



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 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 [sc-tr.livingwell@nhs.net](mailto: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](https://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](mailto: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.



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



[healthwatchwestsussex.co.uk](https://healthwatchwestsussex.co.uk)



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