**Virtual Self Care Courses**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Math Cwrs**  **Course Type** | **Diwrnod**  **Day** | **Dyddiad Cychwyn**  **Start Date** | **Dyddiad Gorffen**  **End Date** | **Amser Cychwyn**  **Start Time** | **Amser Gorffen**  **End Time** |
| X-PERT Diabetes | Dydd Mercher  Wednesday | 04/05/2022 | 15/06/2022 | 14:00 | 16:30 |
| X-PERT Insiwlin  X-PERT Insulin | Dydd Llun  Monday | 06/06/2022 | 18/07/2022 | 14:00 | 16:30 |
| X-PERT Diabetes | Dydd Mercher  Wednesday | 08/06/2022 | 20/07/2022 | 9:30 | 12:00 |
| Pum Ffordd at Lles  Five Ways to Wellbeing | Dydd Gwener  Friday | 10/06/2022 | ~ | 09:30 | 10:30 |
| X-PERT Diabetes | Dydd Llun  Monday | 13/06/2022 | 25/07/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Covid Hirdymor  Introduction to Long Covid Self-Management | Dydd Mawrth  Tuesday | 14/06/2022 | ~ | 09:30 | 12:30 |
| X-PERT Diabetes | Dydd Mawrth  Tuesday | 14/06/2022 | 26/07/2022 | 12:00 | 14:30 |
| Byw’n Dda wrth Weithio  Living Well while Working | Dydd Llun a dydd Iau  Mondays & Thursdays | 23/06/2022 | 11/08/2022 | 09:00 | 10:00 |
| Hunanrheoli Covid Hirdymor  Long Covid Self-Management | Dydd Llun a dydd Iau  Mondays & Thursdays | 23/06/2022 | 11/08/2022 | 11:00 | 12:30 |
| Canser: Ffynnu a Goroesi  Cancer: Thriving & Surviving | Dydd Llun  Monday | 27/06/2022 | 08/08/2022 | 14:00 | 16:30 |
| Gofalu am Ti a Fi  Caring for Me & You | Dydd Mercher  Wednesday | 22/06/2022 | 10/08/2022 | 14:00 | 16:30 |
| Hunanrheoli Diabetes  Diabetes Self-Management | Dydd Iau  Thursday | 23/06/2022 | 11/08/2022 | 14:00 | 16:30 |
| Iechyd a Lles  Health & Wellbeing | Dydd Gwener  Friday | 01/07/2022 | 12/08/2022 | 10:00 | 12:30 |
| Rheoli Poen Cronig  Chronic Pain Management | Dydd Gwener  Friday | 01/07/2022 | 12/08/2022 | 14:00 | 16:30 |
| X-PERT Diabetes | Dydd Mawrth  Tuesday | 26/07/2022 | 06/09/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Covid Hirdymor  Introduction to Long Covid Self-Management | Dydd Gwener  Friday | 19/08/2022 | ~ | 13:00 | 16:00 |
| Cyflwyniad i Huhanrheoli Covid Hirdymor  Introduction to Long Covid Self-Management | Dydd Iau  Thursday | 01/09/2022 | ~ | 09:30 | 12:30 |
| Rheoli Poen Cronig  Chronic Pain Management | Dydd Mawrth  Tuesday | 06/09/2022 | 18/10/2022 | 10:00 | 12:30 |
| Hunanrheoli Covid Hirdymor  Long Covid Self-Management | Dydd Mawrth a dydd Iau  Tuesdays & Thursdays | 08/09/2022 | 20/10/2022 | 14:00 | 15:30 |
| Byw’n Dda wrth Weithio  Living Well while Working | Dydd Mawrth a dydd Iau  Tuesdays & Thursdays | 08/09/2022 | 20/10/2022 | 16:30 | 17:30 |
| Iechyd a Lles  Health & Wellbeing | Dydd Gwener  Friday | 09/09/2022 | 21/10/2022 | 14:00 | 16:30 |
| Gwydnwch Emosiynol  Emotional Resilience | Dydd Llun  Monday | 19/09/2022 | ~ | 14:00 | 17:00 |
| Cyflwyniad i Gofalu Amdanaf i ar gyfer Gofalwyr  Introduction to Looking After Me for Carers | Dydd Llun  Monday | 03/10/2022 | ~ | 09:30 | 12:30 |
| Pum Ffordd at Lles  Five Ways to Wellbeing | Dydd Llun  Monday | 03/10/2022 | ~ | 14:00 | 15:00 |
| Camau Iach (addysg gofael traed)  Heathy Footsteps (foot care education) | Dydd Llun  Monday | 17/10/2022 | ~ | 10:00 | 11:30 |
| STANCE (addysg gofael traed diabetes)  STANCE (diabetes foot care education) | Dydd Llun  Monday | 17/10/2022 | ~ | 13:00 | 14:30 |
| Cyflwyniad i Huhanrheoli Covid Hirdymor  Introduction to Long Covid Self-Management | Dydd Mercher  Wednesday | 26/10/2022 | ~ | 09:30 | 12:30 |
| Hunanrheoli COPD am Oes  COPD Self-Management for Life | Dydd Mawrth  Tuesday | 01/11/2022 | 20/12/2022 | 10:00 | 11:30 |
| X-PERT Diabetes | Dydd Mawrth  Tuesday | 01/11/2022 | 06/09/2022 | 10:00 | 12:30 |
| Byw’n Dda wrth Weithio  Living Well while Working | Dydd Llun a dydd Iau  Mondays & Thursdays | 03/11/2022 | 15/12/2022 | 09:00 | 10:00 |
| Hunanrheoli Covid Hirdymor  Long Covid Self-Management | Dydd Llun a dydd Iau  Mondays & Thursdays | 03/11/2022 | 15/12/2022 | 11:00 | 12:30 |
| Canser: Ffynnu a Goroesi  Cancer: Thriving & Surviving | Dydd Mawrth  Tuesday | 01/11/2022 | 13/12/2022 | 10:00 | 12:30 |
| Rheoli Poen Cronig  Chronic Pain Management | Dydd Gwener  Friday | 04/11/2022 | 16/12/2022 | 10:00 | 12:30 |
| Cyflwyniad i Gofalu Amdanaf i ar gyfer Gofalwyr  Introduction to Looking After Me for Carers | Dydd Mercher  Wednesday | 09/11/2022 | ~ | 09:30 | 12:30 |
| Cyflwyniad i Huhanrheoli Poen Cronig  Introduction to Chronic Pain Self-Management | Dydd Mercher  Wednesday | 09/11/2022 | ~ | 14:00 | 17:00 |
| Pum Ffordd at Lles  Five Ways to Wellbeing | Dydd Mercher  Wednesday | 16/11/2022 | ~ | 15:00 | 16:00 |
| STANCE (addysg gofael traed diabetes)  STANCE (diabetes foot care education) | Dydd Mercher  Wednesday | 23/11/2022 | ~ | 10:00 | 11:30 |
| Gwydnwch Emosiynol  Emotional Resilience | Dydd Mercher  Wednesday | 23/11/2022 | ~ | 13:00 | 16:00 |
| Cyflwyniad i Huhanrheoli Covid Hirdymor  Introduction to Long Covid Self-Management | Dydd Mercher  Wednesday | 19/12/2022 | ~ | 09:30 | 12:30 |