

## Rhaglen Ffibromyalgia

Datblygwyd y cwrs Ffibromyalgia hwn gan Weithwyr Gofal Iechyd Proffesiynol a chleifion. Mae'r broses addysgu yn gwneud y cwrs hwn yn effeithiol, mae'r dosbarthiadau'n gyfranogol iawn. Mae cefnogaeth a llwyddiant ar y cyd yn adeiladu hyder cyfranogwyr yn eu gallu i reoli eu hiechyd a chynnal bywydau egniol a boddhaus.

Mae'r cwrs hwn yn cynnwys sesiynau dwy awr a hanner, unwaith yr wythnos am 8 wythnos mewn lleoliadau cymunedol ac ar-lein. Mae'r sesiynau'n cael eu hwyluso gan ddau berson hyfforddedig sy'n byw gyda Ffibromyalgia neu'n cefnogi rhywun sydd â'r cyflwr.

Gwefan : [www.eppcymru.org](http://www.eppcymru.org)

E-bost : [EPPCymru@wales.nhs.uk](mailto:EPPCymru@wales.nhs.uk)

### Mae'r pynciau a drafodir yn cynnwys:

- 1 Ffyrdd** o ddelio â phroblemau fel rhwystredigaeth, blinder, poen, unigedd, cwsg gwael a delio ag iselder a gorbryder.
- 2 Ymarfer corff ar gyfer cadw'n iach, yn hyblyg ac yn gryf**
- 3 Gwneud penderfyniadau** am driniaeth a therapiau cyflenwol
- 4 Ffyrdd o wella eich technegau anadlu**
- 5 Bwyta'n iach a rheoli pwysau**
- 6 Gosod nodau a chynllunio ar gyfer y dyfodol**
- 7 Eich perthynas â'ch gweithiwr gofal iechyd proffesiynol**

Bydd pob un sy'n mynychu yn derbyn copi o'r llyfr, Living a Byw Bywyd Iach gyda Chyflyrau Cronig (ar fenthyg am y 6 wythnos), a CD ymlacio, **Ymlacio'r Meddwl a'r Corff**, i'w gadw.

Y ffordd y caiff y rhaglen ei rhedeg sy'n ei gwneud yn effeithiol. Trwy drafodaethau grŵp, cyd-gymorth a dysgu ac ymarfer technegau newydd, bydd cyfranogwyr yn gorffen y cwrs gyda mwy o hyder yn eu gallu i reoli eu hiechyd eu hunain a chynnal bywydau egniol a llawn.



### A yw'r Rhaglen (cwrs) yn disodli rhaglenni a thriniaethau presennol?

Ni fydd y Rhaglen Hunanreoli hon yn gwrthdaro â rhaglenni neu driniaethau presennol.

Mae'r cwrs yn arbennig o ddefnyddiol, gan ei fod yn rhoi'r sgiliau i chi gydlynu'r holl bethau sydd eu hangen i reoli'ch iechyd, yn ogystal â'ch helpu i gadw'n actif yn eich bywyd.

### Sut cafodd y Rhaglen ei datblygu a'i gwerthuso?

Mae'r Rhaglen Hunanreoli Ffibromyalgia wedi'i haddasu o Raglen Hunanreoli Clefyd Cronig (CDSMP).

Mae'r sesiynau hyn wedi'u cyd-gynhyrchu gan bobl sy'n byw gyda Ffibromyalgia, gyda chefnogaeth Iechyd Cyhoeddus Cymru a sefydliadau partner eraill.

