

## Slip Ateb

Rwyf dros 65 oed ac mae gennyf ddiddordeb mewn dilyn cwrs AM DDIM (darperir lluniaeth ysgafn yn ystod yr egwyl) ar Wella Iechyd a Lles.

Enw: .....

Cyfeiriad: .....

Cod Post: .....

Rhif ffôn ar gyfer cysylltu: .....

Cyfeiriad e-bost (dewisol): .....

Bydd un o diwtoriaid y cwrs yn eich ffonio rhwng 5.00 a 7.00 gyda'r nos yn ystod yr wythnos (yn hytrach nag ar benwythnos) – cyn gynted â phosibl ar ôl cael y slip hwn. Os hoffech ddewis amser mwy cyfleus i gymryd galwad ffôn, nodwch hynny isod os gwelwch yn dda:

Yr amser gorau o'r dydd i gysylltu â mi yw: .....

### Dychwelwch y slip hwn at:

Tiwtor y Cwrs, Fforwm 50+ RCT, d/o Crossroads Cottage, Groesfaen, Pontyclun CF72 8NS.

Mae'r cwrs yn cynnwys dwy sesiwn dwy awr a 30 munud o hyd – gan gynnwys egwyl o 30 munud. Nod y cwrs yw cynnig awgrymiadau a thechnegau a allai wella eich gallu i reoli eich iechyd a'ch lles cyffredinol.

### Y testunau a gaiff eu trafod ar y cwrs fydd:

- Tair elfen allweddol Hunanreoli
- Rheoli Gweithgareddau Dyddiol
- Bwyta'n Iach
- Meddwl yn Bositif
- Gweithgaredd Corfforol
- Atal Cwmpiadau
- Datrys Problemau
- Ymlacio
- Cyfathrebu
- Pum Cam tuag at Les
- Pennu Nodau a Chynllunio Camau Gweithredu

Bydd yn canolbwyntio ar yr hyn y gallwch ei wneud a'i gyflawni drwy reoli eich iechyd a'ch lles eich hun.

## Cefndir y Cwrs

Mae gwaith ymchwil wedi cael ei wneud dros nifer o flynyddoedd ynghylch manteision hunanreoli iechyd a lles. Nod y cwrs yw rhannu rhai o'r manteision gyda phobl dros 65 oed sydd â diddordeb mewn gwella eu hiechyd a lles cyffredinol.

### Pwy sy'n cyflwyno'r Cwrs?

Tiwtor-wirfoddolwr sydd wedi cael hyfforddiant, sydd dros 65 oed, ac sydd wedi cael profiad personol o hunanreoli iechyd a lles.

### Beth sydd raid i mi ei wneud?

Ymrwmo pump awr o'ch amser – dwy awr a hanner un diwrnod a dwy awr a hanner yr wythnos ganlynol – i ystyried ychydig o fân newidiadau y gallwch eu gwneud ac a all wneud gwahaniaeth er mwyn gwella eich iechyd a'ch lles yn sylweddol.

Ceir cyfleoedd i chi fynegi eich barn wrth i ni ystyried testunau'r cwrs – ond ni fydd unrhyw bwysau arnoch i wneud hynny. Mae hunanreoli yn ymwneud â rhoi syniadau a thechnegau i chi – ac yna gadael i chi benderfynu a ydych am wneud newidiadau sydd wedi gwella iechyd a lles ac ansawdd bywyd pobl eraill.

### Ble a phryd y mae'r cyrsiau'n cael eu cynnal?

Cynhelir cyfres o gyrsiau rhwng mis **Medi 2014** a mis **Mawrth 2015** mewn lleoliadau yn y Rhondda, Cynon, Taf Elái a Merthyr Tudful. Cynhelir y cyrsiau naill ai rhwng **10.00a.m** a **12.30p.m** neu rhwng **2.00p.m** a **4.30p.m** – gyda'r ddwy sesiwn yn cael eu cynnal ar yr un diwrnod o'r wythnos ac ar yr un amser ddwy wythnos yn olynol, e.e. rhwng **10.00a.m** a **12.30p.m** ar y dydd Llun cyntaf a'r ail ddydd Llun yn y mis.

Introduction to  
**Self Management  
for People over 65**



*Improving your Health and Wellbeing*

A **FREE** Course for people over 65 living in Rhondda Cynon Taf and Merthyr Tydfil



## Reply Slip

*I am over 65 and am interested in attending a FREE course (light refreshments provided in the break) on Improving Health and Wellbeing.*

Name: .....

Address: .....

Postcode: .....

Contact phone number : .....

E-Mail address (optional) : .....

*A Course tutor will telephone you between 5.00p.m. and 7.00p.m. on a weekday evening – as soon as possible after receipt of this reply slip. If you prefer to choose a more convenient time of day to receive a 'phone call, please show below :*

The best time of day to call me is: .....

Please return the Reply slip to :

*RCT 50+ Forum Course Tutor, c/o Crossroads Cottage, Groesfaen, Pontyclun CF72 8NS.*

The course is made up of two sessions of two hours thirty minutes – including a 30 minute refreshment break. The aim of the course is to offer some tips and techniques to improve your ability to manage your general health and wellbeing.

### The topics covered on the course include:

- *Three key elements of Self Management*
- *Managing Daily Activities*
- *Healthy Eating*
- *Positive Thinking*
- *Physical Activity*
- *Preventing Falls*
- *Problem Solving*
- *Relaxation*
- *Communication*
- *Five Ways to Wellbeing*
- *Goal Setting and Action Planning*

The focus is on what you can do and achieve by actively managing your health and wellbeing.

## Background to the Course

Research has been carried out over a number of years on the benefits of the self management of health and wellbeing. The objective of the course is to share some of the benefits with people over 65 who are interested in improving their general health and wellbeing.

## Who delivers the Course?

A trained volunteer tutor who is over 65 and has personal experience of the benefits of self managing health and wellbeing.

## What do I need to do?

Commit five hours of your time – two and a half hours on one day and two and a half hours the following week – to considering some small changes you can make which can add up to significant improvement in your health and wellbeing.

There are opportunities for you to express your views as we consider the course topics – but no pressure on you to do so. Self management is about giving you ideas and techniques - but then leaving you to decide whether you want to make changes which have improved the health and wellbeing and quality of life of other people.

## Where and when are the courses being held?

A series of courses will be held between **September 2014** and **March 2015** at venues in Rhondda, Cynon, Taff Ely and Merthyr Tydfil. The courses will be held either from **10.00a.m** until **12.30p.m.** or from **2.00p.m.** until **4.30p.m.** – with the two sessions being held on the same day of the week and the same time on consecutive weeks eg. at 10.00a.m until 12.30p.m. on the first and second Mondays of the month.

Cyflwyniad i  
**Hunanreoli ar gyfer  
Pobl dros 65 oed**



*Gwella eich Iechyd a'ch Lles*

*Cwrs **AM DDIM** i bobl dros 65 oed sy'n byw yn  
Rhondda Cynon Taf a Merthyr Tudful*



Bwrdd Iechyd Prifysgol  
Cwm Taf  
University Health Board

