

Frequently asked questions

How many people will be on the course?

A maximum of 10 on an online course and 14 on a community course.

Will everyone on the course have the same condition as me?

No - participants will have diverse long-term health conditions. However, most people with long-term conditions experience common symptoms and similar issues and problems.

Who runs the sessions?

The course is led by two fully trained volunteer tutors, who are living with a long-term condition themselves.

Can my partner/carer come to the course with me?

We recommend you attend the sessions on your own, but feel free to discuss this with a member of our team.




Where are the courses held?

Courses are running regularly throughout the year in different accessible venues across West Sussex and Brighton and Hove or online via MS Teams.

How much does it cost?

Nothing - the course is free to participants.

Contact us

 Horsham, Crawley and Mid Sussex
01403 620448
 Brighton and Hove
01273 267545
 Coastal West Sussex and Chichester
01903 858002

 sc-tr.livingwell@nhs.net

 www.sussexcommunity.nhs.uk/livingwell

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Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services.

If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

 **PALS, Sussex Community NHS Foundation Trust, Brighton General Hospital, Elm Grove, Brighton. BN2 3EW**

 **01273 242292**

 **sc-tr.pals@nhs.net**

Please ask any member of the team caring for you if you need help understanding this leaflet, or if you need the information provided in an alternative format. This includes translations, large print, Braille, easy read, on audio tape, or via email.

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Sussex Community
NHS Foundation Trust

Living Well Programme

Helping you to live well.

A free self-management course for adults living with a long-term health condition.



About the programme

The Living Well programme is a self-management course developed for people who live with a long-term health condition, such as heart disease, asthma, MS, depression, arthritis, ME/CFS, IBS and many more.

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

You can either access the course face-to-face in a local community venue or online via MS Teams. All courses run over six weekly sessions, each lasting between 2 and 2 ½ hours. The courses are facilitated by two trained (but not medically qualified) volunteer tutors who themselves are living with a long-term health condition. The course is free to attend.

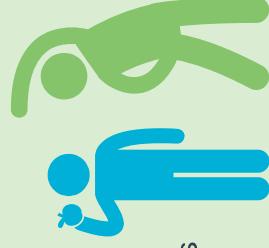
Become a tutor

By becoming a volunteer tutor you can boost your confidence, learn new skills, meet new people, and help yourself whilst helping others. Full training and support is provided, please contact us for more information.

What the course covers

The Living Well programme is a self-management course developed for:

- How to manage common symptoms such as pain, fatigue, anxiety, depression and isolation
- Weekly goal setting
- Problem solving
- Healthy eating
- Physical activity
- Communication skills
- Medication management
- Getting a good night's sleep
- Using your mind to manage symptoms such as relaxation, distraction and positive thinking
- Dealing with difficult emotions
- Breathing techniques
- Decision making skills
- Preventing falls
- Accessing NHS services and working with your healthcare team



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Set your goals

You decide what you want to achieve. The course enables you to do so at your own pace, with the support of others who are facing similar problems.

The course gives you the opportunity to:

- Learn new skills to manage your condition
- Help you continue with your daily activities
- Help you manage the emotional changes brought about by your condition
- Meet others and share similar experiences

Evidence and effectiveness

Feedback and evaluation of the programme shows that six months after completing the course there were:

- Increases in peoples' confidence to manage their condition
- Gains in energy
- Improvements in quality of life
- Gains in psychological wellbeing
- Improvements in partnerships with doctors