

Community Partnerships

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

The Sussex Community NHS Foundation Trust's Living Well Programme

The Living Well Programme (LWP) is a course aimed at adults living with any long term physical and/or mental health condition, who live in West Sussex, Brighton or Hove.

The programme aims to help participants to take more control of their health by learning new skills to manage their condition better on a daily basis and live well.

Each LWP course runs for six weeks and is comprised of weekly sessions, and each is structured to cover a variety of key topics dealing with various aspects of long-term health condition management.

Topics covered include: managing pain & fatigue, stress & anxiety, low mood, isolation, getting a good night's sleep, communication skills, working with your healthcare professionals, relaxation and distraction techniques, goal setting, problem solving and decision making.

All our courses are led by 2 volunteer tutors who are also living with long-term health conditions.

To join one of our **online** LWP courses, you will need to be able to access Microsoft Teams (MS Teams) either through the app or online. If you would like a practice session using MS Teams, a member of the Living Well Programme can complete a short online video call, via MS Teams, prior to the first week of your course. On the booking form, you have an option to select whether you would or would not like this practice session. Each online course session will last for 2 hours, with a break.

To join one of our **community** courses, you will need to be able to make your own way to our venue. Our venues will be accessible but if you have any queries, please don't hesitate to contact our team. Each community course session will last for 2 ½ hours, with a break.

The details of the next FREE 6-week courses are as follows:

Online courses:

Wednesdays. From 15 April – 20 May 2026. 10am – 12pm.

Fridays. From 17 April – 22 May 2026. 10am – 12pm.

Mondays. From 1 June – 6 July 2026. 1pm – 3pm.

Thursdays. From 4 June – 9 July 2026. 6pm – 8pm.

Community courses:

Findon Valley. Tuesdays. From 28 April – 9 June 2026*. 10am – 12.30pm

East Grinstead. Wednesdays. From 3 June – 8 July 2026. 10am – 12.30pm

Brighton. Fridays. From 5 June – 10 July 2026. 10am – 12.30pm

*With a break on Tuesday 19th May 2026

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

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

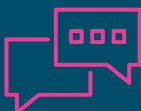
Or there is a referral and self-referral form on the webpage:

sussexcommunity.nhs.uk/livingwell

**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.**



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

w: healthwatchwestsussex.co.uk t: 0300 012 0122

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