



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences



Spotlight on Sussex Community NHS Foundation Trust's Living Well Programme

The Sussex Community NHS Foundation Trust's Living Well Programme is a free 6-week self-management course for adults living with any long-term physical or mental health condition.

The Living Well Programme is now running a new online version of the course via Microsoft Teams.

Topics covered include: Managing pain and fatigue, stress & anxiety, depression, communication, working with healthcare professionals, relaxation, distraction, sleep, isolation, goal setting, problem solving, health eating, physical activity.



Groups are led by two trained volunteer tutors who are themselves living with long-term health conditions. Each session runs for 2 hours (including a break). Each participant will be offered a practice one-to-one video call on Microsoft Teams before the start of the course to ensure they are confident in its use.

Once it is safe to do so, the Living Well Programme will resume running face-to-face courses in community venues, alongside the new online version of the course.



We have now confirmed dates for courses, including their first ever EVENING online course:

Wednesdays – 18th January until 22nd February 2023, 10am–12pm each week (6 sessions)

Thursdays – 26th January until 2nd March 2023, 6pm–8pm each week (6 sessions)

Tuesdays – 31st January until 7th March 2023, 2pm–4pm each week (6 sessions)

Thursdays – 23rd February until 30th March 2023, 10–12pm each week (6 sessions)

Wednesdays – 1 March until 5th April 2023, 10am–12pm each week (6 sessions)



Places are limited and booking is essential (self-referral):

Contact the Living Well Team on sc-tr.livingwell@nhs.net or 01403 620448 / 01273 267545.

Or there is a referral and self-referral form on the webpage: sussexcommunity.nhs.uk/livingwell.

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead, email: cheryl.berry@healthwatchwestsussex.co.uk

For help, advice, and information or to share your story



Healthwatch is your health and social care champion. If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences.

We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice.



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