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| I would like to register on the following course: (please check box ⌧ - Information over the page)  Virtual Self-Management  Virtual Stance Diabetic Footcare | | |
| **Delivery via Zoom** | **Delivery via Microsoft Teams** | Course No: |

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| Mr  Mrs  Ms  Miss  **Name** | Click here to enter text. | | DB no: |
| Address: | Click here to enter text. | | |
| Post Code Click here to enter text. | | |
| Home Phone: | Click here to enter text. | Mobile Phone: Click here to enter text. | |
| Email Address: | Click here to enter text. | | |
| Emergency contact name: | Click here to enter text. | Relationship: Click here to enter text. | |
| GP Surgery & area: | Click here to enter text. | | |

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| **About You** | | | | | | | | | | | | | | |
| **Please state main health condition(s)** | Click here to enter text. | | | | | | | | | | **Wheelchair User?**  **Yes  No** | | | |
| **Where did you hear about EPP?** | Click here to enter text. | | | | | | | | | | **Are you a Carer?**  **Yes  No** | | | |
| **Gender** (please check box ⌧) | Male | | | | Female | | | | | Other | | | | |
| **Age** (please check box ⌧) | 18-24 | 25-34 | | 35-44 | | 45-54 | | 55-64 | | | | 65-74 | | 75+ |
| **Ethnicity** (please check box ⌧) | White | | Black | | Asian | | Chinese | | | Mixed | | | Other | |
| **First Language** (please check box ⌧) | English | | Welsh | | Other | | **Would you prefer the course delivered in:**  English  Welsh  Either | | | | | | | |
| **Special Requirements?** Click here to enter text. | | | | | | | | | | | | | | |
| **GDPR Compliance**  *I hereby give permission for the information I give to be held in a secure database while I am a Participant on an EPP course and that it will not be shared with ANY third party without my knowledge.*  **Signature**Click here to enter text. | | | | | | | | | | | | | | |
| **Participants Signature:** Click here to enter text. | | | | | | | | | **Date** Click here to enter text. | | | | | |
|  | | | | **Consent** | | | | | **Date** Click here to enter text. | | | | | |

**Courses that your local EPP area offers Virtually across Gwent:**

* **Virtual Self-Management course; A course of 7 sessions of up to 1 hour to develop the fundamentals of Self-Management for people living with Long Term Conditions and for carers.**
* **Virtual Stance Course: 2 Sessions of Learning to recognize and identify foot problems that can be managed by the patient or when to seek appropriate Medical support. Including good foot and nail maintenance.**

Both Courses consist of groups of 5 or 6 participants, with a variety of different conditions. They are led through a structured course by trained tutors. Who themselves have experience of making life changes as a result of a long-term health condition. The majority of EPP Cymru tutors are volunteers.

* The courses do **not** provide any health condition or treatment information, nor does it look at specific health needs.
* The aim of our EPP Cymru courses is to give participants the confidence to take responsibility for their own care, whilst also encouraging them to work in partnership with health and social care professionals.
* What makes EPP Cymru special is the sharing of skills and experience with people who have to deal with the same things as each other

You may choose to enrol on an ‘ISM’ first, then decide you’d like to do the ‘CDSMP’ 6-week course – that’s fine, let us know and we can enrol you on the next available course in your area.

**If you have any further queries, please do not hesitate to contact us.**