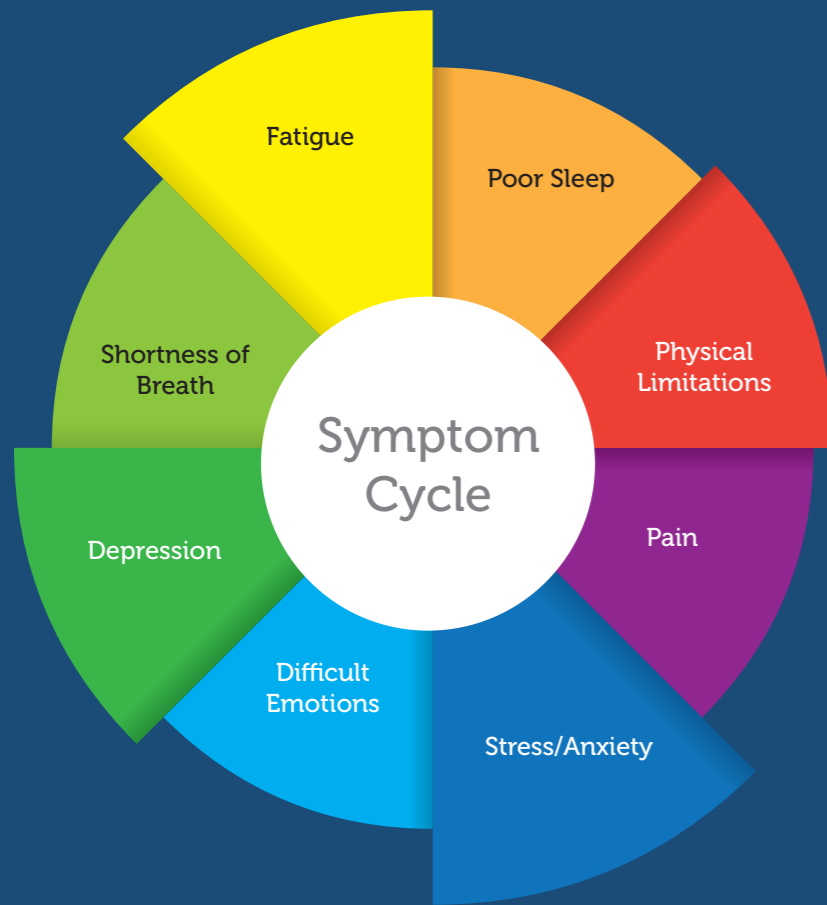


## Fibromyalgia

### Living with and managing Fibromyalgia

Education Programmes for Patients (EPP) Cymru develop and deliver FREE Health and Well Being courses for adults across Wales





## Fibromyalgia Programme

This Fibromyalgia course was developed by Healthcare Professionals and patients. The teaching process makes this course effective, classes are highly participatory. Mutual support and success builds participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

This course consists of two and a half hour sessions, once a week for 8 weeks in community locations and online. Sessions are facilitated by two trained people who live with Fibromyalgia or supports someone who has the condition.

Website : [www.eppcymru.org](http://www.eppcymru.org)

Email : [EPPCymru@wales.nhs.uk](mailto:EPPCymru@wales.nhs.uk)

### Topics covered include:

- 1 **Ways** to deal with problems such as frustration, fatigue, pain, isolation, poor sleep and dealing with depression and anxiety.
- 2 **Exercise for staying healthy, flexible, and strong**
- 3 **Making decisions** about treatment and complementary therapies
- 4 **Ways to improve your breathing techniques**
- 5 **Healthy eating and weight management**
- 6 **Setting goals and planning for the future**
- 7 **Relationships with your Healthcare professional**

Each person who attends will receive a copy of the book, Living a Healthy Life With Chronic Conditions (on loan for the 6 weeks), and a relaxation CD, **Relaxation for Mind and Body**, to keep.

It is the way in which the programme is run that makes it effective. Through group discussions, mutual support and learning and practicing new techniques, participants will finish the course with more confidence in their ability to manage their own health and maintain active and full lives.

### Does the Programme (course) replace existing programmes and treatments?

This Self-Management Programme will not conflict with existing programmes or treatments.

The course is especially helpful, as it gives you the skills to coordinate all the things needed to manage your health, as well as to help you keep active in your life.

### How was the Programme developed and evaluated?

The **Fibromyalgia Self-Management Programme** has been adapted from the Chronic Disease Self-Management Programme (CDSMP).

These sessions have been co-produced by people living with Fibromyalgia, supported by Public Health Wales and other partner organisations.



## Fibromyalgia

### Byw gyda Ffibromyalgia a'i reoli

Mae Rhaglenni Addysg i Gleifion (EPP) Cymru yn datblygu ac yn cyflwyno cysiau lechyd a Llesiant AM DDIM ar gyfer oedolion ledled Cymru

