





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 sovling, 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 faceto-face courses in community venues, alongside the new online version of the course.



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

Wednesday, from 13th April until 18th May 2022, 10am-12pm each week (6 sessions)

Tuesday, from 26th April until 31st May 2022, 6pm-8pm each week (6 sessions)

Monday, from 9th May until 13th June 2022, 2pm-4pm each week (6 sessions)

Tuesday, from 7th June until 12th July 2022, 10-12pm each week (6 sessions)

Thursday, from 9th June until 14th July 2022, 10am-12pm each week (6 sessions)



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

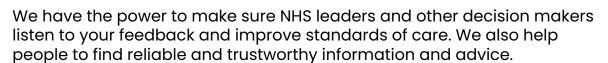
Contact the Living Well Team on <u>sc-tr.livingwell@nhs.net</u> or 01403 620448 / 01273 267545.

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







Last year, we helped nearly a million people like you to have your say and get the support you need.







