

Beth yw Hyder o ran Ymataliaeth?

Cwrs sy'n addas ar gyfer unrhyw un sy'n byw gyda phroblemau ymataliaeth yw Hyder o ran Ymataliaeth a'i nod yw darparu ychydig o "offer" a gwybodaeth i wella eich gallu i reoli eich hun.

Cwrs rhyngweithiol ac anffurfiol yw hwn wedi'i gynnal yng Ngogledd Cymru gan Swyddfa Hunanofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

Mae'r cwrs yn sesiwn 1 awr a hanner ac mae ar gael mewn lleoliadau cymunedol ar draws Gogledd Cymru lle bo hynny'n bosib. Mae fersiwn ar-lein ar gael dros unrhyw ddyfais sy'n cysylltu â'r we.



Am ragor o wybodaeth, neu i gadw lle ar gwrs, cysylltwch â'r Swyddfa Hunanofal ar **03000 852280**, e-bostiwrch **eppecymru.bcuhb@wales.nhs.uk** neu dychwelwch y slip isod at:

Cydlynnydd Swyddfa Hunanofal,
Eryldon, Lôn Campbell, Caernarfon,
Gwynedd. LL55 1HU

Slip Dychwelyd Cwrs CwC

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



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Betsi Cadwaladr
University Health Board

Confidence with Continence



What is Confidence with Continence?

Confidence with Continence is a course that is suitable for anyone living with continence issues and aims to provide you with some “tools” and information to improve your ability to self manage.

It is an interactive and informal course run in North Wales by the Betsi Cadwaladr University Health Board's Self Care Office.

The course is a 1.5 hour session and is available in community settings across North Wales where possible. An online version is accessible via any internet connected device.



For more information, or to book a place on a course, please

contact the Self Care Office on **03000 852280**, e-mail

eppcymru.bcuhb@wales.nhs.uk
or return the slip below to:

Self Care Office Co-ordinator,
Eryldon, Campbell Road,
Caernarfon, Gwynedd. LL55 1HU

CwC Course Return Slip

Name:

Address:

Post Code:

Phone number:



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