

# 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 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 taking bookings for online courses via Microsoft Teams.**

### Topics covered include:

How to manage common symptoms such as pain, fatigue, stress, anxiety, isolation, depression, physical limitations, shortness of breath and poor sleep, goal setting and problem solving, healthy eating, physical activity, communication skills, accessing NHS services and working with your Healthcare team, relaxation techniques, positive thinking, managing medications, breathing exercises, apps and online resources and budget management.

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.

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

Fridays. 3 November – 8 December 2023. 10am – 12pm

Tuesdays. 7 November – 12 December 2023. 6pm – 8pm

Tuesdays. 14 November – 19 December 2023. 10am – 12pm

## 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 01273 267545 / 01403 620448.

Or there is a referral and self-referral form on the webpage:  
[sussexcommunity.nhs.uk/livingwell](https://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 from you. Please contact Cheryl Berry, Community Partnership Lead: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)

w: [healthwatchwestsussex.co.uk](https://healthwatchwestsussex.co.uk) t: 0300 012 0122

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