

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.



Sussex Community NHS Trust

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.

We have now confirmed dates for courses:

- Every Monday from 10th January until 14th February 2022, 2pm-4pm
- Every Thursday from 13th January until 17th February 2022, 10am-12pm
- Every Wednesday from 2nd February until 9th March 2022, 10am-12pm
- Every Tuesday from 1st March until 5th April 2022, 2pm-4pm
- Every Friday from 4th March until 8th April 2022, 10am-12pm

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

Anyone over the age of 18 can self-refer by emailing sc-tr.livingwell@nhs.net or calling us on 01403 620448.

We do now have a referral and self-referral form on our webpage www.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

About Healthwatch: We are the independent champion for people who use health and social care services. We're here to find out what matters to people and help make sure their views shape the support they need.

How we work: There is a local Healthwatch in every area of England. Healthwatch West Sussex works to find out what people like about services and what could be improved. We share these views with those with the power to make change happen. Healthwatch also helps people find the information they need about services in their area.



Here to help you on the next step of your health and social care journey

Nationally and locally, we have the power to make sure that those in charge of health and social care services hear people's voices. As well as seeking the public's views ourselves, we also encourage health and social care services to involve people in decisions that affect them.

Our approach: People's views come first - especially those who find it hardest to be heard. We champion what matters to you and work with others to find ideas that work. We are independent and committed to making the biggest difference to you.

You can review how we performed and how we report on what we have done by visiting our website.



healthwatchwestsussex.co.uk



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