taking up the programme.

The XPERT Course involves six sessions (all 2 hours long) where we are hopeful that you will gain some additional knowledge in understanding how to self-manage your diabetes and learn of the latest treatments available. You will also have the opportunity to explore and address problems you have with your diabetes. The course is **free of charge**.

So what of the benefits to the patients? The X-PERT Diabetes Programme has proved to improve:

- ✓ diabetes control
- ✓ reduce diabetes medications
- ✓ increase self-management skills
- ✓ improve lifestyle and quality of life

We have elected to run the courses here at the Health Centre on an evening, between 6.30 and 8.30pm to give as many patients opportunity to attend them. We are restricted to 20 patients per course however and are keen to emphasise that the course is for the full six-week period. Our first course will begin on **Tuesday, 19th March 2019**.

So what to do next? We would now ask that you:

1. Complete our survey. You can do this by completing the attached paper survey and return it to us or instead complete the online version of the survey which can be accessed at our website at www.plasmenaihealthcentre.co.uk
2. If you would like to book a place on the course or want further information, then please contact the Self Care Office on phone **01286 674272** or e-mail eppcymru.bcuhb@wales.nhs.uk.

We really do hope that this programme will be of interest to you and our other diabetes patients!

Cath Hughes
Dr Catherine Hughes
Senior GP Partner

Plas Menai Health Centre

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Annwyl gleifion Canolfan Iechyd Plas Menai,

Ry'n ni eisiau eich helpu i ddelio'n well â'ch Diabetes !!

Mae gan Ganolfan Iechyd Plas Menai awydd go iawn i helpu cleifion gyda'u cyflyrau iechyd. Rydym wedi bod yn creu rhaglen o glinigau rhagweithiol a bellach yn canolbwyntio ar gefnogi ein cleifion diabetes yn enwedig y rheini sy'n byw gyda Diabetes Math 2 [T2D].

Felly, rydym wedi cael cefnogaeth Bwrdd Iechyd Prifysgol Betsi Cadwaladr i gynnal y cwrs Diabetes X-PERT gwych yma yn y Ganolfan Iechyd. Efallai eich bod yn ymwybodol o'r cwrs a'i werth wrth gefnogi'r broses o reoli diabetes Math 2. Fodd bynnag, er mwyn i ni gydnabod galw cleifion am gyrsiau o'r fath ac i sicrhau bod ein rhaglen yn addas i bawb, rydym yn awyddus i asesu eich safbwyntiau a'ch diddordeb yn y rhaglen.

Mae Cwrs XPERT yn cynnwys chwe sesiwn (pob un yn 2 awr o hyd) lle rydym yn gobeithio y byddwch yn cael mwy o wybodaeth ynglŷn â deall sut i reoli eich diabetes eich hun a dysgu am y triniaethau diweddaraf sydd ar gael. Byddwch hefyd yn cael cyfle i archwilio a mynd i'r afael â phroblemau sydd gennych gyda'ch diabetes. Mae'r cwrs yn **rhad ac am ddim**.

Felly beth yw'r manteision i gleifion? Mae'r Rhaglen Diabetes X-PERT wedi profi i wella:

- ✓ rheoli diabetes
- ✓ lleihau meddyginiaethau diabetes
- ✓ cynyddu sgiliau hunan-reoli
- ✓ gwella ffordd o fyw ac ansawdd bywyd

Rydym wedi dewis rhedeg y cyrsiau yma yn y Ganolfan Iechyd gyda'r nos, rhwng 6.30pm a 8.30pm i roi cyfle i gynifer o gleifion â phosib i ddod. Fodd bynnag, dim ond lle i 20 o gleifion sydd fesul cwrs, ac rydym yn awyddus i bwysleisio bod y cwrs am y cyfnod llawn o chwe wythnos. Bydd ein cwrs cyntaf yn dechrau **ddydd Mawrth, 19eg Mawrth 2019**.

Felly beth nesa? Gofynnwn i chi:

3. Gwblhau ein harolwg. Gallwch wneud hyn drwy gwblhau'r arolwg papur amgaeedig a'i ddychwelyd atom. Neu gallwch lenwi fersiwn ar-lein o'r arolwg ar ein gwefan yn www.plasmenaihealthcentre.co.uk
4. Os hoffech gadw lle ar y cwrs neu os hoffech fwy o wybodaeth, cysylltwch â'r Swyddfa Hunan Ofal ar **01286 674272** neu e-bostiwch epcymru.bcuhb@wales.nhs.uk

Gobeithio'n wir y bydd y rhaglen hon o ddiddordeb i chi a'n cleifion eraill sydd â diabetes.

Cath Hughes

Dr Catherine Hughes

Uwch Bartner Meddyg Teulu